

Football Study Guide

6th and 7th Grade



Regulation Football Points:

- *Touchdown= 6 points
- *After a touchdown:
 - a. Extra point kick= 1 point
 - b. Running or passing play into endzone= 2 points
- *Field Goal Kick= 3 points
- *Safety= 2 points

Penalties: Penalties move the line of scrimmage forward or backward depending on which team the penalty is called against.

- *Unsportsmanlike Conduct: Not showing good sportsmanship; unacceptable
-examples: taunting another player, negative comments towards opponent
- *Pass Interference: Illegally hindering a receiver's chance to catch the ball
- *Holding: Grabbing or holding onto a player; prevents opponent from moving
- *Facemask: Grabbing another players mask on a helmet
- *Offsides: Offense or defense crosses line of scrimmage before a snap

Offensive Players on the Field:

Quarterback: The offensive signal caller, will give teammates passing or running routes to try for each play, signals when the center should snap the ball.

Center: An offensive player who snaps the ball from the line of scrimmage to the quarterback

Receiver (Wide Receiver): An offensive player that tries to catch the ball; runs routes; receivers may run after catching a ball

Running Back: An offensive player who runs with the football

Offensive Lineman: Line up along line of scrimmage; block the defensive players; numbers 50-79; ineligible receivers (not allowed to catch a pass) unless they tell a referee.

Regulation Football Terms:

Punt: Drop kick; used mostly on 4th downs with a long distance for a 1st down.

Kickoff: Starts each game; occurs after a touchdown by team that just scored. If kicked into endzone=touchback=ball on the 20 yard line.

Snap: Starts the play from the center to the quarterback on “hike” signal; ball starts on the ground at the line of scrimmage and gets thrown to QB from under center’s legs.

Spiral: A ball thrown with perfect spin; point at the front and back of the ball in the air.

Interception: Defense catches a ball out of the air from the offense; defense becomes the offense.

Incomplete Pass: No catch; ball falls to the ground without receiver controlling the ball.

Fumble: Dropping the ball to the ground after having control of the ball; a ball snapped from the center to the quarterback that hits the ground; a dropped lateral pass.

Lateral Pass: A pass throw sideways or backwards with an underhand throw; can happen anywhere on the field; considered a fumble if dropped.

Forward Pass: A pass thrown down the field; must be thrown behind the line of scrimmage.

Offense: Team in possession of the ball

Defense: Team not in possession of the ball; trying to stop the offense from scoring; can be person-to-person (1 on 1) defense or zone (cover an area) defense.

Line of Scrimmage: Imaginary line stretching towards sidelines from the position of the ball

Hash mark: markings 1 yard apart on the field

Endline: The line at the back of the endzone. A catch made beyond this line is out of bounds.

Goal line: The line in front of the endzone which must be crossed to score a touchdown; 0 yard line

Endzone: 10 yards deep between the endline and goal line; touchdowns occur upon entering on offense

Sideline: Runs along the side of the football field

Regulation: “Official”; Regulation football=Packers, Badgers, Blue Dukes

Football Field Length: 120 yards; Length Goal line to Goal line=100 yards

Safety: When the defense tackles an offensive player behind their own goal line; 2 points awarded to the defense.

Downs (1st, 2nd, 3rd, 4th): A play; offense has 4 tries/plays/downs to move the ball 10 yards for another series of 4 downs.