

Q#9

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STUDY GUIDE: FOOTBALL

FOOTBALL

Basics

The game starts with a kickoff, which also restarts play after any touchdown or field goal. The ball is placed on a tee 30 yards from the defense's end zone. The place kicker runs up and kicks the ball. Whoever catches it on the opposite side tries to run it forward while the defense tries to stop the runner. Technically, when a kicked ball has traveled ten yards after the kickoff, it is considered a loose ball, meaning that either side can take it and become the offensive team. When the ball goes out of bounds, the offensive side can restart play where it first went out, or 30 yards from the initial kick point. The ball is either run or passed forward to advance it to the opposite team's end zone, but the defense can tackle the runner. The quarterback is the main ball passer, but players can pass the ball as long as they are behind the line of scrimmage. However, if a player has passed the line or scrimmage, he or she may make a lateral pass. If a pass touches the ground before another offensive player catches it, it is called an incomplete pass. If a defensive team member catches it first, it is an interception. Kicking is usually an activity reserved for the start and restart of play and involves punts and field-goal attempts. In a field goal, a certain player waits for a ball to be snapped seven yards from where play starts and holds it for the kicker who runs up to it and kicks it out of his hands towards the other team's goal post. If the ball is kicked between the uprights, it is worth three points.

At the start of play, there are at least seven players from each team lined up along the line of scrimmage. Behind them are the running backs, the quarterback, linebackers, safeties, and cornerbacks. The center snaps the ball between his legs to the player behind him, thus starting play. When the ball or the carrier falls to the ground or goes out of bounds, the play stops. If a foul is called, an incomplete pass is made, a touchdown is scored, or a field goal fails, play stops, too. Wherever the ball ended up when the play stopped (according to the referee), becomes the line of scrimmage for the subsequent play.

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The offense has four chances called downs: first, second, third, and fourth downs, to either advance the ball ten yards or to score a touchdown. If they don't move the ball a minimum of 10 yards, the ball changes possession. If the ball is fumbled, or intercepted, possession also changes. On the fourth down, a field goal or a punt is often attempted. Time-outs last 1 minute 50 seconds, and substitutions can be made at any point as long as the ball is dead.

Glossary

Astroturf:	An artificial surface on the field instead of real grass.
Audible:	A verbal command the quarterback yells to tell his team to change a play that was called in the huddle.
Backfield:	The part of the field that's behind the line of scrimmage.
Backs:	The halfbacks and the fullbacks on the offense and the cornerbacks on the defense.
Ball Carrier:	The player who has the ball.
Blitz:	A strategy in which defensive players run towards the line of scrimmage immediately after the snap to sack the quarterback.
Blocking:	To stop the defense from reaching the person with the ball.
Bomb:	A long pass thrown to a receiver who is running down the field.
Clipping:	A personal foul that results when a player blocks an opponent from behind. It is punished with a 15-yard penalty.
Complete Pass:	A pass that is caught by a teammate before it hits the ground.
Cornerback or Safety Blitz:	The safeties rush the quarterback instead of covering the receivers.
Cover or Coverage:	Preventing players from gaining yards whether they're trying to catch a pass or kick a long kick.
Dime Package:	Two linebackers on the defensive team are replaced by defensive backs.
Double Coverage:	Two defensive players covering one receiver.
Drop Back:	A quarterback takes a few steps backward into the pocket after his snap to get ready to pass.
Drop Kick:	To drop the ball and kick it right before it bounces.
Dying Quail:	A badly thrown ball that lands short of the receiver.
Eligible Receiver:	Any player who is legally allowed to catch a forward pass. This includes all offensive players except the linemen and the quarterback, but they can make themselves eligible by letting the referee know of their intentions and place themselves at least a yard behind the line of scrimmage before the ball is snapped.
Encroachment:	A foul punishable by a five-yard penalty that occurs if a player (other than the center) in the neutral zone makes contact before the ball is snapped.
End Line:	The line running the width of the field along each end.
End Zone:	The area between the end line and goal line where the offensive team tries to get to score a touchdown.
Extra Point(s):	A point-after-touchdown (one point) or a two-point conversion (two points) that can be scored after a touchdown.

