

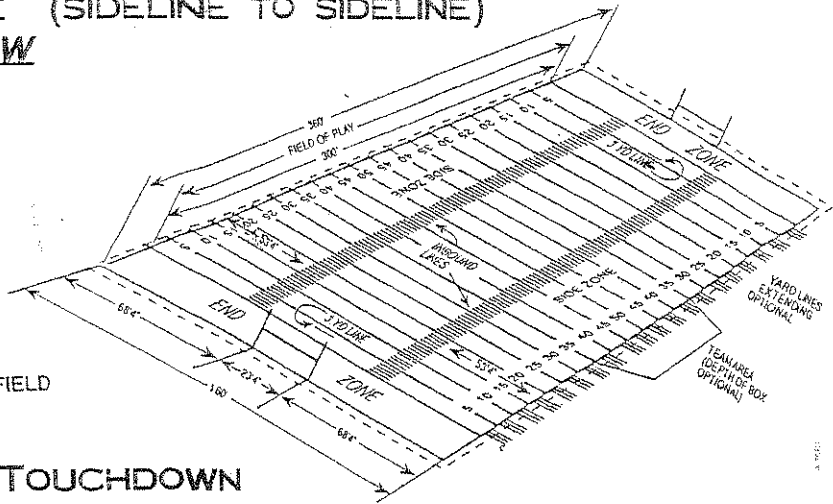
# Football Study Guide



FIELD - 100 YARDS LONG (120 YARDS INCLUDING END ZONES)  
 - 53 YARDS WIDE (SIDELINE TO SIDELINE)

SEE DIAGRAM BELOW

(11 Players on the field)  
 Per TEAM



FOOTBALL FIELD

SCORING:

- 6 PTS. = TOUCHDOWN
- 3 PTS. = FIELD GOAL
- 2 PTS. = SAFETY OR 2 PT. CONVERSION
- 1 PT. = EXTRA PT. AFTER TOUCHDOWN (KICK)

BASIC SKILLS: PASSING, RECEIVING, BALL CARRYING, STANCES (UPRIGHT, 3 PT., 4 PT.) KICKING, PUNTING, BLOCKING, TACKLING & CENTERING.

BASIC POSITIONS & FORMATIONS:

CENTER: SNAPS BALL TO THE QUARTERBACK.

QUARTERBACK: PASSES OR HANDS OFF TO TEAMMATES

RECEIVER: CATCHES PASSES THROWN BY Q.B.

RUNNING BACK: RECEIVES HANDOFFS OR PASSES.

LINEMAN (TACKLE/GUARD) PROTECTS THE Q.B. & BLOCKS FOR THE RUNNING BACKS ON OFFENSE.

TIGHT END: ELIGIBLE RECEIVER WHO ALSO BLOCKS ON OFFENSE FOR THE Q.B. OR RUNNING BACK

OFFENSE

THE TEAM IN CONTROL of the FOOTBALL.  
 4 DOWNS TO SCORE a TOUCHDOWN or get a 1st down.

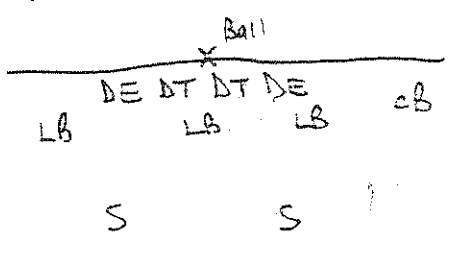
W.R. T G C G T E. W.R. W.R.  
 \* - Ball

example formation

sample formation

"The Team without the football trying to prevent the offensive from scoring"

