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**Simplified Touch Football Rules made for Phys-Ed**

1. **Kick-off:** To begin a game, rock-paper-scissors. Winner decides whether they want to kick-off or to receive. The team who kicks-off (in our case “punts” = drop kick) the ball must do so 5 yards from their end zone. All persons must be behind the person kicking the ball until the ball has been kicked. If the ball goes out of bounds, the team will begin their drive where the ball was last spotted in bounds. ***A team will always kick-off after scoring a touchdown.***
2. **One Hand touch:** The play will stop and the ball will be spotted where a player has been touched by one hand.
3. **Downs:** A team will have ***5 downs*** to score a touchdown. If a team does not score a touchdown, the ball will be turned over to the other team. A team is permitted to punt on their fifth down. All players must be behind the line of scrimmage until the ball is punted. If a punt goes through the end zone; the receiving team will be starting their drive 10 yards from the end zone.
4. **Rushing Quarterback:** The rusher must count “5 steamboats” out loud before she can cross the line of scrimmage and rush the quarterback. (i.e. gives QB 5 seconds to make a move/throw/run)
5. **Scoring:** A team will be awarded 6 points for scoring a touchdown. After scoring, a team has the option of a 1 point conversion - 5 yards from the end zone.
6. **The Line-up:** You will need to appoint the following positions:

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| --- | --- |
|  **Receivers:** * Quarterback (ball is snapped to them)
* Running back
* Centre (snaps/huts the ball)
* All other players are receivers
 | **Defenders:** * Rusher (rushes QB)
* Linebacker (defends the running back)
* All others are defensive backs and they line up man to man with the receivers.
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