

# Official OptiHealth Football Play Book

**Field:** OptiHealth Football is played on a special “Play Grid” that is 25 yards wide and 30+ yards long. The Play Grid is divided into 5 zones with the middle 3 zones each being 10 yards long. Each zone is named for its primary function (see diagram below).

**Equipment:** 1 football (or Frisbee), 1 flag belt (worn by the Receiver only), and 30 markers

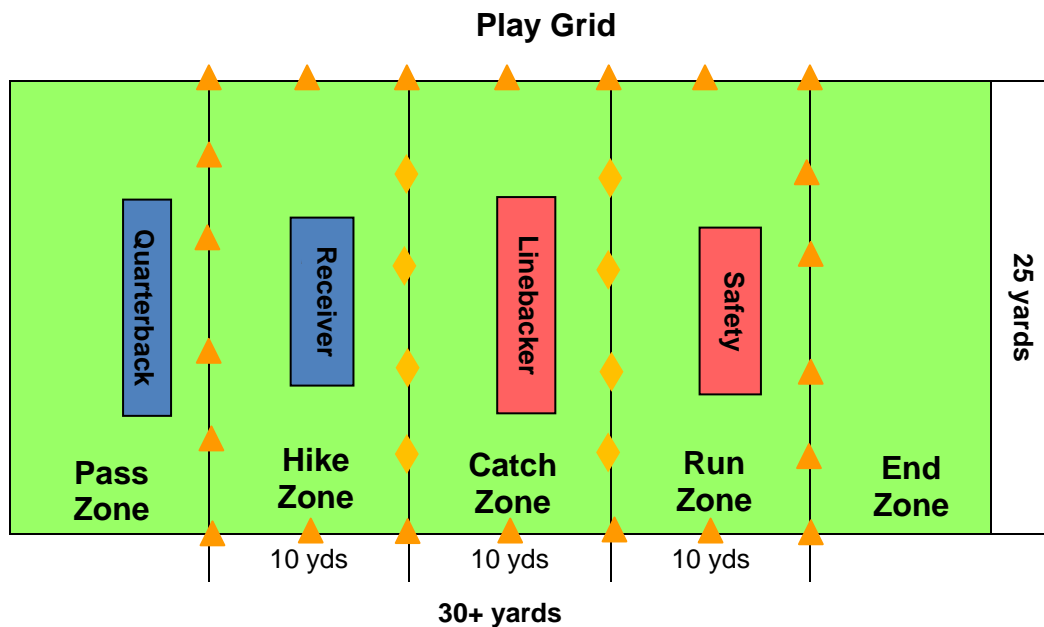
**Player Positions:** OptiHealth Football games are played by 4 players. Each player is assigned to a specific starting position and rotates through all the positions in each game.

2 OFFENSIVE POSITIONS	2 DEFENSIVE POSITIONS
Quarterback Receiver	Safety Linebacker

**Object of the Game:** Players hike, pass, catch, and run the football in order to score individual points on each play.

**Play Time:** Each game consists of 4 quarters. Each quarter consists of 4 downs for a total of 16 downs per game. The players rotate positions each quarter in order to participate in 4 downs in each of the 4 positions. An average of 56 seconds is allowed for each down. Each down involves the hiking of the football and designated 2-on-2 scrimmaging. Each game of 16 downs takes 15 minutes to complete. Players sign-up to play games scheduled at 15-minute intervals.

**Position Rotation:** Players participate in 4 downs to complete a quarter, and then rotate to their next position. Players rotate after every 4<sup>th</sup> down in the following order: Quarterback moves to Receiver, Receiver moves to Safety, Safety moves to Linebacker, and Linebacker moves to Quarterback. A complete rotation through all 4 positions constitutes 1 game.



**Cost:** OptiHealth Football costs each player 1 Game Ticket for each 15-minute game. (16 downs)

## Description of Play

Before each down, the Quarterback and Receiver huddle in the Pass Zone. During the huddle, the Quarterback tells the Receiver where in the Catch Zone he/she intends to pass the football for the Receiver to get open and catch it. There are basically 6 target areas: Left-Short, Left-Long, Center-Short, Center-Long, Right-Short, and Right-Long.

