

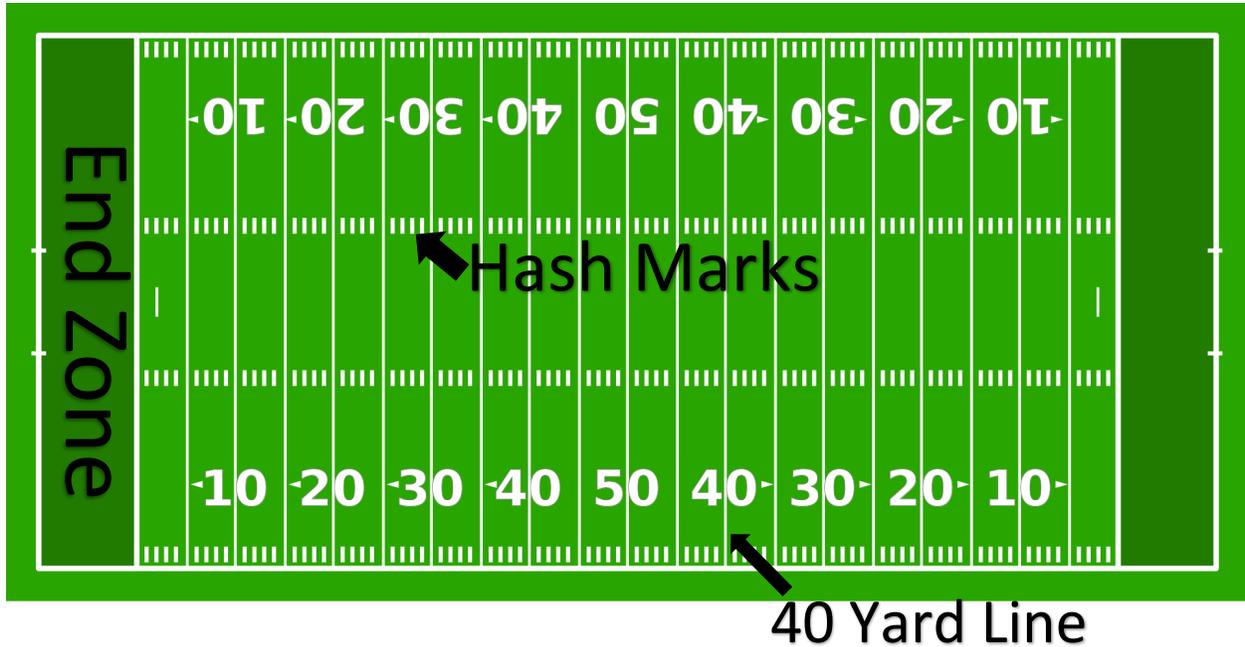
JR BULLDOG



FOOTBALL

Football Primer

The Field

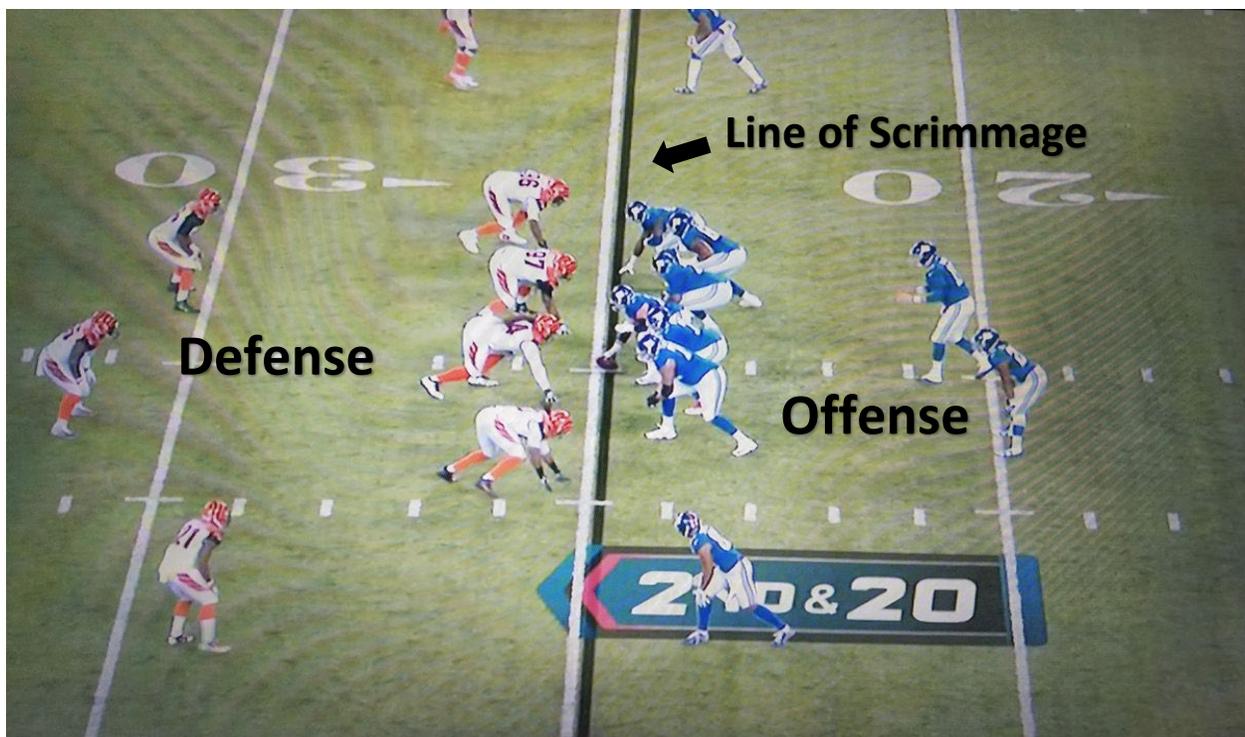


- The entire field is 360 feet long by 160 feet wide.
- The playing field is measured in **Yards**. 1 Yard is equal to 3ft
- In total, the playing field is 100 Yards long (300 Ft) with the 50 Yard line dividing the field in half, and 2 10-yard **End Zones**.
- There are 2 **End Zones**. The area at each end of the field between the goal lines and end lines – including the goal lines themselves – are called the End Zones. The End Zones are where **Touchdowns**, **Two-Point Conversions**, and **Safeties** are scored, and where **Touchbacks** occur. Orange weighted pylons mark the four corners of each end zone
- **Hash marks** - Are two rows of short lines running the length of the field that mark the boundaries of where a **scrimmage down** may start. If the ball is downed outside the hash marks or run out of bounds, the next play begins at the hash mark closest to the spot where it is downed
- **Scrimmage Down** - A scrimmage down, or **down**, is a **play starting at the line of scrimmage**. When the offense gets the ball, they are given a set of four downs to move the ball 10 yards on the football field. If the offense reaches the 1st down line, they are rewarded with a fresh set of four downs
- **Kick-off** – in TCYFL football kick-offs and On-Side Plays are not allowed. At the start of each half and after each score, the ball will be placed at the offenses 35-Yard line.

