

GENERAL TOUCH FOOTBALL RULES - LEARN THEM!!!

1. Kick Off -
 - a. @ 10yds behind centre or 45yd line - stay behind kick line
 - b. Must travel 20 yds
 - c. No immunity
 - d. If out of bounds =
 - i. 5yd rekick
 - ii. Possession on 10yd
 - iii. Take it where it went out
 - e. Only fumble if touched, travels back in air and then caught

2. Scrimmage, Line of (LoS)
 - a. 20 seconds, including huddle
 - b. Leave ball at line
 - c. Fumble if and only if touches qb, or lateral behind line
 - d. QB 5 yds behind
 - e. No one 3 yds in front of centre
 - f. Beware offside!!!

3. Punts
 - a. 5yd immunity
 - b. Drop then kick, from centre's pass
 - c. Punted ball touches you and goes forward = dead ball
 - d. Blocked = still in play, go & touch!

4. Passes
 - a. 1 forward pass allowed
 - b. Lateral = behind
 - c. Catch completed in bound if any body part is in
 - d. Bobble ball and touched = dead once caught
 - e. Passes to No Man Land = loss of down and start where ball is thrown

5. Rusher
 - a. 5yds behind LoS
 - b. Can't be obstructed
 - c. Can't move once ball is set

6. Scoring
 - a. 6 points touchdown
 - b. 1pt convert @ 5 yard, 2pt @ 10yd line
 - c. Rouge = can't get out after punt = 1pt
 - d. Safety = stopped in own endzone = 2pt

7. Safety
 - a. After been scored a safety, can do following
 - i. Kick off from my 35yd
 - ii. Scrimmage 1st and 10 from my 35yd
 - iii. they Kick off from their 35yd

8. Time
 - a. 4x20minutes
 - b. 2nd & 4th quarter = 3min 5plays left
 - c. Timeouts - 3x20 seconds /game + 1x60second /half + 1 roaming 60s
9. No Fumbles
10. Contact
 - a. One hand
 - b. Touch ASAP
 - c. Go towards receiver ASAP
 - d. Jump over fallen receiver = touch
11. Pass Interference
 - a. Getting in the way of the receiver...