



2008-09



OTTAWA NEPEAN TOUCH FOOTBALL LEAGUE **INDOOR TOUCH FOOTBALL RULES AND REGULATIONS**

With the exception of the rules below, the rules of the TFO Official Rule Book are in effect throughout the Indoor Season and Play-offs. It is the responsibility of the Team Manager to advise team members of the following rules.

- 1) Team Managers must insure that all players have completed, signed and handed in the ONTFL\Touch Football Ontario original Team Roster Form to the game official after your 1st game. Players may be added or deleted on additional rosters up until the regular schedule is complete. No additions can be made after the regular schedule is completed !
- 2) Teams in “C” Division and below only may use one Senior Division player on their roster. A designated Senior QB may not throw a forward pass. No personal stats will count in the standings for that Senior player addition. A Senior player may play on one Int. team only.
- 3) Games consist of (2) 23 minute halves + the (5) plays with change of ends at the half to scrimmage the ball only if requested. Teams may choose to have their bench on either side of playing field .
- 4) Each team may call (1) 20 second time out per half – but the clock does not stop.
- 5) Team Managers must fill out player printed scorecards and hand in to the game official (5) Minutes prior to game time. Stats will be posted weekly on www.ontfl.com
- 6) If a punt goes into or through the end zone, scrimmage will take place from the (10) yd. line with no point being awarded. Also, only the receiving team may/ must be allowed to field a punt. Officials will police the 3 yd restraining rule on punts
- 7) It should be noted that the Ball is dead when: a) it hits the roof (or part of such as an air duct or identified wires) on a pass. 2) Is dead where and when it hits the above same on a punt.
- 8) There are no kick-offs in Indoor Football ; Instead teams will scrimmage the ball from their own (10) yd line to start the game, after a touchdown or safety touch.
- 10) Tie games stay tied in the regular season. In play-offs, sudden death 1st missed overtime converts after both team tries will be in effect.
- 11) Absolutely no rough play will be tolerated. Players must be in control of their actions at all times. Unnecessary Roughing (15) yds, Pass interference, No yards and Objectionable Conduct are all (10) yd penalties. All others are (5) yd penalties.
- 12) The rusher unless he changes sides always has a direct path to the QB. The rusher must line up within 3 yds of the centre to maintain the rushers right of way
- 13) Default: not having a minimum of (5) players at game time. (5 minute grace period)
- 14) On the field the official’s decision is final.