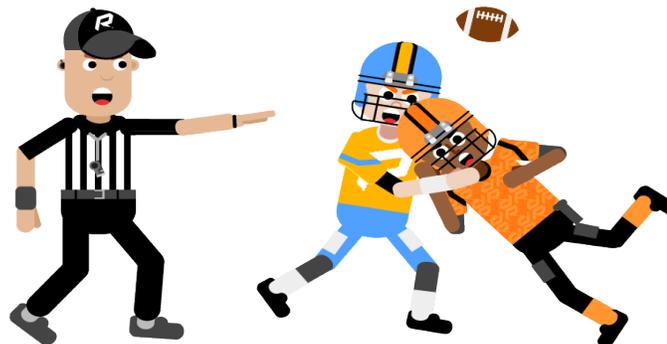
Key Football Terms

- **Backfield:** The group of offensive players — the running backs and quarterback — who line up behind the line of scrimmage.
- **Down:** A period of action that starts when the ball is put into play and ends when the ball is ruled dead (meaning the play is completed). The offense gets four downs to advance the ball 10 yards. If it fails to do so, it must surrender the ball to the opponent, usually by punting on the fourth down.
- **Drive:** The series of plays when the offense has the football, until it punts or scores and the other team gets possession of the ball.
- **Extra point:** A kick, worth one point, that's typically attempted after every touchdown (it's also known as the *point after touchdown*, or PAT). The ball is placed on either the 2-yard line (in the NFL) or the 3-yard line (in college and high school) and is generally kicked from inside the 10-yard line after being snapped to the holder. It must sail between the uprights and above the crossbar of the goalpost to be considered good.
- **Fair catch:** When the player returning a punt waves his extended arm from side to side over his head. After signaling for a fair catch, a player can't run with the ball, and those attempting to tackle him can't touch him.
- **Field goal:** A kick, worth three points, that can be attempted from anywhere on the field but is usually attempted within 40 yards of the goalpost. Like an extra point, a kick must sail above the crossbar and between the uprights of the goalpost to be ruled good.
- **Fumble:** The act of losing possession of the ball while running with it or being tackled. Members of the offense and defense can recover a fumble. If the defense recovers the fumble, the fumble is called a turnover.
- **Handoff:** The act of giving the ball to another player. Handoffs usually occur between the quarterback and a running back.
- **Huddle:** When the 11 players on the field come together to discuss strategy between plays. On offense, the quarterback relays the plays in the huddle.
- **Incompletion:** A forward pass that falls to the ground because no receiver could catch it, or a pass that a receiver dropped or caught out of bounds.
- **Interception:** A pass that's caught by a defensive player, ending the offense's possession of the ball.
- **Offensive line:** The human wall of five men who block for and protect the quarterback and ball carriers. Every line has a center (who snaps the ball), two guards, and two tackles.
- **Punt:** A kick made when a player drops the ball and kicks it while it falls toward his foot. A punt is usually made on a fourth down when the offense must surrender possession of the ball to the defense because it couldn't advance 10 yards.
- **Red zone:** The unofficial area from the 20-yard line to the opponent's goal line. Holding an opponent to a field goal in this area is considered a moral victory for the defense.
- **Return:** The act of receiving a kick or punt and running toward the opponent's goal line with the intent of scoring or gaining significant yardage.
- **Rushing:** To advance the ball by running, not passing. A running back is sometimes called a *rusher*.

- **Sack:** When a defensive player tackles the quarterback behind the line of scrimmage for a loss of yardage.
- **Safety:** A score, worth two points, that the defense earns by tackling an offensive player in possession of the ball in his own end zone.
- **Secondary:** The four defensive players who defend against the pass and line up behind the linebackers and wide on the corners of the field opposite the receivers.
- **Snap:** The action in which the ball is *hiked* (tossed between the legs) by the center to the quarterback, to the holder on a kick attempt, or to the punter. When the snap occurs, the ball is officially in play and action begins.
- **Special teams:** The 22 players who are on the field during kicks and punts. These units have special players who return punts and kicks, as well as players who are experts at covering kicks and punts.
- **Touchdown:** A score, worth six points, that occurs when a player in possession of the ball crosses the plane of the opponent's goal line, when a player catches the ball while in the opponent's end zone, or when a defensive player recovers a loose ball in the opponent's end zone.
- **Line of Scrimmage** -Imaginary line where the ball is placed at the beginning of each play. It marks the position of the ball at the start of each down

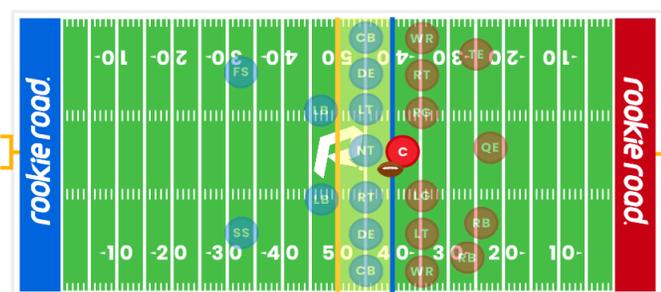


Referee Signals and Penalties



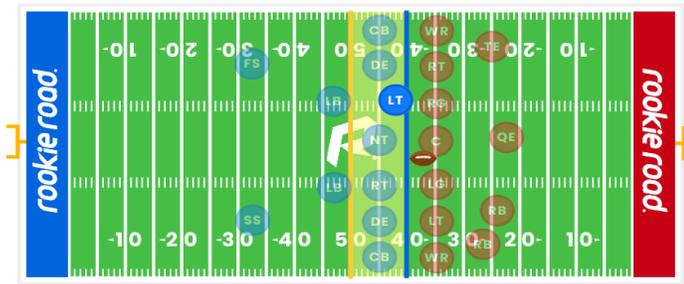
Football Offensive Holding Penalty

The **offensive holding penalty** occurs when an offensive player grabs and holds onto a defensive player. Proper and legal blocking in football is with an open hand technique. Offensive players cannot grab, tackle, pull, hook, or jerk a defensive player. Any gripping or wrapping up on any part of a defender's body is illegal.



