

TOUCH FOOTBALL INFORMATION

RULES:

1. **Playing field :** Official field is 40 yards wide by 100 yards long.
2. **Ball:** A regulation leather or rubber coated football.
3. **Players:** A “team” consists of 7 players. Numbers in gym class may vary. The offensive team must have 3 players on the line of scrimmage (LOS) when the ball is put into play.
4. **Regulations:**
 - a. **Putting the ball in play:** The ball is put into play at the start of the game and after each score by a place kick (punt) from the kicker’s 20 yard line.
Defensive players must be 10 yards away when the ball is kicked.
 - b. **Fumbled ball:** A fumbled ball at anytime is dead and belongs to the team that fumbled the ball at that point.
 - c. **Downed ball:** The ball is dead when an opponent touches him with two hands between the shoulders and knees.
 - d. **First downs:** A team has four chances to advance the ball 10 yards. If unsuccessful, the opposing team takes over at that spot. ***This rule may vary according to class!!
 - e. **Passing:** All players on both teams are eligible to catch passes. All passes must be thrown behind the line of scrimmage.

TERMINOLOGY:

1. **Center:** offensive team member who starts each play by snapping the ball back through his legs, blocks for the quarterback, and can also receive a forward pass.
2. **End line:** the goal line
3. **End Zone:** the 10 yards between the end line and the end of the playing field.
4. **First down:** when a team advances the ball 10 yards or more in four downs (plays or attempts) or less, retains control of the ball for another 4

downs.

****This rule may vary from class to class!!

5. Forward pass: throwing the ball overhand forward to the line of scrimmage or beyond.

6. Fumble: loss of the ball while in play by a player who has previously had possession of it.

*** In touch football, a fumble constitutes a dead ball, and the team who fumbled regains possession!!

7. Interception: a play in which any defensive player catches a pass thrown by the opposition.

8. Line of Scrimmage (LOS): imaginary line where the ball is placed to begin play.

9. Offside: crossing or lining up beyond the line of scrimmage before the ball is snapped from the center.

10. Quarterback: the signal caller and passer on the offense.

11. Touchdown: scoring 6 points by moving ball in to end zone.

SKILLS:

1. Passing:

1.) Grip - fingers should be at rear end of the football, spread apart and across the laces.

2.) Delivery - snap wrist and elbow downward while shifting weight to front foot.

Step directly at your target with the foot opposite your throwing arm

c. Follow through - after releasing ball, continue follow through.

2. Ball Carrying: - against upper body along the inner forearm firmly in the crook of the elbow.

3. Receiving/catching: keep eye on ball, catch ball with fingertips and hands.

SAFETY:

1. Must wear proper physical education attire.
2. Follow all classroom rules.
3. Flagrant contact of any kind is absolutely forbidden.

HISTORY:

1. The first intercollegiate football game was played between Rutgers and Princeton.

REVIEW QUESTIONS FOR TOUCH FOOTBALL

1. What are the dimensions of an *official* touch football field?
2. Officially, how many players make up a “team”?
3. What does *LOS* stand for?
4. Explain what *LOS* means.
5. Explain what happens to start a game.
6. Define *fumble*.
7. According to the official touch football rules, who gets the ball after a fumble?
8. Play stops when an opponent touches the ball carrier with _____ between the _____ and _____.
9. How many chances (downs) does a team have to advance the ball 10 yards?
10. List 2 facts about *passing* regulations.
11. Define: a) *interception* -

b) *offside* -

c) *touchdown* -
12. Briefly explain the three proper steps of passing.
13. Explain how to carry and catch a ball.
14. Who played the first college football game?