



CO-ED TWO HAND TOUCH FOOTBALL RULES AND REGULATIONS

CANCELLATIONS

Due to inclement weather, any cancellations will be posted on our website and Facebook page or you can call our main line at 301-956-9960. We will do our best to give as much notice as the weather allows. The first two cancelled games will be made up at the end of the season if the schedule permits.

If a game is called while playing, due to inclement weather, the game will be replayed from the beginning only if the teams did not reach the second half. Once the game reaches half-time or during the second half, the game will be rescheduled and picked up where time and scores left off. This will only be done, if the schedule permits.

GAME BALL

Teams must play with an official size and weight game ball at all times (ie. High School standard balls, NCAA College balls or NFL balls or similar). Silver Spring Social Sports provides game balls for use in your game if needed. Each team is required to bring their own ball to each game.

FOOTWEAR

Cleats are highly recommended, but not mandatory. No metal cleats will be permitted.

LENGTH OF GAMES

All games, including playoffs, will be a total of 40 minutes. There will be two twenty minute halves with a 5 minute break for half-time, time permitting. If necessary, the referee has the right to shorten the half-time in order to keep on schedule with the following games.

ELIGIBILITY

In order for a player to be eligible to play for Silver Spring Social Sports, all of the following must apply:

- Must be at least 21 years of age
- Have signed the release waiver
- Be on a team roster
- Must be wearing their current Silver Spring Social Sports team shirt
- If your team uses an ineligible player they will forfeit all games that were affected by his or her play

CAPTAINS MEETING AND COIN TOSS

The captains will meet with the officials before the start of the game and the head referee will do a coin toss to determine which team will receive the ball first or which goal they want to defend. The home team will call heads or tails. The opposing team, will then decide, depending on the winning teams decision, whether they are going to take the ball first or which goal they will defend. Teams will start at their own 10 yard line. At the start of second half, the team that started on offense will now begin on defense defending the opposite goal and vice versa. After the game, the captains for each team must sign the score card from the ref to confirm the final score.

ROSTERS

Each team may keep a minimum of ten players on their rosters, with no maximum. Teams may field no more than eight players at one time. At least three out of these eight must be females. If a team is unable to field a team of eight players, they can play with a minimum of five. At this time, at least two of them must be females. In the case that a team cannot field a team of five, they can still play, but only with the consent of the opposing team. The opposing team does have the right to take the forfeit if they do not want to play. Teams have the option to recruit other players from the league to play on their team; however they must have the consent of the opposing team. Fielding a team of eight players can be made up of any of the following combinations:

8W-0M 5W-3M 7W-0M 3W-4M 5W-1M 2W-4M
7W-1M 4W-4M 6W-1M 2W-5M 4W-2M
6W-2M 3W-5M 5W-2M 6W-0M 3W-3M

The above combinations of men and women can only be used in a situation where your team is short guys. If your team has five men and 3 women available to play, your team must play with 5 and 3.

FORFEITS

Games will start promptly at their scheduled times. If either team does not have enough players to play, the game clock will start and the forfeit will be given at the ten minute mark, should the team still not have enough players to start. In the event the team does not have the legal number of people to play, they then receive the forfeit. If both teams are short players after the ten minute mark the team with more players at the field will win. The winning team will get 21 points and the team forfeiting will get 0.

Any team that receives a forfeit will be required to pay a fee of \$50 dollars that will go towards the opposing teams bar tab. This fee must be paid before the forfeiting team will be allowed to play the following week.

If a team knows in advance that his/her team will not have enough players to make up the roster for their game on Saturday, they must contact the league coordinator by 12pm on Friday, the day before, in order to avoid the penalty. This allows for Silver Spring Social Sports to contact the opposing team's captain in advance.

DELAY OF GAME

After the ball has been spotted by the referee, the offensive team has 25 seconds to snap the ball. If the ball is not snapped within the 25 seconds, there will be a penalty of 5 yards assessed to the offensive team.

PASS INTERFERENCE

Defensive:

In the event that a defensive player interferes with the offensives attempt to make a play, a pass interference call will be made and an automatic first down will be given. In this case, the ball will be spotted at the point of infraction. If the point of infraction is in the end zone, the ball will automatically be placed on the offensives one yard line.

Offensive:

If an offensive player interferes with a defensive players attempt to make an interception, they will be charged with offensive pass interference. This is a five yard penalty and repeat of the down.

