Buddy’s Guide to Football



Basic Rules and Specific Info for 2012

Table of Contents

Game Basics Pg. 3

The Players Pg. 4

Offensive Players Pg. 4

Defensive Players Pg. 4

Special Teams Players Pg. 5

Basic Play Pg. 6

Common Formations Pg. 7

Offensive Formations Pg. 7

Defensive Formations Pg. 9

Scoring and Turnovers Pg. 12

Common Penalties Pg. 13

Penalties against the Offense Pg. 13

Penalties against the Defense Pg. 13

Penalties against Either Team Pg. 14

Football Glossary Pg. 15

SUU 2012 Schedule Pg. 21

Everything Football Sheets Pg. 22

Weber State Pg. 22

Eastern Washington Pg. 22

North Dakota Pg. 23

Northern Arizona Pg. 23

SUU 2012 Roster Pg. 24 Insert

Game Basics

There are two teams with 11 players each. The team in possession of the ball is called the offense and it tries to advance the ball downfield by passing or running and score points by crossing the goal line into the end zone. The other team is called the defense. It tries to keep the offense from scoring and make it give up possession of the ball. When the offense scores or a turnover occurs, the offensive and defensive teams switch roles.

A football field is 100 yards long and 53 yards wide. Little white markings on the field called yard markers help to keep track of the ball. The most important part of the field is the end zone which is an additional 10 yards on each end of the field. This is the section the offense must get the ball into in order to score points.

Football games are divided into four 15-minute quarters separated by a 12-minute halftime. There are also 2-minute breaks after the first and third quarters to allow time for teams to change ends of the field. At the end of the first and third quarters, the team in possession of the ball retains possession going into the second or fourth quarters respectively. The second half (third quarter) starts with a kickoff in the same manner as the game began.

Each offensive team has 40 seconds between each play to snap the ball. Otherwise, they will be penalized.

The clock stops at the end of incomplete passing plays, when a player goes out of bounds, or when a penalty is called. The clock starts again when the ball is re-spotted by an official.

If the game is tied at the end of four quarters of play, the game goes into a period called overtime. During overtime, each team is given one possession from its opponent’s 25 yard line. The team leading after both possessions is declared the winner. If the teams remain tied, overtime continues. Possessions alternate with each overtime, until one team leads the other at the end of the overtime. Starting with the third overtime, extra points after touchdowns are no longer allowed and both teams are forced to attempt two-point conversions instead.

The Players

Each team has three separate units:

1. *Offense –* Players who are on the field when their team has possession of the ball
2. *Defense –* Players who line up to stop the other team’s offense
3. *Special Teams –* Players who come in on kicking situations such as punts, field goals, and kickoffs

OFFENSIVE PLAYERS

* *Quarterback (QB) –* Player who calls signals and is the primary passer and ball handler. He can occasionally run the ball as well.
* *Center (C) –* Player in the middle of the offensive line who snaps the ball to the quarterback and blocks the defense.
* *Guards (G) –* Players who line up on either side of the center and keep the defense at bay.
* *Tackles (T) –* Players who line up outside the guards and keep the defense at bay.
* *Wide Receivers (WR) –* Players who run pass routes and get open for a pass. They occasionally block as well.
* *Running Backs (RB) –* Player who takes the ball and runs with it.
* *Fullbacks –* He is an extremely powerful runner and is also expected to be a good blocker and pass receiver.
* *Halfbacks/Tailbacks –* He is the handy man of the team and can run, block, receive, and sometimes throw passes.
* *Tight Ends (TE) –* Players who block the defense and sometimes catch passes. They are lined up next to the tackles.

DEFENSIVE PLAYERS

* *Linebackers –* Players who line up behind the defensive line and perform various duties including rushing the passer, covering receivers, and defending against the run.
* *Middle Linebacker (MLB) –* He calls defensive plays to the line. He also stops running backs who make it past the defensive line, covers pass plays over the middle, and rushes the quarterback.
* *Outside Linebacker (OLB) –* He may cover the tight end, rush the quarterback, or cover a running back on pass plays.
* *Tackles (DT) –* Player who lines up at the center of the line of scrimmage. He tries to rush the passer and stop running plays directed at the middle of the line of scrimmage.
* *Ends (DE) –* Players who line up next to the tackles. They attack the passer or stop offensive runs to the outer edges of the line of scrimmage.
* *Cornerbacks (CB) –* Players who primarily defend against the pass. They may also help to stop the run.
* *Safeties (S) –* Players who help the corners cover deep-pass coverage. They are the last line of defense.

