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1. Beginning a Game

- 1.1 To begin the game, the winner of the coin toss has the choice of either receiving the kickoff in the first or second half of the game; or selecting an end of the field to defend. The starting situation will be reversed for the second half.
- 1.2 One member of each team will be responsible for keeping time, either with a stopwatch or wristwatch. To ensure no discrepancies arise, they are encouraged to verify the time remaining periodically during the game. The game clock will continue uninterrupted except in the case of a major injury.
- 1.3 Teams can use their choice of men's regulation size footballs provided by themselves. A marker ball, to indicate the line of scrimmage at all times should also be provided by either team.

2. Length of Game

- 2.1 Each game consists of two 30 minute halves, with a maximum of a 10-minute break in between halves.
- 2.2 Teams will switch ends at halftime, and reverse the kicking / receiving situation from the beginning of the game.
- 2.3 Each possession will consist of a maximum of eight plays. When a team starts their possession on their own side of mid-field, they have four downs to cross mid-field and earn the offensive team a new set of four downs.
- 2.4 The time from the completion of one play, to the commencement of the next play shall not exceed sixty (60) seconds.**
 - 2.4.1 Completion of a Play – occurs when a player / ball is downed.
 - 2.4.2 Should the offensive team violate the **sixty** second time limit, they shall be penalized 15 yards, and have only 30 seconds to re-spot the ball and commence a play.
 - 2.4.3 Should the offensive team violate the 30 second interval, they shall be penalized an additional 15 yards, and lose the current down they are on (even if it is 4th down – in which case the 15 yard penalty shall be assessed, and then the change in possession).
 - 2.4.4 It is the responsibility of the defensive team to notify the offensive team if / when they only have fifteen (15) seconds left to commence their play before being in violation of the sixty-second play-clock.**
 - 2.4.5 Rule 2.4.3 shall be repeated as long as the offensive team continues to violate the 30 second interval, and as long as the offensive team has downs remaining.
 - 2.4.6 Rule 2.4 does not apply in the event of an injury where both the “play clock” as well as the “game clock” will be stopped until the injured player can resume play, or leaves the field.
 - 2.4.7 Rule 2.4 does not apply in the event of a disputed call, where both the “play clock” as well as the “game clock” will be stopped until the issue is resolved.
- 2.5 Three Minute Warning: Five plays must be run in the final three minutes of each half (including Overtime halves).**
 - 2.5.1 A Punt is a valid play.
 - 2.5.2 Converts / Kick-offs are not considered plays.
 - 2.5.3 Rule 2.4 does not apply in the final minute of a half.

3. Scoring Points

- 1.1 Touchdown – 6 points.
- 1.2 Convert:
 - 1.2.1 1 point – one play from the 10-yard line after a touchdown is scored.
 - 1.2.2 2 points – one play from the 20-yard line after a touchdown is scored.
- 1.3 Rouge / Touchback – 1 point:
 - 1.3.1 Ball to be put in play on the offensive team's 20-yard line.
 - 1.3.2 Awarded on a kickoff / punt that travels into the end zone and the ball carrier is touched while still in the end zone.
 - 1.3.3 Awarded on a kickoff / punt that travels into the end zone and the ball carrier runs out of play before exiting the end zone.
 - 1.3.4 Awarded on a kickoff / punt that travels into the end zone and the ball touches the ground in play, and subsequently travels out of play.
- 1.4 Safety:
 - 1.4.1 2 points awarded to the defensive team any time an offensive ball carrier enters his end-zone and is touched by a defensive player.
 - 1.4.2 The offensive team must then kickoff or punt from their respective 20-yard line.
- 1.5 Games: Win = 2 points; Tie = 1 point; Loss = 0 points

4. Player Eligibility & Rosters

- 4.1 A maximum of seven players per team are allowed on the field at a time.
- 4.2 If a team has an offensive and a defensive squad, make changes quickly. Make any substitutions between play quickly as well.
- 4.3 Players must be eighteen years of age, and not be a high school student.
- 4.4 Team rosters should include a minimum of 10 players, with a maximum of 22 players.
- 4.5 Rosters are to be handed in with the league entry fee. Changes to this roster may be made after the team's third and before the team's fourth regular season game. The rosters of all teams will then be made available to all teams and no other changes may be made.
- 4.6 If a team is playing with a player not on its roster, or the player is listed on another team's roster, the opposing team may appeal the outcome of the game to the league President. If the appeal is upheld, the game becomes a win for the team filing the appeal, and the score is recorded 0-0, regardless of the game's original outcome.
- 4.7 Players must participate in a minimum of 5 regular season games to be eligible for playoff competition.
- 4.8 Present CFL players are ineligible.

5. Player Conduct

- 5.1 It is the responsibility of the team captain to control and discipline his own team members.
- 5.2 Any time during a game when there is a disagreement as to the outcome of a play, the outcome will be resolved by the two opposing team captains only. The play may stand as played, be nullified or be replayed. These discussions should be kept to a minimum and resolved quickly.
- 5.3 A player making a flagrant physical contact with an opposing player without any attempt made for the ball, or with the intent to injure will be immediately thrown out of the game. **The player will not be eligible to participate in the next regular season / playoff game.** The incident should be reported to the league President and all incidents will be reviewed.
- 5.4 Expulsion from two games will result in the automatic expulsion from the league.

6. Player Equipment

- 6.1 Football or soccer cleats are allowed. No baseball, softball, golf, or track shoes allowed.
- 6.2 Team sweaters are optional but recommended.
- 6.3 Footballs are provided by the competing teams are their responsibility respectively and must be of men's regulation size. Junior or miniature footballs are not allowed in play.

7. Playing Regulations

- 7.1 The ball is dead and cannot be advanced when:
 - 7.1.1 A ball carrier is touched by a player of the defensive team.
 - 7.1.2 A ball carrier intentionally kneels in the goal area.
 - 7.1.3 The kicking team touches the ball on a punt / kickoff (no on-side kicks) provided it does not interfere with a potential receiver (kicking team must give 3-yards). The receiving team will take possession where the ball was touched by the kicking team.
 - 7.1.4 The ball rolls out of bounds.
- 7.2 Ball carriers in contact with the ground may get up and advance ball until touched.
- 7.3 Goal posts are out of play at all times (whether on a pass / lateral / kickoff / punt).
 - 7.3.1 When passing - play is dead (similar to an incomplete forward pass).
 - 7.3.2 On a lateral - a safety is awarded to the defensive team.
 - 7.3.3 On a kickoff - the ball is placed on the receiving team's 20-yard line.
 - 7.3.4 On a punt - the ball is placed at the receiving team's 20-yard line, and NO point is awarded.
 - 7.3.5 On a punt from the kicking-team's end zone - a safety is awarded to the receiving team.
- 7.4 One foot is required to remain in the field of play for a valid catch (CFL rule).

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- 7.5 A player must be a minimum of five yards from the sidelines within the field of play to be an eligible receiver **at the commencement of a play.**
- 7.6 For a score to be counted, both the ball and the player must cross the plane of the goal line prior to being touched.
- 7.7 A kickoff which travels out of bounds without an opposing player touching it is dead. The receiving team has the option of taking the ball at the point it went out of bounds, or having the kicking team re-kick 5 yards back from the original kicking point.
- 7.8 A player cannot leave the field of play during a play and return to be an eligible receiver. Once a player leaves the field of play under his own power, he is ineligible.
- 7.9 A ball punted into the end zone may be punted out and no point awarded if:
 - 7.9.1 The ball has not been touched by the opposition.
 - 7.9.2 The player attempting to punt the ball out is not touched prior to punting the ball out.
 - 7.9.3 The ball travels out of the end zone prior to being touched by the original kicking team.
- 7.10 A lateral pass or pitch, either under or overhand is allowed provided the receiving player is behind the point of the original lateral when he receives the ball.
- 7.11 If a legal lateral or pitch is intercepted by an opposing player, it can be advanced by the intercepting team.
- 7.12 After an illegible lateral / pitch (forward pass), the ball is marked at the point of last possession.
- 7.13 When the defense commits pass interference in the end-zone on a convert attempt, the convert will be awarded to the offence.
- 7.14 On a bobbled pass, if the player is touched after tipping the ball, prior to catching it, the pass is considered completed and the player is considered touched.
- 7.15 Any offensive player who goes out of bounds to elude a defender is no longer eligible for that offensive play. Any pass caught by that receiver is considered incomplete.
- 7.16 If at any time during a play, an offensive player makes contact with the goal posts intentionally / un-intentionally, the play is automatically dead and a loss of down is the result.
- 7.17 When a player is receiving a punt or kickoff, the kicking team must allow a minimum of 3 yards for a player to make a clear, uninterrupted catch. If the ball is dropped, the ball is marked where it came in contact with the ground.

