

RENSSELAER IFC TOUCH FOOTBALL RULES

*THE GENERAL PRINCIPLES OF FLAG AND TOUCH FOOTBALL SHALL GOVERN PLAY -----
EXCEPT FOLLOWING:*

1. **FIELD:** The field of play shall be 60 yards long and 50 yards wide with 10 yds. End Zone. The field shall be divided into 3 zones of 20 yards each.
2. **TEAM:** A team shall consist of 7 players
3. **EQUIPMENT:** Padded uniform shoulder pads and helmets **MAY NOT BE USED**. Shoes with modified cleats may be used.
4. **PERIODS:** A game shall consist of 2 halves of 20 minutes each. The period between halves shall be 5 minutes.
5. **TIMING:** The clock shall run continuously **EXCEPT** during the last 2 minutes of each half when the clock shall be stopped:
 - a) for all fouls
 - b) during uncompleted passes
 - c) on all out of bounds balls
 - d) when a touchdown, safety or touchback.
6. **BETWEEN DOWNS:** The team shall have 25 seconds to put the ball in play after each down. Time starts when referee places ball in position or declares it ready.
7. **LEGAL TOUCH:** A legal touch is defined as a one-handed touch that must be between the shoulder blades and the knees.
NO DIVING TAGS ALLOWED.
8. **TIME OUT:** Each team is permitted one timeout in each half during which the clack is stopped. Referee may order a timeout at anytime at his discretion. During the playoff of a tie game **ONE ADDITIONAL** timeout is granted.
9. **KICKOFF:**
 - a) The game begins with a free kick. A 2" tee may be used or the ball may be held on the ground or on the holder's toe (if the holder's toe is used the foot must be flat on the ground.)
 - b) Free Kick takes place from the 10 yard line. All players must be behind this line until the ball is kicked.
 - c) The receiving team must have at least 4 players within 5 yards of their 40 yard line until the ball is kicked.
 - d) Free Kick may only be advanced by the receiving team. A muff by the receiving team is a dead ball at that spot.
 - e) Any ball kicked across the end zone line is a touchback and cannot be advanced. Any ball caught and carried over the end zone can be run out. (momentum rule)
 - f) Any ball touched by the kicking team within the field of play becomes dead at the spot. The kicking team cannot recover an outside kick.
10. **POSITION AT SNAP:** The offensive team must have at least 4 men on the line of scrimmage at the time of snap, none within 5 yards of a sideline.
 1. Defensive team scrimmage line is one yard off the ball.

2. When the ball is snapped the offensive team must have 4 players on their scrimmage line.
 3. Any player who crosses their scrimmage line prior to the snap causes the ball to become dead. And a dead ball foul assessed against the committing team.
 4. After the referee signals the ball ready for play, all players must be within 15 yards of the ball. Failure will result in a line ball foul and 10 yard penalty.
 5. All players must come to a complete stop for 1 second prior to the snap. Only one player may be in motion at the snap, but that motion cannot take him/her closer to his/her goal line.
11. **DOWN ENDED:** A down is ended when:
- a) ball carrier is clearly touched by an opponent.
 - b) any pass, forward or backward including 1 from center touches the ground.
 - c) any kick (scrimmage or kickoff) touches the ground after having been touched by a receiver.
 - d) ball or ball carrier goes out of bounds.
 - e) any fumble or muff touches the ground.
12. **FUMBLED BALL:** A fumbled ball or muffed ball that touched the ground shall belong to the fumbler where ball touches ground, but not further than ball carrier's forward progress. If fumble occurs in the End Zone, it will be scored as a safety.
13. **SNAP OF THE BALL:**
1. At the snap a player in motion must be no less than 5 yards from the scrimmage line.
 2. Snap must be one continuous motion through the snappers legs.
 3. If the snap hits the ground, the ball is dead. If it occurs in the End Zone a safety would be called.
 4. Plays receive the snap must be at no less than 2 yards from the snapper.
14. **FORWARD PASS:** Only one forward pass may be made during a down and it must be made from behind the line of scrimmage. All players are eligible to receive a pass.
15. **PASSING:**
1. All players are eligible to receive a pass.
 2. One foot must be in for a legal catch.
 3. If passer is deflagged before it leaves the passers head the ball is dead at the spot.
 4. A defensive player must avoid contact with the quarterback by attempting to deflag the player any contact will result in a roughing the passer foul 10 yards from the previous spot and first down.
16. **BACKWARD PASS:** Any number of backward passes may be made from anywhere in the field of play. Incomplete backward passes shall belong to the passing team at the point where the ball touches the ground.
17. **FIRST DOWN:** To gain first down, a team shall, within 4 downs advance the ball from one zone to the next.
18. **SCREEN BLOCKING:**
1. Screen block shall take place without contact.
 2. Screen blockers shall have their hands at their sides or behind their back.
 3. Any use of the arms, elbows or legs to initiate contact during a screen block is illegal.
 4. A screen block must allow the opponent to stop or change directions to avoid contact, jumping into a defender and causing contact is a foul.
 5. A defensive player must go around any offensive players screen block. A defensive player who goes through a blocker who has position is illegal. This is similar to a charge in basketball.

