



Touch Football Rules

1. This is non-contact touch football with 8 v 8. However, a team can play with 6 players. A minimum of 3 females must be on the field at all times.
2. Games will be in two 20 minute halves with a three minute halftime.
3. Two hand touch.
4. Cleats are allowed, **NO METAL SPIKES**
5. Each team will have one 60-second and one 30-second time out in each half.
6. During the final two minutes of the game, the referee shall stop the game clock if:
 - a. An incomplete pass is thrown
 - b. A player ends a play by going out of bounds
 - c. Either team scores
 - d. Change of possession
 - e. A penalty which must be marked off occurs
 - f. A team calls a time-out
 - g. **THE CLOCK DOES NOT STOP ON FIRST DOWNS OR FUMBLES**

****If a team is up by 17 points or more, the clock runs continuously during the last two minutes of play.**

7. Scoring will go as follows:
 - a. Touchdown: 6 points
 - b. Extra Point: 1 point (played from 5-yard line- throw only)
 - c. Extra Point: 2 points (played from 12 yard line)
 - d. Safety: 2 points
8. A Safety will be scored if a player is:
 - a. Tagged down in their own end zone (not on a punt return)
 - b. Runs out of bounds in their end zone
 - c. Snaps the ball out of the end zone
 - d. If the offense fumbles the ball in their own end zone. As a result the team on defense receives 2 points and the team on offense must now punt a "free" kick from their own 10 yard line.
 - e. Also, a player having intercepted a pass or received a punt in the end zone cannot be tagged in the end zone for a safety unless he/she has previously crossed the plane of the end zone with the ball.
9. Games ending in a tie during regular seasons will be recorded as a tie.
10. Teams will have until 5 minutes past the designated start time to field a legal team. Shorthanded teams may play a legal game with a minimum of 6 players, with at least three of them being females. Teams fielding less than six players or

- without at least two women will receive a forfeit. The decision will be made by the on site supervisor.
11. There will be a meeting at the beginning of each game between the team captain and the referees that will have a coin toss and a discussion on rules, boundaries, and sportsmanship.
 12. The team that wins the coin toss at the beginning of the game must choose one of two options: 1) which team is to receive, 2) the goal his/her team will defend.
 13. There are no kick offs.
 14. The offensive team takes possession of the ball at its 5-yard line and has 4 plays to cross each cone. If the offense fails to get a first down or score, the ball changes possession and the new offensive team takes over at the line of scrimmage.
 15. Teams change sides in the second half.
 16. Basic NCAA rules apply except where otherwise listed.
 17. There is no maximum limit to the amount of females that must be on the field. To ensure coed participation, a penalty will ensue if the offensive team fails to use a female as an operative player within 3 consecutive downs.
 18. An operative player is defined as a player who:
 - a. Is the intended receiver in the eyes of the official
 - b. Runs the ball as the primary runner (does not have to cross line of scrimmage) receives the snap as the QB and must attempt to be the person who initiates the ball crossing the line of scrimmage-unless he/she is sacked.
 - c. Receives the snap and immediately spike the ball at his/her feet in order to stop the clock in the last two minutes
 19. An operative player is NOT defined as a player who:
 - a. Hands off the football
 - b. Snaps the ball into play
 - c. Receives a hand-off only to give it back to a male before crossing the line of scrimmage.
 20. SACK: If a male is the QB on a play which could either be to a male or female and the QB is sacked the ball is spotted where he was sacked and the play stands as a male play, no matter who was the intended receiver. If a team was forced to use a female as the operative player and the male QB is sacked the play stands as a male play and the offensive team must use a female on the next play.
 21. First Downs
 - a. Each team shall have 4 downs to either score or earn another first down. First downs are achieved when a team advances the ball past the first down marker. First down markers will be placed every fifteen paces from one end zone to the other end zone. If a team fails to score or earn a first down, possession will go to the other team. Offensive teams may elect to punt on the fourth down.
 22. Punts:
 - a. A punt must be declared not faked.
 - b. All punts are free punts. A team need not snap during a punt, a dropped snap during a punt is not a fumble.

