
1. To score, one must catch football past the goal line. You cannot run it past the goal line.

2. A touchdown is worth 6 points.

3. After a score, the football is given to the other team 10 steps from the goal line.

4. A player must throw or toss the football up the field to try to score. If a player catches the football in the air they are allowed to keep possession. A player is allowed to take 2 steps with the football.

5. If the football touches the ground, the last player to touch or throw it gives possession of the football to the opposite team where the ball is picked up.

6. Defensive players must be at least two steps away from the offensive person who has the ball.

7. NO CONTACT!! Penalty, if contact is made.

8. Not allowed to take football out of player’s hands.

9. A player has 5 seconds to make a throw or a toss.

10. Play with 5 people per side.

**Running** • There is no running with the ball. • Offensive team members are allowed only two steps when in possession of the ball. • There are no direct handoffs anywhere on the field; the offense must pass the ball. • There can be laterals or pitches in any direction. • The player who takes the lateral can throw the ball at any time.

**Receiving** All players are eligible to receive passes at any time. Players must have at least one foot inbounds when making any catch. Any offensive player can receive the ball in the end zone.

**Passing** All passes can be forward, lateral, or behind the passer. Shovel passes are allowed anywhere on the field. Interceptions change the possession of the ball at the point of interception. Play continues with no stoppage of play after an interception.
Throwing Cues:

- Grip football with fingers on laces
- Side faces target
- Hold ball by ear
- Step with non-throwing foot
- Rotate hips
- Snap wrist and follow through at target
- Muscles used – Triceps, biceps, deltoids, hip flexors

Catching Cues:

- Hands out for target
- Fingers up and form a diamond (ball above waist)
- Fingers down (ball below waist)
- Catch football with soft hands
- Bring ball to body