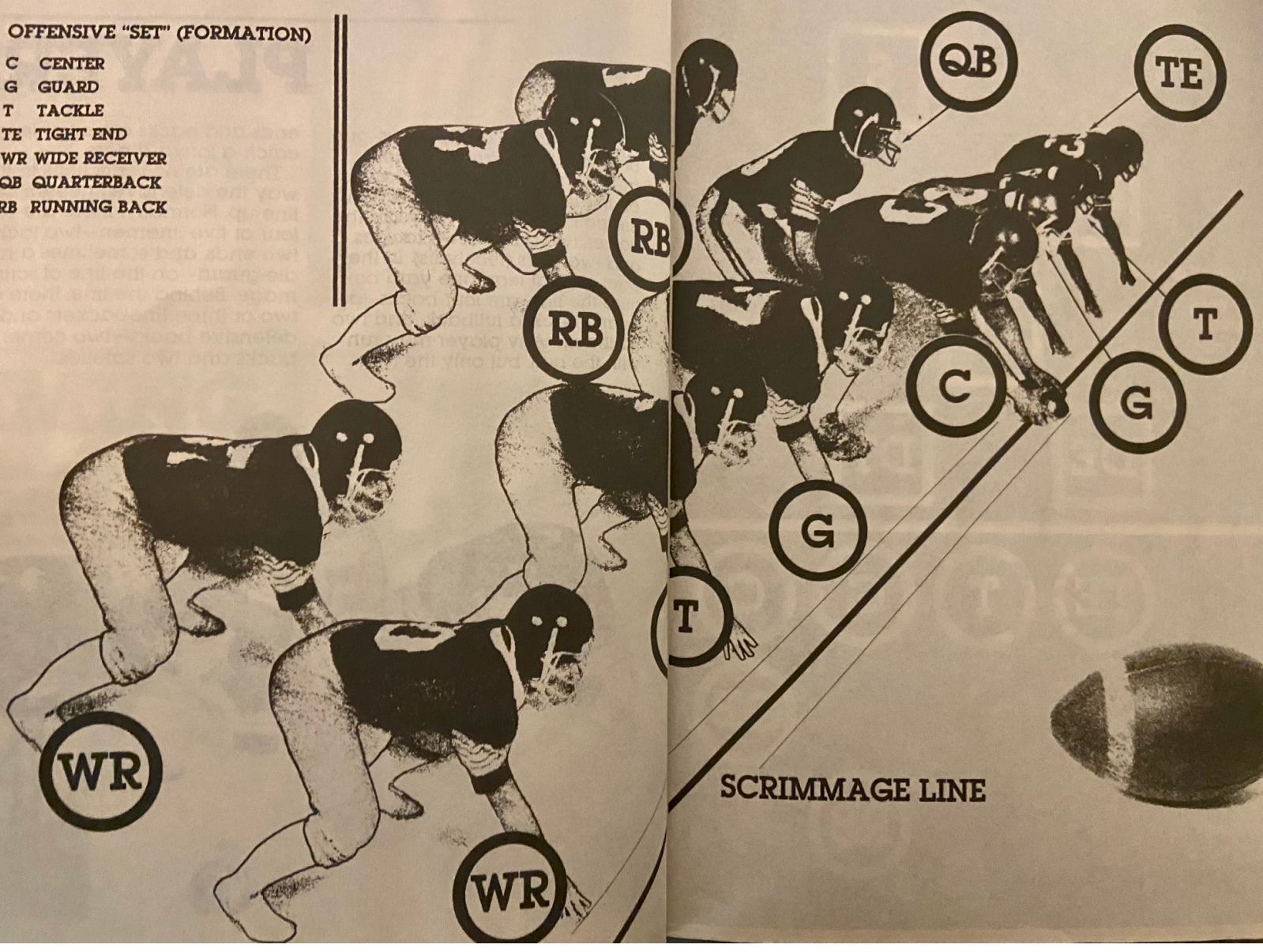


**OFFENSIVE "SET" (FORMATION)**

- C CENTER
- G GUARD
- T TACKLE
- TE TIGHT END
- WR WIDE RECEIVER
- QB QUARTERBACK
- RB RUNNING BACK



S

CB

LB

LB

DE

DT

S

CB

LB

DT

DE

SCRIMMAGE LINE

TE

T

G

C

G

T

WR

QB



WR

RB

RB

DEFENSIVE ALIGNMENT

- DE DEFENSIVE END
- DT DEFENSIVE TACKLE
- LB LINEBACKERS
- CB CORNERBACK
- S SAFETY

OFFENSIVE TEAM

- C CENTER
- G GUARD
- T TACKLE
- TE TIGHT END
- WR WIDE RECEIVER
- QB QUARTERBACK
- RB RUNNING BACK

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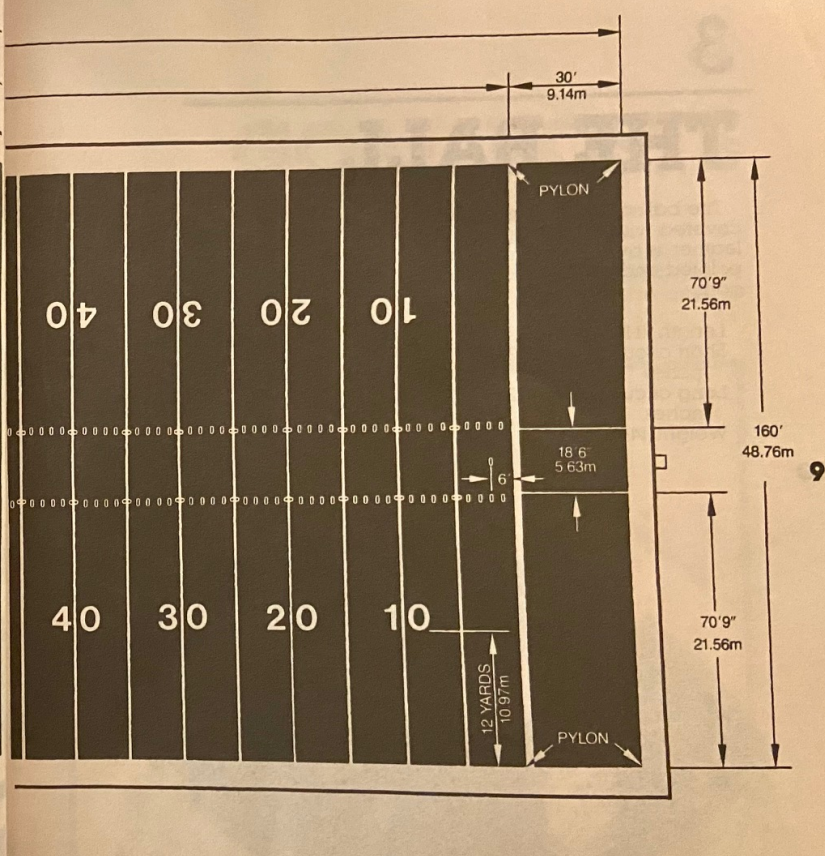
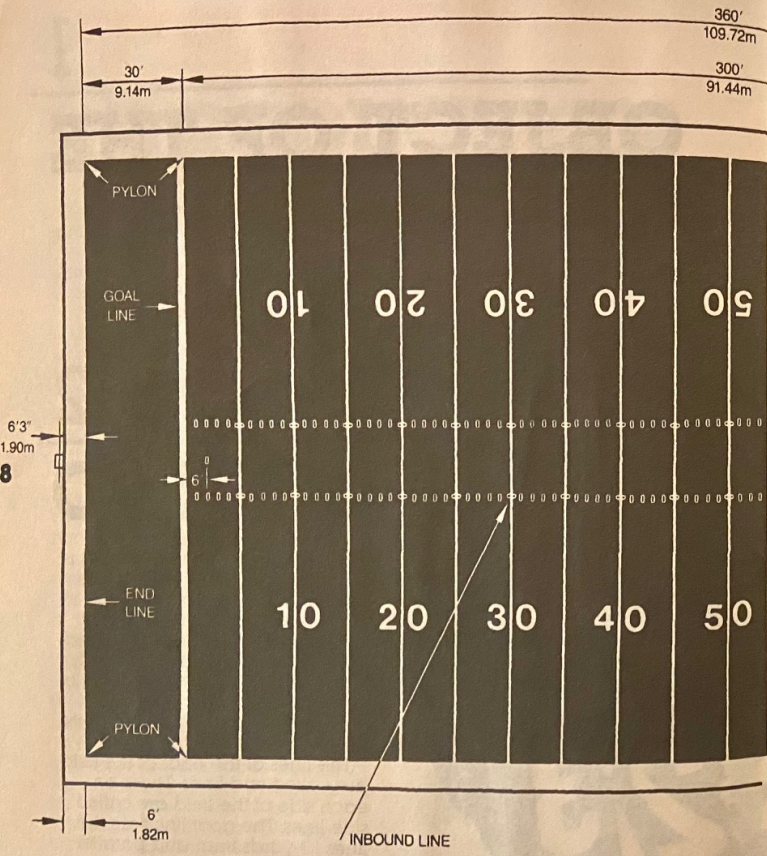
# PLAYERS

Each team fields 11 players, one of whom is the captain. There must be seven offensive players on the line of scrimmage when the ball is snapped. They are the center, two guards, two tackles, and two ends (receivers). In the backfield, at least one yard behind the line, are four backs—a quarterback, a fullback, and two halfbacks. Any player may run with the ball, but only the two

ends and backs are eligible to catch a forward pass.

There are no restrictions in the way the defensive linemen can line up. Normally, there are either four or five linemen—two tackles, two ends, and sometimes a middle guard—on the line of scrimmage. Behind the line, there are two or three linebackers and four defensive backs—two cornerbacks and two safeties.





All measurements are made from the inside edges of the lines. The side lines and the end lines themselves are out-of-bounds. The goal lines are considered within the end zones.

**FOOTBALL FIELD DIAGRAM**

# OBJECT OF THE GAME

Two teams of 11 players each attempt to score points by kicking goals or putting the ball across the opponents' goal line. The winning team is the one that scores the greatest number of points.

