



2009

**Forest Lake Area Schools Community Education Touch Football League
Rules & Regulations**

Tim Conley, Athletic Coordinator 651-982-8320

The following rules and regulations will govern play in the 7 on 7 Touch Football League for the duration of 2009. The list of rules and regulations is NOT intended to cover all of the playing rules, but rather highlight areas that are referenced most often by the coaches and players. In general, the Touch Football League has adopted the National Federation of State High School Associations football rules, except where modified or clarified below.

1. Field Markings
 - a. Playing field is 45 yards long with one 10-yard end zone
 - b. Field is 160 feet wide with hash marks 60 feet from each sideline (high school regulation)
 - c. First down lines are marked in 15-yard intervals
 - d. Extra point line is three yards from goal line
2. Starting the Game
 - a. Teams must be at field site 15 minutes before game time
 - b. A coin flip to determine initial possession will be held five minutes prior to game time
 - c. There will be 7 offensive players counting the QB and 7 defensive players on the field
 - d. The 7 offensive players does not include a center. The center is optional
3. Moving the Ball
 - a. Offense has four downs to produce a 1st down (obtained by crossing one of the first down lines)
 - b. 1st downs are achieved by crossing the marked yard line
 - c. Possession (after a score) begins at the 45-yard line
 - d. On 4th down teams have the option to punt, which automatically puts the ball on the 40-yard line. The offensive team may choose to go for it on 4th down. If they are stopped on the attempt, there is a change of possession, and the ball will be moved back to the nearest first down marker
 - e. Two running plays are legal per 4 downs
4. Special Rules
 - a. No equipment may be worn (helmets, shoulder pads, thigh pads)
 - b. Players are not allowed to wear football cleats
 - c. No blocking below the waist (5-yard illegal contact penalty)
 - d. The ball carrier is legally downed when touched **BELOW THE NECK (ONE HAND TOUCH)**
 - e. Fumbles (including snaps) are dead balls at the spot
 - f. Each team has **25 seconds** to put the ball into play; delay of game will be loss of down and 5-yd loss
 - g. Teams must have two players on the line of scrimmage (5-yard penalty for illegal procedure)
 - h. Quarterback is allowed 4.0 seconds to throw. If the 4.0 seconds are surpassed, the play is blown dead ruled an incomplete pass, and the ball is spotted back at the line of scrimmage
 - i. The defense is allowed to play any type coverage
 - j. The responsibility to avoid contact is with the defense; bumping or grabbing will be a 5-yard "tack on" penalty
 - k. Teams are not required to have a center—QB will snap the ball to himself
 - l. Pass interference is a 5-yard penalty (but not an automatic first down)
 - m. Only one offensive coach is permitted on the field to call plays
 - n. Good sportsmanship is expected even in difficult situations. Unsportsmanlike penalty is 10 yards
5. Scoring—6 points for TD, 1 point for extra point from 3-yard line. There are no two-point conversions
Interception during an offensive drive can be returned for a TD. Interception on PAT is a dead ball
6. Tie Breaker—after a coin flip to determine first possession, teams will alternate plays from the 5-yard line; each team will have an equal number of plays
7. Timing Factors—each game has a running time of two 20-minute halves. Halftime is four minutes.
Two 30-second time outs per team are allowed per game