FOOTBALL STUDY GUIDE

Terms
Dead ball: indicates that it is a period between downs
Loose ball: is a pass, fumble, or kick
Down: action which starts with a legal snap and which ends when the ball becomes dead
Foul: rule infraction for which a penalty is prescribed
Fumble: any loss of player possession other than kicking, passing, or handling
Goal Line: the horizontal line that separates the field of play from the end zone
Line of scrimmage: imaginary line that the ball is placed at the beginning of a down and no player may cross until the ball is snapped
Snap: is the legal act of passing or handling the ball backward from its position on the ground
Off sides: a penalty when a player crosses the line of scrimmage before the ball is snapped
Lateral: passes thrown parallel with or behind the player in possession with the ball
Forward Pass: passes thrown toward the opponent’s end line
Blitz: a play in which the rusher can rush the quarterback without counting to five

Football Rules

- No tackling
- No fumbles- it is a dead ball where the ball touches the ground, including on the snap. No loss of possession will occur.
- The defense can only blitz one time every 4 downs
- On 4th down, the offense has the choice to punt or go for it
- Defense cannot rush for “5 MISSISSIPPI”
- QB cannot run unless he/she is being rushed
- One running play per 4 downs
- It takes 4 downs to get to mid-field
- A female must be involved in every other play
- Non-scoring team walks