SPECIAL TEAMS PLAYERS

* *Kicker (K) –* Player who handles kickoffs and field goal attempts.
* *Holder (H) –* Player who holds the ball for the kicker and is often a backup quarterback or punter.
* *Long Snapper (LS) –* Player who is a specialized center and snaps the ball directly to the holder*.*
* *Punter (P) –* Player whopunts the ball away on fourth downs.
* *Punt Returner/Kick Returner (KR) –* Players who are responsible for catching kicked balls and running the ball back. They are usually the fastest players on the team

Basic Play

A game starts with a kickoff from the defense’s 35-yard line. This is the spot from which the kicker kicks the ball to the offense. A kick returner on the offensive team tries to catch the ball and run it as far as possible downfield. When a kickoff is caught in the end zone, the kick returner can either run the ball out or kneel to signal a touchback which is a sign to stop the play. If a touchback is called, the ball is placed on the offense’s 25-yard line where play will begin. Receivers can also call for a fair catch after which no opponent may interfere with the fair catcher, the ball, or his path to it and the receiver may not attempt to advance the ball.

Progress in a football game is measured in yards. The offensive team tries to get as much “yardage” as they can to advance the ball closer to their opponent’s end zone. Each time the offensive team gets the ball, it has four down or tries to advance the ball 10 yards. If the offense moves the ball 10 yards or more downfield, they get a first down plus another set of downs. If they fail to earn the 10 yards, they lose possession of the ball. Thus the defense not only tries to keep the offense from scoring, but also tries to keep them from getting first downs. Usually the offense will punt the ball on the fourth down forcing their opponent to begin their drive further down the field.

A play begins with the snap. At the line of scrimmage, the quarterback calls out a play and the center passes or snaps the ball under his legs to the quarterback who then has the option to throw the ball, hand it off, or run with it. A run occurs when the quarterback hands the ball off to a running back who then tries to gain as many yards as possible by avoiding the defensive players. A pass occurs when the ball is thrown from behind the line of scrimmage to a receiver downfield. Anyone on the offensive team is allowed to pass the ball as long as it is thrown from behind the line of scrimmage.

During a play, the defense tries to prevent the offense from moving the ball down field by bringing the ball carrier to the ground or tackling him. A player is considered tackled when one or both of his knees touch the ground. This ends the play. A play also ends when the ball carrier runs out of bounds.

Common Formations

OFFENSIVE FORMATIONS

*1 – The I Formation:* This is a traditional offensive formation that uses two backs, two wide receivers, and one tight end. This formation is conducive to both running and passing plays. When using this formation for passing plays, the fullback will usually block for the halfback. This is not a common formation but it is still sometimes used for play-action passes or short yardage running situations.

**WR**

**HB**

**FB**

**QB**

**T**

**G**

**C**

**G**

**T**

**TE**

**WR**

*2 – Pro Set Formation:* This is another traditional modern offensive formation and is a balanced formation that usually features two backs, two wide receivers, and a tight end. There is a bit of a tradeoff to using this formation: you lose the blocking of the fullback in the I formation, but you gain some uncertainty as the defense doesn’t know which side of center the ball will go.

**WR**

**HB**

**FB**

**QB**

**T**

**G**

**C**

**G**

**T**

**TE**

**WR**

*3 – Shotgun Formation:* A shotgun formation happens any time the quarterback lines up about 5 yards behind the center and receives a snap rather than a handoff. This formation usually uses only one back with three wide receivers and one tight end although any variation of those players is possible. The advantage of this formation is that the quarterback can see the defensive alignment more clearly and has more time to throw the ball.

**WR**

**HB**

**QB**

**T**

**G**

**C**

**G**

**T**

**TE**

**WR**

**WR**

*4 – Spread Formation:* This formation is more aggressive and uses four wide receivers and no tight ends. The idea of this formation is that it spreads out the defense and creates more space. It is typically used for passing plays, but can occasionally create big holes in the defensive line for effective runs.

