**Town & Country NFL Flag Football Rules**

**Revised 11-26-18**

**Player Eligibility**

1. Players may be both males and females**. PeeWee Flaggers must be Pre-School – K; Rookie flaggers must be 1st – 2nd Graders, Junior flaggers must be 3rd – 4th Graders and Senior Flaggers must be 5th – 6th graders** as of August 1st.
2. Younger players may move up to junior flag with a written consent from their parents. Players will NOT be allowed to move down to a younger age division.

**Equipment and Safety**

1. Footballs and flags will be NFL issued for all teams,
2. Each team will be must use the official NFL issued football during offensive series. It will be the responsibility of the coaches to get their game ball to the officials during the game. A delay of game penalty will be called if the offensive game ball is not received by the official in a reasonable amount of time. This will be a judgment call by the official.
3. All players but wear official NFL flags and belts.
4. Players will only be allowed to wear sneakers, turf shoes or rubber cleats. Metal cleats are not allowed.
5. The shorts worn by players must not have open pockets, must be single, Black in color. Game pants must not have strips of any color along the side. Violation of this rule results in the offending team forfeiting the game.
6. Jersey’s will be required to be tucked in during the game.
7. Mouth guards are to worn by the players at all times during the game. Mouth guards must be flush with the lips. The officials will have the authority to send a player to the side line if he views that a player does not have a mouth guard. The player will be allowed back in the game as soon as he has a mouth guard.
8. Coaches will be given an equipment bag with footballs and flags. All footballs and flag and other equipment provided by T&C to be returned after the season.
9. NFL jerseys and flags do not have to be turn into T&C after the season.
10. No hats, caps, other headgear, jewelry, metal, rubber wrist bans or hard plastic can be worn with the exception of prescription safety glasses.
11. The Referee will determine if the weather is cold enough for players to wear cloth hats.
12. Jersey’s must be worn over cold weather gear.
13. Players will be allowed to wear gloves.
14. All flags, shorts, shoes and other equipment will be inspected by the officials prior to the beginning of all game.
15. One flag must be worn on each side (hip) of a player and flags must be immediately repositioned as they move to either the front or back of the players. The coach on the field for each team shall be responsible for ensuring all players’ flags are positioned correctly before the start of each play.
16. Home teams must wear dark jerseys and visitors white jerseys.

**Player Flags**

1. If prior or during a play, a player’s flag falls off that player, that player is ineligible to receive a hand-off, receive a hiked-ball, hike the ball and receive a pass. The ball becomes dead at the spot.
2. If a defensive player intercepts a ball and that players flag are not per the rules, the ball becomes dead at the spot.
3. At the beginning of each play all players must have their flag on each side (hip). Flags cannot be tied wrapped or otherwise secured or not secured in any manner that would prevent them from being removed in a normal manner.
4. Flags must be immediately repositioned after each play as they move to either the front or back of the players.
5. All flag belts must be snug on the players and extra lengths of the belt must be tucked in to the players’ shorts prior to the start of the play.
6. All players must have their flags in the right position.

**The Playing Field**

1. **For the PeeWee and Rookie league, the field will be 50 yards long and approximately 100 ft wide (sideline to far hash marks on a regulation width field). As there is no solid line down the middle of the field where the hash marks are the ref’s sole judgment will decide out of bounds.**
2. **For the Junior and Senior league, the field will be 80 yards long and approximately 100 ft wide (sideline to far hash marks on a regulation width field). If there is no solid line down the middle of the field where the hash marks are the ref’s sole judgment will decide out of bounds.**
3. Play will start from the offensive team's own 10 yard line.
4. A “No-Huddle” offense will be allowed after the ball is ready for play.
5. They will have 4 plays to cross the mid field point for a first down.
6. If they cross mid field they will have an additional 4 plays to cross the goal line.
7. No punts.
8. If the offensive team is not successful getting a 1st down or TD, the defending team will start possession on its 10 yard line.
9. Changes of possession due to interception will start from the point the interception is returned to.
10. If a ball is intercepted, the ball is live and may be returned by the intercepting team. If the interception takes place in the end zone and is not returned out of the end zone or is downed in the end zone by the intercepting team the ball will be place on the 10-yard line of the intercepting team.
11. After a dead ball call the Referee will place the 7-yard marker from the ball and whistle or indicate the ball ready for play. The offense will have 25 seconds from this time to snap the ball and start the next play. **If the ball is snapped before the ready for play indication it will be considered an illegal snap.**
12. The ball will be placed on the 6-yard line for 1-extra point and the 12-yard line for 2-extra points.
13. There should be a 1-yard buffer zone between the sideline and coaches/players/spectators.

