

Milwaukee Social Club

Co-Ed Touch Football Rules (updated Spring 2008)

BASICS:

- The game is played between two teams of no more than eight players each.
- A maximum of five males may be on the field at any given time, with a minimum of one female.
- The type of blocking that is used is contact blocking.
- All players shall be eligible receivers.
- No alcohol is permitted on any (Milwaukee Public Schools) property/field. Please patronize the bar sponsor after your games instead!

TEAM SIZE:

- Each team shall field no more than eight players, including no more than five men, at any one time.
- A minimum of five total players, including one female, is needed to begin a game.

GAME TIME:

- Arrive early! Teams must sign-in at the table prior to taking the field. Games will be started on time as soon as five minimum players are established, with a five-minute grace period.
- Captains will play Rock-Paper-Scissors, with the best-of-one winner getting his/her choice of playing defense or offense, OR choosing which end zone to defend. The captain must choose ball or direction and may not defer. Teams will switch sides at halftime, and the team that started the game with the ball will be on defense to start the second half.
- Teams that are not signed in at game time will lose both their choice of playing offense/defense AND choice of side/direction, and be assessed a 15-yard penalty.
- After five minutes past scheduled game time, the shorthanded team will be penalized by a score of 0-7, and the official will take five minutes off the first half clock.
- Any teams officially forfeiting their game will be subject to a \$25 penalty and final score of 0-21. Teams who notify MSC at least three days in advance of a planned forfeit will not be fined. However, the forfeiting team still must supply their volunteer official for the day as scheduled.
- Playing time will be 40 minutes, divided into two halves of 20 minutes each. The intermission between halves will be five minutes.
- The clock will run continuously, unless stopped for a team or referee time-out, until the final two minutes of the second half. During the second half, the clock will stop for the two-minute warning, and it will stop within the final two minutes for incomplete passes, out-of-bounds, score, change of possession, time-outs, and certain penalties. The clock will also stop briefly for first downs to allow the line-to-gain indicators ("chains") to be moved.
- At all times, including point after attempts and punts, there will be a 30-second play clock from spotted ball to snap.
- Each team may use their own ball on offense, pending size, weight, and inflation standards as determined by the referee. It is the responsibility of the offensive team to get their ball to the referee to start their series. The referee shall start the play clock if he/she is ready to spot the ball.
- A ball that goes out of bounds should be, in the interest of good sportsmanship, retrieved by the closest player or referee. However, it is officially the responsibility of the player(s) on offense to get the ball.
- If the offense commits a foul (except Illegal Formation) with less than a minute remaining in the half and the clock running, then a 10-second penalty is assessed. The 10-second penalty does not apply if the clock is stopped when the ball is set for play and will not start until the ball is snapped, if the team on offense with time-outs elects to use one in lieu of the runoff, or if the defense declines the runoff (which prevents a team from committing fouls to intentionally run out the clock). If such a runoff occurs with 10 seconds or less remaining, the half automatically ends.

TIME-OUTS:

- Each team is entitled to two charged time-outs during each half. Time-outs shall be one minute in length. Time-outs do not carryover into the second half or overtime if unused.
- If a timeout is called immediately following a score, the ensuing extra point attempt will be an un-timed play, regardless of when this occurs in the course of the game.

OVERTIME:

- No game clock, but the play clock is still in affect.
- Winner of best-of-one Rock-Paper-Scissors elects to go on offense or defense first.
- During the regular season, each team gets one (four-down) possession in an attempt to score from the 10-yard line. If the teams are still tied after one overtime period, the game ends in a tie.
- During playoffs, subsequent overtimes will be played until a winner is determined. Starting with the second overtime, teams must attempt a two-point try after scoring.
- Each team is entitled to one charged time-out per overtime period.
- All rules, including co-ed rules, still apply.

KICKING GAME:

- There will be no kickoffs. Play to commence the game and following scores starts from the 20-yard line.
- A punt must be declared, and cannot be faked.
- If a team wishes to change their decision after declaring their intent, they must use a timeout.
- The punting team, including the punter, must stay behind the line of scrimmage until the ball is kicked.
- Only screen/shadow blocking is allowed on returns.
- The defense cannot rush the kicker, but may place defender(s) at the line of scrimmage that may jump vertically in an attempt to block the punt.
- There are no turnovers on punts / punt returns under any circumstances. If the punted ball touches any player and hits the ground, the ball is dead where it hits the ground. If a player muffs or establishes control of the ball then fumbles, with or without the ball touching the ground, the ball is dead. If a defender intercepts a pitch/lateral, the ball is dead at the spot where the defender made contact with the ball.
- If a punt is not touched, it is dead at the spot where the roll comes to a stop or goes out of bounds.