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Fair Catch:	A kick returner waves his hand in the air to let people know he wants to catch the kickoff or punt and not run because he doesn't want to be hit by the opposing players.
Field Goal:	A place kick worth three points when it passes through the goalposts.
First Down:	The first chance out of four that the offensive team gets to go 10 yards down the field, and thus gain a new first down.
Forward Pass:	This can only be done once per play.
Forward Progress:	The place to which the carrier has advanced the ball.
Foul:	A violation of the rules that results in a penalty.
Free Kick:	A type of kick used to restart play.
Frozen Rope:	A perfectly straight, on-target pass.
Fumble:	The player with the ball loses it by dropping it, or by allowing it to be knocked from his hands. It becomes a loose ball, and whatever team catches it before it goes out of play becomes the current offense.
Goal Line:	A line 10 yards in from the end lines on either side across the field.
Gunner:	The player who is usually the first player downfield to tackle the ball carrier on a kickoff or a punt.
Hail Mary:	A pass towards the end zone during the final seconds of a game as a desperate play, even if there isn't much hope of it scoring a touchdown.
Hand-off:	The quarterback gives the ball to a back.
Hang Time:	The length of time a punt is in the air.
Holding:	An infraction punishable by a 10-yard penalty if against the offense, or five yards and a first down if against the defense. In this move, a player interferes with an opponent's movement by grabbing either his body or his uniform.
Incomplete Pass:	A pass that is not caught by any player on the field.
Intentional Grounding:	A foul that's committed when a quarterback throws an incomplete forward pass to avoid a sack. It only applies if the pass does not land on or beyond the line of scrimmage.
Interception:	A defender catches a ball in the air (picks it off), and then his team becomes the offense.
Kickoff:	A player kicks a ball from a tee at his own 30-yard line to the other end of the field to start the game.
Lateral:	A pass that's thrown behind or parallel to the person throwing the ball.
Line of Scrimmage:	The imaginary line that aligns with the spot where the preceding play ended. Players from opposite teams face each other at this line before each play.
Live Ball:	A ball that is in play once it has been free kicked or snapped.
Motion, or Man in Motion:	After lining up, an offensive player changes his position on the field prior to the ball being snapped.
Midfield:	The 50-yard line that divides the field into halves.
Necessary Line:	The imaginary line the offense has to cross in order to get a new first down.
Neutral Zone:	The area between the two lines of scrimmage.
Nickel Defense or Nickel Package:	A defense brings in a fifth defensive back to replace a linebacker on the field

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Offside:	A foul that's called when any part of a player's body crosses the line of scrimmage before the ball is snapped. It results in a five-yard penalty.
Open Receiver:	A player that no one is covering.
Option:	The quarterback's possibilities or choices, such as passing, handing off the ball, or running with it.
Out of Bounds:	The part of the field beyond (and including) the end lines and sidelines. If the ball goes out of bounds, play stops.
Personal Foul:	A type of foul that can be dangerous because it can cause injury to another player. It involves a 15-yard penalty.
Place Kick:	A kick in which the ball is stabilized by a teammate's finger and the ground. The kicker tries to kick the ball through the goalposts to gain a field goal for an extra point.
Play Clock:	A clock that reminds players there can only be 40 seconds between plays.
Pocket:	The area where the quarterback is protected by his blockers behind the offensive line.
Possession:	Having or controlling the ball.
Pull Block:	An offensive lineman moves out and blocks a defender on the outside of the play.
Punt:	When a player 10 yards behind the center catches a snap, drops it and kicks it before it hits the ground, towards an opponent who catches it and tries to run or pass it the other way.
Pylon:	The orange markers in the corners of the end zone.
Quarterback:	The leader of the offense team.
Receiver:	The player who catches and advances passes.
Recovery:	To take possession of a fumbled ball.
Reverse:	A play in which the quarterback hands the ball to a teammate, who runs parallel to the line of scrimmage with it, and then hands it off to a teammate who's running back the other way.
Roll Out:	A quarterback runs parallel to the line of scrimmage, hoping to find a receiver.
Rookie:	A first-year player.
Sack:	Tackling the quarterback behind his line of scrimmage.
Safety:	Two points plus a free kick from the 20-yard line of the offense are awarded to the defense when a ball carrier is tackled in his own end zone.
Scrambling:	The quarterback zigzags and dodges to avoid being sacked.
Shotgun Formation:	A formation in which the quarterback lines up several yards behind the center and takes the snap like a backwards pass through the center's legs.
Sideline:	The out-of-bounds boundary along the length of the field.
Snap:	The center hands the ball to the quarterback behind him through his legs to start a play.
Special Teams:	The players who perform the kicking plays.
Spike:	Throwing down the ball to celebrate a touchdown.
Spiral:	A ball that's passed or kicked with a spin to create a more accurate flight.
Third-and-long:	The offense is up to a third down but is still more than a short-running play away from a first down.
Touchdown (TD):	The ball crosses the goal line or is caught or recovered in the opposition's end zone, resulting in six points.

