

FOOTBALL STUDY GUIDE

History:

The game of football originated in England. It used to be known as Rugby. Rutgers University and Princeton University played the first official game of modern type football. Walter Camp, the coach at Yale led the way in changing the game from the rugby style to the modern style that is played today.

Scoring:

- a) Field goal – The ball is kicked in between 2 vertical post. This type of scoring is worth 3 points.
- b) Touchdown – The ball crosses over the goal line into the end zone for 6 points
- c) Extra point – A field goal is attempted on the 20-yard line from the offensive team worth 1 point.

Duration:

A football game runs for 1 hour. There are 4 quarters, 15 minutes each. If a game ends in a tie the game goes into “sudden death” overtime; meaning the first team to score wins.

Football Terms:

- ✓ Kickoff – a kick performed from a tee by the defensive team to start each half and to start the game back up after any points have been scored.
- ✓ Punt – performed by the offensive team on a fourth down. The ball is snapped to the punter and he kicks the ball down the field.
- ✓ Line of scrimmage – the spot of the ball from the previous play. Both teams line up facing each other at this line.
- ✓ Offensive team – has current possession of the ball.
- ✓ Defensive team – trying to stop movement of the ball down the field.
- ✓ First down line – the line an offensive team needs to pass in order to receive a first down.

Fourth Down Situations:

After a kickoff, an offensive player has four attempts to receive a first down. Every time a team gets a first down the team has four more attempts to get the first down. If an offensive team doesn't make a first down after the third attempt, the team has three options:

1. Go for the first down – make one last attempt to make the first down. If a team does not make the first down line the opposing team receives possession of the ball at the line of scrimmage where the ball was last down.
2. Field goal – 1) the ball is snapped to the holder, 2) the holder holds the ball for the kicker, and 3) the kicker tries to kick it between the posts.
3. Punt – try to gain better field position for their defense.

Advancing the ball down the field:

- ✓ Running the ball – the quarterback usually receives the ball first and hands it off or passes it to a running back. The other offensive players (lineman) try to block defensive players from tackling the running back.
- ✓ Forward passing – the ball is given to the quarterback and must be thrown from behind the line of scrimmage to an eligible receiver. An offensive player must catch the ball with two feet in bounds for it to count as a complete pass.
- ✓ Interception – occurs when a defensive player catches a completed pass from the offensive team.
- ✓ Fumble – a fumble occurs when any player loses possession of the ball before they are considered down. Any player on either team can now recover the ball.

Common penalties:

When a penalty occurs an offensive team usually loses 5, 10, 15 yards depending of the severity of the penalty. When the defensive teams have a penalty the offensive team is usually awarded an automatic first down.

- ✓ Delay of game – allowing the play clock to elapse before the snap.
- ✓ Holding – illegal use of the hands or arms while blocking.
- ✓ Offsides – being across the line of scrimmage before the ball is snapped.
- ✓ Pass interference – interfering with a receiver's attempt to catch the ball.
- ✓ Facemask -- a player grabs another player's facemask on their helmet.
- ✓ Unnecessary roughness – tackling or striking another player after the ball is down.