# THE FIELD

The rectangular playing field is 120 yards long and 53 1/3 yards wide. It is divided by parallel yard lines, 5 yards apart. These are intersected by short in-bounds lines 70 feet, 9 inches from each side line. Each of the lines used in try-for-point plays is within the playing field and 2 yards from its related goal line.

The lines at the ends of the field are called end lines. Those on each side of the field are called side lines. The goal lines are the lines 10 yards from and parallel to the end lines. The end zones are the areas bounded by the end lines, goal lines, and side lines.



# LINE OF SCRIMMAGE

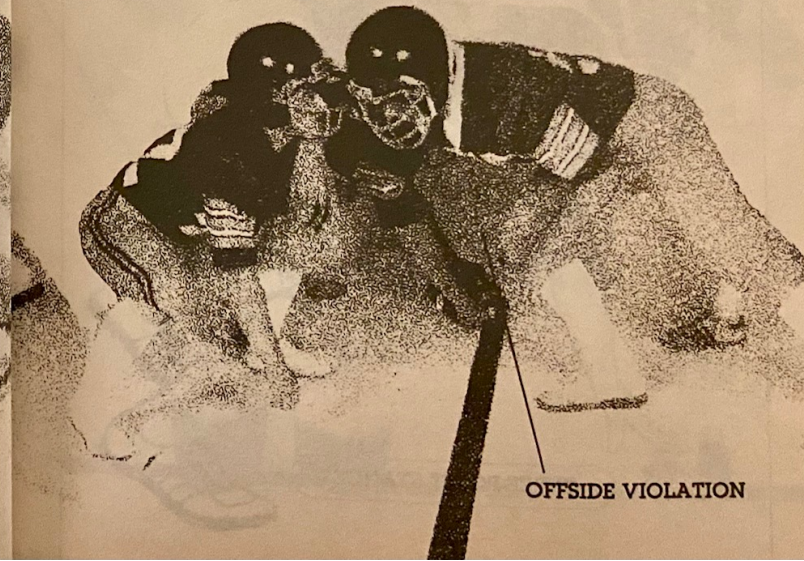
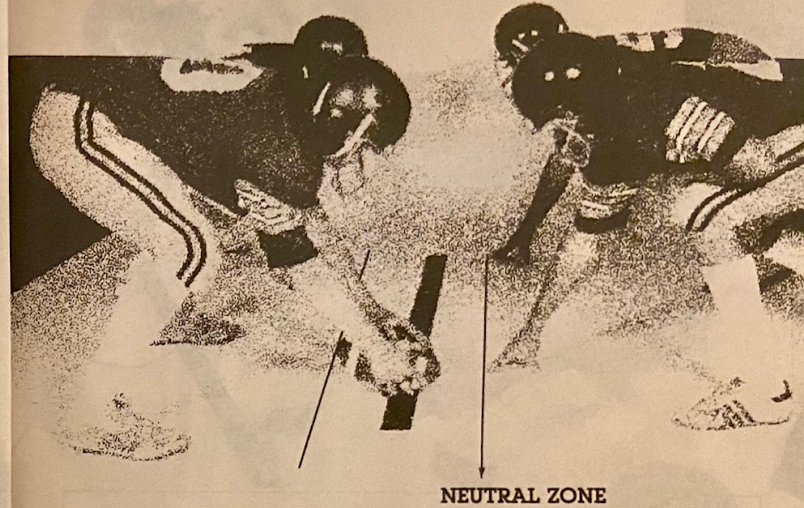
Each team provides a line of at least seven players. They take their positions on either side of the ball and parallel to the goal line.

The line of scrimmage for each team is a line passing through the end of the ball closest to and parallel to the team's own goal line. The area between the two

lines of scrimmages is the neutral zone.

The remaining players on each team, except for the player who is to receive the snap, must be at least 1 yard behind the line of scrimmage.

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# FOULS AND PENALTIES

A foul is any violation of a playing rule. When a team is charged with a foul, it loses 5, 10, or 15 yards, depending on the nature of the foul. The various fouls and the penalties for each are listed below:

## FOUL

## PENALTY

Assisting the runner

Ten yards

Batting or punching loose ball

Fifteen yards

Butting, spearing, or ramming an opponent

Fifteen yards

Clipping

Fifteen yards

Crawling

Five yards

Defensive holding

Five yards plus automatic first down

Delay of game at start of half

Fifteen yards

Encroachment

Five yards

Excessive number of time-outs

Five yards

Failure to pause one second after shift or huddle

Five yards

Fair catch interference

Fifteen yards

False start

Five yards

Forward pass out-of-bounds

Loss of down

Forward pass strikes ground, goal post or goal post crossbar

Loss of down

Forward pass thrown beyond the line of scrimmage

Five yards plus loss of down

# FOUL

# PENALTY

Forward pass thrown from behind the line of scrimmage after ball once crossed line	Loss of down
Forward pass touches ineligible receiver	Loss of down
Grasping opponent's face mask	Five yards
Illegal blocking below the waist	Fifteen yards
Illegal crackback block	Fifteen yards
Illegal formation	Five yards
Illegal motion	Five yards
Illegal return	Five yards
Illegal shift	Five yards
Illegal substitution	Five yards
Illegal use of hands	Five yards plus automatic first down
Illegal use of hands by offense, holding	Ten yards
Ineligible member of kicking team downfield before ball is kicked	Five yards
Ineligible player downfield on passing down	Ten yards
Intentionally kicking loose ball	Fifteen yards
Invalid fair catch signal	Five yards
Kick-off out-of-bounds	Five yards
Less than 7 players on offensive line at snap	Five yards
More than 11 players on field at snap	Five yards
More than one man in motion at snap	Five yards



