











FOOTBALL



Game:	Ultimate Football
Number of Players:	Four or more players are needed for this game.
Equipment:	One football and four cones are needed to play this game.
Playing Field:	This game can be played in a backyard, park, or on any field.
Objective:	The object of this game is to pass the ball to teammates, advancing it beyond a designated goal line to score points.

Game Description:

-  Set up the four cones in a rectangular formation. The distance between cones on the two long sides of the rectangle should be approximately 70 paces. These are the side lines. The distance between cones on the two short sides of the rectangle should be approximately 30 paces. These are the goal lines.
-  Divide the players into two equal teams.
-  Line players up shoulder to shoulder with one team facing the other in the middle of the playing field.
-  A player defends (or guards) the player from the opposing team directly across from him or her throughout the course of the game.
-  Once the match-ups have been completed, each team backs up to the goal line they will defend.
-  One team initiates play by throwing or kicking the ball to the opposing team.
-  Once the ball has been thrown or kicked, the kicking team runs down the field and each player defends against the opposing team member he or she has been matched up with by attempting to prevent him or her from catching and throwing the football.
-  The team that receives the initial throw or kick now attempts to score by passing the ball down the field and over the opposing team's goal line.
-  When a player catches and maintains possession of the ball, he or she can only take two steps and must then stop. He or she must now attempt to throw the ball to a team member. If a pass is caught by a team member, that team member must stop after two steps and attempt to pass to another team member until the ball is caught over the opposing team's goal line for a score.
-  If a team member attempts to catch a pass but the ball hits the ground, it is a turnover to the other team at the spot where the ball lies.

(continued)



- 🏈 An opposing team member picks up the ball and attempts to pass to a team member and play continues on as previously stated.
- 🏈 If an opposing team player tips a ball to the ground or intercepts the opposing team's pass, the ball is awarded to the team of the player that tipped the ball to the ground or intercepted the pass and play continues.

Guidelines/Modifications:

- 🏈 A score can be worth as many points as decided by the players.
- 🏈 The number of steps a player can take following a completed pass can be increased or decreased.
- 🏈 The field can be shortened or lengthened depending on the number of players and their abilities.
- 🏈 Various items such as rags, sticks towels, etc. can be used in place of the cones.