The Playing Field:

*The field is 80 yards long and 25 yards wide, with 10 yard end zones.
*Conversion lines are 3 yards from the goal line.

Players:

*A National Touch Football team consists of 7 players. This may vary according to class size in Physical Education.
*Possible Offensive Positions of Players: Quarterback, Center, Wide Receivers, Running Backs, and Blockers.

Scoring:

*A Touchdown is worth 6 points. When a runner carries the football across the goal line or a pass is completed in the end zone.
*Extra Point is worth 1 point and is awarded after a touchdown for a field goal (kick). This is when a player from the scoring team kicks the football threw the field goal up rights. This is not used in Physical Education class.
*A 2-point conversion play is taken from the 3-yard line and the ball must be carried across the goal line or successfully passed into end zone. This may be attempted after a touchdown instead of the field goal attempt. May be used in class.

The team with the most points wins

Kick-offs:

*The first and second halves of the game start with a punt or place kick from behind the quarter line. The punt must be announced to the opponent. (Warning!)
*The kicking team must remain behind quarter end line until ball is kicked and the receiving team must remain behind the centerline until ball is kicked. The receiver may run, hand off, or throw a lateral pass. No rush on punts!
*Kicks landing or fumbled in the end zone are touchbacks and are put in play on the quarter line (20 yard line).
*Kicks out of bounds over sideline are either repeated or put in play opposite the spot where it went out of bounds. (Receiving team’s option).
*Kicks not caught are dead at the spot where the ball first lands in bounds
Offensive Play:
*A center snap is required on all plays except kickoffs.
*A dropped snap from the center is a dead ball and the down is lost.
*All players are eligible to receive a pass except when one team is short a person: under those circumstances the center of the larger team is not eligible.
*Laterals or hand-offs may be used anywhere as long as they are not forward (they must not travel forward during the hand-off or lateral).
*Passes must be thrown from behind the line of scrimmage.
*If 3 yards or less are needed for a first down, a pass must be thrown from a spot at least 3 yards from where the ball was centered.
*No more than 3 teammates may screen a running play – arms may not be used.

Defensive Play:
*The rushing count range is from one thousand to five thousand-Count must be out loud.
*Defensive players must tag the offensive player with two hands simultaneously.
*No pushing, holding, or hitting is allowed.

Dead Balls:
*Fumbled ball dead on the spot, no piling.
*Ball carrier is tagged with two hands.
*Ball carrier falls to the ground.
*Simultaneous ball catch by 2 opponents (team in possession keeps the ball).

Penalties:
*Offended team has the option of accepting the penalty. If declined, down count continues.
When the penalty is half the distance to the goal.

*****5 yards*****
1. Foul on the kick-off.
2. Off sides (over scrimmage line too soon).
3. Centering violations
4. Failure of offensive to be motionless for 1 second before centering.
5. Failure to announce punt (opponents may choose to take over where ball is dead instead of repeating kick 5 yards back).
6. Less than 3 players from either team on line of scrimmage when ball is punted.
7. Intentional grounding - the down count advances as well as losing the yardage.
8. Forward pass in front on line of scrimmage down advances as well.
9. Forward hand-off down advances as well.
10. Screening violations
10 yard Penalties

1. Pass interference-automatic first down at spot of interference or a first down 15 yards from scrimmage line, which ever is greater.
2. Delay of game (Huddles more than 10 seconds)
3. Pushing, Holding, or hitting ball carrier.
4. Personal Contact.
5. Unsportsmanlike conduct or questioning official’s decision.

Summary of General Class Rules:

Each team gets 4 downs (tries) for a first down or a touch down. If they fail, they lose possession of the ball.
The ball is dead where it hits the ground (no live fumbles).
You must count to 4 one thousand before you rush the quarterback.
Only one blitz per every four downs. (Defensive team)
Only one running play per every four downs. (Offensive team)
You cannot rush the kick off.
Huddle can only be 10 seconds.
Player is tagged with two-hand touch.

