

OFFENSE

Quarterback (QB)

The quarterback is the player who runs the offense and is a leader on the field. They are the player who informs the team of the play they are running, while also reading the opposing team's defense to be able to call an audible and change the play. A quarterback has the option of handing the ball off to a running back, throwing the ball to a wide receiver, or running the ball himself.

Running Back (RB)

The running back is the player who takes the hand off from the quarterback and runs the ball. They will typically carry more balls than the fullback, but are also used as receivers at times.

Fullback (FB)

The fullback is the running back who is responsible for pass-blocking for the quarterback and also run-blocking for the halfback. They are typically bigger than halfbacks and are used more as short yardage runners due to their strength and size.

Wide Receiver (WR)

The wide receiver is the player that lines up on or near the line of scrimmage but outside the offensive line. They are responsible for running their patterns and catching the passes from the quarterback. Wide receivers are some of the fastest players on the team so that they may out-run their defenders.

Tight End (TE)

The tight end is the player that lines up on the end of the offensive line and is used for blocking, but can also be used as a receiver as well. Tight ends are typically bigger than wide receivers due to the amount of blocking they required.

Offensive Tackle/ Offensive Guard (OT/OG)

The offensive tackle and guards are part of the offensive line and are responsible for blocking for the quarterback and running backs so they can make the plays. There are two offensive tackles and two offensive guards on the field for every offensive play. The tackles line up on the outside of the line while the guards line up on both sides of the center.

Center (C)

The center is the offensive lineman who snaps the ball to the quarterback at the beginning of each offensive play. The center lines up in the center of the line in between the two offensive guards.

DEFENSE

Defensive End/ Defensive Tackle (DE/DT)

The defensive end and defensive tackle are the players who are responsible for putting pressure on the quarterback during passing plays and containing the running backs on run plays. The defensive ends line up on the outside of the line while the tackles line up on the inside of the defensive line.

Nose Tackle (NT)

The nose tackle, also known as the nose guard, is the defensive lineman that lines up directly with the center. They are responsible for stopping the run on run plays but also for occupying the offensive lineman to keep the linebackers from being blocked.

Linebacker (LB)

The linebackers are the players that line up behind the defensive line and in front of the defensive backfield. There are either three or four linemen on the field for every defensive play. Depending on which defense the team runs, 4-3 or 3-4, will decide if they will have one or two inside linebackers, but there will always be two outside linebackers. Linebackers are the second line of defense and are versatile players who are able to stop the run and passing game.

Cornerback (CB)

The cornerbacks are the players who are lined up outside of the defensive line. They are responsible for covering the wide receivers and are some of the fastest players so that they can keep up with the wide receivers.

Safety (FS/SS)

The safety is the defensive player who lines up in the secondary defense and is usually deeper than the cornerbacks. They are responsible for assisting the cornerbacks in pass coverage.

SPECIAL TEAMS

Gunner-

The gunner is a member of special teams and lines up on the outside of the offensive line. They are responsible for running down the field to tackle the punt or kick returner, but are usually double teamed by blockers to stop them from getting down the field.

Holder-

The holder is the player who catches the snap from the center and places it down for the placekicker to attempt a field goal or extra point. They are responsible for placing the ball in good kicking position with the laces out.

Kick Returner-

The kick returner is the player that catches kickoffs and attempts to return them towards their goal line. They are usually some of the fastest players on the team and are often reserve wide receivers, running backs, or cornerbacks.

Long Snapper-

The long snapper is like the center on the offensive line, but they specialize in longer snaps for field goal and punting attempts. They usually have to snap the ball accurately behind them seven or eight yards to allow the holder or punter to handle the ball cleanly.

Placekicker-

The placekicker is the player who kicks the ball on field goal and extra point attempts and also on kickoffs. They will either kick the ball while it's being held by a teammate or kick it off a tee.

Punter-

The punter is the player who stands behind the line of scrimmage, catches the long snap from the center, and then kicks the ball after dropping it toward his foot. They usually come in on fourth down to punt the ball to the other team with the idea of driving the other team as far back as possible before they take possession of the ball.

Punt Returner-

The punt returner is the player who is in charge of catching the ball after it has been punted and run the ball back toward his own goal line.

Basic Rules of the Game

Two teams, consisting each of 11 active players, attempt to score against their opponent or prevent scoring by their opponent. The winner is the team with the most points at the conclusion of four 15 minute quarters.

Facts:

- Each team is permitted 11 men on the field at the snap of the ball.
- **Offense:** The basic offensive object of the game is to either carry or pass the game ball across your opponents goal line or kick the game ball through your opponents goal post.
- **Defense:** The basic defensive object of the game is to prevent your opponent from scoring by defending your goal line and goal post. This is accomplished by tackling the ball-carrying opponent. The only way for the defense to score is by tackling a ball carrying opponent in his own end zone or running a turnover into the opponents end zone.
- One team will be on Offense and the other team on Defense until either the offensive team scores, the offensive team turns over the ball, the offensive team punts, or the defensive team prevents the offensive team from gaining 10 yards in 4 plays.
- Each team has four tries, called downs, to get the ball ten yards from the initial spot. If the team fails to meet the ten yards, then the ball is punted to the other team who will then have the opportunity to move the ball down the field in order to score. Once the ten yards are completed, the team will receive a first down and begin another set of downs to move the ball another ten yards. This will continue until the team has scored or has turned the ball over to the other team.
- **Scoring:** Touchdowns are worth 6 points, with a chance at either kicking an extra point or putting the ball into the end zone again for a 2 point conversion. Another way of scoring is by kicking a field goal for 3 points. When a team is on defense, they have a chance at tackling the ball carrier in their own end zone for a safety which is 2 points as well.
- **Penalties:** Each team can be penalized whether they are on offense or defense. The penalties can range from a five yard penalty to fifteen yards and disqualification of player.