FIRST DOWNS

The offensive team will have four attempts/downs to either score a touchdown or earn another first down. Only one first down is allowed on each side of the 50 yard line (body has to pass the 50 yard line not the ball). In order to receive a first down, the offensive team must make two completions or cross the fifty yard line before their four downs are up. If the offense is on their fourth down, they can either choose to go for the first down or they can punt the ball. If the offense attempts a play on the fourth down and fails to get the first down, the ball is automatically turned over at the spot of the fourth down.

GENDER PLAYS

Since this is a co-ed league, we want to ensure that everyone gets to play. At least once every third down, a female must be involved in the play. Involvement in the play includes:

- A female attempts a forward pass from behind the line of scrimmage.
- A female receives a hand-off or lateral behind the line of scrimmage and is used as the primary runner.
- A female plays quarterback and attempts a forward pass
- A female plays quarterback and runs for yardage.
- A female runs the ball as a running back.
- A female receives a lateral or hand-off and attempts a forward pass to anyone.
- A female is the intended receiver in the eyes of the Referee.
- A female catches a deflected pass thrown to any gender.

Examples of non-gender plays

- A female quarterback that laterals or hands of to a guy.
- A female passes to a male behind the line of scrimmage
- A female center snaps to a male quarterback.
- A female QB takes a knee.
- A female QB intentionally grounds or spikes the ball.
- A male intentionally throwing the ball at a girls feet, in the eyes of a referee.

The referee's will be keeping track of each play and will call out each gender play. However, it is also expected that the team will make every attempt to keep track of their plays to make sure they are using their gender plays. The Gender count resets after each change of possession.

Males must stay at least five yards away from females during forced gender plays. They are not allowed to make a play on the ball. They may only tag the female once she has caught or been handed the ball. On 4th down, the gender rules do not apply if the offense chooses to punt.

Teams may not substitute additional females in during a gender play to try and take the advantage over the defense and offense. On offense, if there are more women playing due to lack of men present, only three females may go out for a pass. Before this play is made, the ref will ask the offense which three females will be the receivers. On defense, it is man to man cover. If the defense has more women than men on the field, extra women cannot play safety or try to double team any female receiver and must stay within five yards of the person they are covering.

ILLEGAL CONTACT

This is a two-hand touch league; therefore, there will be no intentional contact, between any opposing players, anywhere on the field. The penalty for the team/player in which the call was made on, is a loss of five yards from the point of contact. If contact is made on the line of scrimmage, the down will be replayed as well.

UNNECESSARY ROUGHNESS

This will not be tolerated anytime in the league. The penalty for unnecessary roughness is 10 yards. In the result of excessive use of contact, both illegal contact and unnecessary roughness will be called, for a total loss of 15 yards and an automatic first down. In the event of extreme circumstances, the official has the right to eject any player from the game who he/she feels is playing in a conduct that violates league rules. In this case, the official's decision is final.

UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct will not be tolerated and any player that uses this conduct may be ejected from the game and possibly the league. This penalty results in the loss of fifteen yards from the point of infraction. Some examples of unsportsmanlike conduct include, but are not limited to:

- Intentionally kicking the ball towards any player
- Intentionally swinging at any player
- Disrespectfully addressing our official(s) or any staff members
- Using excessive profanity, taunting or vulgar language and gestures.
- Fighting an opponent, official or any staff members
- Punch, strike, steal or attempt to steal the ball from any player in possession.
- Tripping an opponent
- Intentionally throwing the runner or any other opponent to the ground
- Intentionally running into a defensive and or offensive player
- Clip an opponent
- Tackle the runner

HOLDING

The penalty for holding is 10 yards and replay of the down. Holding a player from making a play, whether by his/her body or jersey is illegal and will result in penalty. The opposing team will have the right to decline this penalty if they wish.

ILLEGAL FORWARD PASS

Once the quarterback has crossed the line of scrimmage, he/she may no longer throw the ball to any receiver. If this happens, it will result in a 5 yard penalty from the line of scrimmage and loss of a down. The defense has the option to decline this penalty.

THE LINE OF SCRIMMAGE

If an offensive team receives a penalty that pushes them behind the line of scrimmage, they must cross the original line of scrimmage where the penalty was assessed before any passes count as completions.

IN-BOUNDS

In a passing play, the receivers only need one foot in bounds during a catch in order for it to be a completion. There is no longer a force out rule. Any receiver, who steps out of bounds, may not be the first person to touch the ball once they come back in or else a 10 yard penalty will be assessed.

OFF SIDES

No player may cross the line of scrimmage before the ball is snapped. In this event, the team of the player that crosses the line will be charged with a five yard penalty and the ball will be called dead. This will result in a replay of the down.

OVERTIME RULES

Regular season games do not have overtime. Any tie games at the end of regulation time will result in a tie. During the play-offs the rules are as follows:

- Each team will get at least one offensive possession starting at the 50 yard line.
- Each team will receive four downs to try and score a touchdown and extra point
- The same point system applies in overtime; male touchdowns are worth six points and female touchdowns are worth seven
- The only way you can receive a 1st down, is on a penalty where first down rules apply
- If no points are scored by either team, the cycle will be repeated until there is a winner
- Each team will receive 2 time-outs during overtime

PUNTS

All punts are free punts and cannot be blocked. Fake punts are not allowed in this league. Punts do not have to be snapped, but must be kicked. The punting team must punt the ball before any of their players may cross the line of scrimmage. 4 players must be on the line at the time the ball is punted.

Punts can be made by both men and women. Blocking is not allowed, this includes downfield or blocked punts. If a punted ball touches the ground, it is automatically dead. Any player, in bounds, that catches the ball is eligible to move the ball down the field. Any punt kicked into or out of the endzone will be placed at the 10 yard line. If the ball is caught in the endzone and downed, it will also be placed on the ten yard line.

If a player touches the ball, then it hits the ground, it is now dead and will be spotted at that point for the receiving team. There are no fair catch signals. All attempts at making a fair catch signal shall be disregarded.

PROFANITY

The excessive use of profanity is prohibited. At any time during the game, if a player is using profanity, the referee may call an unsportsmanlike conduct penalty. The ball will be spotted ten yards from where the ball is spotted after the penalty. Upon continuous use of profanity, the referee reserves the right to eject any individual that has been warned or penalized.

QUARTERBACK SNAPS

Play begins when the ball is snapped to the quarterback. The center does not have to snap the ball between his/her legs, however the ball must be touching the ground until it is snapped.

REFEREES

All games will be refereed by officials hired by Silver Spring Social Sports. All calls made by our officials are final.

RUSHING THE QUARTERBACK

Referees will be responsible for calling out the rush count. The rush count is said in the format of "1-one-thousand, 2-one-thousand, 3-one-thousand, 4-one-thousand, 5-one-thousand, go! Any player that rushes before the referee yells "go" will be penalized for being off-sides. This results in a five yard penalty and repeat of the down.

SACKS

Any time a quarterback is tagged behind the line of scrimmage by the opposing team, this counts as a QB sack. If the sack occurs on a non-gender play, the ball will be spotted at the point of the sack and the play counts towards the gender count. If the sack occurs on a gender play and there is a male QB, then the play still stands, however, the next play must also be a gender play.

SAFETIES

The following plays will result in two points:

- Ball is fumbled into the endzone
- An offensive player is tagged in the endzone while in possession of the football
- Ball is snapped over the back line of the endzone
- An offensive player crosses the back line of the endzone while in possession of the football

After a safety is rewarded, the offensive team must punt the ball from its own ten yard line.

All touchbacks bring the ball out to the 10 yard line.

TOUCHDOWNS AND PAT'S (POINT AFTER TOUCHDOWNS)

Male to Male: All male to male touchdowns are worth a total of six points.

Male to female or female to male: All touchdowns scored that involve a female in the play will be worth a total of seven points.

When a team scores, they will have the option to go for either one or two points. One point PAT attempts will be made from the five yard line and two point PAT's will be made from the ten yard line. The team must tell the official which PAT they will be attempting. Once this play is called, the team must use one

of its time outs in order to change the play. Any ball that is intercepted and ran back for a touchdown during this attempt will be worth two points for the defense. The team that intercepted the pass will now take over the ball at their own ten yard line. If the ball cross the line of the end zone it is considered a touchdown, not the body.

PLAYING DEFENSE

Teams may play both man to man and zone defense, except on forced gender plays, where the defense must play man to man. If there are more than three females on the offense, then males may cover the additional females.

QUARTERBACK RUNS

The quarterback can run the ball under any of the following circumstances:

- At any time if the offense is on their half of the field (i.e., they have not crossed mid-field)
- If the five second rule has passed and the defense is rushing in
- During a one or two-point conversion
- Once a team passes the 50 yard line, the quarterback can only run the ball, if he/she is being rushed.