History of American Football

American football is the most popular spectator sport in the United States.
American football was invented from several major divergences from rugby.
Walter Camp was considered the “Father of American Football”. He instituted many changes in the rules which included, a reduction from fifteen players to eleven, the snap from the center to the quarterback (originally the snap was executed with the foot of the center), the introduction of the line of scrimmage, and of down and distance rules. Camp went to Yale and earned varsity honors in every sport offered.

The origin of professional football can be traced back to 1892, with William “Pudge” Heffelfinger’s $ 500 contract to play in a game for the Allegheny Athletic Association against the Pittsburgh Athletic Club. In 1920 the American Professional Football Association was formed. In 1960 the Super Bowl was originated.

Early professional football teams were the Chicago Tigers and the Arizona Cardinals.
In 1921 A.E. Staley the owner of the Decatur Staleys, sold the team to player-coach George Halas for one hundred dollars. In 1922 Halas moved the team to Chicago and renamed it the Chicago Bears.

Pass Patterns: (Q = Quarterback)

1. Square In
2. Square Out
3. Flare
4. Swing
5. Fly (bomb)
6. Slant
7. Buttonhook
8. Post
9. Screen
Running Plays:

10. Hand-off  
11. Reverse  
12. Quarterback Sneak

Terminology:

*Blockers*-Line up on the line next to center (Defensive players).
*Centering*-The act of putting the ball in play other than by kick-off.
*Down*-A unit of the game, which starts, with the centering of the ball and ends when the ball is dead.
*Ends*-Players on the line of scrimmage at the ends of the line of players.
*Forward Pass*-A pass thrown by any player from behind the line of scrimmage toward the opponent’s goal line.
*Fumble*-Failure of a player to retain possession of the ball while running or attempting to receive a kick, center, hand-off or lateral pass.
*Halfback*-Another player who lines up behind the offensive line-somewhere behind and to the side of the quarterback.
*Hand-Off*-Handing the ball to a teammate who is nearer his/her own goal than the player handing it him/her, (behind your teammate).
*Hike*-Method of putting the ball into play (from the center to Quarter Back).
*Huddle*-The team with the ball usually circle up to make up the play.
*Interception*-Defensive player catches a forward pass.
*Kick-off*-A punt or place kick from own quarter line at the beginning of each half and after each try for point or safety.
*Lateral Pass*-A pass that is thrown back toward the passer’s own goal.
*Line Player*- Offensive line player shall be those lined up not more than one yard behind the line of Scrimmage.
**Line of Scrimmage**-An imaginary line drawn from the front tip of the ball and parallel to the end line. Defense-A line three yards from and parallel to the offensive scrimmage line.

**Neutral Zone**-A 3 yard area separating the defensive team from the line of scrimmage until the ball is centered.

**Off Sides**-A player moves TOO early causing him/her to step over the line of scrimmage.

**Own Goal**-The goal that the team is defending.

**Pass Interference**-An act in which a player pushes, blocks, or holds an opponent to prevent him/her from catching or intercepting a pass after the ball has left the hands of the passer.

**Personal Contact**-Any body contact between opponents (pushing etc.)

**Quarterback (QB)**-A player behind the center who receives the snap. The passer who gives signals and calls pass patterns for receivers.

**Receiver**-Catches the ball thrown by a teammate (QB)

**Rushing**-The players must start back 3 yards off the line of scrimmage. Players must also count out loud, “1-1000, 2-1000, 3-1000, 4-1000” Then they may rush the quarterback.

**Snap**-What the center does with the ball. This begins the play. When the ball is snapped, the defense may move into the neutral zone.

**Spiral**-The ball spins laterally, by snapping the wrist and the ball will roll off the fingers.

**Touchdown**-Runner carries the ball across the goal line or a pass is completed in the end zone, worth 6 points.

**Touchback**-A kick-off or punt that is fumbled or lands in the end zone provided the impetus which sent it across the end line was given the opponents A player may catch a kicked ball in his/her zone and ground the ball not attempting to run it out.