

Football

HISTORY

Football was derived from the English game of rugby, American football was started in 1879 with rules instituted by Walter Camp, player and coach at Yale University. Camp played football at Yale and helped evolve the rules of the game away from Rugby and Soccer rules into the rules of American Football as we know them today. One precursor to Walter Camp's influence was William Ebb Ellis, a student at the Rugby School in England. In 1823, Ellis was the first person noted for picking up the ball during the soccer game and running with it, thereby breaking and changing the rules. In 1876, at the Massosoit convention, the first attempts at writing down the rules of American football were made. Walter Camp edited every American Football rulebook until his death in 1925. Walter Camp contributed the following changes from Rugby and Soccer to American football:

- one side retained undisputed possession of the ball, until that side gives up the ball as a result of its own violations
- the line of scrimmage
- 11 on a team instead of 15
- created the quarter-back and center positions
- forward pass
- standardized the scoring system, numerical scoring
- created the safety, interference, penalties, and the neutral zone
- tackling as low as the knee was permitted – 1888
- a touchdown increased in value to six points and field goals went down to three points – 1912

TEAM COMPOSITION

There are 3 teams within a team; offense, defense, and special teams.

OFFENSE

Team in possession of the football.

- Positions on Offense:
 - Quarterback (QB) – Controls the offense
 - Fullback (FB), Halfbacks (HB) and Tailback (TB) – Main runners
 - Flanker (F), Split End(SE) and Tight End (TE) – Main pass receivers
 - Guards (G) and Tackles (T) – Protect the QB and create holes in the defense
 - Center (C) – snaps the ball to the QB

DEFENSE

Team not having possession of the football. Defensive players are responsible for tackling the ball carrier, rushing the QB and also trying to take the ball away from the offense. Three lines of defense; line, linebackers and safeties.

- Positions on Defense:
 - Defensive Ends (DE) and Defensive Tackles (DT) – lineman protect against the run and are the main pass rushers
 - Linebackers (LB) – usually protect against the run and short passes
 - Corners and Safeties (S) – defensive backs usually protect against short and long passes

SPECIAL TEAMS

The special team includes the team's kicker, the offensive line, and players who run down the field to tackle a returner as well as a special team unit returning the ball.

HOW TO PLAY THE GAME

Start of game begins with a flip of the coin for kickoff. The game consists of 4 quarters, the team with the ball gets 4 downs to try and make a 1st down.

- ◆ The Game:
 - There are eleven players on a team that play at one time.
 - A down in football is a play that includes all actions taking place from the time the ball is snapped until an official blows the whistle.
 - It takes four downs to get a first down.
 - A first down equals 10 yards.
 - There are four quarters in a game.
 - Pro and college play 15 minute quarters and high school plays 12 minute quarters.
 - Line of scrimmage – spot where the ball is put into play.
 - Forward pass is any pass that is thrown forward, and the passer must be behind the line of scrimmage when the pass is thrown.
 - A lateral pass is any ball that is pitched backward or sideways but not forward.
 - A punt is the kicking of the ball in order to surrender it to the opposing team due to failure to advance the ball.
 - The kick-off is the method of putting the ball in play at the beginning of the game, after halftime, and after a touchdown or a field goal.

PEOPLE IN CHARGE OF CONTROLLING THE GAME

- ◆ Referee- controls the game and is the head official.
- ◆ Linesman – rules on offside, sideline plays and runners forward progress.
- ◆ Official – any person whose duty is to regulate the game.

INFRACTIONS CALLED

- ◆ Penalty – a punishment for breaking the rules.
- ◆ Pass Interference is when either a defensive or offensive player prevents another player from making the play on the football by making contact before the ball's arrival
- ◆ Offside – moving over the line before play begins.
- ◆ Illegal block in the back is hitting someone from behind.
- ◆ Clipping – throwing one's body across the back of the legs of an opponent.
- ◆ Holding – putting one's hands on the outside frame of an opponent.
- ◆ Unsportsmanlike conduct – being a bad sport



FIELD

- ◆ Field – playing area 100 yards long.
- ◆ Field measurement – 120 yards long and 53 yards, 1 foot wide.
- ◆ At every fifth yard, a solid white line runs from sideline to sideline, and every 10 yards those lines are numbered.
- ◆ The crosshatch of line gives the field its “gridiron” nickname.

