

La Costa 35 Touch Football Rules of Play

Source: www.lc35ac.org

1. GENERAL

- NCAA rules govern.
- The Quarterback of each team is the designated captain unless otherwise specified. The Commissioner must be informed of any change in captain.
- Players of the same team must wear the same color jerseys.
- Play is stopped for only two conditions: rusher interference (called by the rusher) and injury. No other factors (e.g., pass interference calls) stop play.
- Format is 6-on-6. Teams with fewer 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. See below 5.0 Rosters for substitution rules.
- All weather conditions are considered football-playing conditions. 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

- The winner of the coin toss (or odd/even) chooses between (a) offense/defense or (b) the goal their team will defend.
- The loser receives the remaining privilege. Teams 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 are free-running, except for timeouts and injuries.
- A sideline clock-keeper informs each captain when 2 minutes remain in each half.

1.1.2 Two-Minute Period

- During the final 2 minutes, the clock stops for specific events (see Stoppage). Huddles are limited to 30 seconds.
- Fumbles during the 2-minute period are dead, but the clock continues to run.
- The QB can spike the ball to stop the clock if all offensive players are on their side of the line of scrimmage.

- Should a forward or backward pass contact the ground, the game clock shall continue to run, regardless of whether the ball is in-bounds or out-of-bounds. A charged team timeout may be requested to stop the clock.

1.1.3 Stoppage

- During the 2-minute period, time stops for: out of bounds, incomplete passes, first downs, touchdowns, spiking the ball, change of possession, and timeouts.

1.1.4 Huddle Time

- **Regular Season:** 40 seconds allowed during the first 33 minutes of each half. 30 seconds allowed during the 2-minute period. Each team will get 1 warning per half before a 5-yard penalty is assessed for Delay of Game. Penalized team may choose to use a timeout to replace/avoid the 5-yard penalty.
- **Playoffs:** Officials will give verbal warning to offense captain at 30-second portion of 40 seconds. After 40 seconds, clock is stopped. Each team gets 1 warning per half before a 5-yard penalty is assessed for Delay of Game.

1.2 Timeouts

- Three timeouts are allowed per team per half.

1.3 Tags

- A tag requires two hands touching any part of the player or jersey simultaneously.
- The defensive player calls the tag. If called, the player is down.
- Runner/Receiver is down and spotted where the ball is. Ball can be extended.
- Intentional holding or pulling of the jersey to make a tag is a 12-yard penalty from the spot of infraction and down over.
- Excessive tags: Not allowed, this is a non-contact league. There will only be one warning before a 12 yard penalty is assessed.
- No stripping of the ball at any point. This is a non-contact league.

1.4 Blocking

- This is a non-contact league.
- Active, intentional blocking is not allowed. Running to cause interference of the defender is not allowed.
- The following ARE allowed:
 - o Pitch Support / Training: Offense players are permitted to run alongside or behind the ball-carrier to maintain a trailing position for a potential pitch.
 - o Stationary Screening: Set (stationary) screens are legal, provided the screening player maintains their hands and arms at their sides throughout the engagement
 - o Post-Catch Screening: Players may set a stationary screen immediately following a catch, provided they establish a fixed position with arms at their sides throughout the engagement.

1.5 Screens

- Screens are allowed, but the offensive player cannot raise their arms in a blocking position. SEE 1.4 BLOCKING

1.6 Picks

- Picks are not allowed. SEE BLOCKING 1.4 and/or OFFENSIVE PASS INTERFERENCE 2.6. Disputes are handled by team captains.

1.7 Fumbles

- Fumbles are dead-ball plays. This includes a dropped snap by the QB. The ball is spotted where the ball hit the ground.
- Laterals that hit the ground are dead. The clock continues to run unless a timeout is called.
- Batted or juggled balls caught by the opposition are considered interceptions.

1.8 Extra Players

- Extra players must be exiting the field before the snap. Engaging in a play results in a dead-ball foul.
- Offensive penalty: -5 yards and down over. Defensive penalty: +5 yards and down over.

