



# Touch Football



## **Team:**

4-8 members

All members of the team are Eligible Receivers (meaning: every player on the team may catch a pass)

## **Defense:**

Objective: to stop the other team from progressing forward towards their end zone.

- You may not touch a member from the other team unless they have possession of the ball.
- Knock the ball to the ground
- Attempt to intercept the ball (catch a thrown pass)
- Two forms of defense are:
  - Zone: Cover an area and any players in that area
  - Person to Person: Cover a single player and stay w/ them wherever they run their route to.

Defensive Penalties: Penalties are given for various rules that are broken.

- Pass Interference: Pushing or touching a receiver on the offensive team after the first 5 yards
- Offsides: Lining up in the neutral zone (area over the line of scrimmage)
  - Crossing the “line of scrimmage” before the 5 count rush is complete

## **Offense:**

Objective: to score a touchdown by having the ball cross the goal line.

- 4 opportunities are given to either gain a 1<sup>st</sup> down or score by crossing the goal line.
  - Each play counts as a “down.”
- Complete passes thrown to the Receivers (the ball is caught past the line of scrimmage)
  - A completed pass must be caught in bounds with 2 feet and they must have control of the ball.
- Within every 3 plays, the offense must run a “girl” play (the girl must be the intended receiver or the quarterback)
- The ball must be thrown from behind the line of scrimmage. If the quarterback runs with the ball, they may not throw the ball forward past the line of scrimmage.
- Only one forward pass is allowed.
- Players may lateral the ball (pass sideways or backwards) to another player.
- The quarterback may run with the ball at any time.
- Players run after catching a pass until they are tagged (one or two hands is decided at the beginning of the game) to gain yardage.
- All players must be set and not moving when the ball is centered (passed from the Center to the Quarterback)
- Players may not cross the line of scrimmage until the ball has been centered. Make sure the ball has moved (words do not begin the play, ball movement does)
- The offensive team needs to complete 2 passes, past the line of scrimmage, in order to gain a 1<sup>st</sup> down.
  - Or pass a specific marker (cone) on the sideline. Determined before the game.
  - If the offense completes the 2 passes (or passes the specific marker), they are awarded another set of 4 downs/plays.

- **4<sup>th</sup> down options:**
  - “go for it!” try to score or get the 1<sup>st</sup> down if it is an option
  - “Punt” or “throw off”: This cannot be a FAKE play
    - Kick the ball: the ball can be caught in the air and can be run towards the end zone until the player is tagged. If the ball goes out of bounds, the ball is positioned where the ball left play.
    - Throw off: Throw the ball as far as you can.
  - *In either situation: if the ball hits the ground, the play is “dead.” It cannot be picked up from the ground.*

Offensive Penalties:

- Offensive Pass Interference: A player from the offensive team pushes off of a defensive player in order to gain position to catch the ball, past the first 5 yards.
- False Start: Any member of the offensive team moves before the ball has been centered.
- Not using a girl play within 3 downs. (5 yd. penalty, loss of down and still needs to be a girl play)

Ineligible Receivers:

An ineligible receiver is a player who cannot receive a pass.

This includes any player who runs out of bounds and then re-enters the field. (Interscholastic/college/professional football have more players who several players who are ineligible)

A play/down ends when:

- The ball touches the ground for any reason.
- A player carrying the ball is touched by an opposing player.
- A player runs out of bounds.
- A penalty occurs.
- A touch down is scored.

Scoring:

- The ball must cross the goal line before the offensive player is tagged on a run play.
- The ball must be caught while the offensive player is standing in the end zone.
- 6 points are awarded to the team scoring a touch down.
  - After a touch down, the offensive team elects to go for 1 or 2 extra points.
    - Going for 1 pt: the ball is brought out 5 yds. and the offense is given one play to get the ball into the end zone. The defense may not run the ball back for any points.
    - Going for 2 pts: the ball is brought out 10 yds. and the offense is given one play to get the ball into the end zone. The defense may intercept this pass and run it back to their own end zone (without being tagged) for 2 pts.
- After scoring a touch down and attempting an extra point play, the ball is spotted (placed) at the 10 yd line. The opposing team begins the play from this position.

**There is no kicking for an extra point.**