

2016 TITFL RULES

Players and Formations

- 7 players from each team on the field
- team must have 7 players to begin the game
- 4 offensive players are eligible receivers
- 3 players must be on the line of scrimmage in a set position on the snap of the ball
- The 3 linemen must be in a GUARD-CENTER-GUARD formation, all must be in the line of scrimmage and in a set position before the snap.
- 2 players, on the line of scrimmage, are ineligible.
- the eligible lineman must declare his eligibility by raising his arm from the huddle and keeping it raised until he gets in his set position or the ref approves his eligibility.
- 1 player may be in motion before the snap (only one), that includes motioning towards the line of scrimmage.
- the defense must line-up one yard from the line of scrimmage. No part of the body can be closer than one yard.
- only players and up to two team-reps are allowed on the team sidelines. All personnel on the benches must sign the insurance waiver.

Timing

- game clock runs continuously from the start of the game until the end. It only stops for timeouts (3 per team) and if the referees need a time-out to discuss an incident. THE GAME CLOCK IS A RUNNING CLOCK. The fields are purchased by the hour, there is no opportunity to play beyond our assigned field time.
- games will start at 6:05 and 7:05 sharp. A team must have 7 team-eligible players for the game to start. The late team gives-up possession of the ball for the beginning of the game and the beginning of the second half. They are also penalized 7 points every five minutes, including the first five. If after 15 minutes of play, enough players have not arrived, or not enough players are eligible to make seven players, the game is forfeited at a score of 21-0. The two teams may choose to continue to play but the game score is recorded as 21-0 for the full team.
- Each team gets three timeouts per game to use at any time. When the timeout is called the clock stops, when the ball is snapped the clock starts.
- the game consists of two 25minute halves, half-time will be provided if time allows. It is the referee's discretion to have a half-time. The max half-time is 5 minutes.
- the offensive play clock is 30 seconds, *the game clock does not stop during regular play. That includes incomplete passes, out of bounds plays and injuries.*
- The referees will whistle-in a 5 minute warning and notify the captains of the score, with 5 minutes remaining on the clock. *The game clock does not stop for incomplete passes, injuries, out of bounds plays, etc.*
- The game ends on the referee's whistle, not the game buzzer.
- If the buzzer goes during the play but BEFORE the play is complete, the offence does not have one more play and cannot call a timeout, the play is over. The referee will confirm with the official's team that the buzzer went off before the play was complete, then will give the game-over signal by circling their flag over their head.
- If the buzzer goes off AFTER the play is complete, there is one more play left in the game. The 30 second play clock still applies. If the down is fourth down or the play is a turnover and it is complete before the buzzer goes off, then one more play is applicable to the change of possession.
- The game cannot end on a defensive penalty, unless declined by the offence.

Scoring

- 6 points for a touchdown
- 3 points for a convert from the 15 yard line
- 2 points for a convert from the 10 yard line
- 1 point for a convert scored from the 5 yard line
- points are not rewarded for a safety. Instead, a change of possession occurs and is placed at mid-field, the new offence has 4 plays to score, no first down can be earned.

Mercy Rule

- if a team is down by 35 points during the game, the losing team may forfeit the rest of the game, if they wish.

Injury Rule

- at the referee's and game commissioner's discretion, the game will be ended prematurely for a serious field injury. The game result will be the score at the time of the injury.
- faking injuries or delaying the game through injuries will result in delay of games penalties and unsportsmanlike conduct penalties on the offending team, which include ejection and suspensions and score overturning. This ruling is at the discretion of league officials.

Offence Play

- 30 seconds between plays
- the ball will start on the 5 yard line at the beginning of each half, after a safety, anytime the ball is turned over on downs inside the 5, a fumble or interception occurs inside the five yard line or the in the endzone.
- When an opposing team misses their convert from the 5, the ball is placed for the new offence at the 5, if the opposing team misses a two point convert from the 10, the ball is placed at the 10 yard line, if the opposing team misses a three point convert from the 15, the ball is placed at the 15 yard line for the new offensive series.
- Four downs are allowed to advance the ball to the 'center-field' position. If the offensive team crosses the 'mid-field' line, they earn a first down. They cannot earn a second first down if they are penalized back beyond the center-field mark or loss yards to beyond the center-field mark.
- the passer cannot catch his own pass, if not touched by a defender, and advance the ball.
- if a forward pass is tipped by a defender, the ball is live and can be advanced, if it never touches the ground.
- a team can choose to punt on fourth down. The punt is not an actual kick. The ball is moved 25 yards from the line of scrimmage. If the line of scrimmage is closer than 30 yards, the ball is put on the defender's 5 yard line. The offensive team can take the full 30 seconds off the play clock if they wish, then call punt.
- the offensive team can have 1 player in motion. This can be laterally or forward. However it cannot be one of the three players that are 'on the line'.
- if the ball touches the overhead-netting, the play is whistled dead immediately. Loss of down.
- a receiver needs to have one foot in bounds, prior to any other body part contacting out-of-bounds, and control of the ball, for the reception to be a catch. A receiver cannot run out of the endzone then back in and be the first person to touch the ball. If this happens the catch is incomplete.
- a penalty on the offence during a convert will result in a loss of down and turnover.
- the ball carrier cannot forward the ball if any part of his body other than his hand touches the ground. The ball carrier does not have to be touched by a defender if his body touches the field, he is down at the point of contact with the ground.
- In the last 5 minutes of the game, a scoring team, who is behind in the score and who has a timeout left, can request an 'onside kick'. The team that just scored has one opportunity to cross the goal line