At the break of the huddle, the Quarterback stays in the Pass Zone, and the Receiver moves to the middle of the Hike Zone where the football (or Frisbee) has been set. The defensive players must be ready with the Linebacker in the Catch Zone, and the Safety in the Run Zone.

**Quarterback:** To start each down, the Quarterback calls "hike," and the Receiver hikes the football (or Frisbee) to the Quarterback, who must remain in the Pass Zone. Then, the Receiver runs into the Catch Zone and tries to get open in the pre-determined target area.

The Linebacker tries to cover the Receiver while the Receiver is trying to get open within the Catch Zone. The Quarterback may throw the football at any time to any area of the Catch Zone in order to attempt a complete pass to the Receiver.

**Receiver:** After the Quarterback throws the football, the Receiver attempts to catch it, and the Linebacker attempts to block it. Only incidental hand-to-body contact is allowed between the Receiver and the Linebacker. If illegal contact occurs, the down may continue or stopped and repeated.

If the pass is blocked or otherwise incomplete or fumbled, only the Receiver is allowed to recover the football. Upon either catching the pass or recovering the ball, the Receiver attempts to run with the football into the End Zone while staying in-bounds and without being flagged by the Linebacker in the Catch Zone and/or without being flagged by the Safety in the Run Zone.

If the football goes out-of-bounds from the Quarterback's pass or from a fumble by the Receiver, the ball remains "live," but only the Receiver can recover the football.

**Linebacker:** The Linebacker must remain within the Catch Zone throughout the duration of each down. First, the Linebacker tries to block the pass from the Quarterback before the Receiver can catch the football. The Linebacker is not allowed to catch the football. Then, after the Receiver either catches or recovers the football in the Catch Zone, the Linebacker tries to pull one flag off the Receiver's flag-belt before the Receiver runs out of the Catch Zone and into the Run Zone.

**Safety:** The Safety must remain within the Run Zone throughout the duration of each down. Whether or not the Linebacker has pulled a flag off the Receiver's flag-belt, the Safety also tries to pull one flag off the Receiver's flag-belt as the Receiver tries to run through the Run Zone and into the End Zone.

The Linebacker and the Safety are allowed to pull a maximum of only one flag each off the Receiver's flag-belt on each down.

If the Linebacker or the Safety forces the Receiver out-of-bounds from within their respective zone, he/she automatically earns a flag. In the case of the Linebacker, the down continues with the Receiver returning in-bounds into the Catch Zone and still trying to get through the Run Zone without being flagged by the Safety before entering the End Zone.

The Receiver, Linebacker, and Safety must avoid contact with each other except for incidental hand-to-body contact. Blocking, holding, straight-arming, clipping, tripping, or any contact to the head or obstruction of vision are considered illegal contact and results in a point penalty of -1 if the down can continue. If the illegal contact requires the down to be repeated, the point penalty is -2.

The down is over when the Receiver enters the End Zone with the ball with 2, 1 or 0 flags.

After each down, the Receiver sets the football (or Frisbee) in the middle of the Hike Zone as all the players return to their starting positions for the next down.

At the end of each quarter (after every 4<sup>th</sup> down), the Receiver removes his/her flag-belt and gives it to the Quarterback as the players rotate to their next position for the 1<sup>st</sup> down of the next quarter.

**Game Change:** Four consecutive but separate downs make 1 quarter. Play is continuous play to play and quarter to quarter. After each 4-quarter game, the current players exit the Play Grid, and the players scheduled for the next game immediately take their assigned starting positions.

## Scoring

Each down of the game is self-officiated by the players. Each player scores individual points based on the player's performance on each play. Each player is responsible for keeping his/her own score. Players are encouraged to have a personal Score Keeper. (Refer to OptiHealth Football Score Card.)

- Quarterback:** +1 for making a complete or "catch-able" pass from within the Pass Zone to the Receiver in the Catch Zone
- Receiver:** +1 point for catching the football (or Frisbee) in the Catch Zone  
+1 point for each remaining flag upon entering the End Zone
- Linebacker:** +1 for blocking a pass in the Catch Zone  
+1 for pulling a flag off the Receiver while in the Catch Zone
- Safety:** +1 for pulling a flag off the Receiver while in the Run Zone
- Penalties:** -1 point for minor illegal contact (if down can continue)  
-2 points for major illegal contact (if down must stop and be repeated)