

Rules and Regulations 2020

Kawartha Region Touch Football League

Ball (1)

1.1 Teams will be provided with official USports Regulated size Football

Time (2)

2.1 Games will be 30 minutes divided into two 15 minute halves.

2.2 The clock will be running time until final 2 minutes of each half.

2.3 Dropped passes in final 2 minutes of each half will result in stopped clock. For completed passes, please read 2.4.

2.4 There is a 25 second game clock. On a change of possession there is a 50 second game clock. The game clock starts when ball is spotted

2.5 Each team will have two 1 minute timeouts in each half.

Possession (3)

3.1 A coin flip will determine which team starts with the ball. The visiting team will make the call.

3.2 Possession begins at the 40-yard line on the hash of choice. Ensuing hash placement will be enforced by officials in accordance with U Sport rules.

Play (4)

4.1 Play is limited to seven on seven. On offense 1 QB & 6 offensive players. On defense, any combination of 7 players (LB's & DB's).

4.2 Someone who is not participating in the drive on Offence, must act as the centre and snap the ball. Snaps can be done between the player's legs or thrown underhand to the QB. After the snap is executed the player acting as the centre must take a knee and cannot be involved in the play in any way.

4.3 Offensive plays must be forward passes. No Kicking, punting, handoffs, or laterals behind the line of scrimmage.

4.4 Play starts at the 40-yard line. To get a first down a team has 3 downs to reach the 10-yard mark. After every 10 yards, the offence is awarded another set of 3 downs to reach another 10-yard mark. Plays that are beyond 10 yards made and not finalized with a touchdown will set the ball where tagged, and will be awarded 3 downs to reach another 10-yard mark. If there is less than 10 yards between the place tagged when awarded 3 downs, the Offence will be 1st and difference between yards to go to endzone.

4.5 Running Backs must release on routes.

4.6 One foot must land in bounds for a reception to be deemed a catch.

4.7 Play ends with one hand touch below the neck

4.8 Once a forward pass has been thrown, any attempt in a backward lateral is considered a fumble, and a dead ball.

4.9 No blocking

4.10 The QB is allowed 5 seconds to throw the ball. The official timekeeper starts the stopwatch on the snap of the ball and stops the watch as soon as the QB releases the ball.

.i) if the release is under 5 seconds, the play goes on.

.ii) if the release exceeds 5 seconds, a flag will be thrown (will result in a loss of down) and the whistle will be blown.

.iii) the QB cannot rush and the defense cannot rush the QB

4.11 Interceptions are ruled a dead ball and the defensive teams collect 2 points as well as gaining possession.

4.12 Fumbles are dead balls at the spot with the last team retaining 1st possession. A muffed snap is not considered a fumble. The 5 second snap count remains in effect on bad snaps.

4.13 Only one offensive player is allowed to cross the midline during the snap count. There is no limit to the amount of players motioning out of the backfield and into the outside landmarks of the field, but only one player on offence can cross the face of the QB after the snap count begins and before the snap count ends. Anything before is considered offensive adjustment, and anything after is the play itself.

Penalties (5)

5.1 Rough play (including dangerous contact or hits to the head) or fighting will not be tolerated. Players involved may be ejected from the game and/or tournament and the team penalized 15 yards.

5.2 No taunting or "trash talking". Players may be ejected from the game and/or tournament, and the team may be penalized 15 yards.

5.3 Responsibility to avoid contact is with the defense. There will be no bumping, grabbing or chucking. Players may be ejected from the game and/or tournament, and the team may be penalized 15 yards.

5.4 Defensive/offensive pass interference and illegal contact is the same as U Sport rules. Team will be penalized 15 yards.

5.5 Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Delay of game penalties are applicable.

5.6 Offensive Blocking or Holding results in a loss of 5 yards the down is replayed. If Blocking or Holding is occurred in back-to-back plays, play will result in a loss of downs. If it is 3rd down, possession switches to the opposing team.

5.7 A delay of game penalty results in a loss of downs. If 3rd down, possession switches to opposing offence.

5.8 A delay of game penalty in the last 2 minutes of a game will automatically stop the clock, and result in a loss of downs. If it is 3rd down, possession switches to the opposing team.

5.9 Unsportsmanlike Conduct: loss of 15 yards and possible ejection

Injury (6)

6.1 Players that are hurt or injured during play must take a knee and receive assistance from the League Trainer.

6.2 League Trainer will decide how much time the player needs to sit out for. May result in the following, but not limited to, sitting out for 3 plays, a series, remainder of game, multiple games, the event date, future event dates, the remainder of the season.

6.3 When an injury occurs, all clocks stop. Time resumes when the player and League Trainer have left the field.

6.4 Offences that have 3 players injured in a single drive will be charged a down. During a 2nd down and a 3rd player results in injury, a 15 Yard penalty is placed in substitute of a change in possession when charging a loss of downs.

Scoring

6 points for a Touchdown

1 extra point by passing from the 5-yard line

2 extra points by passing from the 10-yard line

2 points for Defensive Interceptions

Overtime

Seeding Tie Breaker:

1-head-to-head record

2-point differential

3-points scored

4-points allowed

A forfeit will be treated as a 21-0 loss for the purpose of the standings.

During round robin play there will be no overtime. Games will end as a tie.

Playoffs: A coin flip will determine first possession; teams will alternate 3 down possessions from the 15-yard line. If a Touchdown is scored the team must go for 2 points (10-yard line). A winner is determined when one team scores more points during its possession than the other.

Tournament rules may be changed at any time if problems arise due to concerns with safety conditions, sportsmanship, or any other unforeseen issues.