

TOUCH FOOTBALL



Terminology:

1. Blitz – rushing the quarterback.
2. Down – one of the four opportunities the team has to advance the ball far enough to keep possession.
3. First down – term used when a new set of downs is achieved.
4. Forward pass – occurs from behind the line of scrimmage and is thrown further down the field than the passer.
5. Fumble – “live” ball that is dropped and recovered by the other team.
6. Incomplete pass – a forward pass that is not caught.
7. Interception – a pass that is caught by the defense.
8. Kick – the way a game is started and how it restarts after a score.
9. Lateral – a ball thrown to the side or backwards.
10. Line of scrimmage – the yard line at which the play begins.
11. Offsides – penalty for team member not on their side of the line of scrimmage when the ball is snapped.
12. Pass interference – penalty for illegal contact on a pass play.
13. Punt – kick to the opponent on a fourth down when scoring or achieving a first down is unlikely.
14. Series of downs – four opportunities to achieve a first down.
15. Snap – transfer of the ball from the center to the quarterback.
16. Touchdown – running the ball over the end line or catching a pass while in the end zone.

General rules for PE class:

1. To get a first down, the team must have three completed forward passes per series of downs.
2. The play is over when:
 - ◆ There is an incomplete pass
 - ◆ The quarterback or runner is tagged with two hands by the opponent (player is said to be “down”).
 - ◆ The team scores a touchdown (equal points if score by running or passing)
3. A player may only rush the quarterback after waiting at least three seconds.
4. A quarterback may only run after being blitzed.