FOOTBALL

OBJECT
The object of football is to score more points than the opposing team by getting the ball into the opposing team’s end zone.

BASIC RULES

SCORING
There are 4 main ways of scoring: a field goal, a one-point conversion, a two-point conversion and a touchdown.

A field goal is a kick made by the offensive team, usually on their fourth down when they’re closer to the defensive end zone, or as the clock runs out and there’s no time to score otherwise. As the teams take their place at the line of scrimmage, the placekicker and the holder remain a few yards behind the rest of the line. The ball is snapped to the holder, who holds it vertically for the kicker who runs up to it and kicks it. The ball must pass through the uprights/goalposts in order to count. This gains the offensive team 3 points.

The one-point and two-point conversions are both what are called a “try”. The only difference is the manner in the try is achieved. After scoring a touchdown, the offensive team can do one of two things to score more points: a kick that’s similar to a field goal, or a run for a touchdown. If they decide to kick it, the ball must pass through the uprights, comparable to that of a field goal. If it’s successful, the team gains 1 point. In a two-point conversion, the offensive snaps the ball (as if it were the beginning of a regular play) and attempts for a touchdown. If they score that touchdown, they gain 2 points.

Lastly, there’s a touchdown, which is the most common way of scoring in football. To score a touchdown, the player with the ball must run past the goal line (it is not required that they literally touch the ball down). As long as at least part of the ball passes or lays on the goal line, it counts as a touchdown. It is worth 6 points, and is followed by a “try” for more points.

TERMINOLOGY

NUMBER OF PLAYERS

Audible: When the quarterback changes the initial plan while the ball is still in play; usually happens when quarterback dislikes the positioning of the defense
Blitz: Defensive players (usually linebackers) put pressure on the quarterback to toss the ball or to tackle the quarterback before he can do so
Block: Blocking forward process (usually defense blocking offense) by using your body or arms; holding is NOT ALLOWED
Bomb: A long pass from the quarterback to a receiver running downfield
Completion: A forward pass that it legally caught by the receiver
Down: Each team gets 4 downs (tries) to advance the ball by 10 yards. If successful, they get 4 more downs to pass 10 more yards.
Field Goal: The kicker kicks the ball and attempts to get it to go between the goalposts.
Flag: Thrown by a referee to indicate a penalty.

Fumble: If the ball is dropped while in play, it is considered a fumble. Either team can pick it up and bring it into play again.
Hail Mary: An extremely long pass thrown by the quarterback, usually in desperation at the end of the game.
Huddle: Players from the same team encircle and discuss strategy for the next play.
Incompletion: An incomplete forward pass to the receiver (not caught).
Line of Scrimmage: An imaginary line where the ball is snapped/the play begins; a boundary line for the offense and defense at the beginning of the play
Punt: A kick that transfers possession of the ball to the opposite team.
Snap: When the ball is hiked to the quarterback, holder or punter.
Turnover: When the offensive loses the ball to the other team (fumble or interception).

Each team is made up of a minimum of eleven players, who are each designated into three categories: offence, defense, and special.

Offensive: The offensive team is made up of seven players, who play either as a lineman, on the line of scrimmage (the line where the ball starts) or as a back, who plays behind the linemen. The quarterback (who is arguably the most important player on the team) is also on the offensive line.

Defensive: The defensive team consists of defensive lines, linebackers, and defensive backs. They are responsible for stopping the quarterback players on the opposing team, while the linebackers and defensive backs guard the team receivers.
**Special:** Special team men are usually only responsible for partaking in a small portion of the entire game, for example, the kicker participates at the beginning or half of the game.

**INFRACTIONS**

**Clipping:** Penalty assigned to offensive player for blocking a defensive player from behind.

**Clothesline:** A high-tackle around the neck; tackler is automatically ejected from the game.

**Face Mask:** Grabbing an opponent’s face mask in an attempt to tackle; 5 – 15 yard penalty.

**False Start:** Penalty given to an offensive player who moves before the ball is snapped.

**Holding:** Penalty for holding to a rival player’s arm or jersey in an attempt to slow them down or prevention of a play.

**Illegal Shift:** More than one offensive player moves before the ball is snapped.

**Ineligible Receiver:** When an offensive lineman catches a pass; 5 yards penalty.

**Offside/Encroachment:** When a player passes the line of scrimmage before the ball is snapped; 5 yard penalty.

**Personal Foul:** Given to a player who commits an obvious violation of rules (includes unnecessary roughness); up to 15 yard penalty.

**Roughing the Kicker:** When a defenseman makes contact with the kicker after the ball has been kicked; 15 yard penalty.

**Roughing the Passer:** When a defenseman makes contact with the passer after the ball has been thrown; 15 yard penalty.

**Unnecessary Roughness:** Using excessive roughness on another player; 15 yard penalty.

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