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La Costa 35 Touch Football Rules of Play

1. GENERAL

- NCAA rules govern.
- Quarterback of each team is the designated captain, unless otherwise specified. Commissioner must be informed of change in captain.
- Players of the same team must wear the same color jerseys.
- Play is stopped for two conditions rusher interference (called by the rusher) and injury. Nothing else can stop play (e.g., pass interference calls, etc.).
- 6-on-6 format. Teams with less than 5 players must forfeit, unless a substitute player is allowed. Substitute players must be drawn from the bye team and must be approved by the opposing quarterback.
- All weather conditions are football-playing conditions, period. Levante games may be rescheduled or cancelled because of flooded field.

1.0 Coin Toss

Winner of coin toss picks one of two privileges (a) offense or defense or (b) goal his team will defend. Loser gets the other privilege. Teams must reverse direction and position after half-time.

1.0.1 Cones

The defense must set the rushing cone after each play.

1.1 Time

1.1.1. Regular time

Two 35-minute halves. The first 33 minutes shall be free running, except for timeouts and injuries. Sideline clockkeeper will inform each captain when 2 minutes remain in each half.

1.1.2 Two-minute period

Stoppage (see Stoppage of time, below). 30-second huddles. Fumbles during 2-minute period are dead, but the clock continues to run. QB can spike the ball to stop the clock.

1.1.3 Stoppage

During 2-minute period, time is stopped for the following out of bounds, incomplete passes, first down, touchdown, spiking of ball, change of possession, and timeouts.

1.1.4 Huddle time

a. **Regular season** During each 33-minute half, offense is allowed 40 seconds (defense may stop clock after 40 seconds). During 2-minute period, offense is allowed 30 seconds (defense may stop clock after 30 seconds).

b. **Playoffs** Officials will give verbal warning to offense captain at 30-second portion of 40 seconds. After 40 seconds, clock is stopped. Each team is allowed 2 “over 40 second” infractions per half. The third and subsequent infractions will result in clock stoppage and a 5-yard “Delay of Game” penalty.

1.2 Timeouts

Three timeouts per half.

1.3 Tags

Two hands must touch any part of the player or any part of his jersey simultaneously. Defensive player calls the tags. If he calls a tag, then the player is considered down. Offensive player does **NOT** determine tag. Holding or pulling of jersey to make the tag is a 12-yard penalty, regardless of whether team is offense or defense.

1.4 Blocking

Not allowed. Running interference with arms at your side is acceptable.

1.5 Screens

Allowed. However, offensive player cannot raise arms in blocking position.

1.6 Picks

Not allowed. Disputes regarding picks will be handled by the captains of each team.

1.7 Fumbles

- a. Fumbles that hit the ground are considered dead. Ball is spotted where ball hit the ground.
- b. Balls that are juggled or batted up into the hands of an opposing player are considered interceptions.
- c. Laterals are considered dead if they hit the ground. Clock continues to run (even in 2-minute period).
- d. During 2-minute period, fumbles do not stop the clock.

1.8 Extra Players on Field

Extra players on the field must be in the process of exiting laterally off the field of play before the ball is snapped. Extra players who engage in a football move (running a route, rushing, or defending) are in violation. It is considered a dead-ball foul. Penalty for extra offensive player is -5 yards and down over; penalty for extra defensive player is +5 yards and down over.

2.0 OFFENSE

2.1 Start of play

- a. Winner of coin toss picks one of two privileges (a) offense or defense or (b) goal his team will defend. Loser gets the other privilege. Teams must reverse direction and position after half-time.
- b. Ball is played from the line of scrimmage at the 8-yard line.

2.2 Receivers

2.2.1 Eligibility

All players are considered eligible receivers.

2.2.2 Checking

Not allowed. Defense is allowed to stand their ground (i.e., player may maintain his position in relation to receiver without being interfered).

2.2.3 Pushoffs

Offensive player is not allowed to push off defensive player to gain an advantage.

2.2.4 Playing time

Each player must play at least half of the game. It is the captain's responsibility to ensure that this is met. Player can refuse to play or choose not to play. In these cases, the player forfeits the "at least half" rule.

2.3 Running

First player to receive the ball is considered ineligible to run. However, the second player is considered eligible (e.g., QB is ineligible to run if receiving a direct snap. However, if ball is shovel passed to receiver and then to QB, then QB is eligible to run.)

2.4 First down

Mid-field is considered first down. Four downs are given to reach the first-down mark. Once passing the first-down mark, offense cannot gain another first down.

2.5 Scoring

- a. **Touchdowns** A touchdown is scored once any part of the football crosses the goal line. If a player's feet cross the goal line, but the ball does not, then it is NOT a touchdown.
- b. **Extra points (EP)** 1-point EP Ball is spotted 3 yards out from goal line. 2-point EP Ball is spotted 12 yards out from goal line. Same rules for touchdown apply to EPs. Defense interception cannot be returned.

