

American Football

American football, which evolved from rugby and association football in the late 19th century, is played with an oval-shaped ball on a rectangular field with goalposts at each end. The game involves teams of 11 players each, who aim to advance the ball into the opponent's end zone to score points through touchdowns, field goals, or safeties. It is characterized by significant physical contact, including tackles and blocks. American football is predominantly popular in the United States and Canada, with the National Football League (NFL) being the most prominent professional league.