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Turnover: An accidental loss of control of the ball during a play, either because of a fumble or an interception.

Two-point Conversion: The team that just scored a touchdown starts a play at the opponent's two-yard line and crosses the goal line to earn two points.

AMERICAN FOOTBALL CONFERENCE		
Team Name	Stadium	Hometown
Baltimore Ravens	M&T Bank Stadium	Baltimore, MD
Buffalo Bills	Ralph Wilson Stadium	Orchard Park, NY
Cincinnati Bengals	Paul Brown Stadium	Cincinnati, OH
Cleveland Browns	Cleveland Browns Stadium	Cleveland, OH
Denver Broncos	INVESCO Field	Denver, CO
Houston Texans	Reliant Stadium	Houston, TX
Indianapolis Colts	RCA Dome	Indianapolis, IN
Jacksonville Jaguars	ALLTEL Stadium	Jacksonville, FL
Kansas City Chiefs	Arrowhead Stadium	Kansas City, MO
Miami Dolphins	Pro Player Stadium	Miami, FL
New England Patriots	Gillette Stadium	Foxboro, MA
New York Jets	Giants Stadium	E. Rutherford, NJ
Oakland Raiders	McAfee Coliseum	Oakland, CA
Pittsburgh Steelers	Heinz Field	Pittsburgh, PA
San Diego Chargers	Qualcomm Stadium	San Diego, CA
Tennessee Titans	The Coliseum	Nashville, TN

NATIONAL FOOTBALL CONFERENCE		
Team Name	Stadium	Hometown
Arizona Cardinals	Sun Devil Stadium	Tempe, AZ
Atlanta Falcons	Georgia Dome	Atlanta, GA
Carolina Panthers	Ericsson Stadium	Charlotte, NC
Chicago Bears	* Soldier Field	Chicago, IL
Dallas Cowboys	Texas Stadium	Irving, TX
Detroit Lions	Ford Field	Detroit, MI
Green Bay Packers	Lambeau Field	Green Bay, WI
Minnesota Vikings	Metrodome	Minneapolis, MN
New Orleans Saints	Superdome	New Orleans, LA
New York Giants	Giants Stadium	E. Rutherford, NJ
Philadelphia Eagles	Lincoln Financial Field	Philadelphia, PA
San Francisco 49ers	3Com Park	San Francisco, CA
Seattle Seahawks	Qwest Stadium	Seattle, WA
St. Louis Rams	Edward Jones Dome	St. Louis, MO
Tampa Bay Buccaneers	Raymond James Stadium	Tampa Bay, FL
Washington Redskins	FedEx Field	Raljon, MD

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MAJOR BCS BOWL GAMES	
Bowl Game Name	Location
*Rose Bowl	Pasadena, CA
Orange Bowl	Miami, FL
Sugar Bowl	New Orleans, LA
Fiesta Bowl	Tempe, AZ
MAJOR NCAA BOWL GAMES	
Alamo Bowl	San Antonio, TX
Capitol One Bowl	Orlando, FL
Champs Sports Bowl	Orlando, FL
Cotton Bowl	Dallas, TX
Emerald Bowl	San Francisco, CA
Fort Worth Bowl	Ft. Worth, TX
GMAC Bowl	Mobile, AL
Gator Bowl	Jacksonville, FL
Holiday Bowl	San Diego, CA
Houston Bowl	Houston, TX
Independence Bowl	Shreveport, LA
Insight Bowl	Tempe, AZ
Las Vegas Bowl	Las Vegas, NV
Liberty Bowl	Memphis, TN
Motor City Bowl	Detroit, MI
MPC Computers Bowl	Boise, ID
Music City Bowl	Nashville, TN
New Orleans Bowl	Lafayette, LA
Outback Bowl	Tampa, FL
Peach Bowl	Atlanta, GA
Holiday Bowl/Poinsettia Bowl	San Diego, CA
Aloha Bowl	Honolulu, HI
Oahu Bowl	Honolulu, HI
Sun Bowl	El Paso, TX

*In 1902, the Rose Bowl was the first Bowl Game ever played. Michigan beat Stanford 49-0.