2.6 Pass interference (PI)

- a. **Defensive PI.** Calls are made by the offensive player who was interfered with. Offensive player has the burden to make the call. Penalty is 12 yard gain from line of scrimmage plus repeat of down. *Disputes are to be resolved by the captains of each team.*
- b. **Offensive PI** Calls are made by the defensive player who was interfered with. Defensive player has the burden to make the call. Penalty is 12 yard loss from line of scrimmage or loss of down. *Disputes are to be resolved by the captains of each team.*

2.7 Punts

4th-down punts must be declared. Quick punts on any other downs do not need to be declared. No rush is allowed. Defense may block the punt by jumping straight up from line of scrimmage. However, if the defensive player crosses the line of scrimmage during his jump it is considered a penalty (re-kick by the offense). Receiving team may advance a bouncing ball. Balls on the ground are considered dead if touched or if it stops rolling.

2.8 Hurry-up offense

- a. Offensive players must be on their line of scrimmage.
- b. Rushers must make an honest effort to mark the cones and rush from the 12-yard mark. If offense snaps the ball before the cones are set, rusher may rush from that spot. If offensive player is in the backfield, then rusher or anyone else may rush.

2.9 Line of scrimmage

The offensive player determines the line of scrimmage after the catch. He must indicate the position of catch. Sideline players can and should assist at all times.

2.10 Motion

Only one man can be in motion. Player must be no more than 2 yards from line of scrimmage during motion. If more than 2 yards, defensive players may rush from any spot.

2.11 Run/pass option in backfield

Only a hand-off or lateral behind the line of scrimmage allows the option to run or double-pass.

2.12 Double pass

Allowed. Provided that the second passer is lateral to or behind the primary QB.

2.13 Holding

Not allowed. Holding or yanking of jersey is 12-yard penalty.

2.14 Intentional Grounding by QB

QB is not allowed to intentionally ground the ball to avoid a sack. Ball must reach the line of scrimmage to not be considered an intentional grounding. If it is deemed intentionally grounded, then (a) the ball is placed at the spot where the ball hit the ground before the line of scrimmage and (b) a loss of down occurs.

In the 2-minute period, the same rule applies, and the clock continues to run. QB can spike the ball to stop the clock, however. A spike occurs when the QB receives the ball from center and immediately spikes it into the turf. If QB makes lateral movement outside the imaginary "tackle boxes," then it is considered an intentional grounding. QB must receive ball in center of field to initiate a spike.

3.0 DEFENSE

3.1 Pass rush

- a. Pass rush cones and cord are set 12 yards from the line of scrimmage. Defense must fully stretch the cord before each play. Rusher must start equal to or behind the 12-yard cone mark.
- b. Rusher cannot be blocked or interfered. If either happens, rusher must **call an interference immediately**, and the down is replayed. Play is stopped once interference is called.
- c. If an offensive player is 2 yards or more behind the line of scrimmage, any player may rush the offense.
- d. After the rusher reaches the line of scrimmage, any player may rush.

3.2 Offensive pass interference

Calls are made by the defensive player who was interfered with. Defensive player has the burden to make the call. Penalty is 12 yard loss from line of scrimmage or loss of down. *Disputes are to be resolved by the captains of each team.*

3.3 Holding

Not allowed. Blatant holding or pulling of jersey during play or while making a tag is a 12 yard penalty, regardless of whether the team is on offense or defense.

4.0 PENALTIES

- a. Only one penalty can be called during each play.
- b. Pass interference. Offensive PI 12 yard loss or loss of down; Defensive PI 12 yard gain and replay of down.
- c. Rusher interference Replay of down.

4.1 Fighting

Not tolerated. Player who initiates fight is suspended for the entire season, and possibly for lifetime (depending on severity of fight as determined by commissioner, president, and advisory committee). Opposing player is suspended for one game if he retaliates.

4.2 Cursing

Please refrain from cursing. Don't cheapen or degrade our league by cursing during games. Small children, wives, and bystanders are frequently watching.

4.3 Blatant fouls

Blatant fouls are defined as blocks of a malicious nature (either above the knee or below the knee) or hard tags that cause the player to hit the ground hard or to be lifted off his feet. Out-of-bounds pushes are also considered blatant fouls. **Documented fouls will be recorded by the league. Fouls will accrue during the season. Fouls are erased at the end of each season. Terminations, however, will be lifetime, unless otherwise specified by the commissioner.**

Penalties

1st foul—Warning or suspension if deemed excessive

2nd foul—Suspension of 1 to 2 games

3rd foul—Termination from league

5.0 ROSTERS

5.1 Pick-ups

- a. During regular season, teams can pick-up substitute players for round 1, 2, and 3 players by picking players two rounds below the player being replaced (e.g., a 1st-round player may be replaced with a 3rd-round player or lower). **NO EXCEPTIONS.**
- b. Teams with 7 players cannot pick up any substitute players.

5.2 QB substitution

The bye team QB can be substituted for any QBs who cannot play. Pick-up QBs cannot play defense.

5.3 Father/son rosters

Fathers and sons who request to be on each other's team are given special accord. The requesting player is considered a player on the son/father's team, period. The draft round of either father or son will be determined by the commissioner, advisory committee, and remaining QBs. Note that teams with a father/son pair can still have a one player request.