



# Adult Indoor Touch Football Rules

## 2016-17 SEASON RULES

### General:

- PLAYERS MUST BE REGISTERED WITH INDIVIDUAL SIGNED WAIVERS PRIOR TO PLAYING ANY GAMES, OTHERWISE, THEY WILL NOT BE ALLOWED TO PLAY.
- During regular season, a team that is found to be using a player that has not signed a Players Paradise waiver form will incur a team fine of \$50.00. The offending player will be ejected from the game and the fine must be paid before the team's next game in order to be eligible to play.
- During regular season, a team that is found to be using a player that has not signed a Players Paradise waiver form for a second time in the same season will incur a team fine of \$100.00. The offending team will also automatically forfeit the game. The fine must be paid before the team's next game in order to be eligible to play.
- During Playoffs, a team that is found to be using a player that has not signed a Players Paradise waiver form in the playoffs will automatically forfeit the game.
- Teams of 10-14 players is recommended.
- Any Player who throws a forward pass during the season **cannot** throw a forward pass for a lower division team during that season. All QB/Optional QB's however can play on another team as a receiver or defender. All designated QB's who take a direct snap can only play for 1 team during that season. If an optional QB plays one week but not the next, this rule still applies.
- Schedules will not be adjusted due to players playing on more than one team
- All team rosters will be final after the 7<sup>th</sup> game of the Fall Season and the 11<sup>th</sup> game of the Winter Season. Players cannot be added to the rosters under any circumstances after the 7<sup>th</sup> game of the Fall Season and the 11<sup>th</sup> game of the Winter Season for the remainder of the regular season and playoffs.
- Teams must provide 5 business days' notice for any rescheduled game
- Teams will be given one (1) rescheduled game at no cost. Any additional requests, a \$50.00 administrative charge will apply to the team requesting the change. **Game change requests are always at the discretion of the opposing team agreeing**, the opposing team is not required to accept any game changes beyond what the original schedule states at the beginning of the season (unless the League changes the game schedule due to unforeseen circumstances). If the opposing team does not agree to a game change, then the team requesting the game change will automatically have to forfeit the game. RESCHEDULING OF ANY PLAYOFF GAMES WILL NOT BE PERMITTED.
- 5 players aside (includes quarterback) but teams must have a minimum of 4 registered players to start a game. If that team does not have a 5<sup>th</sup> registered player before the 10 minutes of the 1<sup>st</sup> Half, that team will forfeit the game.
- When a team has a 5<sup>th</sup> player show up at the late, but within 10 minutes of the 1<sup>st</sup> Half, that late team will be penalized accordingly:

- Lose all right to start with the ball in the 1<sup>st</sup> Half and 2<sup>nd</sup> Half.
- Game time will be reduced to the 1<sup>st</sup> Half 15 minutes long, 2<sup>nd</sup> Half 25 minutes long.
- If the late team's jersey is the same colour as the other team, the late team must have an alternative coloured jersey.
- To determine the late time, referees will start the clock on the hour and time will be determined based on Players Paradise clock count down in time.
- Substitutions can be made at any break in the game or between plays.
- 50-minute continuous running game time with exception of time outs or referee time outs to deal with injuries, discipline, or at their discretion (two x 25 minute halves, with 2 min halftime).
- One 30-second timeout per team per half; which will stop the running game clock. In the event that a team calls a time out with 30 secs or less in each half, the referee will count down the time to zero (0). No stop watches will be used. All other times the referee will stop and start the clock manually upon the snap of the ball, with the exception for time outs with less than 1 min, the refs will use their wrist stop watches as the bases to keep time from this point on.
- **One hand touch only.**
- Only indoor turf cleats (no spikes or metal cleats) and running shoes may be worn.
- All team players must have matching base uniforms.
- All uniforms must be numbered.
- **Whenever possible,** curtains will be raised 12 feet to ensure players don't run into the curtains, curtains are there to minimize interference into other games.
- Captains are responsible for validating game scores within 72 hours of game completion, if they notice an error in the score posting, they must submit an email to [info@playersparadisesoccer.com](mailto:info@playersparadisesoccer.com) within 72 hrs of game completion notifying Players Paradise of the error and to ensure it can be corrected in a timely manner, otherwise, it may remain as originally posted.
- Any player who wears a hard cast during the game must provide a foam protection around the cast to eliminate any injury to other players. If they choose not too then the referees are instructed to remove the player from the field until the changes are made and the referee approves.
- Any player that receives an open wound or bleeding will be removed from the game and cannot return until the open wound is attended too and bleeding has stopped.
- Any player that wears any type of jewellery on their body during a game will be asked to leave the field until the jewellery is removed. This means any type of ear, nose, mouth and eye jewellery too.