2.0 OFFENSE

2.1 Start of Play

- The ball is played from the line of scrimmage at the 8-yard line.
- Line of scrimmage is determined by the offensive player after the catch and tag. SEE 1.3 TAGS.

2.2 Receivers

- All players are eligible receivers.
- Checking is not allowed; defense may stand their ground but cannot initiate contact. It is the responsibility of the receiver to avoid direct contact with defender.
- Offensive players may not push off defensive players to gain an advantage.
- **Playing Time:** Each player must play at least half of the game.

2.3 Running

- The first player to receive the direct snap (the QB) is ineligible to run.
- Subsequent players receiving the ball via hand-off or lateral are eligible to run.

2.4 First Down

- Mid-field is the first-down mark. Teams have four downs to reach it.
- Once past mid-field, no further first downs can be gained without a change of possession.

2.5 Scoring

- **Touchdown:** Any part of the ball crossing the goal line.
- **Extra Points:** 1-point (from 3-yard line) or 2-points (from 12-yard line). Interceptions on EPs cannot be returned.

2.6 Pass Interference (PI)

- **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 ONLY the designated team captain of each team. If a non team captain disrupts the dispute and will not be quiet or remove himself from the dispute, the player may be penalized by being sent off the field for One Play. 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.
- **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 plus down over. Disputes are to be resolved by ONLY the designated team captain of each team. If a non team captain disrupts the dispute and will not be quiet or remove himself from the dispute, the player may be penalized by being sent off the field for One Play. If an offensive penalty occurs at the end of the half/game, then the half/game is over.

2.7 Punts

- 4th-down punts must be declared. No rush is allowed. Defense may jump straight up to block but cannot cross the LOS.

2.8 Hurry-Up Offense

- Offensive players must be on their side of the LOS at the snap. They do not need to be set but cannot be moving toward the line.
- Defensive offside results in a 5-yard penalty; the offense can choose to decline and continue the play.

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 a player is more than 2 yards, all/any 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.

3.0 DEFENSE

3.1 Pass Rush

- Cones and cord are set 12 yards from the LOS. Defense must stretch cord before each play. The rusher must start behind this 12-yard mark.
- The rusher must have a direct, straight-line approach, initially of his choice. Offensive players must avoid interfering. Rushers straight line does not change if QB rolls out of the pocket, therefore; rushers interference only occurs within the straight-line. If rusher interference occurs, rusher must yell LOUD and IMMEDIATELY as play stops when announced. Interference cannot be called after the play has concluded. Penalty is replay of down.
- If an additional offensive player is 2+ yards behind the LOS, any player may rush immediately. After the rusher reaches the LOS, any player can join the rush. SEE MOTION 2.10

4.0 PENALTIES

- There can be multiple penalties on the same play; however, only one penalty (against each team) can be enforced during each play.
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- Pass interference: SEE SECTION 2.6.
- Rusher interference: SEE SECTION 3.1 PASS RUSH
- 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 LOS.

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 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 anything that can be construed as a safety issue. Such as: Blocks of a malicious nature (either above the knee or below the knee), hard tags that cause the player to hit the ground hard or to be lifted off his feet or Out-of-bounds pushes that are excessive. Player will get one TEAM warning before a 5 yard penalty is assessed from the spot of the foul.
- 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.

5.0 ROSTERS

- **Pick-ups:** Substitutes must be 1 Round below the player being replaced. All subs MUST be shared with opposing captain(s) for review/approval.
- **Pick-ups Playoffs:** One round lower than player being replaced. If multiple players are missing, you sub one round lower than the lowest player missing. Example: If you are missing your 3rd and 5th round picks and only need one sub, you sub the 5th rounder with 1 round lower NOT the 3rd rounder. If you need multiple subs, same rule applies to sub 1 round lower than lowest players missing. All subs must be communicated to the opposing team captain for review/approval.
- **QB sub Playoffs:** Any QB can sub in the playoffs as long as the opposing QB/Team Captain agree ahead of time. Cannot deny all QB subs and any player can play QB.
- **Father/Son:** Requests to play together are generally honored, with draft rounds determined by the committee.