

TOUCH FOOTBALL STUDY SHEET

- The game starts with a kick-off.
- The start of each play begins on the line of scrimmage, which is an imaginary line drawn across the field where the last play ended.
- Each play starts with the quarterback with the football in his/her hands saying “Hike”.
- The offense and defense must be on opposite sides of the line of scrimmage at the beginning of the play.
- The quarterback has seven (7) seconds to pass the ball in the outdoor game and five (5) seconds to pass the ball in the indoor game.
- The defense is allowed to rush the quarterback after counting to seven (7) seconds in the outdoor game and five (5) seconds in the indoor game.
- Each team is allowed one (1) pass rush or “blitz” in each series in the outdoor game.
- A “blitz” is a sudden charge at the quarterback without counting
- All hand-offs will be made to the side and from behind. Forward laterals are illegal.
- In an official game, each **touchdown** is worth **six (6) points**.
- Each team gets four (4) downs or (chances) to try to score in each series.
- When a player loses possession of the ball and it hits the ground, the ball cannot be picked up or advanced.
- One foot must be inbounds when receiving a pass.
- For play to stop, both hands of the defensive player must make contact at the same time with the player who has the football. A one handed tag is not allowed.
- Once the quarterback hands-off to one of his/her players, the defense is allowed to cross the line of scrimmage and tag the player with the football.
- In a regular situation, the defense is not allowed to cross the line of scrimmage unless the quarterback hands-off, seven (7) seconds (outdoor) five (5) seconds (indoors) has expired.
- Three (3) completed forward passes results in a new set of four (4) downs in the outdoor game.
- The quarterback can not run at anytime in each series, unless the defense crossed the line of scrimmage.
- On 4th down the offensive team has a choice to punt the ball or try for the touch down.
- An interception takes place when a defensive player catches a pass from an offensive player.
- An incompletion is a pass that is neither intercepted nor caught by the offense.