

Touch Football Study Guide

HISTORY:

- Football historians say the game originated from the English game of rugby. Football first became popular in the United States in the 1820's when it was widely played in colleges and universities. Walter Camp is known as the father of American football. He began the process of changing the game from rugby-style play to the modern game of American football. The first official organized football game took place between Princeton and Rutgers Universities in 1869. The American Professional Football Association formed the first professional football league in 1920. The Super Bowl began in 1967 and was won by the Green Bay Packers in a game against the Kansas City Chiefs.

RULES OF THE GAME:

- A touchdown is worth six points.
- A field goal is worth three points
- A safety is worth two points
- The point after touchdown (PAT), is worth one point
- A two point conversion is worth 2 points.
- A regulation football field is 100 yards long.
- A regulation football team consists of 11 players competing on the field at one time.
- Offensive positions can be broken down into two categories:
 - The offensive linemen (center, guards and tackles). These are usually the bigger and stronger players. They play in the "trenches" and are the blockers of the team.
 - The other positions are referred to as skilled positions. They include quarterback, running backs, wide receivers and tight ends.
- Defensive positions have three categories:
 - Defensive linemen, also referred to as defensive tackles, defensive ends and nose guard also play in the "trenches" and are usually big and strong.
 - Linebackers are positioned behind the defensive line and are usually the best tacklers on the team.
 - The skilled players on defense are the cornerbacks and safeties. They are usually the fastest players on defense.

IN-CLASS MODIFICATIONS:

- A two-hand touch must be used.
- The offensive team receives five downs to score.
- A touchdown will be scored as seven points.
- The defense may use one blitz per five downs.
- The offensive team may use one running play each five downs. The quarterback must hand the ball off to a runner.
- The quarterback is not allowed to run past the line of scrimmage.
- Indoors- kickoffs will be thrown instead of kicked.
- If the defense is not blitzing, it must count '10 gator' out loud before crossing the line of scrimmage and rushing the quarterback

KEY TERMS:

- Line of Scrimmage – Imaginary line which runs the width of the field where the ball is placed before each play.
- Punt – Kicking the ball by dropping it and contacting it with one's foot.
- A punt usually occurs on fourth down.
- Field Goal – The ball is kicked through the goal posts. It is worth three points.
- Extra Point – Following a touchdown, a team can earn one point by kicking the ball through the goal posts. It is also known as a PAT, or point after touchdown
- Two Point Conversion- After a touchdown a team may elect to try one offensive play from the 2 yard line (NFL) or the 3 yard line (college/high school). If successful they earn two points.
- Safety – If an offensive player is stopped in his own end zone, the defense scores a safety, which is worth 2 points.
- Blitz – Rushing the quarterback immediately after the snap.
- Penalty – An infraction of the rules.
- Offside – Crossing the line of scrimmage before the ball is snapped.
- Fumble- When a player in possession of the ball loses/drops the ball.

DIAGRAMS:

