

25. When a player has the ball, none of his opponents, who at the time are *off side*, may commence or attempt to run, tackle, or otherwise interrupt such player, until he has run five yards.

26. Throwing Back. It is lawful for any player who has the ball to throw it back towards his own goal, or to pass it back to any player of his own side who is at the time behind him, in accordance with the rules of *on side*.

27. Knocking on, *i. e.*, deliberately hitting the ball with the hand, and Throwing Forward, *i. e.*, throwing the ball in the direction of the opponent's goal line, are not lawful. If the ball be either *knocked on* or *thrown forward*, the Captain of the opposite side may (unless a fair catch has been made, as provided by the next Rule) require to have it brought back to the spot where it was *knocked* or *thrown on*, and there put down.

28. A Fair Catch is a catch made direct from a kick, or a *throw forward*, or a *knock on* by one of the opposite side, or from a *punt out* or a *punt on*, (see Rules 29 and 30) provided the catcher makes a mark with his heel at the spot where he has made the catch, and no other of his own side touch the ball (see Rules 43 and 44.)

29. A Punt out is a *punt* made after a touch down by a player from behind his opponent's goal line, and from touch in goal if necessary, towards his own side, who must stand *outside* the goal line and endeavour to make a fair catch, or to get the ball and *run in* or *drop* a goal (see Rules 49 and 51.)

30. A Punt on is a *punt* made in a manner similar to a *punt out*, and from a touch if necessary, by a player who has made a fair catch from a *punt out* or another *punt on*.

31. Touch. If the ball goes into *touch*, the first player on his side who touches it down must bring it to the spot where it crossed the touch line; or if a player, when running with the ball, cross or put any part of either foot across the touch line, he