



# TGFL 2012 RULES PRIMER

## GAME OBJECTIVE

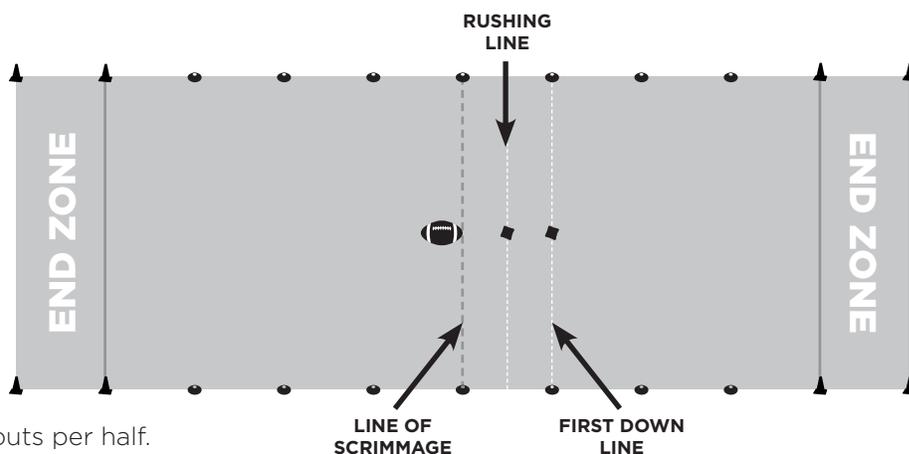
To advance the football to the other teams end zone. Doing that will result in scoring points. The team with the most points by the end of game time wins.

## FIELD DIMENSIONS

80 x 35 yards, with two 10-yard deep end zones

## TIME OF PLAY

Two 30-min halves, continuous until the final 2 minutes of each half. Two timeouts per half. The second half might be shortened due to time restraints.



At the beginning of each game, the referee tosses a coin in the presence of the two team captains to determine which team kicks off and which receives the kickoff. At the start of the second half, the team that kicked off in the first half receives the kickoff.

## OFFENSE

Offensive plays in football are run from a set formation known as a scrimmage. Before a scrimmage begins, the team on offense usually gathers in a circle, called a huddle, and discusses the play it will use. Each team has one player on the field designated with throwing the ball, called the quarterback. Usually they are the ones who call plays and designate roles for each player.

You have 4 downs (plays) to advance the ball a total 10 yards, or possession of the ball will go to the opposing team. The ball is advanced by forward pass by the quarterback, or by running the ball from behind the line of scrimmage (can only be done once per possession). A team can punt the ball on fourth down if it has not gained 10 yards in its previous three tries. In punting, the punter receives the snap, drops the ball, and kicks it before it touches the ground. By punting, a team can send the ball away from its own end zone, weakening the opponent's field position.

The down begins when a player hikes the football from the line of scrimmage to the quarterback, afterwards anyone else on offense is eligible to receive. A forward pass may be made only from behind the line of scrimmage. A lateral pass (throwing the ball backwards or on a line parallel to the line of scrimmage) may be made anywhere on the field to anyone anytime the ball is in play.

If the receiver does not legally catch the ball, by either being out of bounds or dropping the ball, the down ends with the ball going back to the previous line of scrimmage. If the receiver catches the ball, they can continue to advance down the field until the down ends. The down can end if an opposing player removes any flag of the player in possession of the football (de-flagging), the player goes out of bounds, fumbles the ball, falls (knee, forearm or bottom hits the ground), or reaches the opposing teams end zone. Be careful though, the opposing team can also receive these passes too.

## BLOCKING

During any play, the defense has the ability to cross the line of scrimmage and try to de-flag the quarterback before they throw (called rushing). In order to give the quarterback more time to throw the ball, you are allowed to designate players to get in their way.

A blocker is allowed to contact only that portion of the opponent's body between the waist and shoulders and the blocker's hands or forearms must be in front or to the side of the player being blocked. Your arms cannot be fully extended. Hands must always be in advance of the elbows and the arms must be flexed at the elbows. In any block, the hands or arms may not be swinging forward faster than the blocker's body. Players must block with hands and elbows within the frame of their body.

