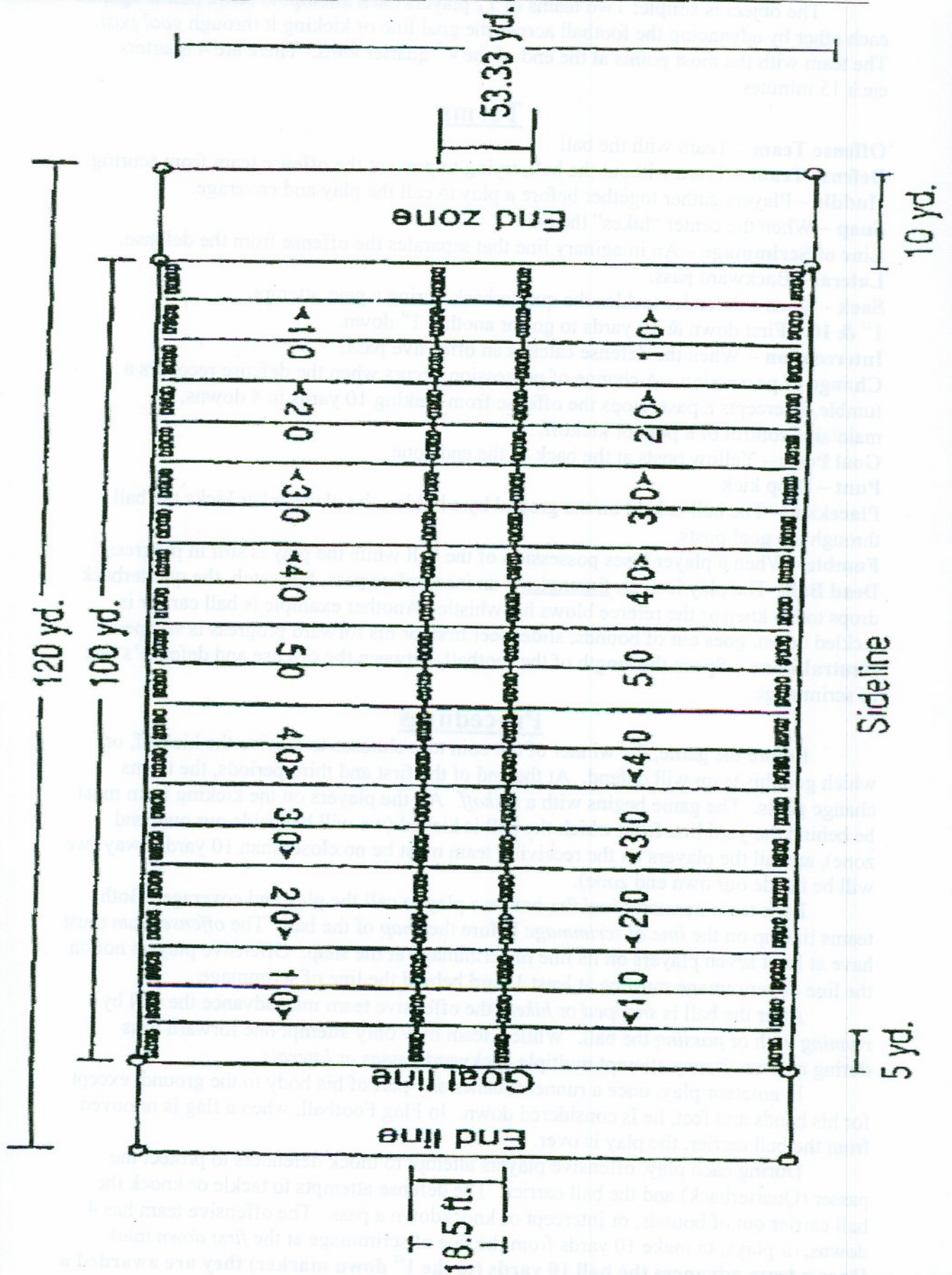


Football Field



Football

The object is simple: Two teams of 11 players each attempt to score points against each other by advancing the football across the goal line or kicking it through the *goal post*. The team with the most points at the end of the 4th quarter wins. There are 4 quarters each 15 minutes.

Terms

Offense Team – Team with the ball

Defense Team – Team without the ball, trying to prevent the offense team from scoring.

Huddle – Players gather together before a play to call the play and coverage.

Snap – When the center “hikes” the ball.

Line of Scrimmage – An imaginary line that separates the offense from the defense.

Lateral – Backward pass.

Sack – When a defender tackles the quarterback during a pass attempt.

1st & 10 – First down & 10 yards to go for another 1st down.

Interception – When the defense catches an offensive pass.

Change of possession – A change of possession occurs when the defense recovers a fumble, intercepts a pass, stops the offense from making 10 yards in 4 downs, or maintains control of a punt or kickoff.

Goal Posts – Yellow posts at the back of the end zone.

Punt – Drop kick

Placekick – The ball is held on the ground by a holder, the placekicker kicks the ball through the goal posts.

