



## Football Study Guide



### The Game *(the following describes how we play football in class)*

- The game is started with a kick-off or a throw-off
- The ball starts on the **line of scrimmage** before it is hiked
- A touchdown is scored when the offensive team throws or runs the ball into the end zone

### Players

- **Offense** - the team in control of the football
  - **Quarterback** - player who attempts to throw the ball to the receivers, the only player who can throw a forward pass
  - **Receivers** - players who attempt to catch a thrown ball from the quarterback.
- **Defense** - the team attempting to stop the offense from scoring

### Rules *(remember, these are based on our rules in class)*

1. The offense has 4 downs to reach the next first down marker.
2. The offense earns a first down after two completed passes within four downs.
3. Only one defender may blitz the quarterback.
4. The defense is allowed one blitz every four downs.

### Penalties

- **Offsides** - when the defense crosses the line of scrimmage before the ball is put in play
- **Holding** - when the defense grabs or uses hands illegally on an offensive player
- **Pass Interference** - during the play, the defense makes contact with the receiver while the ball is in the air.



# Football Study Guide

**Jessica J Manson**



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