

## **Touch Football Rules for CPNJ Football Tournament 2006**

**Red Text = only applies to the Flag Division**

**CPNJ will provide flag belts and flags.**

- 1. Six players is the maximum number of players allowed on the field at one time**
- 2. Five players will be permitted under certain circumstances ( if approved by rules committee)**
- 3. Fifteen players is the maximum number of players on a team**
- 4. Players may not wear earrings, baseball caps or sunglasses while playing on the field. Any type of brace e.g. knee brace must be covered with soft recovering material. No metal cleats are permitted on the field.**

**Every player on the field must have a flag belt.**

**Shirts/Jerseys must be tucked in.**

**No pockets are allowed.**

**No tear-away pants are allowed.**

**No belt loops are allowed.**

- 5. Field size 20 X 40 yards**
- 6. Game time is 30 minutes running clock**
- 7. The two-minute warning will be provided by the Referee. Clock continues to run during the notification.**
- 8. Clock may be stopped for injuries at referee's discretion.**
- 9. A coin toss will be conducted for possession of ball.**
  
- 10. There will be no throw-off or kick-offs.**
- 11. To start the game on offense the ball will be placed at the team's own 10-yard line.**
- 12. Each team will be entitled to four downs to make the mid-field first down marker. If the offense makes a first down they will be entitled to another four downs in which to score a touchdown.**
- 13. If on fourth down the offense elects to kick, the ball will be placed at their opponent's 10-yard line.**
- 14. Substitutions can take place between downs only.**
- 15. A defensive lineman can rush under two circumstances:
  - 1. After the five Mississippi count e.g. one Mississippi, two Mississippi etc. (must yell loud enough for referee to hear) Penalty: offsides 5 yards****

2. When the quarterback takes more than two steps laterally in either direction (defense may rush more than one player after the count or if the QB runs).
16. If the quarterback stays in the pocket, the five second count prevails for defense. If the quarterback moves laterally out of the pocket taking more than two steps in either direction, the defender can rush immediately and the quarterback is now allowed to run the ball.  
Exception: QB may not run inside the 10-yard line
17. The offense must line-up with five men on the line
18. No planned running plays are permitted with the exception Rule # 16 The QB must be rushed in order to run the ball.
19. Anyone may snap the ball from the line of scrimmage. The ball may be snapped from the ground or air, but may not be handed off.
20. No contact of any type is permitted on receivers off the line of scrimmage. Blocking is permitted as follows: offense may block the rusher and blocking will be permitted by other players after a pass is completed, during a QB run or during an interception return.
21. If you run out of bounds on your own accord, you may not return inbounds and touch a pass before Team B touches. Penalty: 5 yards previous spot. If you are blocked out of bounds you must return inbounds immediately (should not occur see rule # 20).
22. Option plays are prohibited, you may throw a backward pass and multiple forward passes are permitted if completed behind the line of scrimmage. The ball cannot

be advanced from behind the line of scrimmage (no screen passes or running plays).

23. There are no fumbles and the ball is dead at the spot where the ball touches the ground ( including the snap and backward passes).
24. If a runner falls on the ground with possession of the ball (exception foot/hand) the ball is dead at that spot.
25. The defense may rush all six players as long as one player counts aloud up to five Mississippi's. The defense is not required to rush the QB unless they want to.
26. Players may not be in motion when the ball is snapped.
27. When an airborne pass receiver from either team is pushed by an opponent and subsequently lands out of bounds so that he is prevented from immediately returning to the ground, the receiver will be ruled to have caught the ball inbounds (This is a judgement call by the official).
28. The offense has 25 seconds to snap the ball after the ready for play has been sounded by the referee. Failure to do so will result in a 10 yard penalty. (During the final two minutes of the game -- see rule #29 regarding special enforcement.)
29. Delay of Game: During the final two minutes of the game, it will result in a 10-yard penalty and loss of down. If the team leading commits two Delay of Game fouls during the last two minutes, they will forfeit possession of the ball to their opponent, who will take possession on their own 10-yard line.

## PENALTIES

- Offsides, false start, illegal shift, illegal motion, illegal run by QB, contact of eligible receiver (before pass is in the air) and delay of game – 5 yards
- Illegal forward pass and intentional grounding - 5 yards and loss of down.
- Holding, clipping, blocking below the waist (at any time) or leaving feet to block ( legal to leave feet for tag ) - 10 yards
- Personal Fouls i.e, **tackling to get flag**, head slaps, fighting – 15 yards (If deemed flagrant by the game officials will result in ejection from the game and the following game as well as ejection from the field if necessary)
- Offensive pass interference – 10 yards and loss of down
- Defensive pass interference – 10 yards and automatic first down. If the interference occurs in the opponent's end zone The ball will be placed on the defender's one-yard line first and goal for the offense.
- Pass interference is defined as an intent to impede your opponent from catching the ball. The pass does not have to be catchable. Face guarding is deemed to be pass interference. The player must be playing the ball and not just the receiver.
  - **Player on field without flag belt – 5 yards**
  - **Flag guarding – 5 yards**

- **A player is required to have only one foot inbounds for a catch. If he is pushed out of bounds by an opponent before he catches the pass, the pass is complete (see rule # 27).**

### **Overtime**

**If the score is tied after regulation time, sudden death overtime will prevail. The procedures are as follows:**

- **Coin will be flipped ( loser of pre-game toss will call )**
- **The winner may go on offense or defense, loser selects which goal they will defend.**
- **The team on offense will begin their series at mid-field, maximum four downs unless a defensive pass interference foul is committed by the defense ( 10 yards, automatic 1<sup>st</sup> Down )**
- **If a team scores a touchdown or safety the game is over. Running plays are permitted see Rule # 16 Exception: See example # 3 after an interception.**
- **If Team A fails to score a touchdown, Team B will be entitled to one series of downs to score. If the score remains tied after both teams have exhausted their series of downs the winner will be determined by the total number of positive yards. If a team throws an interception during the overtime, the offense will be credited for the positive yardage gained prior to the interception.**

## Examples

- 1. Team A gains fifteen yards on four plays, Team B must exceed Team A's accomplishment. If Team B gains more than fifteen yards on their first play from scrimmage they will be declared the winner.**
- 2. If Team A gains ten yards on first down and throws an interception on the second play, Team B may return the interception and if they score the game is over. If Team B fails to score Team B will be awarded their series of downs at mid-field. Team B must exceed Team A's ten yards to win.**
- 3. If Team A throws an interception on their first play from mid-field and Team B fails to score. Team B will only need to cross their line of scrimmage for positive yardage either by a quarterback run or pass ( QB run rule in effect ).**
- 4. Team A throws an interception, Team B tries to lateral but Team A intercepts the lateral, Team A may return the ball and attempt to score. If Team A fails to score on their interception their series is over. Team B will be awarded their series of downs at mid-field.**

## Notes of Interest

- **The Head Coach is the only person able to discuss an official's ruling with the Referee.**
- **The decision of the officials on the field will be final.**
- **Sidelines must be clear of all players and spectators will not be allowed on the playing field.**
- **Both coaches are responsible to report the score to the scorer's table for verification.**