



PHYSICAL EDUCATION—DORMAN HIGH SCHOOL
Football Study Guide



Football Study Guide Professional	College	Phys. Ed.
Touchdown is worth 6 points	Same as pro	Same as pro
Extra point (1point) or 2 pt. conversion or Field Goal 3 pt	Same as pro	Not used
2 feet needed in bounds for a catch	Only one foot needed	Only one foot needed
Field is 100 yards long (120 with end zones)	Same as pro	Teacher modifies length of field
Ten yards needed for a first down	Same as pro	2 complete passes equals a 1 st down (1 per possession)
Team gets 4 tries to get 1 st down	Same as pro	Team gets 4 tries to get one 1 st down
Kickoffs and punts are part of the game	Same as pro	All possessions start at the 5 yd. line Punts with no returns
11 players on the field for each team	Same as pro	Determined by teacher
May run or pass the ball to advance forward	Same as pro	Can run if QB is being rushed
Tackle is legal	Same as pro	2 hand touch or “flag” is played

Game Rules:

- Must count 5 “Mississippi” before rushing the quarterback
(**rush** means to across the line of scrimmage and attack the quarterback)
- Each team may **blitz** once in every 4 down series
(Blitz means defense can rush the quarterback with one or more players on the snap of the ball)
- The quarterback can run if the defense passes the line of scrimmage
(the **line of scrimmage** is the imaginary between offense and defense)
- Each team can earn a 1st down with two complete passes (1 first down per possession)
- 2 forward passes not allowed on the same possession
- A Fumble results in a dead ball
(a **fumble** occurs when offense has possession of the ball and drops the ball)
- **Reception:** a completed forward pass
- **Interception:** when the defense catches a forward pass intended for an offensive player
- No running plays: a pass must be made forward, across the line of scrimmage and only one per possession
- **Offense:** the team with the ball trying to score
- **Defense:** the team with out the ball trying to stop the other team from scoring

Positions of a football team:

- **Offense:** quarterback, running back, receiver, tight end, guard, tackle, center, and kicker
- **Defense:** end, tackle, linebacker, cornerback, safety, and punter

Common Penalties in Football:

Interference, offside, illegal motion, roughing, clipping, holding, false start, unsportsmanlike conduct

PASSING TREE

