**Razzle Dazzle Football**

Offense– the team with possession of the ball.

Defense– the team that does NOT have possession of the ball.  They try to prevent the offense from advancing the ball downfield.

RULES

* The ball is put into play on the endline of the defense at the start of the game.
* The two teams will decide first ball possession by playing rock, paper, scissors.
* The receiving team then attempts to advance the ball toward the opposing endline to score.
* Advancing the ball may only be done by throwing or tossing the ball in any direction. There is no running with the ball.
* If the ball is dropped during offensive play then the defense may pick up the ball and advance to the opposing endline to score (becoming the offensive team).  
  If the defense intercepts the ball then they may then advance the ball to the opposing endline to score (becoming the offensive team).
* A defensive player may only contact an offensive player when making a play on a thrown ball and must otherwise play passive defense.
* After a team has scored then the former defensive team is now on offense and should pick up the ball and immediately begin play and advance the ball to the opposing goal.

F**OULS AND PENALTIES**

Pass Interference                 Stripping the Ball Pushing

Tripping                                Rough Play            Tackling

Skills Cues:

**Passing:**

1. Fingers on laces

2. Non-throwing shoulder “points” to target

3. Hold ball “up by ear”

4. Transfer weight from back foot to front foot

5. Follow through and snap wrist

**Receiving (Catch):**

1. Eyes on ball

2. Above waist (“thumbs down” or “facing in” hands form a triangle (window)

3. Below waist (“thumbs up” or “facing out” hands form a “bowl”)

4. Use arms as “shock absorbers”