

SIMPLIFIED TOUCH FOOTBALL RULES

Movement Concepts and Strategies

Rules:

The objective of Football is to increase and develop movement strategies (throwing, catching, routes, and coverage).

The ball is put into play three steps from the goal line. This team then has 4 downs (plays) to get the ball to the objective (first down/ end zone).

If the team is unsuccessful in scoring after 4 downs, the other team gains possession of the ball at the line of scrimmage.

After three downs if the offensive team chooses to forego their last down and punt, the defensive team will gain possession three steps from their end zone.

On all plays from the line of scrimmage, both teams must be on their side of the ball until the ball has been snapped to the quarterback.

All team members are eligible to receive passes. The ball may be run or passed but the pass must be made from behind the line of scrimmage.

The defensive team must count out loud before they may cross the line of scrimmage and rush the passer. If a receiver is interfered with while attempting a reception, it shall count as a caught ball.

If a runner with the ball goes out of bounds, the ball is placed even with where he or she went out of bounds.

A fumble that occurs during any part of the game is considered dead at that spot and may not be advanced by either team.

When tagging the ball carrier, you only need to tag with one hand. The ball will be placed then, on a line even with where the ball carrier was touched.

TERMS:

Down – One play from the line of scrimmage.

Defense – The team trying to prevent advancement of the ball.

Fumble – A ball that has been dropped by a player who is carrying the ball.

Holding – Illegal use of the hands or arms in an attempt to delay an opponent.

Interception – A ball thrown by the offense and caught by any member of the defense.

Incomplete pass – A pass that is not caught.

Line of scrimmage – Where the ball is placed before the snap from center. An imaginary line which extends from the spot where the ball is placed on the ground to both sidelines.

Lateral – A pass that is thrown even with or behind the ball carrier to an offensive player.

Offsides – When a team member advances over the line of scrimmage before the ball is snapped.

Pass – A ball thrown overhand to a player.

Offense – The team that has possession of the ball.

Reception – Successfully completed pass to a member of the same team.

COMMON PASS PATTERNS:

