

La Costa 35 Touch Football Rules of Play

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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 6 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 designated team captain.
- All weather conditions are football-playing conditions, no exceptions. Games at Levante street field may be rescheduled or cancelled due to field closures by the City of Carlsbad.

1.0 Coin Toss/Odd or Even

Winner of coin toss or odd/even 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 in the second half.

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 clock-keeper will inform each captain when 2 minutes remain in each half.

1.1.2 Two-minute period

Stoppage (see Stoppage, 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 after all offensive players are on their offensive side of the line of scrimmage. If it is determined that not all offensive players were not on the offensive side at the start of play, it will be down over. Clock continues to run unless a timeout is called by either team.

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 35-minute half, offense is allowed 40 seconds (clock-keeper/defense may stop clock after 40 seconds). During 2-minute period, offense is allowed 30 seconds (clock-keeper/defense may stop clock after 30 seconds).

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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 a tag is called, then the player is considered down. Offensive player does **NOT** determine tag. Obvious intentional holding or continuous pulling of jersey to make the tag is a 12-yard penalty from the spot of infraction, regardless of whether team is offense or defense **and down over**. If a tag is not made due to a hold/pull, play continues; no penalty is enforced and clock continues to run.

1.4 Blocking

Not allowed. Running interference with arms at your side is acceptable. Arms can be moved up to protect oneself from contact with another player. Active, intentional blocking is not allowed. This is a non-contact league.

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 designated team captain of each team.

1.7 Fumbles

- a. Fumbles (including the Quarterback dropping a “hiked” ball) are considered dead. Ball is spotted where ball hit the ground. Clock continues to run including 2 min time and playoffs unless a timeout is called.
- 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/Playoffs).
- d. During 2-minute period, fumbles/laterals which hit the ground 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 (clock continues to run). 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 in second half.

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- 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). This is a non-contact league.

2.2.3 Pushoffs

Offensive player is not allowed to push off defensive player to gain an advantage. This is a non-contact league.

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 a direct snap is considered the "Quarterback" and is ineligible to run. However, the second, third, etc. player (whether the ball is received by hand off or lateral pass) is considered eligible regardless of initial position on field at the start of the play.

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 unless a change of possession occurs during the course of play.

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. Offensive player has the burden to make the call. Penalty is 12 yard gain from line of scrimmage plus down over. ***Disputes are to be resolved by the designated team captain of each team.*** The game cannot end on a defensive penalty. If a defensive penalty occurs, the appropriate penalty is assessed and the down is replayed. If time has expired, then the offensive team will receive 1 untimed down.
- b. **Offensive PI** Calls are made by the defensive player who was interfered. Defensive player has the burden to make the call. Penalty is 12 yard loss from line of scrimmage or loss of down. ***Disputes***

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are to be resolved by the designated team captain of each team. If an offensive penalty occurs at the end of the half/game, then the half/game is over.

- c. If the rush cone is over the first down mark (**by 2 yards or less**) and defensive PI occurs, the offensive team can take half the distance to the first down mark and down over instead of crossing the first down mark because of the penalty. However, the offensive team does have the option to decline this penalty and accept the first down.

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. All offensive players must be on their side of the line of scrimmage. Offensive players do not need to be set but cannot be moving or running toward the line of scrimmage at the point the ball is snapped. Multiple lateral or backward movements are permissible. If it is determined that not all offensive players adhered to the above at the start of play, it will be down over. Clock continues to run unless a timeout is called by either team.
- b. If the rusher or any other defensive player doesn't make it back to their side of the ball when the ball is snapped, it's a defensive offside and the offense can choose to stop the play continue with the play and as a result either enforce or decline a 5 yard penalty and with down over.
- c. 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 (more than 2 yards behind the line of scrimmage), then rusher or anyone else may rush from any point on the defensive side of the ball.

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. Multiple laterals are allowed.

2.12 Double pass

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

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2.13 Holding

Not allowed. Intentional holding or yanking/pulling 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 intentionally 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 and all offensive players must be on their offensive side of the line of scrimmage.

2.15 Illegal Forward Pass

If the QB crosses the line of scrimmage before passing the ball, it is deemed an illegal forward pass. The penalty is loss of down and -5 yards. If it occurs on 4th down, then it is a change of possession with the offended team receiving the ball at the original line of scrimmage.

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 (i.e., offensive players must allow the rusher direct, straight line approach to the Quarterback). In cases where a Quarterback rolls out of the pocket, the offensive players must make their best attempts to avoid the rusher. If interference occurs, rusher must **call an interference, loud and immediately**, and the down is replayed. Play is stopped (clock continues to run) once interference is called regardless of the outcome. Interference cannot be called after play has concluded or a delay such that the rusher is aware of the play's outcome (i.e., completed pass, touchdown, etc.)
- 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. 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 designated team captain of each team.***

4.0 PENALTIES

- a. There can be multiple penalties on the same play; however, only one penalty (against each team) can be enforced during each play.
- b. Pass interference: See Section 2.6.

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- c. Rusher interference: Replay of down.
- d. Illegal forward pass: Loss of down and -5 yards. If it occurs on 4th down, then it is a change of possession with the offended team receiving the ball at the original line of scrimmage.

4.1 Refusal of penalty

The offended team will always have the choice of accepting or declining a penalty. If the penalty is declined, the down will remain the same as if no infraction occurred. If the penalty is accepted, then the appropriate result of the penalty is applied and play resumes. Also, when the penalty is greater than the distance to the goal line, the penalty shall be half the distance to the goal line.

4.2 Game ending on penalty

The game cannot end on a defensive penalty. If a defensive penalty occurs, the appropriate penalty is assessed and the down is replayed. If time has expired, then the offensive team will receive 1 untimed down. If an offensive penalty occurs at the end of the game, then the game is over.

4.2 Fighting

Not tolerated. Player who initiates a fight is suspended for the remainder of the season (and possibly longer), and possibly for lifetime (depending on severity of fight as determined by Commissioner, LC35 President, and Advisory Committee). Opposing player is suspended for a MINIMUM of one game (at the discretion of the Commissioner) if he retaliates.

During playoffs, the following rule will apply. If any player regardless of intent or circumstance makes physical contact with a referee, a 12 yard penalty will be enforced, the player will be immediately ejected from the game and suspended for a MINIMUM of one game (at the discretion of the Commissioner). If it is the last game for that team/player, the suspension will be enforced the following season.

4.3 Cursing

Please refrain from cursing. Don't cheapen or degrade our league by cursing during games. Small children, wives, and bystanders are frequently watching. Integrity is one of the core components of our athletic club.

During playoffs, unacceptable conduct (including but not limited to cursing) will be determined at the discretion of the referees (or Commissioner if in attendance), the following will apply to each player: First offense will result in a verbal warning to the player and the designated team captains. The second offense will initiate a 12 yard penalty against the player's team and ejection. An ejected player will be suspended for the following game. If it is the last game for that team/player, the suspension will be enforced the following season.

During the regular season, should the Commissioner be in attendance, it will be his sole discretion regarding assessment/enforcement of the above infraction/penalty.

4.4 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.**

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Penalties

1st foul—Warning or suspension if deemed excessive

2nd foul—Suspension of 1 to 2 games

3rd foul—Termination from league

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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. The original QB cannot play offense at the same time as the substituted QB. Pick-up QBs cannot play defense unless approved by opposing designated team captain.

5.3 Trades

Are not allowed under any circumstances.

5.4 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. Relatives/"friend" requests to play together will be considered at the discretion of the Quarterbacks, Commissioner and Advisory Committee during the draft.