**HB**

**WR**

**QB**

**WR**

**T**

**G**

**C**

**G**

**T**

**WR**

**WR**

DEFENSIVE FORMATIONS

*1 – 4-3 Defense:* This is the most common base defensive formation. It uses four defensive linemen, three linebackers, and four players in the secondary. Thus, it is just about as balanced as a defensive alignment can be. It is also versatile since linebackers can shift to the strong or weak sides depending on the type of play they anticipate from the offensive team.

**S**

**S**

**LB**

**LB**

**LB**

**CB**

**CB**

**DE**

**DE**

**DT**

**DT**

*2 – 3-4 Defense:* This is the other basic defensive formation along with the 4-3. This formation takes away one of the defensive linemen and adds an extra linebacker. While the 4-3 is more common, teams with exceptionally quick linebackers might choose the 3-4 because it offers more versatility

**S**

**S**

**LB**

**LB**

**LB**

**CB**

**CB**

**DE**

**DE**

**DT**

**LB**

*3 – Nickel Defense:* The nickel formation is any formation that has five players in the secondary instead of four. In order to better defend against a passing formation, the defensive team sacrifices either a defensive lineman or a linebacker in favor of either an additional cornerback or safety.

A 4-2-5 nickel formation uses a third cornerback.

**S**

**S**

**LB**

**LB**

**CB**

**CB**

**DE**

**DE**

**DT**

**DT**

**CB**

A 3-5-3 nickel uses an extra safety.

**S**

**S**

**LB**

**LB**

**CB**

**CB**

**DE**

**DE**

**DT**

**LB**

**S**

*4 – Dime Defense:* The dime defense is used against the most aggressive offensive passing formations and adds two defenders to the secondary. Most often this results in four defensive linemen, one linebacker, four cornerbacks, and two safeties.

**S**

**S**

**LB**

**DE**

**DE**

**DT**

**DT**

**CB**

**CB**

**CB**

**CB**

*5 – Goal Line Formation:* This is both an offensive and defensive formation and they are both basically the same. It is used when the ball is within a few yards of the end zone and both teams try to cram the box with as many bodies as possible. Offensively, this means no wide receivers, three tight ends, and two backs plus the five men offensive line and quarterback. Defensively, this means no safeties with a 5 man defensive live, four linebackers and two cornerbacks.

**LB**

**LB**

**LB**

**CB**

**CB**

**DE**

**DE**

**DT**

**LB**

**DT**

**DT**

Scoring and Turnovers

The object of a game of football is to score the most points. There are four ways to do so:

*1 – Touchdown:* A touchdown is worth six points and is the biggest single score in a football game. It also allows the scoring team to get an extra point. To score a touchdown, the ball must be carried across the goal line into the end zone, caught in the end zone, or a fumble recovered in the end zone, or an untouched kickoff recovered in the end zone by the kicking team.

*2 – Extra Point and the Two-Point Conversion:* Immediately following a touchdown, the ball is placed at the opponent’s two-yard line and the offense has two options. Most of the time, they will choose to kick an extra point which is called the point after touchdown or PAT. If the ball is successfully kicked through the goal posts, the offense earns one point. The offense can also choose to score two points by running or throwing the ball into the end zone in the same manner as they would score a touchdown. Since this is the more difficult option, PATs are more common.

*3 – Field Goal:* A field goal is worth three points and occurs when the offense cannot score a touchdown. Field goals are often the deciding plays in the last seconds of close games. They can be attempted from anywhere on the field and on any down, but generally they are kicked from inside the defense’s 45-yard line on fourth down.

*4 – Safety:* A safety is worth two points and occurs when the offensive ball carrier is tackled behind his own goal line.

When trying to advance the ball to the end zone, the offense may accidentally turn the ball over to the defense in one of two ways:

*1 – Fumble:* A fumble occurs when the ball carrier or passer drops the ball. Any player on the field can recover the ball by diving on it or he can run with it. The team that recovers the ball then has possession of it.

*2 – Interception:* An interception occurs when a defensive player catches a pass meant for an offensive player.

Common Penalties

There are several rules in football which result in penalties when broken. There are two kinds of penalties: penalties against the offense and penalties against the defense. If the call is against the offense, the penalty yardage is added to their original goal or they are moved back up the field. If the call is against the defense the yardage is taken away from the original goal and the players move down the field. Penalties are either worth 5, 10, or 15 yards. However, if the team is within 10 yards of the goal line, it may be half the distance to the goal to prevent a penalty from moving the players into the end zone. Penalties may also include automatic first downs regardless of what down they are currently on. If the violation doesn’t have an automatic first down then the refs will say: “repeat [insert current number down here] down”. Some of the most common penalties include:

PENALTIES AGAINST THE OFFENSE

*False Start (5 yards):* Any player moving after they have gotten in their set position before the snap in a way that simulates the start of the play.

*Delay of Game (5 yards):* Allowing the play clock to elapse before the snap.

*Holding (10 yards):* Illegal use of the hands or arms while blocking. An automatic safety is assessed instead of the spot of the infraction if it is within the offensive team’s own end zone.

*Offensive Pass Interference (10 yards):* Interfering with a defender attempting to catch a pass.

*Intentional Grounding (Spot of foul and loss of down):* Throwing the ball into the ground to avoid being tackled. Intentional grounding from the offensive team’s own end zone constitutes an automatic safety unless the defense chooses to decline the penalty. If the quarterback has moved outside of the area between his offensive tackles, there is no penalty for grounding the ball if he throws it past the line of scrimmage. There is also no penalty for “spiking” the ball to stop the game clock by throwing it directly into the ground as long as it is executed immediately after the snap of the ball.

*Illegal Block in the Back (10 yards):* An illegal block from behind and above the waist.

*Clipping (15 yards):* An illegal block from behind and below the waist.

*Illegal Crackback Block (15 yards):* An illegal block, from any direction, below the waist by any offensive player not on the offensive line.

PENALTIES AGAINST THE DEFENSE

*Offsides (5 yards):* Being across the line of scrimmage before the ball is snapped or being in the neutral zone when the ball is snapped.

*Encroachment (5 yards):* A “defensive false start,” called when a defensive player contacts an offensive player or crosses the offensive line before the snap.

*Pass Interference (Automatic first down, 15 yards or spot of the foul, whichever is closer to the previous line of scrimmage):* Making contact with the intended receiver before the ball arrives, thus restricting his opportunity to catch the forward pass.

*Defensive Holding or Illegal Use of Hands (Automatic first down, 5 yards):* Illegal use of the hands or arms either while attempting to ward off a block or cover a receiver.

*Illegal Contact (Automatic first down, 5 yards):* Any contact made between a defender and a receiver after the latter has traversed more than five yards beyond the line of scrimmage.

*Roughing the Kicker (Automatic first down, 15 yards):* Tackling the kicker after he has kicked the ball.

*Roughing the Passer (Automatic first down, 15 yards):* Tackling the quarterback after he has thrown a forward pass. If, once the ball is thrown, contact is imminent or inevitable, no penalty is called.

PENALTIES AGAINST EITHER TEAM

*Too Many Players on the Field (5 Yards):* Happens when either team has more than 11 players on the field.

*Face Mask (Automatic first down, 5 or 15 yards):* If there is pulling, twisting or turning it is 15 yards. Otherwise it is 5 yards.

*Unsportsmanlike Conduct (15 yards):* Any conduct by anyone involved in the game either a player, a coach, or a spectator, deemed to be especially objectionable by the game officials or by rule.

*Unnecessary Roughness (15 yards):* Tackling or striking another player after the ball is dead or when the player is out of bounds. Repeated infractions or especially severe fouls may result in the player’s ejection from the game.

Football Glossary

**Backward Pass –** A backward pass is any pass that is not a forward pass

**Catch –** A catch is made when a player inbounds secures possession of a pass, kick, or fumble in flight. *Note:* It is a catch if in the process of attempting to catch the ball, a player secures control of the ball prior to the ball touching the ground and that control is maintained after the ball has touched the ground.