Football Offensive Offside Penalty

Offensive Offside Penalty or **False Start** is called when a player on offense crosses the line of scrimmage or moves prior to the ball being snapped. Any movement, including minor flinches, hand shifts, or leg shift once "set" would constitute offside. Any offensive player lined up on, or in front of the line of scrimmage is also an offside penalty, regardless of if the player moved or not.



Football Defensive Offside Penalty

The **Defensive Offside Penalty** or **Neutral Zone Infraction** occurs when any part of a defensive player's body is on the other side of the line of scrimmage as the ball is snapped. If the defensive player crosses the line of scrimmage and is able to get back to their side before the ball is snapped, there is no Neutral Zone Infraction or penalty. If a defensive player crosses the line of scrimmage and makes physical contact with any offensive player, or the ball, prior to the snap, the penalty is **Encroachment**.



Football Pass Interference Penalty

Pass Interference is a penalty that occurs in football when an offensive or defensive player restricts the opponent from catching the ball. Common forms of this penalty include shoving a potential receiver to create space, holding a receiver's arms so they cannot make a catch, or making early contact with the receiver while the ball is in flight.



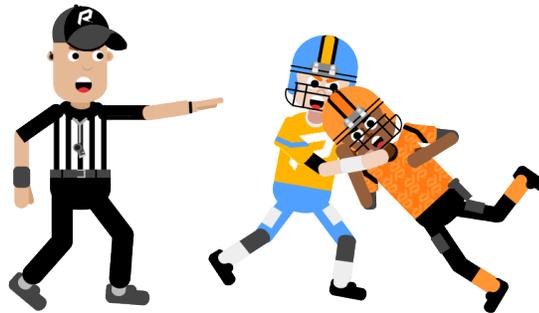
Football Horse Collar Penalty

Horse Collar is a penalty called on the defensive player usually in the process of attempting to tackle the ball carrier. Horse Collar is when the defensive player grabs the inside collar of the back or side of the jersey or shoulder pads. This form of tackling is illegal due to the high risk of injury that can occur.



Football Illegal Block In The Back Penalty

An **Illegal Block in The Back** penalty is when a player makes contact above the waist and from behind with an opposing player who does not have the ball. Depending on the severity, and situation of the foul, this could also become a personal foul for unnecessary roughness.



Football Facemask Penalty

Facemask is a penalty where a player grabs another player's face mask on their helmet. This is a major safety issue and also extends to any other part of the helmet (Chin Strap, Ear Holes). Depending on the severity of the infraction, this can also be called as a personal foul for unnecessary roughness.