19. **SCORING:**

Touchdown	=	6 points
Point after points for (5 yards back)	=	1 point (2.5 yards back) and 2
Safety	=	2 points
Touchback	=	0 points

20. **SAFETY:** is a down ended with the ball in possession of the offensive team behind their own goal line or out of bounds behind the goal line which has been caused to go there by the offensive team. EXAMPLES: fumbles, incomplete backward pass, ball carrier touches, blocked punt in end zone.

21. **TOUCHBACK:** is a ball in possession of the defensive team behind their goal line or out of bounds which has been caused to go there by the offensive team. Examples: fumble and kick downed in end zone, intercepted pass downed in end zone.

22. **TIE GAME:** If the score is tied at the end of the end of the 2nd period, coin toss will determine the receiving team and a 5 minute overtime period will follow. If the score is still tied at the end of the period (NOT SUDDEN DEATH) a second 5 minute period starts with the other team receiving the kickoff. The game is recorded as a tie if the score is still tied at the end of the second overtime period.

23. **PLAY AFTER SAFETY OR TOUCHBACK:**

SAFETY: Ball put in play with a kickoff from 10 yard line by team scored on.

TOUCHBACK: Ball put in play with scrimmage on the 20 yard line.

The winner of the coin toss at the beginning of the game can elect to receive the kickoff or specify which goal they wish to defend. At the beginning of the second half the other team has the same option.

24. FOULS - PENALTIES - ENFORCEMENT SPOTS

NOTE - No distance penalty can carry ball inside the one (1) yard line. (see PENALTY CHART ON REVERSE SIDE)

25. **PROTECTED SCRIMMAGE KICK:** After 3 downs offside team must declare to official whether they will try to go for first down or kick.

- 1) No quick kicks allowed.
- 2) Offensive team must notify the referee of their intention.
- 3) Offensive and defensive teams must have 4 players each on their respective scrimmage lines and they cannot move until the ball is kicked.
- 4) The kicker must be at least 5 yards back.
- 5) Any muff of the snap will be a dead ball and the opponent will take over of that spot.

26. PASS INTERFERENCE:

- 1) It is defensive pass interference if player is deflagged before he/she touches the ball. (10 yard penalty and first down)
- 2) After the ball is snapped and until the ball is touched by a receiver there should be no offensive contact beyond the offensive teams scrimmage line (10 yard penalty and loss of down will result to the offensive team).

Any ties for playoff positions, resolution will be decided upon by the Intramural Committee.

<u>FOUL ENFORCEMENT</u>	<u>PENALTY</u>	<u>SPOT OF</u>
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Loss of Down

illegal forward pass by offensive down	(also 5 yds)	Spot of previous
pass interference by offensive down	(also 10 yds)	Spot of previous

Loss of 5 yds

illegal forward pass by offense down	(also a down)	Spot of previous
illegal forward pass by defense offside down		Spot of pass Spot of previous
delay		Spot of ball
interference with opponent or fall before snap.		Spot of ball
false start at snap down		Spot of previous
illegal formation down		Spot of previous
illegally in motion down		Spot of previous
offensive end		

Loss of 10 yds

Interference with opportunity to Catch a kick		Spot of foul
Pass interference by offense down	(also a down)	Spot of previous
Roughing the kicker or passer down		Spot of previous
Illegal use of hands by offense or Defense bottom of page		See explanation
Illegally deflagging ball carrier bottom of page		See explanation
Flipping, tackling or tripping bottom of page		See explanation
Illegal block bottom of page		See explanation
Stiff arm down		Spot of previous

UNSPORTSMANLIKE PLAY = Suspension

Automatic First Down

Pass interference by defense	Spot of foul
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- During loose ball (passes and kicks) Spot of previous down
 - Between downs (after ball is dead) Spot of next down
 - During running play (ball in player possession) Where run ends, except, if foul is by offense and it is behind the spot where run ends. Enforce
- at spot of foul.

Please read carefully....

Assumption of Risk and Hold Harmless Agreement

Rensselaer Polytechnic Institute does not provide accident insurance coverage for injuries received by Intramural participants. Each participant should make sure that he/she has coverage either through family policies or the student insurance plan. We cannot emphasize this point enough.

By registering a team, team captains assume the responsibility that they shall make their teammates aware of the various risks of participating in this activity. Captain's that do not agree to this responsibility will not be entered into intramural leagues.

Participation in sporting and athletic activities involves certain inherent risks. These include, without limitation, the significant risk of serious personal injury or death and the significant risk of personal property damage or destruction, and hereby assume all risks and consequences associated with or arising in connection with such participation. Participants agree to indemnify and hold harmless the State of New York, the Board of Trustees of RPI, and Rensselaer Polytechnic Institute (RPI), and their employees and students, and all organizations involved in the coordination, hosting, staffing and contribution of equipment and supplies, and their agents, servants and employees from and against any and all claims, damages, actions, liability and expenses in connection with loss of life, personal injury and/or damage to property arising out of my participation in the above-referenced activity.

Updated: September 2003