**DEFENSE**



**LINEMEN (TACKLE/END):** PUTS PRESSURE ON THE OFFENSE BY RUSHING THE QUARTERBACK.

**LINEBACKER:** PLAYS BEHIND THE LINEMEN & IS RESPONSIBLE FOR STOPPING THE RUN FIRST & PASS SECOND.

**CORNERBACK:** COVERS THE WIDE RECEIVERS & TRIES TO PREVENT THEM FROM CATCHING THE BALL.

**SAFETY:** LAST PERSON ON DEFENSE -- RESPONSIBLE FOR COVERING DEEP PASS PATTERNS.

**BASIC TERMINOLOGY:**

**LINE OF SCRIMMAGE:** IMAGINARY LINE RUNNING FROM SIDELINE TO SIDELINE THAT SEPARATES THE DEFENSE FROM THE OFFENSE.

**BLOCK:** KEEPING YOUR BODY BETWEEN THE DEFENSE & THE BALL CARRIER OR Q.B. WITH FEET ON THE GROUND & WITHOUT HOLDING.

**HANDOFF:** BALL EXCHANGE BETWEEN THE Q.B. & RUNNING BACK OR RECEIVERS.

**FORWARD PASS:** AN OFFENSIVE PLAY IN WHICH THE BALL IS THROWN TOWARDS OR OVER THE LINE OF SCRIMMAGE.

**LATERAL PASS:** AN OFFENSIVE PLAY IN WHICH THE BALL IS PASSED SIDEWARD OR BACKWARD TO THE LINE OF SCRIMMAGE.

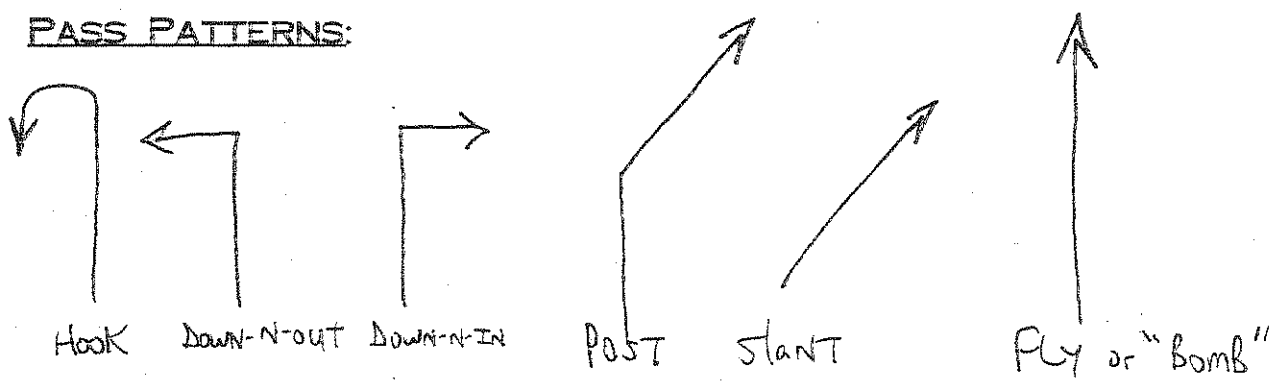
**OFFSIDE:** WHEN AN OFFENSIVE PLAYER IS AHEAD OF THE BALL BEFORE IT IS SNAPPED. (5 YARD PENALTY).

**TOUCHBACK:** DEAD BALL BEHIND OPPONENT'S GOAL LINE -- USUALLY OCCURS ON THE KICKOFF. -- BALL IS PLACED ON THE 20 YARD LINE.

**INTERCEPTION:** A DEFENDER CATCHES A PASS THROWN BY THE Q.B.

**TACKLING:** THE BALL CARRIER'S KNEE OR BODY MUST TOUCH THE GROUND IN ORDER FOR PLAY TO STOP. IN FLAG FOOTBALL, ONE FLAG MUST BE PULLED.

**PASS PATTERNS:**



**PENALTIES:** HOLDING, OFFSIDE, CLIPPING, PASS INTERFERENCE, UNNECESSARY ROUGHNESS, UNSPORTSMANLIKE CONDUCT, DELAY OF GAME, ILLEGAL MOTION OR SHIFT, ILLEGAL USE OF HANDS, ILLEGAL FORWARD PASS.

"PENALTIES MAY BE 5, 10, OR 15 YARDS DEPENDING ON THE INFRACTION"