SCORING:

- Touchdown (male) = 6 points.
- Touchdown (female) = 9 points.
- Extra Point from 3-yard line = 1 point.
- Extra Point from 10-yard line = 2 points.
- Safety = 2 points.
- Extra Point Interception or Fumble Recovery Returned for Score = 2 points.

CO-ED RULES:

- Female players only, if they choose, may throw a ball no smaller than a standard Junior Size football. The penalty for a male throwing a pass with the Junior ball shall be illegal procedure. Either gender may punt, receive, or carry the Junior ball.
- Only female players may return punts. Any player may catch the punt, but only a female may advance the ball in any direction.
- From scrimmage, the offensive team must use a female as an operative player at least once within three consecutive downs.
- Extra point attempts may be either male or female, they do not count in mix of consecutive downs.
- An operative player is defined as a player who:
 - 1) Is the intended receiver of a forward pass. The referee has discretion regarding which player was the intended receiver, and if the ball was catchable.
 - 2) Runs the ball as a primary runner. The ball must get back to the line of scrimmage to count; if it does not get back to the line of scrimmage, the play is neutral. However, if a female operative play is mandatory, and the ball does not get back to the line of scrimmage, a penalty will be enforced.
 - 3) Attempts a pass as quarterback (referee has discretion on if the ball was intentionally grounded).
- An operative player is not a person who snaps the ball, hands off the ball, or receives a hand-off only to give it back before crossing the line of scrimmage.
- Penalty for running three consecutive male operative plays will be five yards, loss of down, and a female must be the operative player on the next play.
- QB sacks and accepted penalties are neutral and are not counted as female or male plays.
- "End Result":
 - The last player to touch a pass is the operative player. If a female receiver tips a pass, the deflected ball must not be touched by a male receiver in order to be ruled a female play, unless the male receiver attempts to knock the ball to the ground intentionally.
 - If a male ball carrier pitches a ball back to a female, this is still a male play, even if the female advances the ball. If a female play is not mandatory, however, the female may advance the pitched ball, potentially for a nine-point touchdown.
- Defensive line must line up in accordance to the same gender on the offensive line (directly across).
- Off the line of scrimmage, male defenders may line up across from, and defend, female receivers.

MINIMUM LINEMEN:

- There shall be at least three players on the line of scrimmage for the offense. These three must consist of the center, and one person on each side of the center.
- Once the offensive players have lined up, there is no shuffling allowed, and the defense can line up accordingly. If the offense does shift linemen, they must become set and wait one full second before snapping the ball.
- Linemen must line up next to each other so that their feet are no more than 12 inches apart.

RUSHING/BLITZING:

- A maximum of three players may rush the QB, lined up by matching gender to the offensive line.
- There is no minimum number of defensive linemen.
- Eligible rushers include the player opposite the center, and the two players directly opposite the players on each side of the center.
- Rushers must line up directly across from the offensive lineperson he/she is rushing against (cannot be staggered or offset more than 12 inches off their opponent), and rush against that same person.
- If a male lineman drops back from the line of scrimmage into the backfield, he may pick up a block on a female rusher.

- Stunting is allowed so long as it is behind, not on or past, the line of scrimmage.
- A “3-apple” count must be called upon the snap before linemen can rush the QB. The count must be audible, clear, and spoken at a reasonable speed.
- Rushers may start their forward progress toward the QB prior to completing the third “apple,” provided they do not cross the line of scrimmage.
- Penalty for illegal/early rush will be five yards and repeat down.
- Any player can rush as soon as 1) the QB leaves the pocket (the pocket is as wide as the three linemen) or crosses the line of scrimmage, 2) the snap hits the ground or the ball is fumbled, or 3) there is a handoff, pitch, or backwards pass.

CONTACT BLOCKING:

- Contact blocking is only allowed at the line of scrimmage. Hands must be within the shoulders when blocking. Blockers must be on their feet before, during, and after contact is made with an opponent.
- You may not dive to block.
- Two-on-one is not permitted at any time.
- No forearms, elbows, or grabbing clothing.
- The main concept is to keep blocking under control and stress safe, clean, sportsmanlike contact between opponents.

PENALTIES:

- Normal football penalties will be enforced, including half-the-distance measurements where necessary. A copy of the referees’ penalty card is attached below.

TACKLING:

- Two-handed touch above the waist shall be considered a tackle. The two hands must also touch simultaneously.
- A player cannot leave their feet (dive) at any time to tackle.
- Holding another player in an attempt to make a tackle is a holding penalty, the flag is thrown, and play continues.
- Besides the line of scrimmage and the player with the ball, there can be no intentional contact between other players.
- A QB is “down” if their knee touches the ground.
- Other players are not considered “down” until “tackled.”
- Defenders may attempt to force fumbles from the ball carrier, with the exception that a male player cannot strip the ball from a female player (in which case the loose ball is dead at the spot).
- Attempts to force fumbles must be made in a non-forceful motion with one hand. Two hands touching the ball and/or ball carrier is a tackle. Malicious or rough contact in an attempt to strip the ball may be considered a personal foul at the discretion of the referee.

DIVING:

- Diving is only legal to attempt to catch or knock down a thrown or punted ball. Diving is not allowed to tag the ball carrier, jump away from the defense while with the ball, or try to gain extra yardage.

MISCELLANEOUS:

- All rules apply to a standard 40 x 80 yard field, but adjustments on field size may be made according to the site.
- Receivers need one foot in bounds for a reception, even if forced out by an opponent.
- Players leaving the field of play are ineligible to be the first person touching a pass or punt.
- No jewelry allowed on field during play.
- No metal cleats, padding, or helmets allowed.
- During inclement weather, the center may pick up the ball to dry it off. However, he/she must return the ball to the ground, and it must remain on the ground until snapped. In other words, the act of drying the ball and the snap cannot be one continuous motion. The play clock continues to run.
- A thrown pass or punted ball unintentionally hitting a telephone/electrical wire above the playing field shall be replayed.
- The offense may have one player in motion at the time of the snap.
- Illegal substitution will be called if a player leaves the field anywhere but his/her team's sideline.
- It is illegal to break the huddle with nine or more players.

MERCY RULE:

- If a team is 17 or more points ahead at or within the two-minute warning, the game is over if the leading team has possession of the ball in an offense play from scrimmage.
- If the team trailing has the ball, their possession is allowed to continue. If they fail to score to bring the game at or within 17 points, the game is over. If there are time constraints, the referee also has the option to call the game at or under two-minutes.

PLAYER CONDUCT:

- Deliberate flagrant fouls can result in suspension from the game. Examples include but are not limited to unnecessary roughness, intentionally contacting a game official, foul language, and tackling the ball carrier.
- Penalties will be enforced for all personal fouls, and a player may be ejected from the game and the league if they go too far.

REFEREES/OFFICIATING:

- The captain will be the lone spokesperson for the team upon conferring with league officials.
- The on-field referee(s) and league supervisor have the authority to overrule and override all.
- At least one paid official will be provided for each game played, and in almost all games, there will be two.
- To run a more efficient game, assistance in officiating will be needed from the teams as well. One player will be required from each team, each week, to assist in sideline help (moving the chains, holding down markers, and keeping score). The times for their assistance will depend on their own game time that day, see chart below. Failure to supply a volunteer official for the appropriate game time will result in a \$25 penalty, which must be paid prior to their next scheduled game.

Volunteer Referee Timetable:

Play at: Volunteer Ref at:

11:00 a.m. 12:00 p.m.

12:00 p.m. 11:00 a.m.

1:00 p.m. 2:00 p.m.

2:00 p.m. 1:00 p.m.

3:00 p.m. Help with same game.

7:00 p.m. 8:00 p.m.

8:00 p.m. 7:00 p.m.

9:00 p.m. Help with same game.

Milwaukee Social Club - Touch Football Penalties (rev. Spring 2008)

**Enforced from Line of Scrimmage unless noted...*

<u>Offensive</u>	<u>Yds</u>	<u>Down</u>
•Delay of Game	5	Over
•Illegal Procedure	5	Over
•False Start (whistle play dead)	5	Over
•Illegal Motion (whistle play dead)	5	Over
•Offsides	5	Over
•Holding (if end zone, then safety)	10	Over
•Pass Interference	10	Over
•Intentional Grounding (if end zone, then safety)	Point of Foul	Loss
•Illegal Blocking/Straight Arm/Tripping	10	Over
•Female Operative play missed (& next play needs to involve female)	5	Loss
•Illegal Fwd. Pass (QB over line of scrm)	5	Loss
•Other Fwd. Pass Infractions (Includes: •2 nd Forward Pass behind the line; •Forward Pass thrown behind the line after ball once crossed the line; •Forward pass touched by receiver who has gone out of bounds and returned)	5	Over
•Unsportsmanlike Conduct & Taunting	15	Over
•Unnecessary Roughness	15	Over
<u>Defensive</u>	<u>Yds</u>	<u>Down</u>
•Encroachment (whistle play dead)	5	Over
•Offsides	5	Over
•Illegal/Early Rush	5	Over
•Holding	5	First
•Illegal Contact Past 5 yards/	5	First
•Roughing the Passer	15	First
•Pass Interference/Face Guarding (If end zone, then on 1 yard line)	Point of Foul	First
•Unsportsmanlike Conduct & Taunting	15	First
•Unnecessary Roughness	15	First
<u>General</u>	<u>Yds</u>	<u>Down</u>
•Illegal Formation	5	Over
•Too Many Players on Field/Huddle	5	Over
•Deliberately punch ball out of bounds	10	---
•Excessive time out(s)	5	---
•Downfield Blocking	10 from Point of Foul	---