from half-field. If they cross the goal line using one play they maintain possession, getting the ball on their 5 yard line. They do not receive points for crossing the goal line during the 'onside kick'. They only receive points if the score during their new drive.

-A second onside kick can be attempted after a score from a successful onside kick IF the scoring team is still losing AND they have a timeout to use.

Defense Rush

-referees will determine the neutral zone by placing two bean bags on the field, one for the offensive team, one for the defensive team.

-the defense may not line-up any part of their body closer than 1 yard to the line of scrimmage, their entire body must be behind the bean bag.

-All players rushing the QB must be lined up no wider than their inside shoulder on the outside shoulder of the Guard. They can also not be deeper than 5 yards from the line of scrimmage. After the snap they can go wherever they want, taking a wide rush if they wish.

-If a player starts outside the box and rushes the QB before he leaves the pocket, it's a 5 yard penalty and repeat of down. If the offending player hits the QB, it's a 15 yard penalty and automatic first down for the offence.

-the defense can rush/blitz/stunt as many players as they wish, as long as they start inside the box.

-a defensive player may not run continuously from outside the box, through the box past the line of scrimmage. You are not allowed to take a running start on your blitz. The player must be set in the box at some time prior to the snap.

Blocking/Hitting

-there is no blocking below the waste at any time. No cutting on the line of scrimmage or in the backfield.

-receivers can be jammed/bumped within 5 yards of the line of scrimmage. After 5 yards, the receiver must not be held, bumped, impeded from their route.

-downfield blocking must be done in-front of or from the side of the player being blocked.

-downfield blocking cannot occur until the ball crosses the line of scrimmage with a runner, or a receiver catches a pass.

-defenders cannot hit receivers if a throw is uncatchable, it's a 15 yard penalty and automatic first down.

-all players should take caution near the side-lines. Excessive hitting/pushing on the side-line or out of bounds will be penalized.

-Referees will blow the whistle if contact is eminent near the sideline. It is the referee's discretion where the ball is to be spotted.

-If a player is 'out-of-the-play' blocking/hitting of that player must end. When a referee instructs a player to 'let him go' or 'get off of him' or 'release him' the blocking player must immediately obey the referee's instructions.

Overtime

-there is no overtime play during the regular season

-during the playoffs, overtime will consist of converts from the 5 yard-line. The first team to lose a set of convert contests loses.

Kicking

-no kicking

-kicking the ball will be considered unsportsmanlike and will be penalized, after the play.

Penalties

- non-penalized teams can decline any non-procedural penalty. For example an offence commits a foul during the play with less than 5 minutes left. The defense can decline the penalty, eliminating the down being replayed, if they so choose.
- all penalties on the offence in the last 5 minutes are loss of down, loss of yards are still applied.
- if a receiver or running back is offside, the play may continue, if the referee deems it safe. If the offence turns the ball over during the play, the defense may decline the penalty and keep possession. If an O Linemen is off side, the play is blown dead and the appropriate ruling will be applied.
- targeting: players may not seek out and hit players behind the play or those choosing not to be involved in the play. This is an unsportsmanlike penalty.
- Bench Clearing: the referee may end the game immediately. The game score, winner/loser will be determined after an investigation. Suspensions will be handed out to players who leave their bench and enter the field. If you are not on the field, stay off the field.
- Blocking below the waste: 15 yards against the offender, repeat down.
- Blocking in the Back: 15 yards against the 'blocker' at the point of the foul.
- Delay of Game:
 - All procedural penalties on the offence after the 5 minute whistle are loss of down penalties.
 - On the Offence after the 5 minute whistle, loss of down AND 5 yard penalty.
 - On the Defense after the 5 minute whistle, 5 yard penalty and repeat of down.
 - If there is a third delay of game penalty by the offence, the ball is automatically turned-over to the defense at current line of scrimmage.
- Game Disruption: by not allowing the next play (excessive complaining) to be run within 30 seconds of the play-ending whistle, will result in a delay of game penalty (throwing the ball, excessive arguing, etc). Two consecutive penalties will result in an ejection. The referee can stop the clock or add time to the game if deemed appropriate.
- Disrespect to an official: 15 yards. Second violation by the same player is another 15 yards and the player is ejected.
- Excessive Celebrating After a Score:
 - on a touchdown: the convert is moved back 15 extra yards or the ball can be moved-up 15 yards on the change of possession.
 - on a convert: the new offence gets the ball moved up an extra 15 yards.Excessive celebrating consists of but not limited to, multiple players demonstrating or celebrating as a group in the endzone, players from the bench running into the endzone or onto the field to celebrate.
- spiking the ball, throwing the ball, kicking the ball is considered a delay of game.
- Face Mask:
 - unintentional = 5 yards,
 - intentional = 15 yards, a penalty-box may be enforced, or an ejection if intent was to injure.
- After the play= 15 yards and a 'penalty-box' penalty may be assessed.
- Holding
 - On the offence: 5 yards, repeat down. If after the 5 minute whistle it is 5 yards and loss of down.
 - On the defense: 5 yards, repeat down (unless the ball crosses the middle of the field, in that case it is a first down).
- Intentional Grounding: If a Passer's attempt does not cross the line of scrimmage AND there is no receiver in the area, the ball is spotted at the spot of the pass and is a loss of down. However, if the Passer is outside of the pocket or their attempt crosses the line of scrimmage or hits the net past the line of scrimmage, the ball is an incomplete pass. No receiver has to be in the area if the QB is out of the pocket, if the ball crosses the line of scrimmage or hits the net past the line of scrimmage.
- Illegal Formation:
 - the offence only has two players on the line of scrimmage, 5 yards back and repeat down
 - O Lineman does not declare, 5 yard penalty from LOS and repeat down.

- Players rushing the QB line-up outside of the box, 5 yards and repeat down. If the offending player hit's the QB, it's a 15 yard penalty, new first down. If hit is malicious, the player will be ejected.
- Late Hit:
 - by the defense: move the ball forward 15 yards and a first down,
 - late hit by the offence: move the ball back 15 yards of the infraction, spot ball foul, if a first down was earned, it will be first down from the new spot and second first down cannot be earned.
- Offside Offence or Illegal Procedure: 5 yards back, repeat down. Offside in the last 5 minutes will result in the loss of down and a 5 yard penalty.
- Offside Defense: Ball is advanced 5 yards and repeat down.
- Pass Interference:
 - Defensive= first down at spot of infraction for offence.
 - Offensive = loss of ten yards from line of scrimmage and repeat down.
- Taunting, Excessive Disrespect: 15 yards from the spot of the ball, a penalty box may be assessed to the offending player.
- Unnecessary Roughness:
 - includes intentional facemask, aggressive blocks from behind or blocks below the waist, violent late hits, directing an opponent into an object off the field (pipes, benches, etc), punching, activities after the whistle, etc.
 - on defense 15 yards from point of foul or line of scrimmage and first down, this penalty can be declined by the offence.
 - on offence loss of 15 yards and repeat down, this penalty can be declined by the defense.
- Second infraction, same player = penalty box for 3 plays. A third penalty on the same players may result in a player's ejection.
- Threatening of an Official: 15 yards, ejection, one game suspension.

Penalty Box

- No on-field penalty has to be called for a Penalty Box to be assessed.
- Any unsportsmanlike penalty will result in a 3-play penalty box
- Players acting recklessly, excessively antagonizing the opponent, excessively taunting, continuing the play after the whistle or excessive bantering with the refs may be asked to leave the field-of-play for 3 plays.
- A penalty box can be assigned to a player who is on the bench. In this case, the player is not eligible to enter the field of play for 3 plays AND a 15 yard penalty is applied to the offending team.
- If a player comes on the field before the 3 plays is up, he will be ejected and his team assessed a fifteen yard penalty after the play.
- Players have 15 seconds to leave the field of play. If they don't, they will be also assessed with a delay of game penalty. Failure to remedy the problem or failure to leave the field immediately will result in the immediate ejection from the game and subsequent suspension.

Suspensions

- if a player is ejected, a suspension may occur. The incident will be reviewed by the league and the team captain will be informed of the decision. It is the team captain's responsibility to communicate with the player.
- Suspensions may result from non-penalized incidents. Verbal abuse, antagonistic behaviours, unsafe play, intent to injure, criminal behaviours and other undesired behaviours may result in suspensions from play.
- Suspensions may occur for behaviors or incidents on or off the field of play. These include, incidents involving non-players before, during or after the game, parking lot incidents, and abusive use of social media to threaten, intimidate or bully participants, volunteers and members of the Toronto Indoor Tackle Football League.