METHODS OF SCORING

- ◆ Extra point (kicked ball through goal posts after touchdown is scored) – 1 point
- ◆ Safety (a player is tackled in his own end zone, meaning the end zone his team is defending, so the other team gets the ball from a free kick) – 2 points
- ◆ 2-point conversion (after a touchdown, the team who scored runs or passes the ball into the end zone) – 2 points
- ◆ Field goal (kicked ball through goal posts) – 3 points

- ✦ Touchdown (An act of carrying, receiving, or gaining possession of the ball across the opponent's goal line) – 6 points

TWO WAYS OF LOSING CONTROL OF THE BALL

- ✦ Interception – a pass caught by a defensive player.
- ✦ Fumble – loss control of the ball
- ✦ Turnover on downs – offensive team fails to advance the ball 10 yards in four downs and has to surrender the ball to the other team.

EQUIPMENT

- ✦ Football – most essential piece of equipment. Also known as pigskin
- ✦ Goal posts – are centered at the back of each end zone.

PASS PATTERNS

LONG PASS PATTERNS



SHORT PASS PATTERNS



FAST FOOTBALL RULES

- ✦ Any number of players – 2 teams
- ✦ Coin toss – kicking team starts game from 20 yard line (punt or kickoff is used)
- ✦ Players may advance the ball by running or passing
- ✦ The ball carrier is down when he/she is touched by the opposing team
- ✦ Ball carrier can take 2 steps after being down before releasing the ball
- ✦ Fumbles and dropped passes are turnovers – the defense picks up the ball and goes from the spot the ball was dropped
- ✦ Incomplete passes or fumbles in the end zone – the ball is brought out to the ten yard line
- ✦ Running out of bounds is a turnover
- ✦ Vertical guarding is permitted

POINTS

- ✦ Running touchdowns – 1 point
- ✦ Passing touchdowns – 3 points
- ✦ Interceptions in end zone – 2 points
- ✦ **TEACHER OPTION** ~ All touchdowns worth 1 point



INFRACTIONS

- Blocking is illegal = penalty time
- Rough tagging = penalty time
- Tripping or pushing = penalty time
- Spiking the ball after touchdowns = - 1 point

****penalty time = loss of 10 yards and the player responsible for rule infraction out of game for 2 minutes****

TOUCH FOOTBALL

Touch football is similar to regulation rugby football and to a modified form of American football with the exception of the manner in which the ball carrier is stopped. In touch football the ball carrier is tagged rather than tackled as in regulation football. Passing the ball forward is the principle offensive weapon, with all players eligible to receive the pass.

GAME PLAY

The game begins with a coin toss, the winner chooses kickoff or to receive the ball. The loser of the toss may then choose goals. The ball is put into at the beginning of the game, at the beginning of the second half, and after a score by a place kick or a drop kick from the 20 yard line. (The ball may be thrown in class rather than kicked if the indoor space is limited.)

RECOVERY OF THE KICKOFF

No member of the kicking team is eligible to touch, recover, or catch the ball until it crosses the receiver's half of the playing field. No member of the kicking team may interfere with the receiving team's opportunity to catch the ball. A kickoff which is first touched by the kicking team before it reaches the receiver's restraining line goes to the receiving team. When the ball is caught by the receiving team in the field of play, the ball continues in play. (In other words, catch the ball and run until someone tags you.) If the ball is kicked out of the playing area, the receiving team gets the ball where it went out of bounds. For class purposes, the ball will be placed on the first line inside the end zone, this is the 20 yard line. A fair catch may be called by raising one arm into the air prior to catching the football on the kickoff. This makes the play dead and becomes the spot for the first down.

SCORING

Running the ball into the end zone or passing the ball into the end zone results in a touchdown which scores 6 points. The team with the ball has 4 downs to score. If a touchdown is not scored in 4 downs the ball is turned over to the opposing team. An extra point is worth one point and is attempted after a touchdown is scored by punting the ball over the goal line and between the goal posts. A safety scores 2 points for the defensive team. A safety occurs when an offensive player is downed behind their own end line.