- c. Punts must be kicked
 - d. Neither team may cross the line of scrimmage until the ball is kicked
 - e. The receiving team may not raise hands or jump to block the punt. If a punt is “shanked” and caught it is a live ball and is returnable
 - f. The return team may not field a ball off the ground
 - g. A punt through the end zone comes back to ten yards off the goal line.
23. A Dead Ball is defined as:
- a. When the ball carrier is touched
 - b. Ball carrier steps out of bounds
 - c. Touchdown or safety is scored
 - d. Ball carrier’s knee hits the ground
24. The ball will be spotted where the ball is at the time the ball carrier is touched. If the ball crosses the plane of the goal line before the ball carrier is considered down it will result in a touchdown (ball extension).
25. Receiving:
- a. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage)
 - b. Only one player allowed in motion at a time
 - c. A player must have at least one foot inbounds when making a reception.
26. Passing:
- a. All passes must be forward and received beyond the line of scrimmage
 - b. Shovel passes are allowed but must be received beyond the line of scrimmage
 - c. Interceptions change the possession of the ball at the point of interception.
27. Rushing the Quarterback:
- a. The QB has five seconds to throw the ball or the play is dead.
 - b. Once the ball is handed off, the five-second rule is no longer in effect and all defenders may go behind the line of scrimmage. NO tackling is allowed.
 - c. The QB can rush the ball.
28. Sportsmanship/Roughing
- a. If a referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected. **FOUL PLAY WILL NOT BE ACCEPTED.**
 - b. Trash talking is illegal. If trash talk occurs the referee will give just one warning. If it continues the player or players will be ejected from the game
 - c. After the 1st ejection the incident will be reviewed by Hermes Sports & Events directors to see if further action is required.
29. Penalties- All penalties will be called by the referee. Normal rules and penalties of the NCAA apply unless exceptions have been made herein.
- a. Illegal Contact (At or Behind the Line of Scrimmage)-in cases where the person(s) acting as the offensive lineman, initiates any contact (at the ref’s discretion), it will be ruled a 5 yard penalty from the line of scrimmage and we will replay the down. If this contact is deemed excessive by the ref, an “unnecessary roughness” penalty of 10 yards can be assessed.

- b. Illegal Contact-Down Field- 5 yards from the point where the ball carrier is at the time of the infraction
- c. Offsides (Offensive)- 5 yards and the play is ruled dead immediately, no option to decline and the down is replayed.
- d. Offsides (Defense)- 5 yards, offense have the option to decline
- e. Illegal Motion- players may not be in motion towards the line of scrimmage when the ball is snapped. This will result in a dead ball, 5 yard penalty and repeat the down. Only one player can be in motion moving parallel to the line of scrimmage.
- f. Offensive Picking/Interference- The offensive team may not initiate a pick/block while in motion. 5 yard penalty from the line of scrimmage, loss of down. If a catch is made after a clear pick, it will be ruled no catch, 5 yard penalty from the line of scrimmage and a loss of the down.
Remember: Some acceptable incidental contact will occur while running routes and within the normal course of play, and will not be called.
- g. Unnecessary Roughness- Includes any illegal tag such as grabbing jerseys or excessive pushing ECT. This behavior will result in a 10 yard penalty from the point of the infraction and an automatic first down. Extreme roughness will result in an ejection from the game and or league if deemed necessary by the referee and league staff.
- h. Defensive Pass Interference- Spot foul and offense is awarded an automatic first down. If the pass interference is in the end zone, the ball comes out to the 1 yard line and it will be 1st down.
- i. Defensive Holding- 5 yard penalty from the line of scrimmage, replay down. Offense can accept or decline the penalty
- j. Defensive Checking- 5 yard penalty from the line of scrimmage, replay down. The “bump and run” will not be allowed. No player may initiate contact at the line of scrimmage. There is no 5-yard bump zone.
- k. Intentional Grounding- This penalty will be called when a passer facing an imminent loss of yardage because of pressure from the defense, throws a forward pass, without a realistic chance of completion. 5-yard penalty from the point of the infraction. This will also result in the loss of down.

30. During regular season play, all ties will be scored as a tie. In the playoffs, however, the Four Downs-and-Out format will apply. The winner in a coin toss will decide if the team will either take first or second possession. Teams will attempt to score in the same end zone. Each team will have four downs to score in the same end zone. Each team will then have 4 downs to score from ten yards from the goal line. If a team scores they will have the opportunity to go for one or two on the Pat. A PAT must be used once within the first three plays or on the 1st and 4th downs when applicable. An interception will result in the team losing its possession. The game will be decided when one team scores more points in the rotation. No first downs will be awarded in overtime except in the case of a penalty. Interceptions will result in a turnover and may be returned for any points.

31. Playoffs: The top 4 teams will go to the tournament based on season rankings. The top teams will be determined by record (3 points for a win, 1 point for a tie, and 0 points for a loss).
32. In case there is a two way tie between teams the following tiebreaker system will be used.
 - a. Head to head match up
 - b. If there is still at i.e. or if they played each other twice and both have a 1-1 record we will move on to Head-to-Head run differential.
 - c. Overall season run differential
 - d. In case the tie STILL persists, a coin flip will determine the winner.
33. If in case of a three-way tie between teams the following tiebreaker system will be used:
 - a. Head-head match up
 - b. If the winner of the head-to-head match up can not be determined (i.e. 2 teams played each other twice or each team has a 1-1 record), then the head-to-head run differential will be used to compare for all 3 teams.
 - c. Overall season differential
 - d. In the case a tie still exists a coin flip will be used to determine the winner.
- 34. All other playoff scenarios that occur will be treated on a case-by-case basis by Hermes Sports & Events.**
35. Games may be cancelled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints ECT. Hermes Sports & Events makes an effort to play all scheduled games; therefore we will not cancel games until absolutely necessary.