

completed in the end zone. A touchdown is worth six points.

\* A Conversion occurs after a touchdown. The team that scored is given one play from the three yard line to run the ball across the goal line or complete a pass into the end zone. A conversion is worth one point.

\* A Safety is when an offensive player with the ball is touched or has their flag pulled in their own end zone. A safety is worth two points.

### **Centering**

\* The ball must be centered from the ground in one continuous motion.

\* If the ball touches the ground once it has been centered, it is a dead ball. The next down is taken from the spot where the ball hit the ground.

### **Dead ball**

\* Anytime the ball carrier's body, other than the feet or hands touch the ground.

\* When the ball carrier is touched or their flag is pulled.

\* When the ball or ball carrier go out of bounds.

\* Following an incomplete pass.

\* When a ball is fumbled.

### **Fouls and Penalties**

\* A foul is any infringement of the rules in which there is a loss of yardage. The captain of the offended team has the option of accepting or declining any penalty, whichever is to the teams' best advantage. If a penalty is declined, the down is replayed. When inside the five yard line, the distance of the penalty is half the remaining distance to the goal line. Fouls will result in a five yard penalty.

### **Fouls**

\* Off sides - crossing the line of scrimmage before the ball is snapped.

\* Illegal contact - pushing, holding, tripping, etc.

\* Leaving your feet to touch or pull the flag of the ball carrier.

\* Forward lateral