TOUCHDOWN: A game that is played in the gym with a

football. The object of the game is to score more touchdowns

than the other team. A touchdown is scored when a team

throws the football into the end zone and a team member catches it.

Before this can happen they must first throw to the

sideline and to a female if they are playing co-ed.

The person with the football cannot run or walk with it (can pivet)

and has 3 seconds to throw the football.

Anytime the football is knocked down or intercepted it

goes to the other side. Each team will have 3 groups, one

on the court and the other two on the sideline. Each team will

play a 1/3 of the time on the court. You should use short to

medium passes to avoid turnovers. Sideline players cannot

throw a touchdown but can pass it to other sideline players

and court players. Sideline players cannot step over the line

and must stay in the same spot on the sideline. Court players

cannot guard the sideline, only a player. The game starts

with a throw off. Step with your non dominant foot, follow

through, and use the correct grip when throwing the ball.

We used man to man defense when playing touchdown but

zone defense is better used when the offense has more players

than the defense.