**Touch Football Rule & Regulations**

**The Game**
- Rock Paper Scissors (1x) winner will be on offense first.
- There are no kick offs, the offense will start on their hash mark.
- Crossing the 50 yard line will result in a first down (only 1 per series)
- 4th down options – (must declare to the defense)
  1. "Go for it" - Team tries for the first down or touchdown. If failed, the other team will receive the ball where the offense left off.
  2. "Field Goal" - An uncontested throw and catch from the line of scrimmage to the end zone. (only one receiver may be in end zone)
  3. "Punt" - Offensive team throws the ball off to the defense. The offensive team may not cross the line of scrimmage until the ball is thrown. This is the only time a ball can be advanced if it touches the ground.

**Scoring**
- Touchdown – 6 points
- Extra point - 1 or 2 points
  - An extra point is scored after a touchdown. The scoring team will get an uncontested free throw from the "hash mark" to the end zone. If the throw is caught with BOTH feet over the goal line, the point is good.
  - Male to Male – 1 pt
  - Female throw or catch – 2 pts
- Field Goal – 3 points
- Safety – 2 points

**Offensive Rules**
- No Running plays – all passing (QB cannot run the ball)
- Must have a center – snap ball to QB
- All offensive players must line up on the line of scrimmage
- All players are eligible to catch the ball
- A player must have at least one foot in bounds when making a catch
- The play is dead when the following happens
  1. The player is touched by the defense (1 hand)
  2. The ball carrier steps out of bounds
  3. Points are scored
  4. A knee touches the ground
5. Fumble-offense keeps the ball
   • If the QB hands the ball off after the snap, that person now becomes the QB and he must throw the ball. He may not run.
   • Blocking- The offensive team is allowed to shield a player away from the ball carrier (pick- must be standing still)
   • No Plow Rule- There is no blocking, pushing, tackling, holding, grabbing, running someone over, or unnecessary roughness of any kind.
   • Audit Rule- The offensive team may audit the distance of the hoop at any time. The center will step off 5 large steps to make sure the hoop is placed correctly.

Defensive Rules

   • The defensive team will place the “Rushing Hoop” 5 yards from the line of scrimmage.
   • They may rush as many players as they wish as long as they have one foot in the hoop at the snap. (Blitz rule*)
   • The defensive team calls the player down after the touch. (ZERO ARGUE RULE- The offensive team is not allowed to question if a defensive player touched a person down)
   • The defense can play man, zone or any defense they chose to play)