

Player Attire

- Cleats are allowed, but must be rubber (no metal tips).
- Players must wear shorts or pants of a solid color, jerseys must be tucked in at all times.
- Shorts or Pants cannot have pockets for safety reasons
- Baseball Caps, Sunglasses & jewelry of any kind is not permitted on the field of play.

Field Dimensions and Markings

- Length: 100 yards
- Width: 40 yards
- End Zones: 10 yards deep
- Parents are designated the side of the field across from the players

Scoring

- Touchdown: 6 points
- Extra point: 1 point (played from 5-yard line)
- 2 points (played from 10-yard line)
- Safety: 2 points
- Rouge: 1 point
- A win constitutes 2 pts, a tie 1pt, a loss 0 pts

Note: An interception return to opponent's end zone on any extra-point play by the defense will result in the defense scoring 2 points plus gaining possession for the next series at its own 35yd line.

Number of Players

- Teams consist of 12-16 players (7 on the field at a time).
- Teams may play with a minimum of six (6) players (due to injuries).
- If less than 6 players are available, the game is cancelled and the team without enough players will forfeit

Timing/Overtime

- Game length is 1hr running time (two halves, 25 minutes each & 5 plays to finish each half). If the score remains tied at the end of regulation, a tie will be rewarded with each team receiving one point
- Each time the ball is spotted the offense has 30 seconds to snap the ball.
- Each team has 1 x 60-second time outs per half. The clock stops during a time out. These cannot be carried over to the second half.
- Officials can stop the clock at their discretion. (i.e. if there's an injury)
- The teams will be warned when there are 5 plays remaining in both halves. The game cannot end on a defensive penalty (unless declined by the offence).
- There will be a halftime period of 2 minutes between the first and second half.

Specific Rules for Different Age Groups

8/9 Years (Riders Division)

- Rusher at 5 yards, count 5 elephants by official in offensive backfield with hand up, drop hand on 5th elephant so rusher may go.
- Ball does not have to be centered between legs.
- Coaches are always allowed on the field.

Specific Rules for Different Age Groups

10/11 Years (Thunder Division)

- Rusher at 5 yards, count 3 elephants by official in offensive backfield with hand up, drop hand on 3rd elephant so rusher may go.
- Ball has to be snapped between legs.
- Coaches are allowed on the field for the first 3 weeks

12+ Years (Rams Division)

- Rusher at 7 yards goes on the snap of the ball.
- Ball has to be snapped between legs.
- Coaches are not allowed on the field, unless during a timeout or injury

IN PLAY RULES

Possession

- Before the start of the game, Coaches will gather and flip a coin to determine first possession. Loser of the coin toss has choice of end zone to defend.
- Kick-off is a free punt from the team's own 35 yard line.
- All kick-offs and punts are dead immediately when the ball hits the ground.
- As in tackle football, the offensive team has 3 attempts or downs to advance the ball 10 yards down the field. Meanwhile, the defence tries to stop or delay the progress.
- Everyone is an eligible receiver.
- A defensive rusher (or rushers) stands 5 yards from the ball and at the snap of the ball runs in to attempt to touch the quarterback.
- The quarterback stands a behind the line of scrimmage. He/she receives the ball from the centre by means of a snap between the legs.
- Kick-off is a free punt from the team's own 35 yard line.
- All kick-offs and punts are dead immediately when the ball hits the ground.
- QBs cannot run over the line of scrimmage.
- Balls handed off backwards make the receiver a QB. Balls handed off forward are considered a pass.
- Following single points or safeties, ball is to be scrimmaged on the 35 yard line.
- All other penalties and rules except those outlined below are the same as the adult league.
- Teams change sides at half time

Running

- To start the play, the ball must be snapped between the legs of the snapper.
- The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct handoff back from the quarterback.
- The quarterback is the player who receives the ball directly from the snap.
- The quarterback cannot run with the ball past the line of scrimmage.
- Spinning is allowed, but offensive players cannot leave their feet to avoid a defensive player (no diving). If a player leaves their feet, the play will be blown dead by the referee & the ball will be placed from the spot where the player left his/her feet. It can also result in a turnover on downs (if on 3rd down).
- No diving is allowed. If a player dives from his feet. The play will be blown dead by the referee & the ball will be placed from the spot where the player left his/her feet. It can also result in a turnover on downs (if on 3rd down).
- The ball is spotted where the ball carrier's is tagged, not where the ball is.

- It is up to the ball carrier to avoid contact with the defender. Good defensive position should be rewarded by the officials.
- There are no fumbles in touch football. Any fumble will be considered a dead ball at the spot of the fumble.
- Any fumble by the offensive team in their own end-zone will result in a safety

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- All players may be in motion at the snap, with exception of the center.
- A player must have at least one foot inbounds when making a reception. (A receiver cannot return on to the playing field from an out of bounds position and be the first to touch the football)
- Once a player catches the ball he/she is no longer allowed to lateral the ball. (i.e. hook and laterals are not permitted)
- Players may catch the ball while on their knees, back or side, however, the play is blown dead and the ball is spotted where the catch was made.
- If a player dives to catch a ball, the play is dead where the catch is made (i.e. where the players' feet/body are at the time of the catch)
- If both an offensive and defensive player catch the ball simultaneously, the tie will always go to the offense

Passing

- The quarterback has unlimited time to throw the ball, he/she cannot cross the line of scrimmage with the ball.
- Shovel passes are allowed but must be received beyond the line of scrimmage
- Forward passes must cross the line of scrimmage. If a forward pass does not cross the line of scrimmage, the offense will be penalized with an illegal forward pass

Dead Balls

- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
 - Official blows the whistle.
 - Ball carrier's is tagged/touched.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - When any part of the ball carrier's body, other than a hand or foot, touches the ground.
- When the ball is fumbled
Note: There are no fumbles. The ball will be spotted where the ball carrier's feet were when the fumble was made. (i.e. a bad snap will not be ruled as a fumble in the 8/9 division). There is no stripping of the ball.