# FOUL

# PENALTY

Offensive pass interference

Offside

Piling on

Player out-of-bounds at snap

Pulling an opponent by face mask

Roughing the kicker

Roughing the passer

Running into kicker

Second forward pass behind the line

Tripping

Unnecessary roughness

Unsportsmanlike conduct

Ten yards

Five yards

Fifteen yards plus automatic first down

Five yards

Fifteen yards

Fifteen yards plus automatic first down

Fifteen yards plus automatic first down

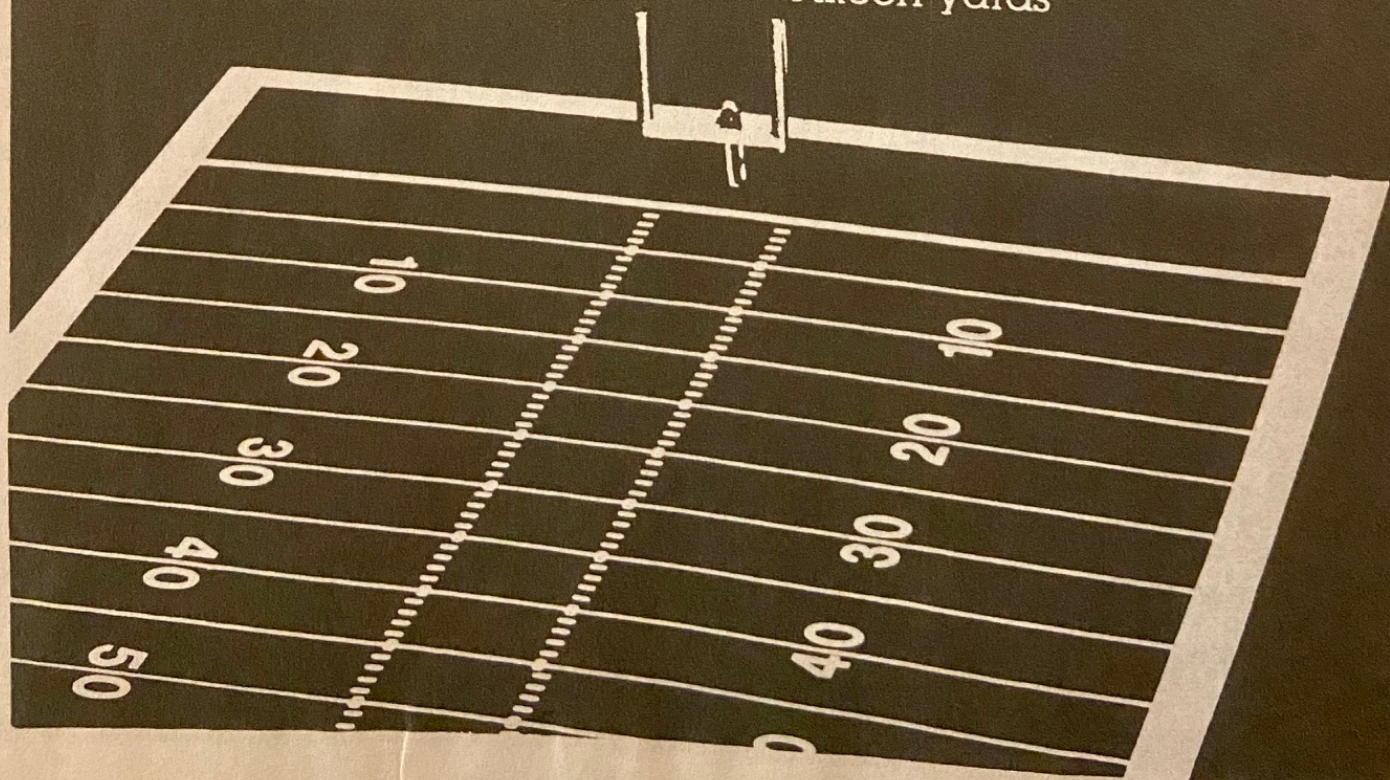
Five yards plus automatic first down

Loss of down

Ten yards

Fifteen yards

Fifteen yards



# GLOSSARY

**back** A member of the offensive backfield, that is, the quarterback or one of the running backs; also, one of the members of the defensive secondary—either of the two safeties or cornerbacks.