**Game Clock**

1. Games are played in two 20-minute halves the clock will run constant during the game except
	1. Official Time-Outs
	2. Injury Time-Out
	3. One 60-second time out per team, per half
2. If the clock runs out prior to the extra point, the offensive team will have the opportunity to play the extra point.
3. The official will stop the clock during injury time-outs and for any other official time-outs.
4. Penalties will NOT stop the clock.
5. Half time will be 5 minutes.
6. If the score is tied at the end of regulation. REFER TO OVERTIME RULES.
7. The ball must be put into play within 25 seconds after the referee sets the ball and the 7-yard marker is places.
8. Each team will be allowed one 60-second timeout in the first half and one 60-second timeout in the second half. The 25-second clock will start on the official signal and the game clock will start on the hike of the ball.
9. The official will keep the official time on the field.
10. The half or game will not end on a defensive penalty.
11. A game counts as a full game after one half of play.
12. Two (2) Minute Clock Each Half will stop for the following:
	1. Change of Possession to allow the ball to be moved to the other end of the field. The 25- second clock will start on the official signal and the game clock will start on the snap of the ball.
	2. All Penalties. Clock start snap of the ball.
	3. Extra points. Free Kick. Clock start snap of the ball next possession.
13. Games cannot end on a defensive penalty unless the offence declines

**Mercy Rule**

1. All regular season games will be terminated immediately any time the score differential becomes 35 points or greater.
2. The losing coach will determine if they want to continue playing. If so, the current score will be zero, no additional score and clock will continue to run.

**Overtime**

1. Overtime winner is determined by whichever team scores more points within a single overtime period. Winner of the coin toss chooses offense or defense first
2. Each team takes turns getting one (1) play from the defense’s 5 yard line for one point or defense’s 10 yard line for two points.
3. Whether to go for one or two points is up to the offensive team
4. Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting out one- or two-point play of its own.
5. If both teams score and complete the same amount of points on conversions, then the process is repeated with the team that lost the first coin toss getting to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
6. Both teams must “go for two” from the 10-yard line starting with the third round of overtime.
7. Final points earned by winning team, in the FINAL overtime, will be added onto the winning team’s total score. The losing team will not earn any additional points.
8. **Offensive penalties** – the ball becomes dead and the result per the game situation.
9. **Defensive penalties** – the ball will be moved half way to the goal and repeat down

**Coin Toss**

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
2. The winner of the coin toss has the choice to take offense or defense. The loser of the coin toss chooses which direction it will be defend. There is no option to defer to second half.
3. Teams will change sides after half time with the team on defense in the 1st half will take possession of the ball the second half.

 **Players**

1. Prior to the draft, younger players may move up to older league with written consent from their parents. Players will NOT be allowed to move down to a younger age division.
2. Teams must have a minimum of 4 players to start and play the game.
3. Each team will be allowed no more than 5 players on the field.
4. Free substitutions is allowed and encouraged,
5. Offense cannot substitute players after you break from the huddle and before the ball is hiked.
6. Defense cannot substitute players after the offensive team leaves the huddle.