Fumble – When a player loses possession of the ball while the play is still in progress.

Dead Ball – The play is over. Examples – an incomplete pass, fair catch, the quarterback drops to his knee or the referee blows his whistle. Another example is ball carrier is tackled down, goes out of bounds, slides feet first, or his forward progress is stopped.

Neutral Zone – Space the length of the football, between the offense and defense’s line of scrimmage.

Procedures

Before the game, the winner of the coin toss chooses to receive the kickoff, or which goal his team will defend. At the end of the first and third periods, the teams change goals. The game begins with a *kickoff*. All the players on the kicking team must be behind the yard line from which the ball is kicked (we will be inside our own end zone), and all the players on the receiving team must be no closer than 10 yards away (we will be inside our own end zone).

Each team normally *huddles* before a play to call the play and coverage. Both teams line up on the *line of scrimmage* before the *snap* of the ball. The *offense team* must have at least seven players on its line of scrimmage at the snap. Offensive players not on the line of scrimmage must be at least 1 yard behind the line of scrimmage.

After the ball is *snapped* or *hiked*, the offensive team may advance the ball by *running* with or *passing* the ball. While a team may only attempt one forward pass during a down, it may attempt multiple backward passes or *laterals*.

In amateur play, once a runner touches any part of his body to the ground, except for his hands and feet, he is considered down. In Flag Football, when a flag is removed from the ball carrier, the play is over.

During each play, offensive players attempt to block defenders to protect the passer (Quarterback) and the ball carrier. The defense attempts to tackle or knock the ball carrier out of bounds, or intercept or knockdown a pass. The offensive team has 4 downs, or plays, to make 10 yards from the line of scrimmage at the *first down* mark.

Once a team advances the ball 10 yards (to the 1st down marker) they are awarded a first down and a new set of 4 downs. A new set of downs is awarded each time a team advances the ball to the next zone or 1st down marker. In many cases if a team has not

made a 1st down in 3 plays, it will *punt* (kick) the ball on fourth down to the opponents. The player receiving the punt may attempt to catch and advance the ball, let it roll dead, or call for a *fair catch*.

If the **receiving** team decides to let the ball roll dead, once the kicking team touches the ball the play is dead and the line of scrimmage is where the ball was last touched. If the receiving team touches the ball or fumbles the kick, the kicking team can recover the ball and keep possession of the ball.

A **fair catch** is when the receiving team's receiver waves a hand above his helmet. By waving his hand over his helmet this signals a fair catch. The kicking team may not touch a player who has signaled for a fair catch, unless the player fumbles the ball.

Scoring

Touchdown – 6 points

A player scores a *touchdown* (6 points) when he possesses the ball and the ball touches the plane of, or crosses over, the opponent's goal line. A touchdown can be made by running the ball, catching a pass, or by recovering a fumble over the opponent's goal line. The defense may intercept a pass or recover a fumble or blocked punt and return it for a touchdown.

After a touchdown is scored, a team has the choice of attempting a 1 or 2 point conversion. 1 or 2 point conversions are only after a touchdown

- **1 point Conversion** – the ball is placed on the 2-yard line and is scored by kicking the ball through the uprights. (This is the most common conversion)
- **2 point Conversion** – the ball is placed on the 2-yard and is scored when the offensive player possessing the ball on or over the goal line, in what would normally be considered a touchdown. (Not very common, unless a team needs 2 points)

Field Goal – 3 points

A field goal (3 points) is scored by placekicking the ball through the opponent's goal post. If the kick is no good and the ball is beyond the opponent's 20-yard line, the ball is given to the opponents at the line of scrimmage. If the unsuccessful kick was attempted from on or inside the 20-yard line, the ball will be given to the opponents at the 20-yard line. If the kick is blocked and recovered by the opponents, the ball will go to the spot where the ball is downed, regardless of the yard line.

Safety – 2 points

A safety (2 points) is scored when the defense tackles or downs the ball behind the opponent's own goal line. A safety is also scored if the offense maintains possession of the ball out of bounds or behind its own goal line. Example – the ball carrier or quarterback is tackled inside his own end zone.

Penalties & Fouls

Illegal Forward Pass

A team may make one forward pass thrown from behind the line of scrimmage (a player with the ball may not cross the line of scrimmage and then retreat behind it and throw a pass). **Once a player passes the line of scrimmage that player cannot throw a forward pass.** Any other forward pass is illegal with penalties.

Encroachment (Offsides) – When any part of a player's body is in the neutral zone and contact occurs before the ball is snapped. **(5 Yards)**

False Start – When an offensive player, once in the set position, moves in such a way as to signify the snap of the ball. **(5 Yards)**

Offensive holding – no offensive player, in attempting to block, can use his hands to grab or obstruct a defender. The hands cannot be used to hang onto, encircle, or restrict the player's movement. **(10 Yards)**

Defensive holding – No defensive player can tackle or hold an opponent other than the ball carrier. **(5 Yards and automatic first down)**