## DEFENSE

The goal of playing defense is to prevent the opposing team to advance the ball to your end zone, and to get possession of the ball back. It's important that you de-flag the ball-carrier before they get away! You can't push the player out of bounds or try to knock them down, you can only attempt to de-flag them. When de-flagging the opposing teams ball-carrier, display the flag for the referees to see.

### COVERING RECEIVERS

Covering is attempting to prevent a receiver from catching a pass. There are two general schemes for defending against the pass: **Man-to-Man**, where each receiver is covered by a defensive player or **Zone**, where players are assigned an area on the field that they are to cover.

When covering receivers, you must be one yard away from the line of scrimmage, and you are only allowed to contact an opposing receiver (bump and release) within 5 yards of the line of scrimmage, unless the ball has been thrown by their quarterback. When defending a pass you must make a play on the ball by either catching it (called intercepting) or deflecting it. If you intercept the ball, possession instantly changes, and you are allowed to advance the ball in your direction until the play ends.

### RUSHING

When rushing as a defender, you must be 5 yards off the line of scrimmage. When the ball is hiked you can immediately rush from this position. There is no limit to the number of people who can rush from this position (5 yards deep). A pass rusher must avoid charging into any opposing player. When encountering a blocker from the opposing team, a pass rusher must (a) stop prior to making contact with the blocker or (b) clearly change direction in an effort to move around the blocker. If a pass rusher makes an effort to move around the blocker and the blocker moves into the path of the pass rusher, there is no charging.

You CAN rush from the line of scrimmage (not 5 yards deep) once a rusher who has lined up 5 yards back has crossed the line of scrimmage. For example: If you line up near the line of scrimmage you must wait until one of the rushers who lined up 5 yards off the line of scrimmage crosses the line before you can rush in or a running play occurs.

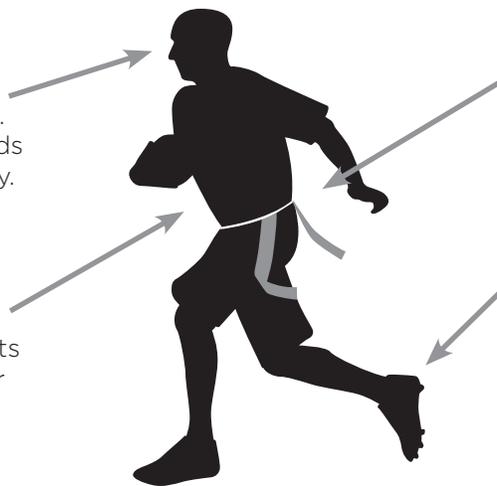
## EQUIPMENT & DRESS

### HEAD

Only hard-billed hats aren't allowed. Sunglasses are allowed. Mouthguards are recommended but not mandatory.

### CLOTHING

Jerseys are provided by the league, need to be tucked in. Shorts or pants can't have stripes down the sides or pockets.



### FLAGS

One on each side and one on the back, 3 in total. You'll be enforced to maintain their positions in between downs during the game.

### OPTIONAL

For best performance, cleats and receiving gloves are recommended. They can be found at any common sports goods store.

### KICKOFFS

Kickoffs happen only at the beginning of each half of the game, where each team receives one each. At kickoff all teammates of the kicker must be behind their 30 yard line until the ball is kicked. Receiving team must have at least 4 players between their 30 yard line and midfield. At least 4 receivers must remain in this area until the ball is kicked.

### PUNTS

Fourth down punts have to be announced. For announced punts all teammates of the kicker must be on the line of scrimmage. Receiving team must have 4 players within one yard of the line of scrimmage until after the ball is kicked. No receiver can cross or move off the line of scrimmage until after the ball is kicked.

**Not following these rules can cause the referees to penalize your team in terms of yardage or possibly worse, so it's important that you know the rules as much as possible. For the full rulebook, go to the TGFL website ([torontogayfootball.com](http://torontogayfootball.com)) or see your team captain.**