OFFICIAL FOOTBALL SIGNALS HIGH SCHOOL AND COLLEGE

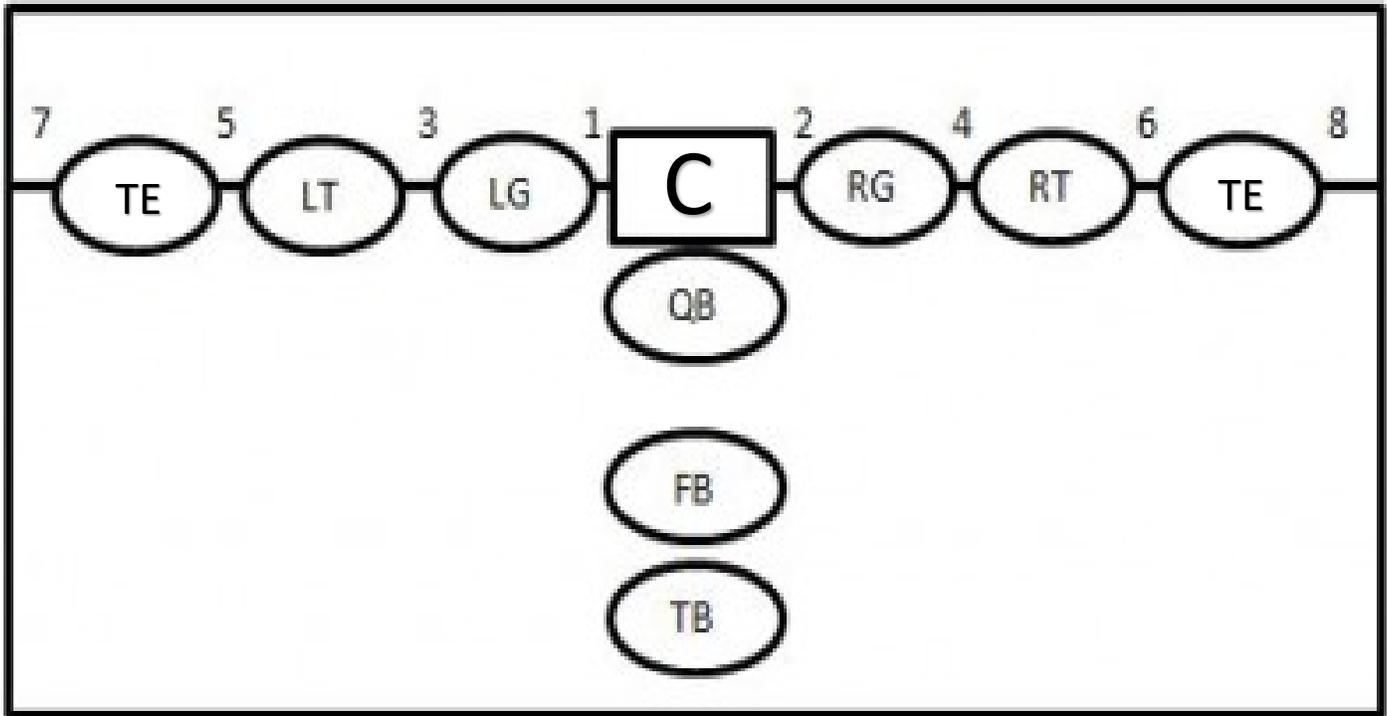


<p>23</p>  <p>Failure to wear required equipment</p>	<p>24</p>  <p>Illegal helmet contact/Targeting</p>	<p>25</p>  <p>Illegal Horse-Collar Tackle</p>	<p>27</p>  <p>Unsportsmanlike conduct Noncontact foul</p>	<p>28</p>  <p>Illegal participation</p>
<p>29</p>  <p>Sideline interference (Face Press Box)</p>	<p>30</p>  <p>Running into or Roughing kicker or holder</p>	<p>31</p>  <p>Illegal batting/kicking (Followed by pointing toward toe for kicking)</p>	<p>32</p>  <p>Invalid fair catch signal (NFHS) Illegal fair catch signal</p>	<p>33</p>  <p>Forward pass interference Kick catching interference</p>
