



FOOTBALL

American football is a competitive game with two teams consisting of 11 players each on the field or grid iron. The objective of the game is to score points by advancing the ball into the opposing team's end zone. The ball can be advanced by carrying it (a running play) or by throwing it to a teammate (a passing play). Points can be scored in a variety of ways, including carrying the ball over the opponent's goal line, catching a pass thrown over that goal line, kicking the ball through the goal posts at the opponent's end zone, or tackling an opposing ball carrier within his end zone. The team scoring the most points in the allotted time wins the game.

Scoring:

- A **touchdown** is scored when the football breaks the plain of the opponent's goal line and it is worth 6 pts.
- **Point After Touchdown (PAT)**-can be scored by kicking the ball through the goal posts (1 pt) or run/pass play getting the ball across the goal line (2 pts.)
- **Field Goal**-kicking the ball through the goal posts (3 pts.)
- **Safety**- is awarded to opposing team if a defending team sends the ball into its own end zone and the ball becomes dead in its possession in the end zone=2pts.

Positions:

- **Offense** – center, guard, tackle, tight end, quarterback, running back
- **Defense** – defense tackle, defense end, line-backer, defense back, safety

Rules of play/Key terms:

- Game consist of two halves with an interval within each half
- Start game with a coin toss to determine first possession of ball and field ends. Field ends changed before the second and fourth quarters. The game is started, as well as the second half is started with a kick off.
- Blocking involves using the body to obstruct an opponent.
- Tackling involves using the hands or arms in an attempt to hold an opponent or throw him to the ground.
- A down is a period of action beginning when the ball is put into play by a free kick or a snap. An offensive team has four consecutive downs to advance the ball 10 yards from where the series started or to the goal line whichever is nearer.
- A fumble is an act other than a pass or a kick that results in loss of player possession.

Origin: Football is derived from the sport of Rugby. Therefore, England is given the credit for the start of football, as we know it today. A Yale player of Rugby, Walter Camp convinced the Intercollegiate Football Association to change some of the rules and as a result most historians give Mr. Camp credit as the Father of modern Football.

Governing Body: [National Football League](#)

Field Dimensions: 120 yards (10 yards for each touchdown zone) X 53 1/3 yards wide