**blind-side block** A block directed at a player by an unseen opponent.

**blitz** A surprise defensive maneuver in which one or more linebackers and/or safeties charge across the line of scrimmage in an effort to sack the quarterback.

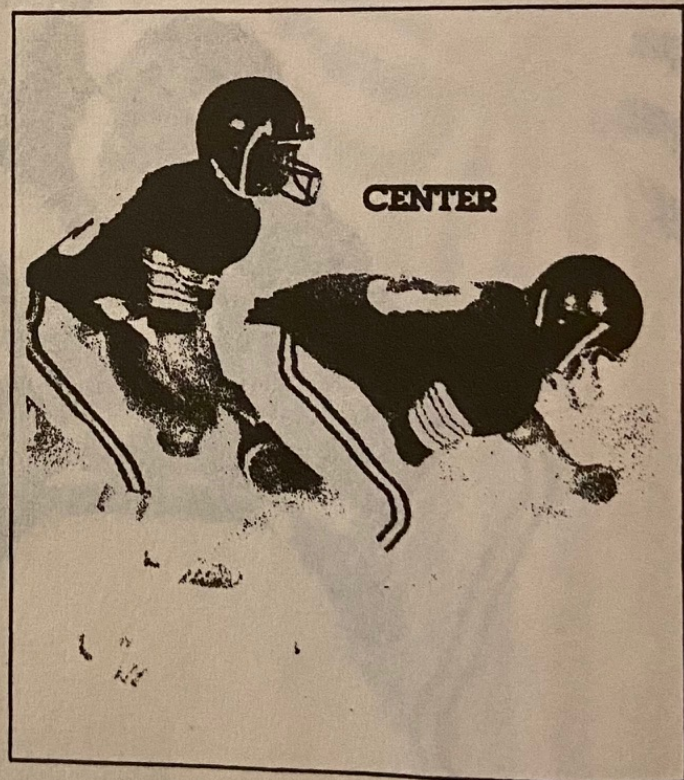
**block** To check a defensive player by means of legal body contact. The offensive player is permitted to use any part of his body above his knees. If he uses his arms, however, he must keep them close to his body.

**blocked kick** Any punt, field goal, or try-for-point attempt that is deflected or stopped by the defensive team.

**brush block** Quick, light contact on the part of an offensive player to delay a defensive man's charge.

**center** To snap the ball back from the line of scrimmage.

**chain crew** The group of three assistants to the officials—a boxman and two rodmen—who handle the first-down yardage equipment.



**chucking** To ward off an opponent who is in front of a defender by contacting him with a quick extension of the arm or arms, followed by the return of arm(s) to a flexed position, thereby breaking the original contact.

**clipping** To throw the body across the back of an opponent's leg or to hit him from the rear while moving up from behind, unless the opponent is a runner or the action is in close line play.

**completion** A forward pass legally caught.

**conversion** The 1-point score made in try-for-point attempt.

**crackback block** A block delivered by an eligible receiver in which he starts downfield as if running a pattern, then turns back to take out a linebacker or defensive end. The block may not be delivered below the waist.

**crawling** An attempt to advance the ball after the officials' whistle has sounded.

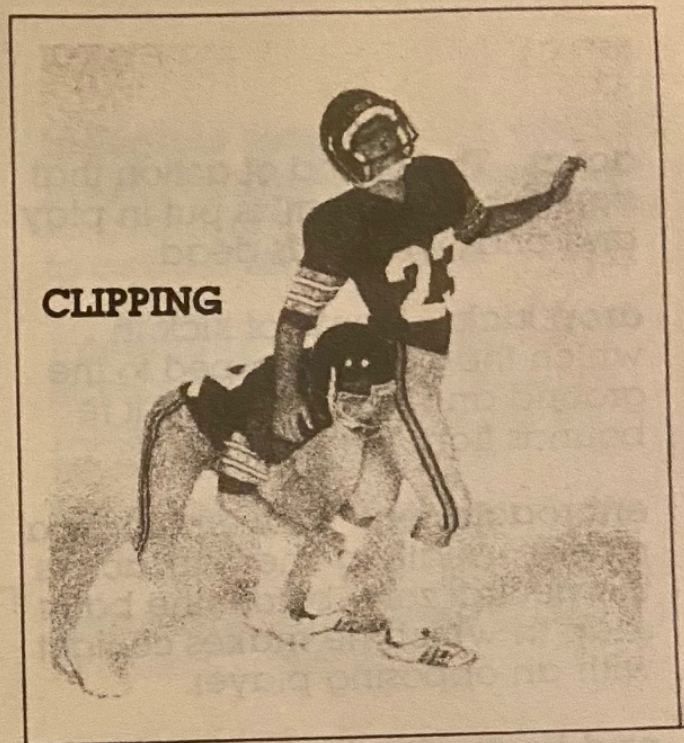
**crossbar** The horizontal bar connecting the goalpost uprights.

**cut** Any quick change of direction on the part of a runner or receiver.

**defensive backfield** The four-man unit that consists of the two cornerbacks and two safeties.

**defensive holding** Illegal use of the hands while blocking an offensive player.

**defensive line** The two tackles and two ends.



**delay of game** Any action—or inaction—by either team which prevents the ball from being put in play promptly.

**direct pass** A pass from the center to a backfield man or other player positioned several yards behind the line of scrimmage, as in the case of the center's pass to the punter.

