***Ultimate Football Rules***

**Object of the game**: To use teamwork to successfully score a touchdown by throwing and catching a football to teammates.

**Rules:**

1) Cannot move when you have the football in your possession (you may only pivot)

ONLY THE PLAYER’S WITHOUT THE BALL CAN RUN

2) If the ball hits or is deflected to the ground the defensive team then gains possession

- The ball must start at the spot in which it hit on the ground

3) After a touchdown the ball starts at the halfway mark.

4) A ball may be passed in any direction in order to maintain possession and ultimately score a touchdown at the appropriate end of the field.

5) If the ball is intercepted that team keeps possession of the ball and will try to score a touchdown at the opposite end of the field.

**Terms:**

**Interception**: the defense catches the ball from the offensive team

**Laces**: the white seam on a ball in which you should place your fingers on in order to grip and throw the football.

**Touchdown**: when a team successful throws and catches the football in the end zone areas

**Possession**: when your team has control of the football

**Techniques:**

**1) Throwing**

* Ball should be by your ear
* Opposite shoulder faces direction in which you want to throw
* Step with the opposite foot of your throwing arm
* Release and turn your throwing arm in the direction you are aiming for (follow through)

**2) Catching**

* Use your hands to catch a football
  + Diamond shape- pointer fingers and thumbs on both hands connect (used to catch when ball is above waist level)
  + Pinky Fly- place pinkies of both hands together in order to catch if the ball is below your waist