

# Wheatland Athletic Association



## 2019 TOUCH FOOTBALL RULES

### GENERAL

- Games: Tuesday
- Practices: Coaches discretion - outdoors
- Field Size: WAA Sports Center Soccer Field
- Dates: April 16-May 21.
- Game times are: 4:45, 5:40, 6:35, 7:30p
- Football size: Junior
- QB Tee used as center – 6 seconds to snap and release



### ROSTERS

- 4 teams, 7-10 players per team; It is important that all players attend every week.
- Players will rotate positions on both offense & defense.
- Poor attendance will result in less offensive playing time.
- Players and coaches were allowed to make requests to be on the same team. As WAA has respected those requests, coaches, players, and parents are expected to be respectful of each other and the potential disparity between teams.

### CONDUCT

- This is a non-contact league; come prepared to have fun.
- Intentional tackling, fighting, swearing, inappropriate gestures, taunting, and unsportsmanlike conduct will be penalized and in severe cases dealt with on an individual basis according to the situation.
- Players will be subject to one or more of the following for conduct violations: team penalized 15-yards; the offending player(s) may not be allowed to participate for half of the game, ejected from participating in the game, suspended from participating in multiple games, or ejected from the league.
- Parents will be contacted in cases of severe conduct violations.
- All players, coaches and fans must follow the WAA Code of Conduct.

### EQUIPMENT

- Gym shoes ONLY on the field turf. Spikes/cleats are NOT allowed on the surface.
- Mouthpiece, knee pads and elbow pads are optional. They can be purchased at any sporting goods store.

### GAME RULES

- This is a passing league. Running plays/handoffs are not allowed.
- Games will start at their scheduled time.
- Games will consist of two 18-minute, halves with a running clock that stops for scores and timeouts only. 4-minute intermission between halves.
- 7 vs. 7
- Each team gets two time outs (:30) per half.
- Substitutions: Players will be in constant rotation throughout the game.
- One coach is allowed on the field for defense and must stand behind the deepest player on defense.
  - NO coaching once the offense is lined up and ready to run their play
  - Coach CANNOT call out plays or switch coverages.
- Scoring
  - Touchdown: 6 points
  - 1 pt. PAT: Taken at the 3-yard line
  - 2 pt. PAT: taken from the 5-yard line
- A game is considered over after completion of 2 halves.
- A game cannot end on a defensive penalty. The offense will be awarded the proper yardage and another play.
- Fumbles: Ball is dead at the spot of the fumble and the team that was in possession retains possession. If fumbled backwards, it is spotted where the ball hits the ground. If it is fumbled forward, it is spotted at the spot of the fumble.
- **Offense-** 2 tight or split ends, 3 offensive backs, and 1 quarterback.
  - **The offensive team is required to provide a player (or coach/parent) to act as the center. They are responsible for moving the QB Tee up to the new spot after a completed pass, retrieving the ball and setting it on the QB Tee.**
  - Offense will have 40 seconds between plays.
  - Every time the offense crosses a "coned" 20-yard line, they are awarded a first down.
  - Teams have 4 downs to gain the first down line or score.
  - **Motion is allowed.** One player only and must be an offensive back.
  - Forward passing **ONLY**. No handoffs or lateral passes
  - NO BLOCKING...This is a passing league. Simple screen technique is allowed. No intentional contact.
- **Quarterbacks:**
  - Quarterback must have shoulders square to the line of scrimmage and 2 hands on the ball before the snap
  - No silent count Snap count must be loud enough for all players to hear.

- **Kneel downs:** If the QB kneels down with the ball on the snap and is giving himself/herself up, the player is down and the play is whistled dead without the defense touching the quarterback
- **Defense-** 2 safety, 2 cornerbacks, 2 linebackers, 1 linemen.
  - NO RUSHING THE PASSER. Timer goes off before QB throws the ball it is a dead play. :06 second timer.
  - Interceptions: the defense can intercept a pass, but the ball is dead at the point of the turnover.
  - Fumbles: DEAD BALL at spot of the fumble
  - 3 Yard Buffer Zone
    - Defensive nose tackle lines-up 3 yards from offensive line. Upon the snap of the football, the defensive line may rush the quarterback.
    - When the offense is within 6 yards of a first down the defense lines up half the distance between the ball and the first down line.
- **Kickoffs: NO** Kick-offs. The offense begins possession on the 20-yard line at the start of each half and after each score.
- **NO Punting:** In lieu of punting, the offense is required to do one of the following
  - When the first down line is the defense's 20-yard line or the end zone, the offense is required to "go for it."
  - When the first down line is the Offense's 20-yard line or midfield (40-yard line), there are 2 choices:
    - "Go for it"
      - Attempt to reach the next first down line.
      - Turn over possession at the spot of the completed play if the offense does not reach the next first down line
    - Extended First Down
      - The offense must reach the first down line, plus the next first down line. For example, if the offense must reach the 20-yard line for a 1<sup>st</sup> down now they must reach the 40-yard line.
      - Turn over possession of the ball at new 1<sup>st</sup> down line (midfield or the 20-yard line) if the offense does not reach the new first down line
- **Tackling:** Touch football – defense just needs to touch (one hand) any part of the player in possession of the ball.
- **Last Man Back:** A touchdown or extra point will be awarded if in an official's judgment, an offensive or defensive player who has obviously broken loose and has an apparent touchdown made is tackled (pulled to the ground by contact), held, tripped, or deliberately pushed out of bounds. The penalty will be unsportsmanlike conduct, and it will be enforced on the next down.
- **Turnovers:** There are three key rules to turnovers:
  - Fumbles: Dead ball
  - **Forced Fumble:** If a player attempts to force a fumble by punching, slapping, slashing or otherwise, it will be penalized and the team in possession of the ball will retain possession. These actions are considered initiating contact and are not allowed. 15 yard penalty and automatic FIRST DOWN.
  - Interceptions: the defense can intercept a pass, but the ball is dead at the point of the turnover. **THREE POINTS for every INT**

## PENALTIES

- **Offside**, either team: 5 yards from the line of scrimmage.
- **Illegal Formation**, offense: 5 yards from the line of scrimmage.
- **Illegal Procedure/false start**, offense: 5-yards from the line of scrimmage. Play whistled dead.
- **Illegal Blitz (LB, CB, or S):** 5-yard from the line of scrimmage, replay down
- **Illegal Receiver Downfield**, offense: 5 yards from the line of scrimmage.
- **Block in the Back**, offense: 5 yards from the point of the foul.
- **Stiff Arming**, Ball carrier is whistled down. Unsportsmanlike conduct foul may also be called.
- **Holding**, either team: 5 yards from the line of scrimmage.
- **Pass Interference**, offense: 10-yards from the line of scrimmage .Automatic loss of down.
- **Pass Interference**, defense: Ball spotted at the point of the foul and is an automatic first down. If this penalty occurs in the end zone, the ball is spotted at the 3-yard line and a 1<sup>st</sup> down is awarded.
- **Unsportsmanlike Conduct**, either team: 15-yards from the point of the foul and automatic 1<sup>st</sup> down.
- **Diving into a ball carrier/ Contact tackling**, defense: Unsportsmanlike conduct (see above).
- **Forward dive by a ball carrier to prevent tackling**, offense: Down at the point of foul.
- **Rules Changes:** These rules may change before the start of the season. All players will be notified of changes.