**disqualified player** A player who is banished from the game for committing any one of a number of what the rulebook calls "palpably unfair acts," including kneeling or kicking an opponent, striking him with the fists, or flagrant roughing of the passer or kicker.

**double foul** A rule infraction by both teams on the same down.

**down** The period of action that starts when the ball is put in play and ends when it is dead.

**drop kick** A type of kick in which the ball is dropped to the ground and kicked just as it rebounds from the ground.

**encroachment** Movement by a player, usually a lineman, across the neutral zone before the ball's snap in which he makes contact with an opposing player.

**end lines** The lines at each end of the field.

**end zones** The areas at each end of the field bounded by the end lines, side lines, and goal lines.

**extra point** The one-play, one-point scoring opportunity given a team that scores a touchdown.

**fair catch** An unhindered catch of a kick by a member of the receiving team who must raise one arm full length above his head while the kick is in flight.

**field goal** Three points, earned when a place kick goes over the crossbar and between the uprights (extended indefinitely upward) of the goal posts.

**first down** A team has four downs in which to gain ten yards; a "first down" is earned when it gains a sufficient number of yards to be entitled to another sequence of four downs.

**forward pass** A ball thrown toward the opposition goal line.

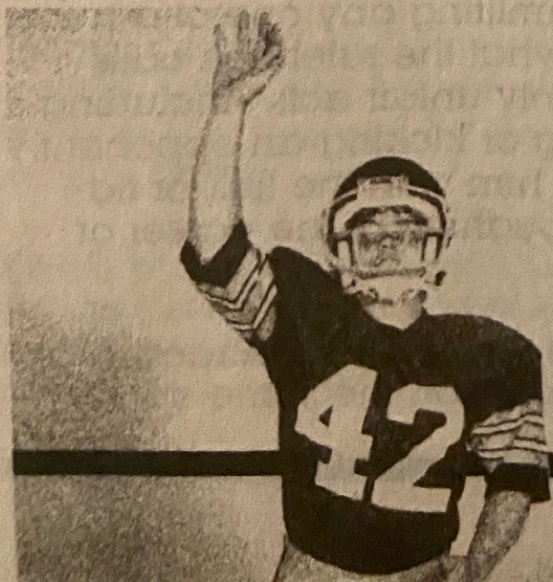
**foul** Any violation of a playing rule.

**free kick** A play in which the defensive team is restrained from interfering with the kicker. It can occur as a kick-off, kick after a safety, or kick after a fair catch. It can take the form of a place kick, drop kick, or punt (except a punt cannot be used on a kick-off).

**fumble** A ball in play after having been dropped or otherwise mishandled.

**goal line** The line that separates the field of play from the end zone. There are goal lines 10 yards from and parallel to each of the end lines.

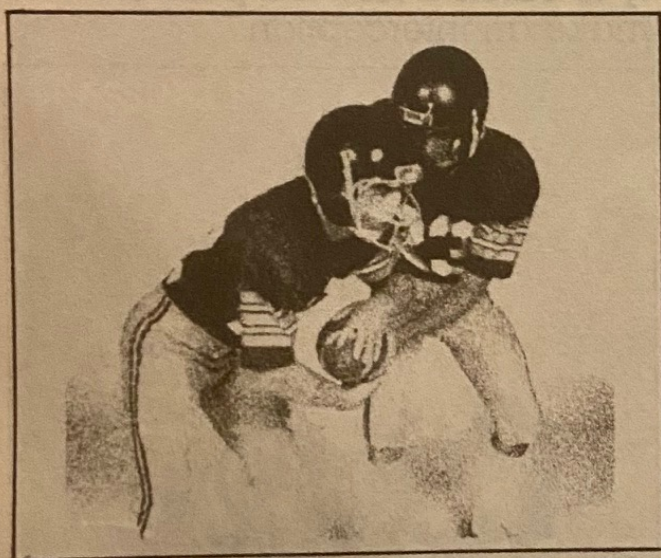
**goalpost** Either of the two upright poles at each end of the field. The goalposts are 18 1/2 feet



apart and connected by a cross-bar that is 10 feet above the ground.

**halftime** The 15-minute intermission between halves of a game.

**handoff** The exchange of the ball from one offensive player to another.



**illegal procedure** Movement on the part of a member of the offensive line after the team is set and before the ball is snapped.

**impetus** The action of a player which gives momentum to the ball.

**in-bounds lines** The two series of short lines that run the length of the field. Each is 70 feet, 9 inches from the near side line.

**incompletion** A forward pass that is not completed.

**ineligible receiver** An offensive player, normally an interior tackle, guard, or center, not permitted to catch a forward pass.

**intentional grounding** An infraction of the rules in which a passer deliberately throws an incomplete pass in order to avoid being tackled behind the line of scrimmage.

