

The Walnut Creek Sports Association

Ultimate Tackle Football

Rules and Procedures

Game Time: Games are run to 60 minutes CLOCK RUN time (not play time) with 7 minutes of half time not included. Half time is to be taken at the end of 30 minutes CLOCK RUN time. Team that begins the game on defense shall begin the 2nd half on offensive possession.

Each team is allowed 2 “time outs” per half of a maximum time of 1 minute per time out.

Overtime Rule: Overtime periods are 15 minutes during the regular season and the playoffs. Each team gets one possession to score. If, after each team has had one possession and one team is ahead, that team wins. If the teams are tied after each has had a possession, the next team to score wins.

Field Set up: 30 yards width
50 yards length
Additional 7 yards depth at each end will comprise the end zone.

There will be (two) 1st down zones at 16.5 yards from each goal line.

Scoring: Touchdown	6 points
PAT from 5 yards	1 point
PAT from 12 yards	2 points
Safety	2 points

Scores are for game day only. We do not maintain standings / rankings.

Uniforms: Players must wear minimum complete uniforms at all times while playing. This minimum uniform consists of helmet, jersey, shoulder pads, pants, belt, thigh, hip and knee pads, mouthpiece and cleats. Additional and optional equipment may be worn with approval of league administrator.

The Players and Formations

Eight players on the field

Four (4) offensive players must line up on the line of scrimmage.

Three (3) defensive players must be down linemen (in a three or four-point stance). One linebacker may blitz on either side of the center. Alignment is two (2) or more yards off the line of scrimmage. No stunting or twisting.

Offensive motion: Only one player in motion at a time. One receiver may go in forward motion before the snap.

Start of Game:

Players shall “sweep” the field before commencing game and remove any foreign debris (rocks, trash etc.) This will be done with teams beginning from opposite ends of the field, moving forward across the field, passing each other and continuing to the opposite end while removing any debris from the field.

Possession will be determined by coin toss. Toss winner will game begin on offense
There are no kickoffs, punting or field goals in Ultimate Tackle Football.

All offensive possessions will begin on the offensive team's goal line except in the case of pass interception where the ball will be placed at the point where the ball was when the player is ruled down.

Playing the Game:

The offensive team shall have 4 downs in which to cross any of the two 1st down zone lines. Upon crossing the 1st down line, the ball shall be placed at the spot where it was ruled down.

The offense shall have an additional 4 downs to pass the next zone or the goal line whichever is closest. If the offense does not succeed in passing one of the down lines or crossing the goal line in 4 downs, the defensive team shall takeover on offense at its own goal line.

The offense shall have 30 seconds from the time the ball is ruled down in which to commence the next play. Referee will give 5 second warning AFTER this 30 second period for the offense to begin the play. The object of this rule is to keep the pace of the game moving and not to penalize teams. If, after the 5 second warning the offense still has not initiated the play, a 3 yard penalty will be enforced and the down will be repeated. It is not intended that teams abuse this 5 second warning and teams that do not show consistent effort to begin the play within 30 seconds will lose the 5 second warning privilege.

Safeties: An offensive team shall not be penalized for a safety (ball downed in own goal zone) until that team has succeeded in passing its own 5 yard line. When an offensive team is downed in its own goal zone without having first passed its own 5 yard line the ball is spotted at the point where it was ruled down and the game resumes as normal.

After passing its 5 yard line, should the offense be downed inside its own goal line, it shall be ruled as a safety awarding the defensive team 2 points and the defensive team shall then takeover on offense from its own goal line.

QB Runs: QBs may run the ball only one time per offensive series. QB's may not run the ball within 5 yards of the opponents end zone or 1st down zone. A QB is defined as any player who receives the ball from the center to initiate the play. This rule only applies if possession of the ball has not been transferred to another player first.

Eligible Receivers: All Players are eligible to receive.

Fumbles: There shall be no fumble recoveries. Should the offensive team lose possession of the ball during a run, the ball is spotted at the point of contact with the ground minus a 3 yard penalty. A fumble is ruled according to NFL standards of possession/loss.

The only exception to this rule is that a QB may recover a "botched" snap and continue the play. No other player can recover the ball on a "botched" snap. The QB may elect to down the ball on a "botched" snap at the point in which the QB touches the ball without penalty. This is accomplished by touching the ball with one knee on the ground.

Interceptions: Interceptions by the defense shall be returned or downed by the defense from the spot of the interception and the defensive shall take over offense at the spot in which the ball is ruled down.

Receiving: Receiving rules in Ultimate Football are the same as outdoor NCAA Football in which receivers must have one foot inbounds and receiver must demonstrate control of the ball in bounds. All other receiving rules are the same as in NCAA.

Passing: Passes behind the line of scrimmage will be either forward or lateral. Only lateral passes are allowed beyond the line of scrimmage. QB may ground the ball intentionally at any time. "Intentional grounding" must be a clear forward pass motion.

Excessive Contact: Our program allows $\frac{3}{4}$ contact level. This is described as a good clean tackle or block without force in excess of that which is necessary. (Example of excessive force: a “Ronnie Lott” hit)

Coaches: There shall be only one Offensive and one Defensive coach allowed on the field at any time. On Field Coaches shall place themselves in a position so as to minimize interference in the game. The on field coaches will also serve as additional referees but final judgment goes to Head Referee on the field.

Practices: There will be a maximum of one 2 hour practice each week as scheduled by the head coach with an additional up to 45 minutes of practice on game day.

Pass interference/ illegal contact: Players may make contact with receiver or defender within 5 yards of the line of scrimmage. Any contact other than incidental beyond 5 yards is interference.

All other rules governing game play shall be as in NCAA rules unless expressly amended in these rules. Penalties shall be enforced as follows:

Line Infraction (Any) 3 yards and repeat down.

Holding (Offense) 3 yards and loss of down

Holding (Defense) Ball is spotted at foul + 3 yards and automatic 1st down

Pass Interference (Any) Ball is spotted at foul + 3 yards and automatic 1st down

Personal Foul: (Late Hit) 10 yards

Personal Foul (Unsportsmanlike Conduct) 10 yards with warning to eject with 1st offense. 2nd offense ejection

Personal Foul (Other) 5 yards

Excessive Contact: 1st offense 10 yard penalty. 2nd offense 10 yard penalty and player is ejected from the game.

Delay of Game 3 yard penalty , repeat down

Too many Players on the Field: 3 yard penalty and replay the down.