

FOOTBALL STUDY GUIDE

RULES

- A touchdown is worth 7 pts.
- Only one first down per possession (at the 50 yd. Line)
- May punt or play on fourth down
- NO rushing the punter and NO fake punts
- A player is down if their knee touches the ground
- All players are eligible receivers
- The offensive team is given 4 downs to score or get a 1st down

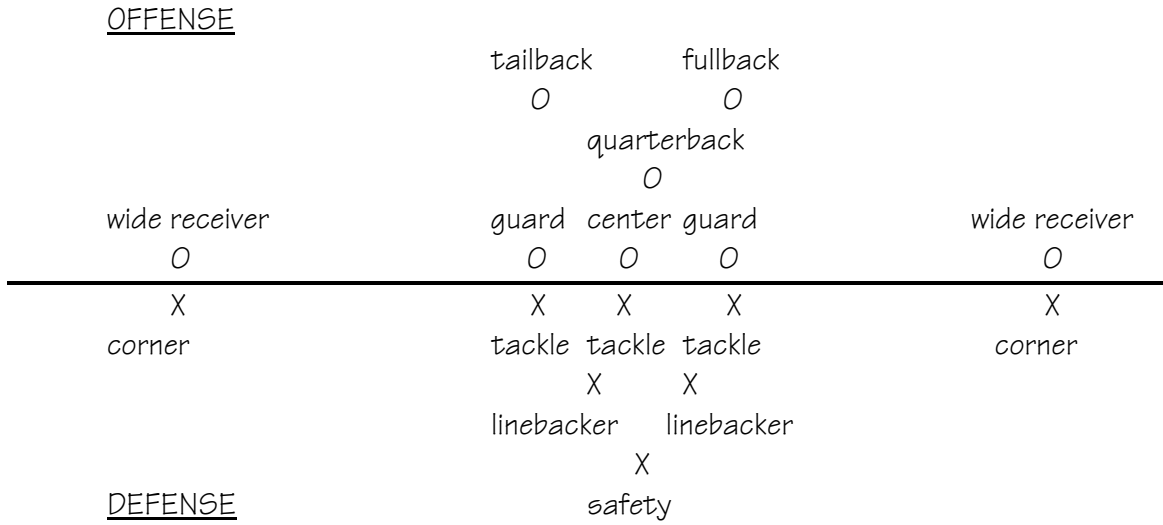
PENALTIES

- Offsides (5 yds.) – crossing L.O.S. before the snap of the ball
- Holding (10 yds.) – the offensive player holding an opponent
- Unnecessary roughness (15 yds.) – tackling, tripping or pushing

VOCABULARY

- Defense- the team trying to prevent the opponent from scoring
- Offense – The team attempting to score
- L.O.S. – (line of scrimmage) the spot of the ball before a play
- Fumble – when the ball carrier drops the ball while running (dead ball)
- Interception – when a defensive player catches an offensive pass
- Reception- when an offensive player catches a pass
- Center – snaps the ball to the quarterback (may receive a pass)
- Quarterback – calls for the snap of the ball to start offensive play, may run the ball, may pass the ball, may handoff the ball during play
- Running back – lines up off the L.O.S., may run the ball or go out to receive a pass
- Receiver – primary purpose is to go out to receive a pass

FLAG FOOTBALL POSITIONS:



FOOTBALL PASSING PATTERNS

