## **FOOTBALL STUDY GUIDE**

* Walter Camp is known as “the father of football” due to his pioneering of rule changes that slowly changed ruby into football.
* A high school football game is played in 12 minute quarters.
* Each team is allowed to have 11 players on the field for offense, defense, & special teams plays.
* The length of a football field is 100 yards long (120 yards if you include the 2, 10-yard end zones).
* Game is started with a coin toss. The winning team can choose to kickoff, receive, or choose what they want to start the 2nd half.
* Line of scrimmage is the yard line on the field where the ball is spotted before a play starts.
* A team has 4 downs (plays) to move the ball 10 yards for a new set of downs.
* Examples of 5 yard penalties: false start, offsides
* Examples of 10 yard penalties: holding, intentional grounding
* Examples of 15 yard penalties: facemask, pass interference, unsportsmanlike conduct
* For a team to score a touchdown, any part of the ball has to cross the front part of the goal line.
* A touchdown is worth 6 points. After scoring a touchdown a team can elect to kick an extra point (1 point) or attempt another play from the 3 yard line (2 points).
* If the offense is tackled in the opposing team’s end zone is it called a safety and the other team gets 2 points and receives a free kick on the ensuing kickoff.
* Common offensive positions: Offensive linemen, quarterback, fullback, halfback, tight end, wide receiver.
* Common defensive positions: Defensive linemen, linebackers, defensive backs