

Rules of Football

Read about the rules of football and then answer the questions below.

American football is a competitive team sport played with an oval ball where one team is on offense (has the ball) and the other team is on defense (defending the ball). The object is to try and use plays with your offensive team to get your team with the ball to the end of the field where you will score points. The defense uses their plays to try and prevent the team with the ball to score. You can score by kicking field goals, or by getting touchdowns.

What is the scoring system?

- You get 6 points for a touchdown.
- You get 1 points for the extra point.
- You get 2 points if you decide to go for a 2-point conversion instead of the extra point after a touchdown.
- You get 3 points for a field goal.
- You get 2 points for a safety. (Tackling team in the opposite end zone they are trying to score in.)

How many players are on the field?

- The number of players on the field at any given time in the National Football League is 11.

What are the positions?

OFFENSE

- Lineman – They help protect the quarterback.
- Quarterback – He is usually the teams leader. He will be the player that controls if the play is handed off to the running back or thrown to a receiver.
- Running back – He will get the ball if the team chooses to run with the ball, instead of throwing it. He is also eligible as a receiver if they do not hand the ball off.
- Receivers – They run “routes” and try to fool their defender. The quarterback tries to throw them the ball if they can get free from their defender.

DEFENSE

- Lineman – Try to get the opposing quarterback or running back.
- Linebackers – They are usually capable of helping either the backs on a pass play or the lineman on a running play. Linebackers are typically big strong and fast, very athletic to handle both duties.
- Defensive Backs – Safeties and corner backs usually line up with the receivers to try and prevent the quarterback from throwing to them. If they catch the ball it’s called an interception.

SPECIAL TEAMS

- Kickers – These players punt the ball when the offense was stopped and the kickers kick the ball off to the other team after making a score.
- Snappers – Snap the ball to the holder or the kicker.
- Returners – These players catch and return the ball to try and get a touchdown.
- Tacklers – These players are referred to as gunners. They run down to try and tackle the returners.

(From: <https://www.coolfactsforkids.com/football-facts-for-kids/>)

1. What does the defense do? _____

2. How many points do you score for a touchdown? If you also get an extra point, how many points do you have total? _____

3. How many players are on each team? _____

4. When does the quarterback play? _____

5. What does a defensive linebacker do? _____