### **Mechanics of the game:**

- The Men's and Women's league will play 5 downs (no kicking/punting plays).
- On the 5<sup>th</sup> down the Offensive team must declare whether they are playing the down or giving it up. If the Offensive team chooses to play the 5<sup>th</sup> down and they do not score a TD, the opposing team will take possession at the original line of scrimmage. If the team chooses to give up the play then the opposing team starts their 5 downs 5 yds from their goal line. NOTE: If the offensive team completes their 5<sup>th</sup> down pass but does not score then the line of scrimmage starts at the point of the touch
- Ball possession starts on 5-yard line in place of kickoffs.
- Any player who receives the ball in the backfield through a snap, a hand-off or lateral pass is considered to be a quarterback and can run. Optional QB can run.
- For the Women's League only, if the Women's QB receives the ball directly from the center, she is not eligible to run. If the QB throws the ball to the option QB laterally and the option QB throws the ball forward (forward pass) the original QB can receive it and run. If the optional QB throws the ball back to the original QB laterally, the original QB cannot run.

- 1 foot inbound on all catches = completion.
- Any tipped or deflected balls by an offensive player to another offensive player or a defensive player to another defensive player that causes the ball to travel towards the opposing teams End Zone, shall be whistled dead at the point of the original tip.
- Fumbled balls are dead balls.
- Fumbled after reception, ball is dead at the place of fumble.
- Fumbled snap to QB - ball is LIVE.
- Any diving with the ball to avoid a touch will be placed at the spot of the dive.
- Any lowering of the head to avoid a touch will result in a dead ball at the spot of the lowering.
- If an offensive player is pushed out of bounds, player is still eligible. If player goes out of bounds on his/her own player is ineligible for catch or play = loss of down if caught by ineligible player.
- All sidelines and dead ball lines are considered out of bounds.
- If ball hits ceiling, dead ball and loss of down.
- Each team is responsible to pick up own ball, if delay in retrieving ball 20-second count will commence.
- Playoff format –
  1. For Divisions with 8 or more teams, the top 8 teams will advance to the playoffs.
    - Possession will be determined by coin toss at the beginning of the game, Home team gets to call it
    - Quarter Finals: 1st vs 8th, 2nd vs 7th, 3rd vs 6th, and 4th vs 5th (based on end of season standings)
    - Winner of quarter finals will be reseeded and advance to Semi-finals based on standings after quarter final results
    - Winners of semi-final games advance to finals
    - Quarter and Semi-final games will be played on the same day, as scheduling permits.
    - Games are same format as regular season: 2 x 25-min halves.
  2. For Divisions with less than 8 teams, the top 4 teams will advance to the playoffs.
    - Possession will be determined by coin toss at the beginning of the game, Home team gets to call it
    - Semi-Finals: 1st vs 4th, 2nd vs 3rd (based on end of season standings)
    - Winners of Semis advance to finals
    - Games are same format as regular season: 2 x 25-min halves.
  3. Any teams that have players participating on more than 1 team, must choose 1 team to play for in the event of a playoff scheduling conflict (ie. Games will not be rescheduled to accommodate player absences).
- **Playoff overtime format –**
  1. Coin toss to determine which team has first choice. Highest ranking team to call.
  2. 3 attempts per team either from the 5 yard line or 10 yard line alternating.
 

5 yard line completion = 1 point      10 yard line completion = 2 points
  3. At the end of 3 plays/team total score determines winner.
  4. If tie remains, then a coin toss will be done again and it becomes sudden death from this point. Highest ranking team determines heads or tails.

### **Rushing:**

- Rusher lines up 5 yards on either side of bag and 1 yard outside centers feet but within 5 yards lateral of the centre
- Rusher advances when centre snaps the ball. Rusher loses right to the QB if he changes sides once the center sets. Eg. Lowering the head.

- Offside by the rusher occurs when any part of the body is within 5 yards of the line of scrimmage before the ball is snapped. All other players are eligible to rush but cannot cross the line of scrimmage before the rusher unless they are 5 yards back prior to snap.

### Scoring:

- 6 points for a touchdown.
- 1-point (from 5 yards out) or 2-point (from 10-yards out) converts. Converts must be another play.
- 2 points for a safety. (Tag or ball lands in end zone or through end zone).
- Game is deemed over when a team is winning by 40 points or more with 2 minutes left in the game.
- Points will be awarded as follows: 3 points for a win, 1 point for a tie, 0 points for a loss. If a team forfeits, the opposing team will show the game as a 7-0 win (3 pts will be assigned to the opposing team).
- If two or more teams in the same division are tied then the following format will be applied to determine ranking: (games between tied teams results used)
  1. Games played between the tied teams (wins/loss record if still tied go to Points For)
  2. Points for (if still tied then go to Points Against)
  3. Points Against (if still tied then go to Total Points Scored)
  4. Total Points Scored
- At the end of the season, it is at the discretion of the League Convenor to move the top 1-2 teams of each division up to the next division and/or the bottom 1-2 teams of each division down to the lower division.

