



City of Salem Parks and Recreation  
 Sports Office – Division  
 925 Union Street  
 Salem, Virginia 24153

PH: 540 375.4094  
 FAX: 540 375.4032



# ADULT Touch Football RULES

The follow rules and regulations apply to all leagues unless otherwise stated. It is the responsibility of each team’s manager to make sure all team members know and understand the rules. Please take the time to read over them carefully.

The City of Salem’s Adult Softball league is governed by the "Virginia High School League" rules unless otherwise stated in these bylaws

League	Length of quarters or halves	Ball Size
Adult Open	Two (2) twenty minute halves	VHSL
Church Open	Two (2) twenty minute halves	VHSL
Women’s Open	Two (2) twenty minute halves	VHSL

## Game Duration

1. There will be two (2) twenty minute halves and a five (5) minute half-time. Clock will stop for time-outs, penalties, injuries, and end of half. In the last two (2) minutes of the game the clock will stop according to V.H.S.L. rules.
2. Each team is allowed two (2) time-outs per half of two (2) minutes in length.

## Administrative Rules and Regulations

1. Players must be eighteen (18) years old in order to play in the league.
2. Players may not be added after the team’s first game.
3. Complete rosters are due to the Parks and Recreation office before the team’s first scheduled game.
4. A player is eligible for only one City sponsored football team. Transfer of players during the season is forbidden. The team that the player plays on first is the team that they must play on for the entire season.
5. There is no resident requirement in any league offered by the Salem Parks and Recreation Department.
6. Only amateur players and teams will be eligible to play.
7. Matching numbered jerseys must be assigned to each player and cannot be worn by any other person than to whom it is assigned. If two teams have the same color jerseys, the visiting team will wear pennies provided at the field. Teams will not be allowed to wear one color for offense and another color for defense.
8. No metal cleats may be worn.
9. Roster Size: No less than ten (10) and no more than twenty (20) players.
10. There is no minimum game played requirement for any player as long as they are listed on the roster on file at the Sports Office.
11. Teams will sit on opposing sides of the field during the entire game.

## **Playing Rules**

All games will be conducted under official V.H.S.L. rules, except for the provisions herein.

1. Teams will have ten (10) downs to go the length of the field, providing the team crosses the fifty yard line by the fifth down. If the team has not crossed the fifty yard line by the fifth down, they have the option to punt or try and cross the fifty yard line. If they try to cross the fifty yard line on the fifth down and fail, the opposing team will take over the ball at that point.
2. Six players on the field per team. A team must have at least five (5) players to start or the game will be forfeited. There is no waiting period.
3. The offense is allowed thirty seconds to put the ball into play after the official blows the whistle. Penalty is five yards for delay of game.
4. The ball must be VHSL size or larger.
5. A coin toss will determine who gets the ball first. Play will begin on the twenty (20) yard line.
6. There must be three players on the line of scrimmage to begin play. Penalty for violation will be five (5) yards.
7. All players are eligible to catch a pass.
8. One man may be in motion along the line of scrimmage when the ball is hiked. That man may not be moving forward; he must be moving parallel to the line of scrimmage.
9. If there is a man lined up in the back field or going in motion in the backfield when the ball is hiked, the defense may rush immediately.
10. Any player lined up more than a yard off the line of scrimmage, will be considered in the backfield.
11. Tackling is not permitted. Play is stopped when the ball carrier is touched by a defensive player with two (2) hands simultaneously on any part of the body. Penalty for tackling or excessive roughness will be fifteen (15) yards from point of violation.
  - i. Excessive Roughness during Game- The player will be ejected from game and suspended. (see ejections) The team will be penalized fifteen (15) yards from the spot of violation and a loss of down.
  - ii. Three Excessive Roughness Penalties by any one player during the current season will result in that player being suspended for the remainder of the season.
12. For safety reasons, players are not allowed to wear any jewelry while playing. Casts or braces of pliable plastic are also prohibited.

## **Rushing the Passer**

1. Defensive rushers must start at the line of scrimmage.
2. The defensive team cannot rush the passer until three (3) seconds have elapsed (starts when ball is hiked), a pass is thrown, a lateral is thrown, or the offensive player with the ball makes a lateral movement (lateral movement being more than 1 step left or right).
3. A defensive rusher will not be allowed to drop back into coverage and then return to rush unless a pass is thrown, a lateral is thrown, or the offensive player with the ball makes a lateral movement.

## **Touchdowns/Punting/Extra Points**

1. Touchdown is worth six (6) points, extra point that is ran in is worth two (2) points. Drop kick extra point is worth one (1) point. For an extra point, the ball is placed on the five yard line. No attempt can be made to block the kick.
2. Extra point CAN be ran back by the defense for two (2) points.
3. Punter will not be rushed. If a punt is to be made, the team must announce its intention to do so. Neither team may cross the line of scrimmage until the ball is kicked. The player

receiving the punt must return the ball without receiving blocking from teammates. Penalty for punting without announcing is back to the line of scrimmage and loss of down.

4. On punts, the ball is dead when it touches the ground. The ball will be spotted at that spot.

### **Drop Kick Field Goals**

1. Drop kick field goals are worth three (3) points.
2. Drop kick extra points are worth one (1) point.
3. On the drop, the football must touch the ground first before being kicked.
4. A drop kick field goal can be done on any down. However, if the attempted is missed, the team will forfeit its possession. Opposing team will take over.
5. Kicker will not be rushed. If a drop kick is to be attempted, the team must announce its intention to do so. Neither team may cross the line of scrimmage until the ball is kicked.
6. Defensive team must move outside the hash marks during the kick.
7. If drop kick field goal is attempted and missed from outside the 20 yard line, opposing team takes control of the ball at the line at the previous spot. If a drop kick is attempted and missed from inside the 20 yard line, the ball will be spotted at the 20 yard line.
8. Short or missed drop kicks CANNOT be ran back by the defense.

