



We Love to Play

Adapted Football Rules

Section 1:

1. Field and equipment:
 - a. Regulation gym, using the dimensions of the basketball court.
 - b. Using regulation foam 'Nerf' type football.
 - c. Basketball backboard to be used as the goal posts for points after touchdown or field goals.
 - d. Using the white end line of the volleyball court as the goal line.
 - e. The back wall or any extension beyond the wall is considered out of bounds.

Section 2:

1. Game play:
 - a. Game consists of four 15 minute running time quarters.
 - b. There are three minute breaks between quarters.
 - c. Teams will have a maximum of one time out per half of one minute in duration.
 - d. There will be a maximum of 20 seconds between plays for the teams to come set and to begin a new play. Infraction will result in a delay of game penalty.
 - e. There is no running during game play, as defined by other adapted sports; infraction shall result in a fifteen yard penalty from the line of scrimmage.

Section 3:

1. Rules:

a. Kick-offs:

- i. Both teams must start play from behind their own goal line.
- ii. If the kicked ball strikes a wheelchair player before being touched by any other player that wheelchair player is deemed to have the ball and must return the kick.
- iii. The kicking team cannot move forward until the kick has been touched by the receiving team.
- iv. Balls kicked out of bounds at the sidelines shall result in a delay of game penalty and the five yard penalty will be assessed from center court into the receiving team's end.
- v. Balls hitting ball wall without being touched are considered a touch back and the play shall start at the receiving team's free throw line.

b. Offensive play:

- i. The offensive team has four downs to score or reach the offensive free throw line.
- ii. If the offensive team reaches the free throw line on the fourth down the team will be awarded an additional down to attempt to score. The team must use this down in a scoring attempt.
- iii. On the fourth down the offensive team must declare their intentions to either 'go for it' (to score or go for additional down), field goal or punt.
- iv. The offensive team must have a minimum of three players on the offensive line at the time of the snap.
- v. Receiving:
 1. An ambulatory (walking) player can receive a passed ball by striking them in the front of their bodies only above the waist. This does also include extended arms.
 2. A wheelchair player can receive a passed ball by striking them anywhere above the waist; this includes the entire circumference of the wheelchair. This does also include extended arms.
- vi. Scoring:
 1. To score a touchdown or two-point conversion an ambulatory player must have at least one foot over the goal line.
 2. To score a touchdown or two-point conversion a wheelchair player must have at least two wheels over the goal line.
 3. To score a field goal or point after touchdown the football must cleanly strike the basketball backboard; ball glancing off the edges of the backboard are considered a missed attempt.

4. In the event of a missed field goal the defending team will take possession of the ball at the kicking team's last line of scrimmage.
 - vii. The offensive team can have a maximum of one running play per set of four downs.
- c. Defensive play:
- i. The defensive team must wait for a count of three by the line official before crossing the line of scrimmage. However, if the quarterback makes a clear forward motion toward the line (i.e. running the ball), the defensive team may cross the line of scrimmage. An Off-sides infraction will result in a five yard penalty.
 - ii. A legal tackle will be a one handed touch of the player deemed to be in possession of the ball. The wheelchair is considered an extension of the body and can be used for the purpose of the tackle.
 - iii. A legal interception follows the rules of a legal pass reception.
- d. Punting plays:
- i. The offensive team must declare in they are punting the ball.
 - ii. The offensive team cannot move until the ball is touched by the receiving team.
 - iii. If the ball is kicked out of bounds the receiving team shall begin play at their free throw line.
- e. Penalties:
- i. All five yard penalties are one pace (approximately three feet) against the offending team.
 - ii. All fifteen yard penalties are three paces (approximately ten feet) against the offending team.
 - iii. All running penalties are fifteen yard; it is assessed from the line of scrimmage.
 - iv. All referee decisions are final, arguing a call will result in a unsportsmanlike penalty.
 - v. All other penalties will follow regular football rules.