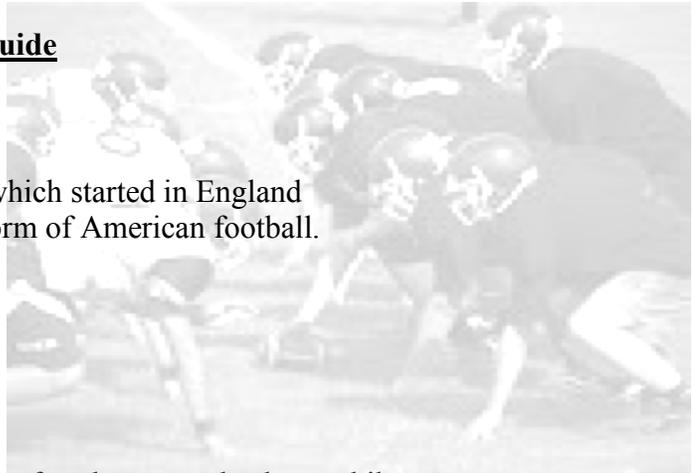


## Football Study Guide

### **History:**

American Football evolved from a sport called rugby, which started in England. Flag/ 2 hand touch football is a non-contact modified form of American football.



Team with possession of the ball = offense  
Team without possession of the ball = defense

### **Rules:**

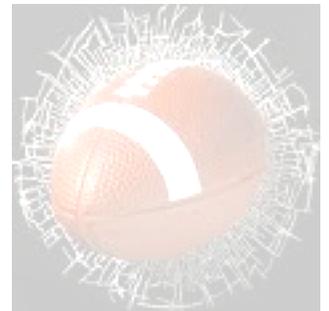
The center tosses the ball to the quarterback to start play after the quarterback says hike.  
The receiving team tries to catch the ball and advance it toward their opponent's goal line.  
The defensive players attempt to stop the ball carrier by a two-hand tag.  
When the player with the ball has been tagged, play stops and this becomes the line of scrimmage for the first play. The offensive team has 6 downs (tries) to score.  
They may pass or run with the ball after a completed pass. If the pass is incomplete the ball returns to the line of scrimmage for the next play.  
If the offensive team fails to score after 6 downs they lose possession of the ball.  
There is no rushing the quarterback until a 3 one thousands count has been made.

### **Ways to stop play:**

Player with possession runs out of bounds  
Thrown pass is not completed  
Flag football- the player in possession of the ball gets one of their flags pulled off. Two hand touch means you must touch the runner with both hands.

### **Scoring:**

A touchdown is worth 6 points  
Extra point: = 1 point if a player runs into the end zone  
Extra point = 2 points if quarterback passes to a receiver in the end zone.  
The extra point is attempted from the 3<sup>rd</sup> yard line.

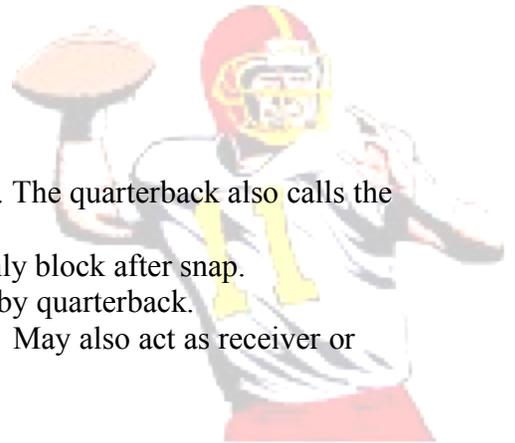


### **Basic Pass Patterns:**

Hook  receiver runs with back to quarterback and plants foot to turn/hook back towards quarterback for completion of pass.

Fly-  receiver runs straight ahead looking over shoulder for completion of pass.

Post-  receiver runs forward for a predetermined number of yards and makes a 45 degree cut to the left for completion of pass.

**Positions:**

Quarterback- throws, runs, or hands off the football to a teammate. The quarterback also calls the plays.

Center-football is hiked from center to quarterback. Center can only block after snap.

Receiver-runs out in different formations to catch football thrown by quarterback.

Running back- a runner the quarterback hands the football off too. May also act as receiver or blocker.

Guard/Blocker- protects quarterback from the defensive players.

**Terms:**

Line of scrimmage- Imaginary line that the ball is placed at the beginning of a down and no player may cross until the ball is snapped or hiked.

Lateral- Pass thrown backward. A player may lateral the football at any time.

Forward pass- Pass thrown down the field to another player. The passer must be behind the line of scrimmage.

Completion- Forward pass caught by another team member.

Interception- When the defense catches a pass.

Fumble- Loss of control of the football by a player.

Touchdown- When the ball is passed or ran into the end zone.

Incomplete pass- When the offensive player does not catch the pass.

Complete pass- When the offensive player catches the pass.

Spiral- The way the ball rolls off of the fingertips for a perfect throw.

Centering- The act of putting the ball into play.

Pass interference- When the defense prevents a receiver from catching a pass by bumping into them while the ball is in the air.

Offside - A player stepping over the line of scrimmage.