Football Rules

Terms
- Down - one play (or try)
- Offense – the team that has possession of the ball.
- Defense – the team that does not have possession of the ball.
- Line of Scrimmage – an imaginary line that runs through the ball from sideline to sideline.
- Quarterback – the offensive player that throws the ball to the receivers
- Center – the offensive player that “hikes” (centering) the ball at the line of scrimmage.
- Receiver – an offensive player that catches a ball from the quarterback.
- Off sides – being on the wrong side of the line of scrimmage when the ball is centered.
- Interference – when a defensive player makes physical contact with a receiver.
- Safety – when the offensive team is downed behind its own goal line. Their flag is pulled while in their own end zone.
- Defensive Back – a defensive player who guards the receiver.

Basic Rules
- The team wearing the vests will start the ball on the 5 yard line. To stop a down (or play), the defense must pull the ball carrier’s flag.
- The offensive team has 4 downs/plays to score a touchdown.
- If the offensive team fails to score, the defensive team gets the ball at their 5 yard line.
- Touchdowns can only be scored when passing the ball. The quarterback must pass the ball from behind the line of scrimmage.
- Running is allowed except on the fourth down. This play must be a passing play.
- If a player attempts to score on a running play, the ball is placed at the one yard line. You must pass to score a touchdown!!
- The quarterback has 7 seconds to throw the ball.
- The quarterback may not run with the ball.
- Direct handoffs and pitches are allowed behind the line of scrimmage. No laterals!!
- If the ball is fumbled, the ball is dead and the down/play is over. This includes a bad snap from the center.
- Interceptions may be returned for a touchdown.
- All players may catch a pass.
- Touchdowns are worth 6 points.
- Extra points are worth 1 point from the 5 yard line and 2 points from the 10 yard line.
- Safety is worth 2 points and the other team takes possession of the ball at the 5 yard line.
- The ball MUST be put on the ground on the line of scrimmage in between plays.