

## FOOTBALL STUDY GUIDE

### I. General Information

- A. An American football game is played by two teams of 11 players each. The offensive team is attempting to score by putting the ball behind their opponents goal line or scoring points by kicking field goals. The winning team is the one that scores the greater number of points.
- B. The offensive player positions are:  
Quarterback, running backs, center, guards, tackles, and wide receivers.
- C. The defensive player positions are:  
Defensive tackles, defensive ends, linebackers, and defensive backs.

### II. Rules of the Game

- A. Line of Scrimmage: an imaginary line that runs through the forward point of the ball. Teams line up on their respective sides of the ball 3 yards apart.
- B. Downs: from the line of scrimmage, the team in possession of the ball is allowed 4 plays to advance the ball. Each play is referred to as a down. The ball must be moved, by passing or running at least 10 yards in order to continue with 4 more downs.
- C. Passing: forward passing is only permitted from behind the line of scrimmage from the quarterback or running back to a receiver.
- D. Blocking: a player is allowed to use his/her body to block an opponent or screen for the ball carrier.
- E. Punting: is to drop the ball from the hands and kick it before it touches the ground.
- F. Fumble: occurs when the team with the ball loses it during a play, i.e. drops it.
- G. Scoring:
  - A. Touchdown: 6 points
  - B. Field Goal: 3 points
  - C. Safety: 2 points
  - D. Extra Point: 1 point
  - E. Two Point Conversion: 2 points
- H. Penalties: yardage loss by a team for breaking a rule. The amount of yardage loss depends on the severity of the rule. Examples: offsides, holding, unsportsmanlike conduct, delay of game, pass interference, clipping and roughing the quarterback or kicker.

### III. Skills of the Game

- A. Offensive and defensive stance
- B. Ball carrying
- C. Passing and receiving
- D. Kicking
- E. Blocking and tackling
- F. Centering (hiking or snapping the ball)

### IV. Terminology

- A. Blitz: Sometimes the defensive linebackers or defensive backs will suddenly charge toward the line of scrimmage, trying to tackle the quarterback before he has time to pass or handoff the ball.
- B. Bomb: A long, high pass which is meant to score a touchdown or gain a great many yards.
- C. Hike: When the center passes the ball to the quarterback. This action begins each play.

- D. Huddle: Circle of players behind the line of scrimmage in which defensive strategy or an offensive play is called.
- E. Interception: A defensive player catches a pass intended for an offensive player.
- F. Safety: The offensive team causes the ball to go behind their own goal line and it become a dead ball while in their possession. Two points are scored for the defensive team and they receive the ball own their 20 yard line.
- G. Touchback: When the ball becomes dead behind the opponents goal line after a kick-off or punt. No points are scored and the ball is put in play on the 20 yard line.