# Coaching

1. Each team will be allowed to have one coach on the field during the game…that can be the head coach or assistant coach. The coach must try to stay out of the play (behind at least 10 yards the deepest player) and should not run along with the play.
2. Each team can have as many assistant coaches to help the head coach.
3. Only the head coach for each team can speak to the officials. In order for the head coach to speak with the officials, he must use his time out and speak with the official(s) on the sideline away from play.
4. The Head Coach can ask the official for a rules clarification. The referee will take an official time-out to review the rules with head coaches and determine if that timeout will be charged. The coach can only ask for a rules clarification one time during the game.
5. Parents and spectators and other coaches will not be allowed to be involved in any conversations with the referee’s.
6. Profanity will not be tolerated at any time. A coach, player or any sideline personal that violates this rule can be immediately be removed from the game.
7. **Coaches are not to disrupt the flow of the game by arguing spots and officials calls. This will be a unsportsmanship penality and 15 yards will be assessed**.
8. Judgment calls by the officials will not be questioned or argued.
9. No arguing, begging calls or questioning the judgment of the officials will be tolerated.
10. The coach (unless head coach) on the field should not talk to the official unless to ask about the 5 yard no run zone.
11. The on field coach is to assist the players only. **In the event the official determines that the on field coach is disrupting the game or the officials, that team will forfeit the right to a coach on the field for the rest of the game and the coaches may be asked to coach from the sidelines.**
12. The on-field coaches should not be involved in the play after the ball is hiked. That means verbally, the coach should not direct players on offense or defense.  A defensive coach should not yell 'run' or 'pass', etc. The offensive coach should not instruct the backfield. However, the assistant coaches on the sidelines can provide verbal commands while the ball is in play.
13. Coaches thrown out of games will receive a minimum of one game suspension. Second occurrence will result in a suspension for the remainder of the year.
14. **If the coach is making calls, comments and arguing with the officials either from the sideline or on the field that team may be assessed an unsportsmanlike penalty and or the coach removed from the game and field area**. (Coaches, please note this game is for the kids to have fun, arguing with the officials, questioning calls, and making comments about calls only results in parents doing the same. This is a bad situation for all especially the kids and something we strongly discourage.)
15. The head coach is responsible for his assistant coaches. Any head or assistant coaches receiving two unsportsmanlike penalties will be asked to leave the field.
16. The head coach is responsible for his spectators and sideline.
17. Spectators/Parents are not to disrupt the flow of the game by arguing spots and officials calls. The spectator/parent will be given one warning from the official. If the spectator/parent continues to disrupt the game, he will be asked to leave the field or the team will forfeit the game.

# Scoring

1. Touchdown – 6 points
2. Field goals – 3 points
3. Extra point:
* 1 point if played from the 6 yard line.
* 2 points if played from the 12 yard line.
* If the defense returns the extra point for a touchdown, they will be awarded the number of points the offense was attempting to gain. They will receive the ball.
1. Must be a regular play and no points for a kick.
2. Safety - 2 points
* Flag pulled in the end zone
* Offensive fumble in the end zone

# Offence - Running

1. The quarterback cannot run the ball past the line of scrimmage. The quarterback can run in any direction in the backfield as long as the QB does not pass the line of scrimmage, unless handed off.
2. No laterals, pitchouts, or backward passes. (Hook and Ladder Plays) behind the line of scrimmage or past the line of scrimmage.
3. Only direct handoffs behind the line of scrimmage are permitted
4. There are “NO RUNNING ZONES” located 5 yards in front of each end zone and on either side of mid field. When in these zones the team must pass to avoid power running plays for short yardage. **If a team does a run play within the no run zone the ball will be placed at the original line of scrimmage and the down will be lost.** For example if it is 2nd down on the 37 and the team runs the ball will be placed on the 37 and now be 3rd down. The official will determine if the ball is in a “Run Zone” if asked by the coach to do so however, it is the coach’s responsibility to know about the situation. If they do not ask prior to the play the ref will assume the coach was aware of where the ball was on the field.
5. After a handoff the player may make a forward pass as long as he has been and still is behind the line of scrimmage.
6. Multiple handoffs can occur as long as they are behind the line of scrimmage.
7. Cannot have two forwarded passes during a play.
8. There will be no direct hand-off to the center.  The center can go out for passes or screen but cannot receive a direct hand-off from the quarterback.
9. The ball is spotted at the point of the ball carrier’s hip when his flag is pulled (Not the spot of the ball).
10. The ball carrier must attempt to avoid the tackler. If a defender has position in front of the runner, the runner cannot attempt to run over or through the defender and cannot use his hand to ward off the tackler i.e. stiff arm is illegal. If violation of this rule occurs the ball will be down at the point of contact and moved back 5 yards for the next down. This will be a judgment call by the official.
11. Each player should pause one second prior to the snap unless that player is in motion lateral to the line of scrimmage.
12. Stiff arms are illegal.
13. The ball carrier’s feet cannot leave the ground to avoid losing a flag.