**Charged Down –** When the offensive team has been in possession constantly during a scrimmage down, the down is counted as one of a series except as provided for a foul and is known as a charged down.

**Chucking –** Chucking is a means of warding off an eligible receiver who is in front of a defender by contacting him with a quick extension of arm or arms followed by the return of arm(s) to a flexed position, or by maintaining continuous and unbroken contact within five yards of the line of scrimmage, so long as the receiver has not moved beyond the point that is even with the defender.

**Clipping –** Clipping is throwing the body across the back of the leg of an eligible receiver or charging or falling into the back of an opponent below the waist after approaching him from behind, provided the opponent is not a runner.

**Dead Ball –** A dead ball is one that is not in play. The time period during which the ball is dead is between downs. This includes the interval during all time outs (including intermission) and from the time the ball becomes dead until it is legally put in play.

**Dead Ball Foul –** A dead ball foul is a personal foul or unsportsmanlike foul that occurs after a down ends and before the next snap or free kick. *Note:* A dead ball foul is always enforced from the succeeding spot.

**Declining the Penalty –** The non-penalized team can decline a penalty which causes the result of the play to stand.

**Disqualified Player –** A disqualified player is one who is banished from further participation in the game and must return to his dressing room within a reasonable period of time for either (a) flagrant striking, kneeing, or kicking an opponent, (b) flagrant roughing of a kicker, passer, or any other opponent, (c) a palpably unfair act, (d) flagrant unsportsmanlike conduct by players or non-players, (e) repeat violation of a suspended player rule. *Note: Disqualified player is not to reappear in his team uniform nor return to any area other than to which spectators have access.*

**Double Foul –** A double foul is a foul by each team during the same down and includes any multiple foul by either team, including dead ball fouls.

**Down –** A down is a period of action that starts when the ball is put in play and ends when ball is next dead.

**Drop Kick –** A drop kick is a kick by a kicker who drops the ball and kicks it as, or immediately after, it touches the ground.

**Encroaching –** A player is encroaching on the neutral zone when any part of his body is in it and contact occurs prior to the snap. The official must blow his whistle immediately.

**Fair Catch –** A fair catch is an unhindered catch by any player of the receivers of a free kick or of a scrimmage kick except one that has not crossed the line of scrimmage provided he has legally signaled his intention of attempting such a catch.

**Fair Catch Kick Down –** A down that starts with a fair catch kick.

**Field Goal –** A field goal is made by kicking the ball from the field of play through the plane of the opponents’ goal by a drop kick or a placekick either from behind the line on a play from scrimmage or during a fair catch kick.

**First Down –** The initial down in each series is known as the first down, and if it is a charged down, subsequent charged downs are numbered consecutively until a new series is declared for either team.

**Forward Handoff –** Occurs when the ball is handed (regardless of the direction of the movement of the ball) to a player who is in advance of teammate whose hands he takes or receives it.

**Forward Pass –** A forward bass occurs if the ball initially moves forward after leaving the passer’s hands or the ball strikes the ground, a player, an official, or anything else at a point that is nearer the opponent’s goal line than the point at which the ball leaves the passer’s hand.

**Foul –** A foul is any infraction of a playing rule. Spot of enforcement is the spot at which a penalty is enforced. Four such spots are commonly used. They are:

*Spot of Foul:* The spot where a foul was committed or is so considered by rule.

*Previous Spot:* The identical spot where the ball was last put in play.

*Spot of Snap, Backward Pass, or Fumble:* The spot where the foul occurred or the spot where the penalty is to be enforced.

*Succeeding Spot:* The spot where the ball would next be put in play if no distance penalty were to be enforced.

**Free Kick –** A free kick is one that puts the ball in play to start a free kick down. It includes a kickoff or a safety kick.

**Free Kick Down –** A down that starts with a free kick.

**Free Kick Lines –** The free kick line for the kicking team is a yard line through the most forward point from which the ball is to be kicked. The free kick line for the receiving team is a yard line 10 yards in advance of the kicking team’s free kick line.

**Fumble –** A fumble is any act, other than a pass or kick, which results in loss of player possession. The term fumble always implies possession. *Note:* If a player pretends to fumble and causes the ball to go forwards, it is a forward pass and may be illegal.