### Penalties:

- If a team fails to field a team for at least two games without at least 5 days notice to the League Office, then on the third and additional missed games, the team will be fined \$100 for the LOSS of game for the opposing team and will not be allowed to play any additional games until the penalty is paid in full. If the opposing team chooses to remain on the field for their scheduled game, they will forego the \$100 bonus in lieu of the 1 hr field time.
- Taunting - There will be no taunting of opposing players = 5 yard penalty.
- Spiking - Any spiking of the ball at any time = 5 yard penalty. If spiking occurs after a touchdown the offending team will be penalized 5 yards on the convert.
- Delay of game = 5 yard penalty loss of down.
- Defensive holding = down over and 5 yard penalty.
- Offensive holding = loss of down and 5 yard penalty.
- When player with the ball is running with the ball, team members cannot interfere with play, no hand blocking or impeding allowed. Infraction = dead ball at place of infraction... no loss of down.
- Catchable Balls:
 

Defense =	pass interference at the spot of the foul and repeat down.
Offence =	5 yard penalty and loss of down regardless in field of play or end zone. On the 5 <sup>th</sup> down the defense has the choice to decline the penalty and take ball over on downs

Non-Catchable Balls:

Defense 5-yard penalty and repeat down.

Offence = 5 yard penalty and loss of down regardless in field of play or end zone. On the 5<sup>th</sup> down the defense has

the choice to decline the penalty and take ball over on downs

- 2ND RIGHT TO THE BALL: Any player has second right to a ball after being tipped or deflected.
- On 5<sup>th</sup> down live ball fouls, if accepted by the defence, the offence will have the option to go for it or give it up. If it is a dead ball foul then it turns over on downs.
- Illegal Re-Entry – A player is not permitted to leave the field of play during a play, return to the field of play, and then participate in the play. The penalty is 10 yards for illegal re-entry for offending team.
- Extension – The ball carrier is not allowed to extend the ball with the arms in an effort to gain extra yards. This is applied as a dead ball foul from the point of the torso of the ball carrier when the extension took place. It is a five yard penalty.
- A player who interferes with another player, i.e. grabs hands or in some way prevents a player from catching a tipped or deflected ball is guilty of Pass Interference when the ball remains catchable.
- Aggressive hand or body contact either before or after a reception (co-incidental contact allowed, both players going for the ball) = 15 yards down over and completed yards.
- Aggressive Pushing out of bounds = 15 yards down over and completed yards.
- In the END ZONE, any defensive rough play toward the intended receiver, or flag against the defender covering the intended receiver, the ball is placed on the 1 yard line and down repeated.
- In the END ZONE, any offensive rough play is a loss of down & 5-yard penalty or loss of attempt at convert.
- The defender/rusher will be called for a Personal Foul if they make ANY kind of contact with the Quarterback's throwing arm or hand or above the Quarterback's shoulders while the Quarterback is attempting to make a pass, this includes the Quarterback's natural follow-through motion. Personal fouls are 15 yard fouls and can be live or dead ball fouls at the option of the non-offending team.
- Any additional rough play or roughness not mentioned above is at the discretion of the official. Offending player(s) will be cautioned and/or removed from the game and/or face possible suspension.
- **FIGHTING.** Any person(s) fighting, automatic game ejection and banishment from the league.
- **TACKLE = GAME EJECTION AND 15 YARD PENALTY**
- Swearing or abusive language directed at an official may result in ejection from a game without warning from the Referee.
- No swearing at officials or opposing players = loss of down + series ejection and/or game ejection + 15 yard penalty.
- **ANY PERSON STRIKING DIRECTLY OR INDIRECTLY or THREATENING A REFEREE OR EXECUTIVE OFFICIAL OF THE LEAGUE WILL BE SUSPENDED FROM THE LEAGUE INDEFINITELY.**
- Team captains have the right to remove a player on his team from the field of play due to poor conduct or unsportsmanlike behavior. Refusal of the player to leave will result in an automatic league suspension.
- A breach of any of the above deemed to be aggressive by an official, can be followed up by game ejection of the player(s) or team from the game and/or banishment from the league without refund of team fee, or any proportion thereof.
- If there is a rule that is not clarified or explained in detail under this document, then please default to the TFO rules for clarification.

Players Paradise Adult Touch Football Indoor Rules will follow TFO Outdoor Touch Football Rules for any questions that are not spelled out in our rules provided.