Offence - Blocking

1. The arms and hands of the blocker must be near his body. Extending the arms out from the body to any degree will be considered as an illegal block.
2. The blockers legs must be in contact with the ground and they should not be extended in an effort to trip or cause defense to go around an extended leg. The official will make this determination without assistance from coaches/spectators of either team. A player extending his arms to protect himself from a fall or collision will not be considered an illegal block.
3. Contact blocking is not allowed. An offensive player may stand in the way of a defender in an effort to screen but cannot initiate contact with a defender either on the line of scrimmage or anywhere on the field.
4. The center will be allowed to move to a screen position behind the line of scrimmage. No moving screens.
5. Offensive players can set screens down field however; the offensive players must be stationary to set a screen. (Once the ball has crossed the line of scrimmage it is best to have other offensive players stop and stand still to avoid down field blocks.)
6. Offensive players cannot move along with the player to set a moving screen. (Teach your players to stay still when the ball is past the line of scrimmage and do not run with the ball carrier.)
7. Illegal contact between the blocker and the rusher will be called against the player determined to have initiated contact.

# Offence – Passing and Receiving

1. All players are eligible to receive passes including the Quarterback if the ball is handed off behind the line of scrimmage.
2. Only one player at a time may be in motion, but not in motion toward the opponent’s end zone at the time of the snap. A second player can be in motion only after the first player becomes stationary.
3. Each player should pause one second prior to the snap unless that player is in motion.
4. A player may not return to the play and receive a pass if he has stepped out of bounds during the play.
5. A player must have at least one foot in bounds when making a reception.
6. If a player catches the ball on his knees the catch will count but he may not advance the ball. He will be considered down at the place where he catches the ball. If it is in the end zone it will be consider a touchdown.
7. If the offensive and defensive player catches the ball at the same time, the possession will go to the offensive team.
8. All players are eligible receivers.
9. If the ball appears to have been caught by both the offensive and defensive players, the official will award the ball to the offensive team.

**Offence - Passing**

1. Each play, either passing or running, will start with a center snapping the ball to the Quarterback between the center's legs.
2. You can perform a forward pass to a receiver when the receiver is behind the line of scrimmage but cannot pass to a receiver that is behind the passer. (See backward pass or lateral.)

**Field Goals**

* 1. A field goal can be attempted on fourth down only.
	2. The ball will be placed on the LOS the same distance of a regular football field.
	3. The defense will stand on the sideline.
	4. All offensive players will stand to the side except snapper, holder and kicker.
	5. The snapper must move to the side once the ball is delivered to the holder.
	6. The holder will be at least three (3) yards from the LOS
	7. The offence will hick the ball to the holder, the holder place the ball on the tee and the kicker has three seconds to kick the ball.
	8. If the holder fumbles the ball or field goal is missed, the ball will be turned over to the other team at the ten (10) yard line.

#  Dead Balls

1. The play will be blown dead by the official when:
* A ball carriers flag is pulled, falls off or becomes illegal. For example if a flag has moved to the front causing it to hang between the ball carrier’s legs. A flag that moves unintentionally to the back during play will not necessarily be considered illegal.
* A forward pass falls incomplete.
* If the ball is fumbled. If a fumble occurs the play will be blown dead and the team last in position of the ball will take over at the point of the player feet when the fumble occurs. There will not be a change of possession if a fumble occurs unless the offensive team fumbles on 4th down then the ball will be set at the 10-yard line.
* Fumbles in the end zone will be considered a safety.
* In the event of a fumbled snap if the ball touches the ground after leaving the center and before touching another player it will be placed at the original line of scrimmage. If the ball touches another offensive player before touching the ground it will be place at the point it made contact with the other player.
* Ball carrier steps out of bounds.
* Any part of a ball carrier’s body other than hands and feet touches the ground.
* In case of a inadvertent whistle, the offense has two options
	+ - Take the ball where it was when the whistle blew and change of down.
		- Replay the down from the original line of scrimmage.