**Handing the Ball –** Handing the ball is transferring player possession from one teammate to another without passing or kicking it. *Note:* Except where permitted by rule, handing the ball forward to a teammate is illegal.

**Huddle –** A huddle is the action of two or more player of the offensive team who, instead of assuming their normal position for the snap, form a group for getting the signal for the next play or for any other reason.

**Interception –** An interception is made when a pass (forward or backward) is caught by an opponent of the passer.

**Kickoff –** A kickoff is a free kick used to put the ball in play either at the start of the first and third periods, after each try, after a successful field goal, and at the start of overtime.

**Legal Block –** Blocking is the act of obstructing or impeding an opponent by contacting him with a part of the blocker’s body.

*Block Below the Waist:* When initial contact is below the waist with any part of the blocker’s body against an opponent, other than the runner, who has one or both feet on the ground.

*Block in the Back:* A block that is delivered from behind an opponent above his waist. It is not a block in the back if the opponent turns away from the blocker or if both of the blocker’s hands are on the opponent’s side.

**Live Ball –** The ball is in play when it is legally free kicked or legally snapped. It continues in play until the down ends.

**Loose Ball –** A loose ball is a live ball that is not in player possession, i.e., any kick, pass, or fumble. A loose ball that has not yet struck the ground is in flight. A loose ball is considered in possession of the offense whose player kicked, passed, or fumbled. It ends when a player secures possession or when the down ends if that is before such possession.

**Mark of the Catch –** The mark of the catch is the spot from either where the ball is actually caught by a receiver after a fair catch signal or the spot of ball after a penalty for fair catch interference and after a penalty for running into the maker of a fair catch.

**Muff –** A muff is the touching of a loose ball by a player in an unsuccessful attempt to obtain possession of it. A muff does not change the status of a loose ball.

**Multiple Foul –** A multiple foul is two or more fouls by the same team during the same down.

**Necessary Line –** The necessary line is always 10 yards in advance of the spot of the snap which starts the series except when a goal line is less than 10 yards from this spot. In that case the necessary line is the goal line.

**Neutral Zone –** The neutral zone is the space between the forward and backward points of the ball. It starts when the ball is ready for play.

**Offside –** A player is offside when any part of his body or his person is in the neutral zone, or is beyond the free kick line, or fair catch kick line, when the ball is put in play.

**Onside Kick –** If a kicker obviously attempts to kick a ball short and the ball never goes 20 yards.

**Own Goal –** A team’s own goal during any given period is the one it is guarding. The adjacent goal line is known as its own goal line.

**Pass –** A pass is the movement of the ball caused by the runner who thros, shoves, or pushes the ball.

**Passer –** A player who makes a legal forward pass is known as the passer until the pass ends.

**Passing Team –** The teammates of any player who passes forward (legally or illegally) are known collectively as the passing team or passers.

**Placekick –** A placekick is a kick made by a kicker while the ball is in a fixed position on the ground except as provided for a permissible manufactured tee at kickoff. The ball may be held in position by a teammate.

**Player in Possession –** A player is in possession when he is in firm grip and control of the ball inbounds.

**Player Inbounds –** A player is inbounds when he first touches both feet or any other part of his body, other than his hands, to the ground within the boundary lines.

**Player Out of Bounds –** A player is out of bounds when he touches a boundary line or anything other than a player, an official, or a pylon on or outside a boundary line.

**Pocket Area –** The pocket area applies from the normal tackle position on each side of the center and extends backwards to the offensive team’s own end line.

**Possession of Loose Ball –** To gain possession of a loose ball that has been caught, intercepted, or recovered, a player must have complete control of the ball and have both feet or any other part of his body, other than his hands, completely on the ground inbounds, and maintain control of the ball long enough to perform any act common to the game. If the player loses the ball while simultaneously touching both feet or any other part of his body to the ground or if there is any doubt that the acts were simultaneous, there is no possession.

**Post-Possession Foul –** A foul by the receiving team that occurs after a ball is legally kicked from scrimmage prior to possession changing. The ball must cross the line of scrimmage and the receiving team must retain possession of the kicked ball.