<p>34</p>  <p>Roughing passer</p>	<p>35</p>  <p>Illegal pass/forward handing (Face Press Box)</p>	<p>36</p>  <p>Intentional grounding</p>	<p>37</p>  <p>Ineligible downfield on pass</p>	<p>38</p>  <p>Personal foul</p>
<p>39</p>  <p>Clipping</p>	<p>40</p>  <p>Blocking below waist Illegal block</p>	<p>41</p>  <p>Chop block</p>	<p>42</p>  <p>Holding/obstructing Illegal use of hands/arms</p>	<p>43</p>  <p>Illegal block in the back</p>
<p>44</p>  <p>Helping runner Interlocked blocking</p>	<p>45</p>  <p>Grasping face mask or helmet opening</p>	<p>46</p>  <p>Tripping</p>	<p>47</p>  <p>Disqualification</p>	

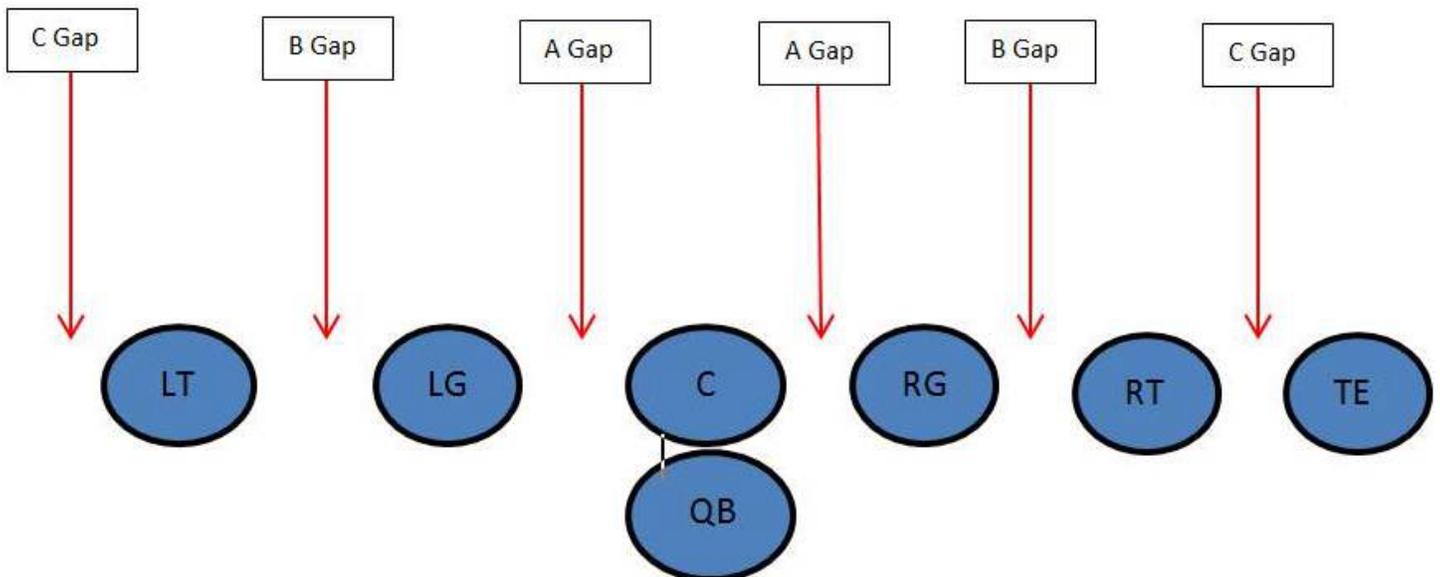
NOTE: Signal number 26 is for future expansion.

