

Football Rules

Kickoff:

- Game starts with a kick-off from team's zero yard line.
- A kickoff (in air) that is dropped is a "dead ball" at that spot.
- A kickoff (on ground) may be picked up and returned.
- Out of bounds kickoff= Team starts at mid-field or where the ball went out of bounds (returning team chooses)

1st Down and Girl Involvement:

- 4 plays to get to first down (mid-field) cone.
- A girl must be involved in one play before the first down marker AND before getting a touchdown.
 - Running the ball
 - Pass attempt to girl- doesn't have to be caught
 - Quarterback pass by girl
- Girl hiking the ball to QB does not count as a girl play
- A touchdown pass or score by a girl is worth 2 touchdowns
- 2 ways a boy can score without a girl being involved
 - Kickoff return
 - Interception and taken back for a touchdown

Other PE Football Rules:

- No QB sneaks and no blitzing by defense.
- Defenders must count out 5 alligators before rushing the QB
- If QB hands off for running play, defense may cross the line of scrimmage and go for the flag.
- Defenders may not touch QB's arm at any time- flag only.

- Only 1 forward pass allowed per play. Ball is dead at sport if a 2nd forward pass on the same play is made. Teams can do as many laterals (backward pass) as they want.
- If you score before a girl is involved in a play the ball is brought back 2 yards from the first down marker or the end zone.
- On all TD's, scoring team stays and other team walks.
- At the end of the period please place all the belts in the correct crate. Do not throw them next to the crate.

Positions and Football Terms:

Quarterback: Person who throws to the receiver or hands off to the running back.

Center: Hikes the ball to the Quarterback

Receiver: Runs out and catches a pass from the Quarterback

Running Back: Takes a handoff from the Quarterback

Line of Scrimmage: Imaginary line where the ball is hiked from before each play

Lateral Pass: A backwards pass