

Touch Football For Kids

Would you like to participate in a safe, fast-moving team sport that promotes physical fitness and fun? Would you like an opportunity to make new friends and play a game that is challenging and exciting?

How About Trying Touch Football?

It's fast; it's fun; it's exciting!

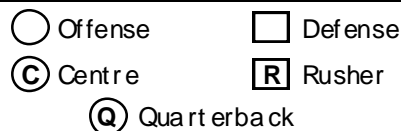
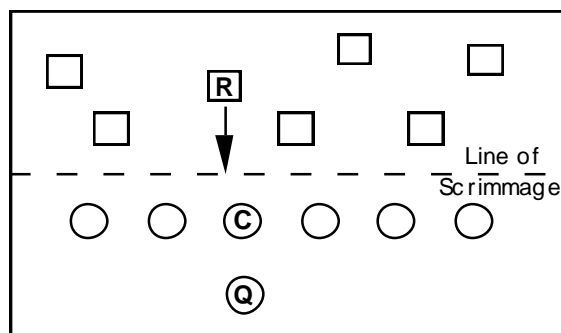
What?

Touch football is a form of the sport **football without the body contact**. Players are touched or tagged with the hand rather than tackled. **No blocking is allowed.**

Basic Rules

- The game can be flexible. Any number of players can play. Officially, however, 7 players per team are allowed on the field.
- **Everyone is an eligible receiver.**
- As in tackle football, the offensive team has 3 attempts or downs to advance the ball 10 yards down the field. Meanwhile, the defense tries to stop or delay the progress.
- A ball carrier is stopped when he/she is tagged or "touched".
- A defensive rusher (or rushers) stands 5 yards from the ball and at the snap of the ball runs in to attempt to touch the quarterback.
- The quarterback stands at least 5 yards behind the line of scrimmage. He/she receives the ball from the centre by means of a long snap between the legs.

- Below is the basic formation for the offense and defense. The options are almost limitless!



- A team receives points for a touch-down (6 points). There are no field goals allowed, a convert is accomplished by a running or passing play and cannot be kicked in.

5 yard convert	1 point
10 yard convert	2 points
Safety touch	2 points
Rouge	1 point

Where?

Any open field will do, but generally an 80 x 40 yard football field is used. A regulation football field is 110 x 65 yards.

Touch Regina Youth Football Program

Age Groupings

This program is for both boys and girls to play organized, non-contact football. Age as of Aug. 1, 2010.

8 and 9 year olds	Mixed
10 and 11 year olds	Mixed
12 to 14 year olds	Boys
12 to 14 year olds	Girls

(If there are not enough girls to create a separate league, they will be distributed into the appropriate age groups and play mixed.)

League Play

The league runs from the first week of August to the end of September. A year-end fun tournament will be played on the last weekend of September at Taylor Field.

Time of Play

Children can expect to play at least once a week. The schedule will be played evenings from 6:00 - 7:15.

Cost

Registration is \$60 which includes a team t-shirt, approximately 10 games, and a final tournament at Taylor Field, at which every participant receives a medal.

League Registration Form

Name: _____

Signature of Guardian: _____

Address: _____

Postal Code: _____

School: _____

Phone (Hm): _____

Phone (Wk): _____

Birth date: _____

Hospitalization #: _____

Age as of Aug. 1, 2010	
Girl	
Boy	

Are you willing to help in this activity?

Yes _____ No _____

Administration _____

Phoning _____

Officiating _____

Coaching _____

Your name _____

Register by mail before July 12, 2010.

Fill in one form per child.

Please note: The Camp and League fees are each \$60, not \$60 for both.

League Information

Touch Regina Youth Football

9 Ryan Road

Regina, SK S4S 6X9 791-0030

**Youth Touch Football
Development Camp**

This camp is co-sponsored by the City of Regina.

What

A camp to develop the fundamental skills used in the game of touch football. Passing, catching, running patterns, punting, place kicking and defensive skills will all be covered. Qualified instructors provided by Football Saskatchewan.

Who

Boys and girls ages 8 to 14.

When

July 19 - 23, Monday to Friday, 9:00 a.m. to 11:00 a.m.

Where

Rams Turf Field at the U of R

Cost

\$60.00

The Camp and League fees are each \$60, not \$60 for both.

Cheques payable to:

TRY Football

9 Ryan Road

Regina, SK

S4S 6X9

791-0030

Register before July 12, 2010.

Name: _____

Address: _____

Postal Code: _____

Phone (Hm): _____

Phone (Wk): _____

Participated Previously? Y/N _____

Birth date: _____

Hospitalization #: _____



www.tryfootball.com