**interception** A pass caught by a defensive player.

**interference** The offensive players who block in front of the ball carrier.

**kick-off** A place kick used to begin play at the start of a half or after a score.

**lateral** A pass that travels to either side or backward.

**lineman** One of the seven offensive players positioned at the line of scrimmage—the center, two guards, two tackles, and two ends.

**line of scrimmage** The imaginary line from side line to side line through the ball that separates the offense and defense at the beginning of each play.

**live ball** A ball legally free-kicked or snapped.

**loose ball** A ball in play not in possession of any player.

**muff** For a player to touch a loose ball in an unsuccessful attempt to gain possession.

**multiple foul** Two or more fouls by the same team on the same down.

**neutral zone** The area between the offensive and defensive lines of scrimmage. It is the length of the ball in width.

**offense** The team in possession of the ball.

**offensive holding** Illegal use of the hands while blocking a defensive player.

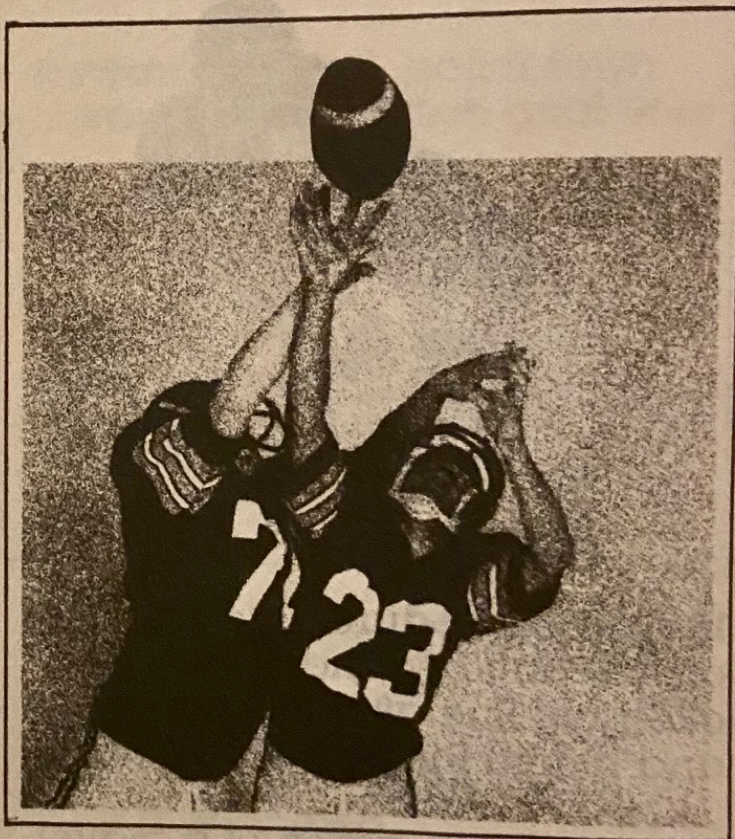
**official** Any one of the members of the seven-man officiating team charged with the responsibility of regulating play and enforcing the rules.

**off-setting penalties** A situation that occurs when both teams are guilty of rule infractions on the same down. The penalties cancel out each other.

**offside** The situation that occurs when any part of a player's body is beyond his scrimmage line or free kick line when the ball is snapped.

**onside kick** A short kick-off by means of which the kicking team hopes to gain possession of the ball. (Actually, all kick-offs are onside kicks, since the term "onside" refers to the area of the field to which the play is directed.)

**pass interference** Illegal interference with a player's opportunity to catch a forward pass or make an interception.



**penalty** A punishment, handicap, or loss of advantage imposed upon a team for a rule infraction.

**penalty marker** The handkerchief-size yellow flag carried by an official and thrown to the ground to indicate a rule violation.

**personal foul** An instance of illegal hitting, such as unnecessary roughness, clipping, piling on, kicking, punching, or running into the passer or kicker.

