

FOOTBALL

Study Guide

1. The offensive team is allowed 4 plays (**downs**).
2. A **field goal** is worth 3 points.
3. A **touchdown** is worth 6 points.
4. A point-after-try (**PAT**) that is kicked through the goalposts is worth 1 point.
5. A point-after-try (PAT) that is passed or run into the endzone is worth 2 points.
6. A **safety** is when an offensive player is tackled in the endzone. It is worth 2 points.
7. **Man defense** is when each member of the defensive team guards a specific person.
8. **Zone defense**: each player on defense covers a specific area of the field and guards the offensive player who enters their designated coverage area.
9. A **lateral** is a pass that goes sideways or backwards.
10. The **center** puts the ball on the ground and snaps/hike the ball to the quarterback.
11. The **quarterback** has 3 options: Throw the ball to a receiver; hand the ball off to a runner; run with the ball.
12. The **blockers** try to prevent the defense from pulling the flags of their teammates.
13. A **fumble** occurs when the player who possesses the ball, loses control of the ball and both teams have a chance to recover the ball.
14. An **interception** is when the defense catches a passed ball.
15. The **wide receiver** runs a pass pattern.
16. The imaginary line where the football is placed before each play is called the **line of scrimmage**.
17. A **false start** is when the offense moves illegally before the ball is snapped.
18. **Offsides** is when a defensive player is on the wrong side of the line of scrimmage at the start of the play.
19. A penalty in which a player has illegally held an opponent is call **holding**.
20. **Pass interference** is penalty in which a player has interfered with another player during a passing play.

