7th & 8th Grade Study Guide

Football/Rugby

**Football**

\*Each team consists of 11 players on offense and defense

\* The field is 120 yards long (including 10 yard end zones) and between 53-55 yards wide

\* Game is played with 4 quarters, time varies depending on age level

**Scoring**: a touchdown – is done by catching the ball or running the ball into the opponents’ end zone. This will equal 6 points and can score an extra point by kicking the ball through the uprights or 2 points if they choose to run it or catch it in the end zone.

Field goal- done on 4th down normally when the offensive team is close to their end zone. Equals 3 points.

Safety- when the defensive team tackles a player on the opponents’ offensive team in their own end zone = 2points.

Line of scrimmage – line in which the ball is placed after stoppage of play. The offensive team must stay behind it and cannot go in front until the quarterback says hut. The defensive team must also stay behind the line until the play begins, otherwise it is considered off sides.

**Player Positioning**

Quarterback – is responsible for the delivery of the ball to the remaining players on the team, they are in charge of the offense. They line up behind the center.

Running back- is lined up behind the quarterback and generally receives the ball by getting it handed to them. Their job is to run up field.

Wide receiver – is also lined up on or near the line of scrimmage. Their job is run patterns and routes to get open for the quarterback to throw them the ball.

Center – the person who snaps the ball back to the quarterback.

* Each team has 4 downs to try and receive a **first down,** they usually have to travel 10 yards to do so**.** If on the 4th down they are too far away for a first, they may either **punt** to the other team or attempt a field goal.
* An **incomplete pass** is when the attempted pass is not caught by the intended receiver. This is a dead ball and the ball goes back to the original line of scrimmage.
* An **interception** is when the defensive team catches the ball passed by the offense.
* After a team scores, that team must kick the ball off to the opposite team.

**Rugby:** use the attached study guide to learn

\*Know where Rugby originated \*Definition of a scrum \*field dimensions

\*How many points are received for a try \*How long the game is played and how it is divided

\*How to advance the ball \*Number of players on field and positions