**Defense**

1. Once a ball has been handed off or passed all defenders are eligible to rush or cross the line of scrimmage.
2. All defensive players must line-up from a point 1-yard off the line of scrimmage.
	* PeeWee and Rookie Flag Game: There will not be a 7-yard marker for the Rookie flaggers. They can line up anywhere on the field other than the buffer zone. They will not be allowed to pass the LOS once the ball is snapped to QB. If the QB hands off to a RB, they can cross the LOS.
3. Only a player(s) that starts at a point 7-yards from the line of scrimmage may rush the passer and cross the line of scrimmage (unless a handoff or forward pass has taken place).
4. Any number of players may rush as long as they start from a point 7-yards behind the line of scrimmage when the ball is snapped.
5. If the defensive player moves within 7-yards from the line of scrimmage prior to the snap of the ball, this will not be considered offside’s; unless that player moves into the offensive back field.
6. If the quarterback has not passed or handed off the ball within 7-seconds after the snap, all defenders regardless of where they started the play are eligible to rush the passer and cross the scrimmage line.
7. A defensive player is not allowed to tackle, trip a ball carrier, nor may they grasp the clothing, push out of bounds and stop the progress of the ball carrier.
8. Defensive players are not allowed to make contact with offensive blockers. It will be the responsibility of the defensive player to avoid the stationary blocker. They may not use their arms or hands as a wedge to contact the offensive blocker.
9. Tackling is not permitted. The defensive player must go for offensive player’s flag. Wrapping the arm around the waste of the offensive player in order to stop the players progress is considered tackling.
10. Defensive players will be required to hold up a pulled flag visible to the official and give that flag back to the offensive players. **Throwing the pulled flag to the ground is a personal foul.**
11. Striking, stealing or stripping the ball in any way is not allowed. The point of the game is to pull the ball carrier’s flag, not attempt to dislodge the ball.
12. Rusher will not be allowed to block a pass from the QB. They must go for the flags.
13. An interception can be advanced.
14. **Illegal contact between the offensive/defensive players will be called against the player determined to have initiated contact.**

**Defensive penalties:**

* **Play will not be blown dead until after the play has ended.**
* **The offense will have the option to accept the penalty or decline it.**
* **All defensive penalties repeat down**
1. **Offside** - 10 yards from LOS. If a player that did not start behind the 7-yard marker crosses the line of scrimmage before a handoff, pass or the 7 seconds have elapsed he will be considered offside.
2. **Pass interference** – Dead ball at spot and automatic first down.
3. **Uniform and flag violation - Interception**. Dead Ball at spot. Keep possession of ball.
4. Running into or contacting the passer – unless in the case of incidental contact while attempting to grab the flag a defensive player runs into or contacts the passer while in the act of throwing a pass – 10 yard from spot and auto first down.
5. Attempt to block Pass – 10 yards from LOS
6. **Contact – Failure to avoid contact with defensive player** – 10 yards from spot of foul.
7. **Holding or blocking** – 10 yards from LOS
8. **Tackling, Tripping, Pushing** – 10 yards from the point of infraction if beyond line of scrimmage. If behind line of scrimmage 10 yard from line of scrimmage. If in the refs sole opinion, no attempt was made to get the flag and the tackle was made intentionally i.e. cutting the runners legs out, jumping on his back, or lowering the shoulder and running over or wrapping up like a form tackle. The official will call a personal foul. If no attempt is made to grab the flag and a runner is instead intentionally pushed out of bounds this will be considered a tackle.
9. **Tackling or Tripping Player from Behind** – 15 yard from spot of foul. If the 15 yard is accessed to be in the end zone, a touchdown will be declared.
10. **Illegal flag pull (pulling the flag before the receiver has the ball.)** – 10 yards and automatic first down.
11. **Pulling uniform (Shorts or jersey) in lieu of flag** – 10 yards from spot of foul
12. **Illegal substitution after Huddle** **-** 10 yards from LOS.
13. **Too many men on the field or in the huddle** - 10 yards from LOS. **Striking/Stealing/Stripping the ball** – 10 yards spot of the foul.
14. **Encroachment (Lined up within 1-yard of LOS)** – 10 yards from LOS
15. **Unsportsmanlike act** – 15 yards from LOS. Two unsportsmanlike conduct penalties on any coach or player during game results in immediate ejection from the game.

