History of the Game
Football was invented at Princeton University in 1867 as a variant of soccer. The present game of football can truly be said to be a mixed-up blend of the two games of soccer and rugby.

Object of the Game
Touch football is a very popular team sport in which the object of the game is to advance the ball over the opponents' goal line, scoring a touchdown.

Modified Physical Education Rules
- Seven players are on a touch football team as compared with eleven players in a regulation football game.
- Four downs (attempts) are given to advance the ball to the next sideline cone marker.
- The game begins with a kick-off. A kick-off is used after points are scored (punt).
- A coin toss is used to decide which team has the choice of kicking off or the selection of goals.
- There are six ball-handling skills common in touch football: forward pass, shovel pass, hand off, lateral, hiking the ball, catching the ball.
- A one handed tag will stop the ball carrier by the opposing team. The tag must be made on the area between the shoulders and the knees. Do not slap! Do not push!
- A fumble may not be recovered or advanced. The ball becomes dead once it hits the ground.

Defense
- The ball cannot be stripped from another player.
- The defensive team must be at least 10 yards away when the ball is kicked.
- Automatic rush.
- If the ball is intercepted, it's a live ball.

Offense
- All players are eligible to receive a pass (except the quarterback). The quarterback cannot run for yardage.
- A forward or lateral pass can be used to pass the ball. Forward passes must be thrown from behind the line of scrimmage 1 per down), but backward/lateral passes can be made from anywhere on the field.
- A punt can be used if your team elects to on your fourth down. You must tell the defense that you are punting.
- The backs usually assist the quarterback by blocking, accepting a pass or running for yardage.
- A silent count is used, move on the ball, shotgun.
- When a touchdown is scored, extra points are immediately attempted (kick, run or pass).

Pass Patterns
- Button Hook
- Post Pattern
- Fly Pattern
- Stop & Go
- Square In/Out

Scoring
- Touchdown = 6 points
- Field Goal = 3 points
- Safety = 2 points
- Pass/Run extra point = 1 point
- Kick extra point = 2 points
Touch Football Vocabulary

- **Back**: One of the four players that usually pass or carry the ball on offense. They are the quarterback, fullback, left and right halfbacks.
- **Button Hook**: A very common pass pattern where the receiver runs towards the defender, stops and turns quickly, and runs back towards the passer to catch the ball.
- **Defensive Team**: The team without the ball.
- **Fumble**: When a player who has the ball loses control of it, causing it to fall to the ground.
- **Huddle**: The team gets together to call a play.
- **Interception**: When the defense catches a pass made by the offense.
- **Kick-Off**: Punting the ball to your opponent, who may run the ball back, trying to score, starts the touch football game.
- **Lateral Pass**: A play where the ball is thrown in an underhand manner to another player, beside or behind.
- **Line of Scrimmage**: This is an imaginary line that marks the ends of the ball nearest to each team’s goal line. There is a line of scrimmage for each team, with the zone between the lines of scrimmage called the “neutral zone”.
- **Offsides**: This is an infraction of the rules. It happens when a player on either team moves past his or her line of scrimmaging before the ball is snapped by the center.
- **Punt**: To hold the ball with both hands, drop and kick it.
- **Shotgun Formation**: A formation where the quarterback lines up 5-7 yards away from the center.

Strategies

**Offensive**

- Maintain possession of the ball by making good passes.
- Do not have all your players run the same pass pattern, some go long, short or medium.
- Receivers create space by moving to an open area.

**Defensive**

- Defend your space by marking your man. (Cover 1 defense)
- Play your position / area. (Cover 2 defense)
- Don’t let anyone get behind you.