

# Touch/Flag Football

## Players

- \* Teams will consist of 4 to 8 players.

## Starting the game

- \* The game will start with a kick-off from the point between the goal line and midfield. All of the team members of the kicking team must remain behind the ball until it is kicked. The receiving team cannot cross midfield until the ball is kicked. A kick that goes out of bounds is taken from the spot where it went out.

## Offensive play

- \* The offensive team must have at least half of it's players on the line of scrimmage.
- \* The offensive team has four downs to cross midfield.
- \* Once past midfield, the offensive team has four downs to score.
- \* The offensive team may punt on fourth down.
- \* Before the ball is centered, the offensive team must be motionless except for one backfield player who may be in motion.
- \* The ball carrier may run in any direction until the ball is declared dead.
- \* The ball carrier may use a lateral pass or hand-off anywhere on the field.
- \* A forward pass may be thrown only from behind the line of scrimmage.
- \* Only receivers may catch the ball, centers and guards cannot.
- \* A pass that is not caught by the offensive team or that is thrown out of bounds is incomplete.
- \* Following an incomplete pass, the ball is returned to the line of scrimmage.

## Defensive play

- \* A defensive player may not dive to touch or pull the flag of the ball carrier.
- \* Touching or pulling the flag of the ball carrier must be done without holding or pushing the ball carrier.
- \* The defensive must count to five "Polars" before crossing the line of scrimmage.
- \* An interception occurs when a member of the defensive team catches a ball thrown by a member of the offensive team.

## Scoring

- \* A Touchdown is when a player carries the ball across the goal line or a pass is