**Touch Football Rules**  
1. OBJECT OF THE GAME: Two teams each attempt to score points by kicking goals or putting the ball across the opponent's’ goal line. The winning team is the one that scores the greatest number of points at the end of regulation play.  
  
2. PLAYERS: Each team fields 11 players, one of whom is the hiker and another who is the quarterback. The remaining players are receivers and/or running backs whom are all eligible to catch a forward pass.  
  
3. STARTING PLAY: Before the kick-off, the captains of the opposing teams meet and decide which team will receive the ball first. Play is then started with a kick-off from the kicking team’s side of the field. At the beginning of each half during a regulation game, after a field goal, and after a try for an extra point, play is started with a kick-off from the 35 yard line between the inbound lines.  
  
4. LINE OF SCRIMMAGE: Each team provides a line of 7 in regulation play. They take their positions on either side of the ball and parallel to the goal line. The line of scrimmage for each team is a line passing through the end of the ball closest to and parallel to the team’s own goal line. The area between the two lines of scrimmage is the neutral zone. The remaining players on each team, except for the player who is to receive the snap, must be at least 1 yard behind the line of scrimmage.  
  
5. THE SNAP: The snap is a backward pass directed through the legs of one of the players to the quarterback which puts the ball in play. It must be one quick and continuous action.  
  
6. MOVING WITH THE BALL: A down is the period of action starting from the moment the ball is put in play and that ends when the ball becomes dead. When a team has possession of the ball, it is allowed four downs in which to advance the ball to the mid-way point of the field- 10 yards is regulation play. If the team is successful in this regard, it is permitted another first down. If the team fails to advance the ball to the mid-way point of the field or to the opponents goal line-or 10 yards in regulation play-, the ball is awarded to opposition at the pint where it became dead.   
  
7. PUNTING FROM SCRIMMAGE: A kick from scrimmage, meant to surrender the ball downfield, is called a punt. It involves kicking the ball with the instep before it touches the ground. The team that does the kicking can recover the ball, but is not permitted to advance it. The receiving team can advance the kick by catching the ball and running up field with it. If a player receiving the ball fumbles the catch, or merely touches the ball, it usually can be recovered by any other player on either team. However, in this class, the ball is ruled dead and the fumbling team begins play from the point of the fumble.  
  
8. FORWARD PASS: The team in possession of the ball is permitted one forward pass during each play from scrimmage. In order for the pass to be legal, the passer must be behind the line of scrimmage when the ball is thrown. Any other forward pass by either team is illegal. Usually, on the passer’s team, only the ends or backfield players are permitted to receive the ball. For this class, all offensive players will be eligible to receive a pass. All opposing players are eligible receivers. On any forward pass, the ball is dead if it: goes out of play, hit’s the ground, or hit’s a goal post or crossbar.  
  
9. BACKWARD PASS: A runner may pass the ball backward or laterally at any time, Any player on either team is permitted to catch the ball. They can also recover it if the ball touches the ground. If a member of the opposing team recovers the ball after is has touched the ground, the ball is dead and cannot be advanced.

10. FUMBLE: Usually, if a runner fumbles the ball, play continues, no matter which team makes the recovery, and whether or not the ball strikes the ground. But, in this class, fumbles are considered down at any point of the fumble and the fumbling team keeps possession of the ball. If the ball is unintentionally fumbled forward, it is regarded as an illegal forward pass.

11. BLOCKING: Blocking is the use of the body from the front and above the knees to obstruct an opponent. In executing block, the hands must be cupped or closed and positioned on a plane inside the elbows. The blocked is not permitted to lock his hands together or strike a blow with his hands. Any type of pushing or punching is illegal. It is also a foul for the blocker to swing or throw an elbow in a menacing manner. One player may block an opponent at any time, provided the blocking attempt does not interfere with a pass reception, a fair catch, a kicker, or a passer.

12. SCORING:  
A. Touchdown: A touchdown -6 points- occurs when a player carries the ball to the opponent’s end zone and touches the goal line with the ball, or recovers a loose ball on or behind the opposition goal line. After a touchdown, the scoring team is allowed to try for one additional point. However, touchdowns in this class are worth 7 points.  
B. Field Goal: A field goal - 3 points - occurs when a player kicks the whole of the ball through the opponent's goal by means of a place kick, without the ball touching the ground or any of his (her) teammates. After a missed field goal attempt, the ball is returned to the line of scrimmage or the 20 yard line, whichever is farther from the goal line. There are no field goal scoring chances in this class.  
C. Safety: A safety occurs when a team sends the ball into its own end zone and it becomes dead in its possession, or out of play behind its own goal line.

13. DOWNS: The offensive team has four downs to advance the ball. Usually, after gaining ten yards, the offensive team is awarded a new set of downs. However, in this class, the offensive team will be awarded a new set of downs once they reach mid-way point of the field.  
  
14. FOULS AND PENALTIES: A foul is any violation of a playing rule. When a team is charged with a foul, it loses 5, 10, or 15 yards, depending on the nature of the foul. The various fouls and the penalties for each are listed below:

Clipping (blocking an opponent from behind) 15 yards  
Defensive Holding 5 yards + automatic first down  
Forward pass out of bounds loss of down  
Forward pass thrown beyond the   
Line of scrimmage 5 yards + loss of down  
Illegal blocking below the waist 15 yards  
Offensive pass interference 10 yards  
Offside 5 yards  
Tripping 10 yards  
Unnecessary roughness 15 yards  
Unsportsmanlike conduct 15 yards   
Offensive holding 10 yards