SUBSTITUTIONS

Players may substitute players in between plays. Players can only substitute from one side line. When players are coming in as a substitution, they must be in play at least three yards from the sideline to be a legal player.

STOPPAGE OF PLAY

The play will only stop in the following events:

- A two-hand tag has been made by an opposing player
- A ball hits the ground from the result of an incomplete pass or a fumble
- The ball carrier leaves the field of play
- The ball carrier's knee touches the ground
- A touchdown is scored
- Referees whistle is blown

GAME TIME

The game time will be kept by the referee. Each half consists of twenty minutes. During the first half, the clock will only stop for time outs. During the second half, the game clock will stop during the last two minutes for the following circumstances:

- Change of possession
- After an incomplete pass
- After a touchdown is scored and during the PAT
- When the ball is carried out of bounds
- Penalties
- Time-outs
- Two minute warning of the second half

PLAYER ROSTER

Teams may add, remove or change individuals on their roster until and through the third week of play. At this time, all rosters will be final and these will be the rosters used for the play-offs. During the play-offs, proper identification will be required for all participants to avoid the substitution of illegal players. For Social Division: only 2 Social Elite or Elite players are allowed to be in the roster. Any players that are on any roster for the current Social Elite or Elite teams are considered elite players.

INJURY REPLACEMENTS

Injury replacements are allowed up to the fifth week. After week five injured players cannot be replaced.

LEAGUE STANDINGS/PLAYOFFS

The league standings will be based on a point system, which is as follows:

Win=2 points, Tie=1 point, Loss=0 points

The final league standings will be based on wins vs. losses. The highest seeded team will play the lowest seeded team in the playoffs.

Tie-breaking Procedures

Ties in the standings will be broken in this order:

1. Head to head
2. Overall point differential PF-Pa
3. Common games point differential
4. Coin toss

If there are more than 2 teams that are tied, all the teams must have played each other in order for the results to go to head-to-head. Otherwise, we will go on to the next tie breaker which is the overall point differential and continue down the above procedure order until we have found a winner.

TIME OUTS

Each team will receive two 30 second time outs per half. If the team does not use one or both of their time outs in the first half, they may not be carried over to the second half.

FIGHTING

Fighting will not be tolerated at any time during Silver Spring Social Sports games. Any and all individuals, involved in a physical altercation will automatically be ejected from the current game. These players will also be suspended for the following games (one week of play) and possible the entire season or indefinitely. The suspension for the season or indefinitely will be determined by the league coordinators. Once ejected from the game all individuals involved must leave the field in order for the game to continue. If they don't leave within 5 minutes the team whose player refuses to leave will take a forfeit.

EJECTION

The referee has the right to eject any player from the game due to improper conduct. Any player ejected from the game, will automatically be ejected from the following game as well. If a player is ejected from the last game of the regular season, they are not be allowed to play in the playoffs, should his/her team be eligible to play. They are also not allowed to come watch the playoffs. If two or more players are ejected from the same team, the game will immediately be forfeited by that team. Any player ejected from a game must leave the field entirely or the team will suffer a forfeit. A referee and/or league official has the right to hold a team accountable (in the form of a forfeit) for any unsuitable actions taken by the player after he/she is ejected.

The only people that are allowed to question a call made by the referee are the team captains. This rule is not to chastise the official, but to receive an explanation regarding the call that was made.

All referee's decisions are final.

APPEALS

Appeals may be made to league management. Appeals may only be made to question league rules. Appeals are not for over-turning an official's on-field call. All calls made by officials are final and will not be overturned by league management.

CONDUCT

This is a social sports recreational league. We have a zero tolerance policy for unsportsmanlike conduct. Anyone who engages in unsportsmanlike conduct, as listed in the rule book, risks being ejected from the game and/or the league. There will be NO refund of registration fees under these circumstances. Team captains are responsible for making sure their teammates are aware of all the rules and that their team abides by them. If at any time during the season the captain or team is having a problem with a player or teammate, they are expected to bring it to the attention of the league coordinator so that it can be resolved as quickly as possible. We are a social league that provides sports to adults looking to get out and meet new people, while enjoying the opportunity to engage in various types of sports. Let's keep this league going by following the rules and having a good time.

There will be no alcohol or smoking permitted anywhere on the game fields as required by Montgomery County Parks and Recreation. Also, please pick up all trash and dispose of it in the proper containers to help keep our parks and schools clean and to avoid any unnecessary fines.

Have a great season and best of luck to all teams!