

## Calgary amendments

### **The following supersede the rules in the 2023 Canadian Touch Football Rule Book.**

The official regular game is 70 minutes of playing time divided into 2 halves. Each half is divided into 2 quarters. A 5-minute rest period will be taken between the halves.

The Referee conducts a coin toss. The captain of the home team calls “heads” or “tails” while the coin is in the air. The captain of the team that wins the coin toss shall then choose to kick off, receive the kick off, or defend an end of the field. The captain of the other team shall then choose 1 of the 2 remaining choices.

For the 2nd half, the captain of the team that lost the coin toss shall choose to kick off, receive the kick off or defend an end of the field. The captain of the other team shall then choose 1 of the 2 remaining choices.

If one of the teams is in a lower division than the other, the team in the lower division will have the right to receive the kick off at the beginning of both halves.

Each half will begin by a kick off from the kicking team’s 45-yard line on a regular field, the 35-yard line on a 100-yard field, and the 25-yard line on a 90-yard field.

When the kickoff goes out of bounds the receiving team will be awarded a first down on their own 45-yard line.

After a safety touch, the scoring team takes possession on their 35-yard line when playing on a 100-yard or longer field, and on their own 25-yard line when playing on a field shorter than 100 yards. After a convert, the non-scoring team takes possession at their own 35-yard line when playing on a 100-yard or longer field, and on their own 25-yard line when playing on a field shorter than 100 yards.

Teams can play a game with only 6 players. The opposing team can opt, in the name of good sportsmanship, to also use only 6 players, but is not required to do so. If a team has only 5 or less players that is a default. However, if the teams agree there can be a sharing of players and a fun game will take place with a full referee squad

Each team is allowed one 60-second time out per half, including any overtime half, and one 20-second time out which can be used at any time during the game, including any overtime.

The Rusher's entire body must be behind the rusher's line at the instant the ball is snapped. Teams in Divisions A and B rush from 5 yards. Teams in Division C rush from 7 yards unless both captains agree to make it 5 yards. When a game is between teams from different divisions then the lower division team rushes from 5 yards and the higher division team rushes from 7 yards.

To maintain his rights to an unobstructed path to the QB the Rusher's body, at the snap, must be between, laterally, 1 and 3 yards from the rusher bag.

A defender must be at least 3-yards from the Centre at the time of the snap.

If a double rush is initiated the offensive center will be entitled to a straight line forward.

A rusher who is called for a rough touch on the passer receives a warning. If that player is called for another rough touch on the passer, that player cannot be the rusher for the rest of the game.

When there is an offensive pass interference, there will be a turnover on downs only if the offensive player commits a foul while the defender is at an advantage and likely in a position to intercept the ball.

### **Player eligibility:**

Players must be at least 16 years old. Women are allowed to play.

Teams are required to provide a roster 7 days before the exhibition games that includes player names and email addresses. Teams are allowed to add players to their roster up until 2 weeks before the playoffs start. Players must have played at least 3 regular season games to be eligible for playoffs.

Players are required to sign a "player informed consent waiver" before they are allowed to play. Players on the field without having signed a waiver will result in a delay of game penalty.

Players can only be on the roster of one team, but are allowed to play for other teams during the regular season. However, players on a Div A team cannot play for a Div C team, and, players can only play on a team in a lower division if that team has a total of 9 players or less present for the game.

During playoff games, players can only play for their rostered team.