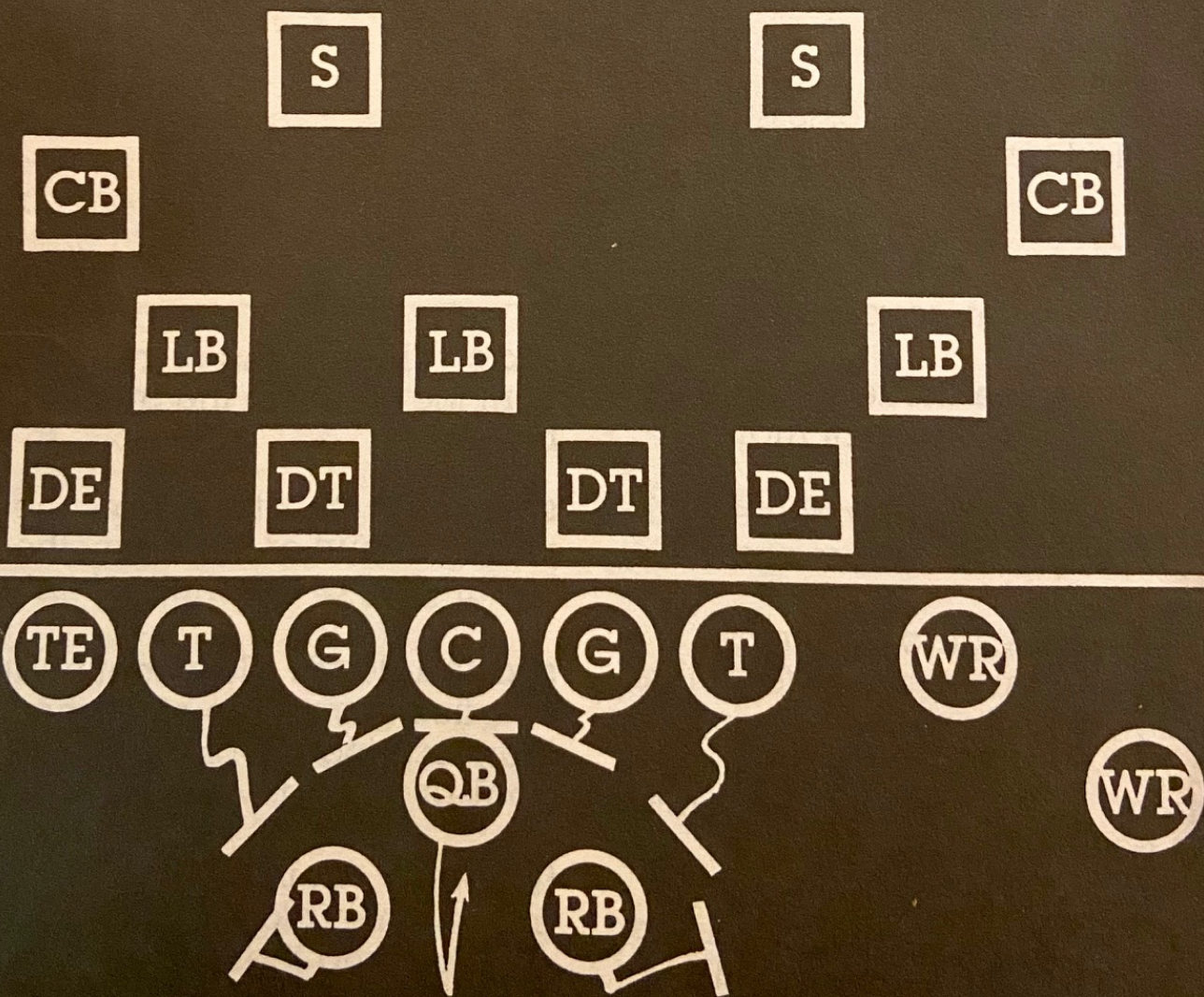
**piling on** Falling upon or throwing oneself upon a downed ball carrier after the whistle has sounded.

**place kick** A kick executed while the ball is in a fixed position on the ground, either on a tee or held by a teammate.

**placement** A place kick.

**pocket** The protected area formed by the five interior linemen in which the quarterback sets up to throw.

### PASSING POCKET



**possession** A rulebook term that refers to any player who holds and controls the ball long enough "to perform any act common to the game."

**punt** A kick from scrimmage made when a player drops the ball and kicks it while it is in flight.

**punt return** The runback of a punt.

**quarter** One of the four 15-minute periods that constitute a game; a period.

**recover** To gain possession of a fumbled ball.

**return** A runback of a kick, punt, or an intercepted pass.

**roughing the kicker** To run into the kicker in a violent manner.

**rushing** Running with the ball on a play from scrimmage.

**sack** To tackle or otherwise dump the quarterback for a loss while he is attempting to pass.

**safety** A situation in which the ball is dead on or behind a team's own goal, with the impetus coming from a player on that team. Two points are awarded the opposing team.

**shift** The movement of two or more offensive players at the same time before the snap.

**side lines** The lines at each side of the field extending from end line to end line.



**snap** The passing of the football from the center to the quarterback.

**spearing** An attempt by one player to hurt or injure another by lunging at him helmet first.

**sudden death** The continuation of a tied game into overtime. The team scoring first (by safety, field goal, or touchdown) wins.

**time-out** An interval during the game when play is not legally in progress and the official clock is stopped.



**touchback** A situation that occurs when a ball is dead on or behind a team's own goal line, with the impetus coming from an opponent, provided it is not a touchdown or a missed field goal.

**try-for-point** The opportunity given a team that has scored a touchdown to add another point by successfully executing a single play from scrimmage. The ball is put in play from the 2-yard line or any point beyond it.

**turnover** Losing the ball by a fumble or interception.

**two-minute warning** Official's verbal notification to the head coach that two minutes of playing time remain in the half.

**two-point option** In college football, a team scoring a touchdown has the option of trying for either one or two points. The ball is placed on the two-yard line. A team is awarded 1 point for a successful place kick, or 2 points for successfully running or passing the ball across the goal line.

**unsportsmanlike conduct** Any act contrary to the generally understood principles of sportsmanship.

**yardage** Distance lost or gained by the offensive team on a play from scrimmage.

**yard line** Any of the lines marked at 5-yard intervals across the field of play between the two goal lines.

