

## II. TERMINOLOGY

<b>Boundary Lines</b>	The outer lines marking the playing field's perimeter, including sidelines and end zones.
<b>Line of Scrimmage</b>	(LOS) an imaginary line running through the point of the football and across the width of the field.
<b>Line-to-Gain</b>	The yard line the offense must reach for a first down.
<b>Rush Line</b>	An imaginary line 7 yards from the line of scrimmage on the defense's side.
<b>Offense</b>	The team with possession of the ball.
<b>Defense</b>	The team trying to stop the offense and regain possession.
<b>Passer</b>	Any offensive player who throws the ball, not just the quarterback.
<b>Rusher</b>	The defensive player who starts from the rush line and tries to pressure the quarterback by either pulling flags or blocking passes.
<b>Live Ball</b>	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
<b>Dead Ball</b>	The time between plays when no action is occurring.
<b>Whistle</b>	Official's signal to stop play for timeouts, end of plays, or game periods.
<b>Inadvertent Whistle</b>	An official's whistle that is sounded in error.
<b>Charging</b>	When a ball-carrier illegally runs directly into a set defensive player. This includes leading with the head or making contact with shoulder, forearm, or chest.
<b>Flag Guarding</b>	An illegal act when the ball-carrier tries to block defenders from pulling their flags - whether by stiff-arming, dropping their elbow/head, or using the ball itself as a shield.
<b>Shovel Pass</b>	A legal forward pass across the LOS (Underhand, backhand or by pushing the ball forward).
<b>Lateral</b>	A backward or parallel toss of the ball by the ball-carrier.
<b>Unsportsmanlike Conduct</b>	Confrontational or offensive behavior or language.