**Punt –** A punt is a kick made by a kicker who drops the ball and kicks it while it is in flight.

**Recover –** The term recover indicates securing possession of a loose ball by either the offense or defense after it has touched the ground. *Note:* If there is any question by the covering official(s) as to whether a forward pass is complete, intercepted, or incomplete, it always will be ruled incomplete.

**Runner –** The runner is the offensive player who is in possession of a live ball i.e., holding the ball or carrying it in any direction.

**Running Play –** A running play is a play during which there is a runner and which is not followed by a kick or forward pass from behind the scrimmage line.

**Safety –** A safety is the situation in which the ball is dead on or behind a team’s own goal line provided the impetus came from a player of that team and it is not a touchdown.

**Scrimmage Down –** A down that starts with a snap.

**Scrimmage Line –** The line of scrimmage is the yard line passing through the forward point of the ball after it has been made ready for play.

**Series of Downs –** A series of downs is the four consecutive charged scrimmage downs allotted to the offensive team during which it must advance the ball to a yard line called the necessary line in order to retain possession.

**Shift –** A shift is the action of two or more offensive players who (prior to a snap), after having assumed a set position, simultaneously change the position of their feet by pivoting to or assuming a new set position with either one foot or both feet.

**Snap –** A snap is a backward pass that puts the ball in play to start a scrimmage down.

**Snapper –** The snapper is the offensive player who attempts a snap

**Suspended Player –** A suspended player is one who must be withdrawn, for at least one down, for correction of illegal equipment.

**Tackling –** Tackling is the use of hands, or arms, or shoulders by a defensive player in his attempt to hold a runner or bring him to the ground.

**Touchback –** A touchback is the situation in which a ball is dead on or behind a team’s own goal line, provided the impetus came from an opponent and provided it is not a touchdown.

**Touchdown –** A touchdown is the situation in which any part of the ball, legally in possession of a player inbounds, is on, above, or behind the opponent’s gaol line, provided it is not a touchback.

**Try –** A try is an opportunity given a team that has just scored a touchdown to score an additional one or two points during one scrimmage down

**Yard Line –** A yard line is any line and its vertical plane parallel to the end line. The yard lines in the field of play are named by number in yards from a team’s goal line the center of the field.

SUU Football Schedule

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Opponent** | **Location** | **Time** | **Score** |
| Thu. Aug 30 | Utah State | Logan, UT | 6:00 PM | 3-34 (L) |
| Sat. Sep 08 | California | Berkeley, CA | 1:00 PM | 31-50 (L) |
| Sat. Sep 15 | New Mexico Highlands | Cedar City, UT | 6:00 PM | 45-23 (W) |
| Sat. Sep 22 | Portland State | Portland, OR | 6:00 PM | 49-42 (W) |
| Sat. Sep 29 | Montana State | Cedar City, UT | 1:30 PM | 17-24 (L) |
| Sat. Oct 06 | Sacramento State | Cedar City, UT | 1:00 PM | 22-27 (L) |
| Sat. Oct 13 | Montana | Missoula, MT | 1:30 PM | 30-20 (W) |
| Sat. Oct 20 | Weber State | Cedar City, UT | 1:00 PM |  |
| Sat. Oct 27 | Eastern Washington | Cedar City, UT | 1:00 PM |  |
| Sat. Nov 03 | North Dakota | Grand Forks, ND | 12:00 PM |  |
| Sat. Nov 10 | Northern Arizona | Flagstaff, AZ | 5:00 PM |  |

Everything Football Sheets

**Weber State – October 20th**

My player of the game was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The player that drove me crazy was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My play of the game was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The play that most angered me was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The best moment of the game was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The result was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How I feel about the outcome\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Eastern Washington – Oct. 27th**

My player of the game was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The player that drove me crazy was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My play of the game was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The play that most angered me was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The best moment of the game was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The result was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How I feel about the outcome\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**North Dakota – Nov 3rd**

My player of the game was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The player that drove me crazy was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My play of the game was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The play that most angered me was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The best moment of the game was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The result was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How I feel about the outcome\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Northern Arizona – Nov 10th**

My player of the game was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The player that drove me crazy was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My play of the game was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The play that most angered me was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The best moment of the game was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The result was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How I feel about the outcome\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_