8. Putting Ball in Play

- 8.1 All players are eligible receivers.
- 8.2 Before the snap of the ball, the defensive player intending on rushing the quarterback (“the Rusher”) must line up at least 10 yards from the line of scrimmage and at least one yard away from the offensive player snapping the ball prior to the start of any offensive play.
 - 8.2.1 No offensive player may line up in front of the Rusher either on or behind the line of scrimmage.
 - 8.2.2 All offensive receivers must be at least one yard away from the Rusher on either side, and may not run a route across the Rusher’s path. **If an offensive player runs a route in front of the Rusher at any time – the play is dead, and the down is lost.**
- 8.3 Rule 8.2 with regards to the line-up of offensive players with respect to the Rusher applies in punting situations as well.
- 8.4 If the offensive team wishes to kick, they must inform their opponents at all times prior to kicking.
- 8.5 Start of game: winner of coin toss has choice of either end of field to defend, or when to receive the kickoff. The starting situation is reversed at the beginning of the second half.
- 8.6 Kickoff is from the 40-yard line. Kicking team members must line up five yards behind the ball, and not run past the line of scrimmage until the ball is kicked. The ball may be:
 - 8.6.1.1 Kicked from a tee.
 - 8.6.1.2 Kicked by a person holding the ball on the ground.
 - 8.6.1.3 Drop Kicked - ball must come in contact with the ground.
- 8.7 **The ball is considered “live” to the offense only when the ball hits the ground:**
 - 8.7.1 **If returning a kick / punt and the receiving player drops the ball or has it deflect off his body.**
 - 8.7.2 **If the quarterback miss-handles a snap or a player miss-handles a lateral.**
 - 8.7.3 **The defense may down the ball by touching it, but may not gain possession of a ball on the ground at any time.**

9. Change of Possession

- 9.1 Possession of the football can be turned over by:
 - 9.1.1 A punt or kickoff;
 - 9.1.1.1 A “quick-kick” is considered a valid punt play – and occurs when the receiving team decides to kick the ball upon catching the initial punt (often to avoid having a Rouge scored against them near the end of a half). If a receiving team chooses to perform a “quick-kick”, giving up possession of the ball back to the original kicking team, who will have a new set of downs with time permitting.
 - 9.1.2 An interception as the result of a forward or lateral pass;
 - 9.1.2.1 An interception made in the defensive end-zone by a defender does NOT result in a point scored if the intercepting player is tagged or leaves the area of play before exiting his / her own end-zone.
 - 9.1.2.2 Interception in the defending team's end zone: if ball carrier is touched, the ball will be put into play from the 20-yard line. NO point is scored.
 - 9.1.3 Loss of downs.

10. Overtime

- 10.1 Overtime rules only take effect during the playoffs or when a definitive winner is required (tie-breaker game, tournament finals, etc.).
- 10.2 Phase I of overtime shall consist of two 15-minute halves with the teams reverting to the original kicking and receiving format as occurred at the beginning of that respective game.
 - 10.2.1 The full 30 minutes (both halves) shall be played to determine a total score winner, unless one team concedes at some point during the contest (lopsided score, etc.).
- 10.3 If a winner has not been determined after Phase I of overtime, then the sudden-death Phase II overtime shall be implemented as follows:
 - 10.3.1 The two captains will have a new coin toss.
 - 10.3.2 The winner of the coin toss will have the choice of kicking or receiving; or shall choose an end-zone to defend.
 - 10.3.3 Both teams will begin play and continue defending the same end-zones until one team successfully scores.
 - 10.3.4 The first team to score a point through any of the standard scoring methods shall be declared the winner.

11. Defaults

- 11.1 A team is permitted a **10 minute** grace period from the scheduled start time of their game. If a minimum of five players cannot be fielded, the game must be forfeited in favour of the team that has five or more players.
- 11.2 Team captains are responsible for their teams. If a captain cannot field a team, the opposing captain is to be contacted. Either reschedule the game, or forfeit by choice. One game defaulted without a call means team forfeits any bond / deposit. A second default, after which team is expelled from the league (pending review of circumstances from the league executive).
- 11.3 A default win is recorded as a **7-0** win with the league statistician.

12. League Standings

- 12.1 Teams must call in scores of all games to the league statistician to be recorded and published in local newspapers. It is the responsibility of the winning team to phone / email the score of the game to the league's designated statistician.
- 12.2 One day's grace is allowed to report all scores, so winning teams should report immediately. If no score is received, the game will be recorded as a 0-0 loss for both teams.
- 12.3 A tie in points among teams in the final league standings will be resolved by one of the following tie-breaking methods until the tie has been broken (following the order of precedence below):
 - 12.3.1 Number of overall wins throughout the season.
 - 12.3.2 Record between the teams in head-to-head games.
 - 12.3.3 Point spread (+ / -) in head-to-head games.
 - 12.3.4 Overall point spread (+ / -) of teams in total league games.

13. Other Notes for the 2008 Season:

- 13.1 This is a gentlemen's league for fun and enjoyment first, and competition second. These rules are in place to help regulate the game. They should be enforced with logic and common sense in mind.
- 13.2 Supporting league sponsors will assist in the reduction of league fees, increase the distribution of prizes, as well as increase the overall visibility of our league. **SHOW YOUR SUPPORT!**