Defensive Rushing

- Only players starting 5 or 7 yards behind the line of scrimmage (2yd outside the centre's feet) can rush the passer
- A bean bag designates the 5 or 7 yards from the line of scrimmage
- Any number of players can rush the quarterback but only players lined up within two yards (side to side) of the ball are entitled to a clear path to the quarterback.
- A rusher lined up within two yards (side to side) of the 5 or 7 yard marker is entitled to a free rush at the quarterback – the rusher may not be interfered. If interfered, it will result in an offensive rusher interference penalty

- A rusher lined up outside the two yards (side to side) of the 5 or 7 yard marker is not entitled to a free rush to the quarterback and may be interfered (For example - a running back or receiver in motion or in a pattern who runs into the rusher)
- The rusher may not be interfered. If interfered, it will result in an offensive rusher interference penalty.
- A rusher may not hit the quarterback's arm or any other part of their body while the quarterback is throwing.

Interceptions

- Interceptions change the possession of the ball.
- The defense can return interceptions.
- On interceptions that occur and remain in the end zone, the ball will become dead and will result in the ball belonging to the intercepting team at its 35-yard line. Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However, should the ball carrier return to the end zone and be touched/tagged, or the ball be ruled dead the result would be a safety for the other team

REMEMBER, IN TOUCH FOOTBALL, BLOCKING AND TACKLING IS NOT PERMITTED UNDER ANY CIRCUMSTANCES

Sportsmanship/Roughing

- If the referee witnesses any acts of flagrant contact (tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act) the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
- Trash talking and taunting is illegal. (Trash talk and taunting is talk that may be offensive to officials, opposing players, teams, or spectators.) Officials have the right to determine offensive language. If trash talking or taunting occurs, the team committing the foul will be penalized 15 yards for unsportsmanlike conduct. Officials have the right to determine offensive language
- Discriminatory statements/offensive language, such as comments of race, sex and upbringing by players, coaches or spectators will result in a 15 yard unsportsmanlike conduct penalty and an immediate ejection
- Deliberate questioning of officials' calls will be penalized upon the officials' discretion
- Any physical or verbal abuse against an official by a player, coach or spectator will result in a 15 yard unsportsmanlike conduct penalty and an immediate ejection.
- In the case that parents are asked to leave the field of play, coaches are responsible to help officials enforce the decision if parents are unwilling to leave. If the parent does not leave, the team they are sided with will forfeit the game

PENALTIES

- All penalties can be declined.
- Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage.
- Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines the penalty.
- If the offense and defense are both penalized with two penalties that are of the same distance (i.e. 5 yard and 5 yards), the down will be repeated
- If the offense and defense are both penalized, but one side is penalized with a 15 yard penalty, the difference between the penalties will be assessed, and the down will be repeated

Offensive Penalties

5 yards and loss of down

- No cadence by quarterback
- Illegal forward pass – pass received behind the line of scrimmage
- Offensive pass interference - receiver push offs
- Minor Roughing - it is up to the ball carrier to avoid contact with the defender. Good defensive position will be rewarded to the defense by the officials
- Blocking/Illegal pick play
Note – Offenses may not run plays where players are placed into a stalemated position to act as stand-still blockers downfield. If a pick play or wall is intentionally run it will result in a 5 yard penalty and a loss of down

5 yards, down repeated

- Substitution fouls – i.e. eight players on the field, players enters field during the snap of the ball
- Delay of game – inability to snap the ball before the 30 second play clock expires
- Illegal Snap – snap must occur between the legs of the snapper to the quarterback
- Player out of bounds – if a player goes out of bounds, without interference, the player may not return to the field or catch the ball
- Rusher interference – It is illegal for a receiver, running back or center to run a pattern that interferes with a rusher who is at a minimum of 5 or 7 yards from the line of scrimmage and who is 2 yards (side to side) of the 5 or 7 yard rushing marker

15 Yards and a loss of down

- Unsportsmanlike Conduct – intentional physical conduct, verbal abuse
- Major Roughing

Defensive Penalties

5 YARDS & AUTOMATIC FIRST DOWN FOR THE OFFENCE

- Offside – occurs when a player is passed the line of scrimmage at the snap of the ball
- Illegal contact – holding, blocking, jamming at the line of scrimmage
- Roughing – unintentional tackling
- Illegal Rush - occurs when a rusher is passed the minimum 5 or 7 yard rushing length before the ball is snapped when attempting to rush the quarterback
Note – The rusher must pass the line of scrimmage to be considered an illegal rush
- Quarterback release interference – Hitting the quarterbacks arm when rushing the passer

10 yards and down repeated

- Disconcerting signals – Signals to distract opponents or simulate offensive signals prior to the snap
- Interference with ball at the snap
- Substitution fouls – i.e. 8 players on the field, players entering the field during the snap of the ball

15 yards and automatic first down

- Pass interference – illegally preventing a receiver from catching the ball
- Unsportsmanlike conduct – intentional physical conduct, verbal abuse
- Major Roughing