

**FOOTBALL STUDY GUIDE**  
**2009: Test: Tuesday/Wednesday October 6 & 7**

**THE PLAYERS**

**QUARTERBACK:** Hands the ball off to a running back or passes the ball to a receiver. The quarterback **cannot** run the ball. S/he is the only player that can pass the ball or hand it off!

**RUNNING BACK:** Receives hand-off from the quarterback and runs with the ball as far as s/he can before being tagged.

**RECEIVER:** Receives passes from the quarterback and runs as far as s/he can before being tagged.

**THE GAME**

The game begins with one team taking possession of the ball at their end of the field.

The object of the game is to move the football down the field to the opponent's end to score points.

The ball can be moved down the field in two ways: by running it or passing it.

The team that has the ball and is trying to score is called **offense**.

The team that does not have the ball and is trying to stop the offense from scoring is the **defense**.

The offense has 4 chances or **downs** to advance the football to the end of the field. If they make it to the end of the field they have scored. A score in football is called a **touchdown**. If the offense does not make it to the end of the field in four downs, the **defense** gets the ball and begins play at their own end of the field.

Each play begins at the **line of scrimmage**, which is an imaginary line drawn through the ball and running the width of the field. The line of scrimmage may not be crossed by players until the ball has been hiked to the quarterback.

A play is over when the defense tags the person who has the football.