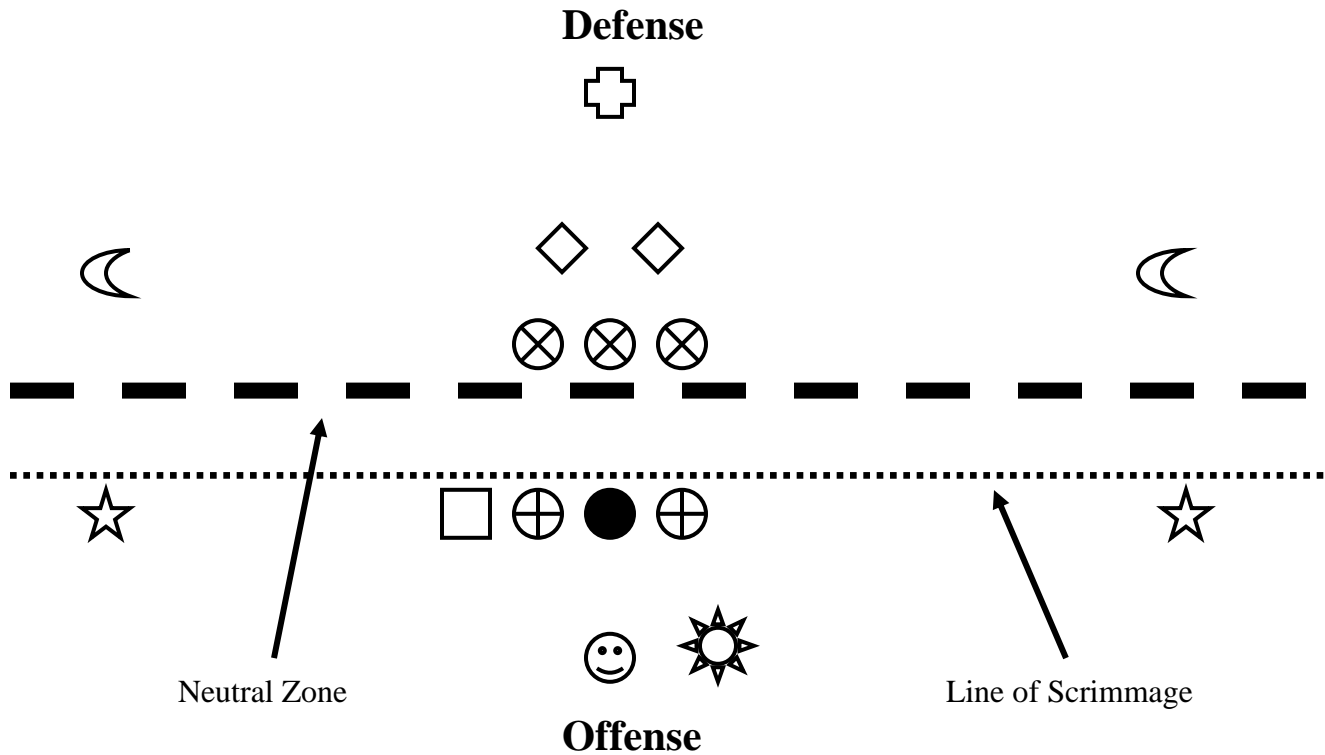


NCAHS Football Study Guide

Positions:



- ⊕ - Quarterback- Starts a play by saying hike; can throw the ball, hand off to running back, or run ball when being rushed.
- ☆ - Running back- Can help block for quarterback, take handoff and run with ball, or go out for a pass.
- ☆ - Wide Receiver- Goes out for a pass; runs a pass pattern.
- - Tight End- Can help line block for quarterback or running back or go out for a pass; runs a pass pattern.
- - Center- Offensive lineman who snaps ball when quarterback says hike; blocks defensive linemen.
- ⊕ - Offensive Linemen- blocks defensive linemen from getting to quarterback or other ball carrier.
- ◇ - Linebacker- defensive players who cover the quarterback and running back.
- ☾ - Corner- defensive players who cover wide receivers.
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- ⊗ - Defensive Linemen- defensive players who try to rush the quarterback and get a sack.

Terms:

- End zone: Area at each end of the field where offense tries to get the ball to score points.
- Goal Line: Line at beginning of end zone ball must cross to get touchdown.
- Touchdown: 6 points received to team when they get ball into end zone.
- Extra Point: After touchdown is scored, team can kick ball through goal posts for one more point.
- Two Point Conversion: After touchdown is scored, team gets one more play to get ball into the end zone for two extra points.
- Offense: Team that has possession of the ball. Trying to get the ball into the end zone.
- Defense: Team that is trying to stop offense from getting ball into end zone by pulling the flag or tagging the offensive player who has possession of the ball with two hands.
- Downs: Offensive team has four downs (plays) to get two completions (catches) and eventually into the end zone. If the offense gets two completions, they have four new plays.
- Interception: Defensive player catches pass intended for offensive player. The defense then becomes the offense and the team that threw the ball is now on defense.
- Fumble: Occurs when the offensive player has possession of the ball, then drops the ball. Whoever picks up the ball first becomes the offensive team and tries to score a touchdown while the opposite team is on defense.
- Dead Ball: Occurs whenever the ball hit the ground. Play is immediately stopped and the ball is put on line of scrimmage.
- Sack: When defensive player pulls quarterback's flag off or tags the quarterback with two hands behind the line of scrimmage.
- Blitz: When defensive players other than the defensive linemen rush the quarterback before the 5 seconds are up.

Penalties:

- Offensive Holding: When an offensive player grabs a defensive player and does not allow them to continue moving or slows them down.
 - Ex: An offensive lineman holds a defensive lineman who is trying to get to the quarterback.
- Defensive Holding: When a defensive player grabs an offensive player and does not allow them to continue moving or slows them down.
 - Ex: a corner holds a receiver when the receiver goes out for a pass.
- Unnecessary Roughness: When a player tackles or pushes over an opponent.
- Off sides: When an offensive player crosses the line of scrimmage before the ball is snapped.
- Encroachment: When a defensive player moves into or crosses the neutral zone before the ball is snapped.
- Illegal Forward Pass: When a player throws the ball forward to another player after they have already crossed the line of scrimmage.