**Offensive penalties:**

* **A dead ball will be called immediately and the penalty will be accessed per the rules.**
* **The defense will not have the option to accept or decline.**
* **All offensive penalties will be loss of down.**
1. **Delay of game** – 5 yards from LOS
2. **Did not get ball to ref in timely manner** – 5 yards from LOS. This is a judgment call by the official
3. **False start** - 5 yards from LOS.
4. **Illegal snap** **(Snap the ball prior to Referee signal** - 5 yards from LOS.
5. **Illegal substitution after Huddle** - 5 yards from LOS.
6. **Too many men on the field or in the huddle** - 5 yards from LOS.
7. **Illegal pass (Forward pass from beyond the line of scrimmage)** – 5 yards from LOS.
8. **Flag guarding** – 5 yards from spot
9. **Uniform and flag violation – Ball Carrier**. Dead ball at spot of touching the ball.
10. **Stiff Arm** - ball blown dead and moved back 5 yards from the spot of the foul and loss of down.
11. **Holding or Blocking** - 5 yards from spot
12. **Moving screens any where on field** – 5 yards from spot. To avoid being called for screen blocking down field a player must stop and establish a position (much like in basketball) he cannot be running along side the ball carrier setting a moving screen. This is a judgment call by the ref so be aware of it if you coach your kids to run with and block for the runner.
13. **A Run play in the no run zone**. – 5 yards from LOS.
14. **Quarterback runs the ball** - 5 yards from LOS.
15. **Backward Pass, Laterals** - 5 yards from LOS
16. **Leaving feet to avoid flag pull** – 5 yards from spot.
17. **Diving into the end zone** – Ball will be placed on the 5 yard line.
18. **Receiver catch ball after stepping out of bounds** - 5 yards from LOS
19. **Not avoiding the defender** – 15 yards from spot. This will be a judgment call by the official.
20. **Unsportsmanlike act (Spiking the ball, questioning official calls, not giving back pulled flag to offensive player, extensive celebration)** – 15 from spot.
21. **Unsportsmanlike act (Spiking and dropping the ball in end zone, extensive celebration prior to touchdown)** – touchdown or extra point will not count. 15 from LOS. Two unsportsmanlike conduct penalties on any player during game results in immediate ejection from the game.

**Penalties**

1. All penalties unless otherwise stated above will be assessed from the line of scrimmage.
2. Only the head coach my question a referee's call.
3. A judgment call cannot be questioned or protested. The head ref on the field will make all final judgments.
4. Two coaches on the field at the same time – 15 yards from line of scrimmage.
5. Defensive Coach Interference during a play – 15 yards from line of scrimmage.
6. No cell phones or electronic equipment can be used on the field.
7. Coaches interference – 15 yards from LOS
8. Offensive penalty on 4th down is a LOD and ball turned over to other team.
9. Offensive penalties during the extra point will be accessed per the rules and tried again.
10. Defensive penalties during the extra point will be accessed at the next possession.

**Sportsmanship and Roughing**

1. **If in the referee’s judgment he witnesses any act of flagrant contact, tackling, cheap shots, blocking, elbowing or any other dangerous or unsportsmanlike act**. Which could include spiking the ball, trash talking or in the sole judgment of the official use of language that may be offensive to him or other in attendance. He will mark off a 15 yard penalty and may stop the game and eject the player committing such acts from the remainder of the game. This applies to coaches as well.
2. **Players are not allowed to talk to the referee’s unless spoken too by the referee**. Players are not allowed to question referee’s call or ask for a rules clarification. The referee will call an unsportsmanship penalty and access 15 yards from the pervious line of scrimmage.

**Lighting Policy (Games and Practices)**

1. “If you can see it (lightning), flee it (take shelter).”
2. “If you can hear it (thunder), clear it (Suspend activities).”
3. When you first see lightning or hear thunder, suspend activities and go to shelter. A metal vehicle or a substantial building is a safe place. Wait until 30 minutes after the last observed lightning or thunder before resuming activities.

**Flag MPR Requirements**

a) The purpose of the mandatory play is to ensure the development and training of each player

Registered within T&C.

b) Mandatory play will be in the form of minimum touches per game.

c) Each player eligible to play must have a minimum of 3 touches per game if the game allows.

e) If a team does not have enough offensive plays to get all players their required 3 touches then

all eligible players must have a comparable number of touches.

f) Teams must keep track on the MPR sheets of the total number of offensive plays and touches.

g) **A Touch is defined as an opportunity to advance the ball. This occurs by running the**

**ball (runner), and receiving the ball (pass receiver).**

• **Only** the ball carrier intended to advance the ball across the line of scrimmage will be

defined as a runner. **Only 1 player in a multiple hand-off play may be the runner.**

• **Only** a player who **attempts** a catchable ball and incomplete is considered a touch.

• Defensive players may gain a touch if they **complete and are eligible to advance an**

**interception**

• The Center snapping and a Player receiving the snap **DO NOT** count as touches.

h) A player can earn a maximum of one touch per play.