Offensive Hole Numbering and Defensive Gap Designation

Offensive Hole Numbers



Defense Gap Designations



Position Names



Offensive Positions

1) **Quarterback (QB)** – The Quarterback is the player who initiates the game, calls a play in the huddle, and effectively handles the snap. He needs to develop high accuracy and power to throw the ball to the other player. He either throws the ball to the receiver or hands the ball to the Running Back. He can also run with the ball if the situation of the game demands him to do.

2) **Running Back (RB)** – The Running Back runs the ball, can catch the ball, will have blocking assignments on some plays, and can throw a pass in some situations.

3) **Fullback (FB)** – The fullback is similar to a Running Back, however, they usually have the main task of lead blocker for the running back.

4) **Offensive Line:** – There are a total of five offensive linemen and each have different responsibilities depending on the play. In order of left to right, the positions are Left Tackle, Left Guard, Center (Snapper), Right Guard, and Right Tackle. They are responsible for protecting the Quarterback, giving him enough time to get the play off, and moving the defense out of the way so the running back can break through.

The Offensive Linemen usually are the strongest and biggest players on the team.

5) Wide Receiver (WR) – They are the pass catchers. They run **Routes** to get the pass from the Quarterback. Typically, they take a various handoff and throw blocks. Wide Receivers need to be fast, have good hands, and fantastic hand-eye coordination.

6) Tight End (TE) – The Tight End is a mix between an Offensive Lineman and a Wide Receiver. The Tight End plays just next to the right or left tackle. He has some crucial responsibilities like blocking for the running back and quarterback players, and he can also catch passes and may run into the field. He catches like a receiver but also has the ability and strength to dominate on the line too.

Defensive Positions

1) Defensive Line – The defensive line is the first and foremost line of defense. Here, according to the game and situation, three to four players stand opposite the offensive line players. Usually, an active and most prominent person of the team stands on the defensive lines. But the ultimate job is to stop the offensive line players from scoring the goal.

2) Linebacker (LB) – As the term or name itself is defining, the linebacker players back the defensive line position. Though it usually depends on the game plan and situation but typically, three to four players play at the linebacker position to back the defensive line. The players of outside linebacker play towards the side of Defensive end, and inside and middle linebacker players play just behind the defensive tackle. They have the main responsibility of shadowing RB's players, tackling the ball carrier.

3) Cornerback (CB) – They are quickest players on the line of defense. The cornerback players mainly support or back the run and can be asked to engage the quarterback players. But they spend their most time while covering or managing the wide receivers. It simply means they break the passes, intercept passes in their way and tackle or handle players who catch passes.

4) Safety (S) – In the game of football, there are two safety positions. It can be categorized into two parts. The first one is strong safety, players who are responsible for covering up the RBs, TEs, WRs, running support. On the other hand, free safety players are responsible for similar kinds of work and also called the last line of defense. They are also considered as center fielders.

Additional Resources:

www.usafootball.com – Training Drills and Position Skill Development

www.tcyfl.net – League Info, Game Schedules, Rules, and News.

ROUTE TREE