### **Double Quarterbacks**

1. This rule applies to any player that, after the ball is hiked, drops back behind the line of scrimmage to take a pass from the quarterback with the intention of throwing a pass downfield.
2. Only ends may be eligible to throw a pass other than the quarterback. Players on the interior line other than ends cannot attempt passes.
3. Potential receivers cannot have crossed the line of scrimmage and must be behind the line of scrimmage when the initial pass is received from the quarterback.

### **Flea Flickers**

1. Two (2) forward passes beyond the line of scrimmage. The quarterback must throw the second pass.

### **No Huddle Offense**

1. All offensive players must be within 15 yards of the ball when a no huddle offense is used unless they have a defensive man covering them.

**Points ahead Rule – If one team is ahead by twenty (20) or more points with two (2) minutes to go the game will be called.**

### **Overtime**

At the end of regulation play a tie will be broken as follows:

1. Coin flip for possession.
2. Each team will have four downs from the opposing team's twenty yard line to score as many times as possible. No extra point attempts will be allowed in overtime. The team that scores the most points is the winner. Any time there is a turnover the ball is awarded to the other team.
3. If after the first overtime a winner is not determined the game will go down as a tie. (Regular season only; playoff games must determine a winner)

### **Behavior and Ejections**

1. Threats or assaults on any Recreation Department personnel, including officials, will result in that person being ejected from the league and from any further participation in any activities offered by this department. Additional criminal charges will be filed against any person involved in this type of behavior.
2. Any player or coach ejected from a game will be suspended for a minimum of two (2) games.
3. If a participant receives a second ejection they will be suspended from all City of Salem Adult Leagues for one (1) year.
4. The City of Salem Parks and Recreation staff reserves the right to amend suspension policies based on severity of the incident.
5. Fighting among players before, during or after a game on City property will result in being banned from the league.

**Playoff Rules**

1. Playoff format will be based upon number of teams in each league; all teams will qualify for playoffs. If the league has one division, then all of the teams will play in the playoffs together. If the league has two divisions (A & B), then each division will play within their own division and there will be an A and B Champion.
2. Teams will be awarded 3 points for a win, 1 point for a tie. At the end of the regular season teams will be seeded based upon the total number of points.

**TIE BREAKER**

The following procedure will be used to determine the first place finisher at the end of the season, or break ties for any place.

**TWO WAY TIE:** If two teams are tied with identical records, the winner would be the team that won the game(s) when the two met. If the two teams split their game, the team winning the last game played would be higher seed.

**THREE or more teams TIED:** If three or more teams are tied, the winner will be determined by the point differential average per game, unless one team has defeated all the others (must win both games if two games were played). Forfeits will be factored into the teams won/loss record for the standing but will not be used in determining the teams overall APD in cases of ties.

TO FIGURE AVERAGE POINT DIFFERENTIAL:  
WIN/LOSE SCORE POINT DIFF/GAME  
Example: Three Teams Tied for First

Game –Team A	Win/Lose	Points for	Points Against	Differential
1	Lose	20	26	-6
2	Win	21	14	+7
3	Win	35	0	+35
4	Win	40	36	+4
5	Win	14	7	+7
6	Win	21	20	+1
7	Lose	6	16	-10

8	Lose	35	40	-5
9	Win	21	14	+7
10	Lose	14	21	-7
Total			+33 / 10 games = 3.30 APD	

Game – Team B	Win/Lose	Points for	Points Against	Differential
1	Lose	14	26	-12
2	Win	21	7	+14
3	Win	35	10	+25
4	Win/Forfeit	7	0	NO Differential
5	Win	14	7	+7
6	Win	21	20	+1
7	Lose	6	22	-16
8	Lose	35	40	-5
9	Win	21	14	+7
10	Lose	20	21	-1
Total			+20 / 9 games = 2.22 APD	

Game – Team C	Win/Lose	Points for	Points Against	Differential
1	Win	26	14	+12
2	Lose	7	21	-14
3	Win	35	10	+25
4	Win	28	21	+7
5	Win	14	7	+7
6	Win	21	20	+1
7	Lose	21	22	-1
8	Lose	35	40	-5
9	Win	21	14	+7
10	Lose	20	21	-1
Total			+38 / 10 games = 3.80 APD	

Team C would be Seed 1, Team A would be Seed 2 and Team B would be Seed 3.

**Protest**

Protests can only be made concerning player eligibility, rules, interpretations, and violations of the Bylaws. Official's judgment is not subject to protest. If a coach wishes to protest an incident, the following steps must be taken:

1. The coach must notify the official of the protest at the time of the incident. All protests must be made during the game, no protests are allowed after the game is over.
2. The coach must file a written protest with the Sports Office by 5:00pm of the next working day after the incident occurred.

**Blood Policy**

The following steps must be taken for any player that is bleeding during a game.

1. Bleeding must be stopped.
2. Open wounds must be covered.
3. Clothes that have gotten blood on them must be changed.
4. Teams should have an extra jersey on hand in case a jersey gets blood on it.

**Game Cancellations/Postponements**

The game cancellation hotline number is 966-9600