

Football 101

The International Faculty & Scholars Office (IFSO)

SUPER BOWL

Location – Each city places a bid with the selection committee made up of NFL owners. Cities want to host the Super Bowl because of the economic boost it brings. Locations are selected 3 or more years in advance.

Halftime Show (20-30mins)

Headliner – A Musician is invited to perform; Musicians see this as a coveted opportunity to promote themselves and typically see an increase in sales after performing. The headliners are not paid to perform.

Guest Performers – The Headliner will typically surprise the audience with guest performers.

Commercials – Many people choose to only watch the Super Bowl to see the commercials. Commercials during the Super Bowl typically cost about \$5 million for 30 seconds! So companies must get very creative to make a memorable impression. Brands known for their Super Bowl commercials: Budweiser, Coca-Cola, Doritos, and Pepsi.

MOVING DOWN THE FIELD TO SCORE

Offense has **4 tries/attempts** to advance **10 yards (9.14 meters)** down the field. Each try/attempt is referred to as a **down**

If a team gains 10 yards, they get another 4 downs. They advance down the field **until they score** or don't get 10 yards, in which case the ball is turned over to the other team. On 4th down, a team will often "punt" (kick) the ball down field so that the other team starts farther away.

"1st and 10" – Announcer may say "1st and 10", which means it's the 1st down and they have 10 yards to go. So "2nd and 4" means it's the 2nd down and they have 4 more yards to go until they make the desired 10 yards of movement and go back to 1st down.

TIME

Game divided into 4 quarters – each one is 15 minutes
- First two quarters are referred to as the **1st half**
- Second two quarters are referred to as the **2nd half**

Clock runs continuously when game is in play and it may continue or stop between plays, depending on how the play ended or if a timeout is called.

40 second play clock – Offensive team must begin the next attempt (down) within 40 seconds of the previous play ending or they could be penalized for delay of game

Timeouts

- Each team has 3 timeouts per half (for 2 minutes)
- Marks near each team's name show how many timeouts the specific team has left
- A timeout stops the clock so they are often used to slow down time when a team is losing but could score

SCORING

Touchdown (6 points) – When a team crosses into the other teams end zone, they get 6 points. They can either catch the ball thrown by a teammate or run into the end zone.

Extra Point (1 point) – After a touchdown, the scoring team gets a chance to kick the ball in between the goal posts in the end zone for an extra point. They can get 2 points if they run into the end zone, instead of kicking after the touchdown.

Field Goal (3 points) – Depending on field position, if after 3 tries a team still hasn't made 10 yards, they may choose to kick the ball between the goal posts in the end zone on the 4th down.

Safety (2 points) - If the defensive team tackles the offensive team-member with the ball in their own end zone, the defensive team gets 2 points. They will also get control of the ball. This is rare.

OVERTIME RULES

15 minutes per additional overtime period. **Timeouts** are re-set, each team has three timeouts.

Coin Toss winner will be able to select to defend (defensive players on field) or possess the ball (offensive players on field)

The first team that scores during overtime will win. However, if the offensive team only scores a field goal on the opening drive, then the other team will have a chance to score as well.

***** We are not experts; we enjoy the sport! *****

<https://www.nfl.com/super-bowl>

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DIGITAL LINES ON TV SCREEN

Typical colors, defers by TV network

Yellow line – The distance needed to make 10 yards

Blue line – Line of scrimmage

VOCABULARY

NFL – National Football League. Consists of 32 teams and a commissioner that oversees the league.

Offense – Consists of players that go onto the field with the purpose of scoring by moving down the field into the end zone.

Defense – Consists of players that go onto the field with the purpose of stopping the other team from scoring. This is typically done by not allowing the opposing team to gain the 10 yards within the required 4 downs.

Kickoff – A kick from the 30-yard line that occurs at the beginning of each half, after scoring, and overtime.

In/Out of Bounds – Refers to the areas that denote the inside of the field

End Zone – The area at the end of the field designated for scoring. After the 1st half, the teams switch end zones.

Goal line – The line that divides the field from the end zone. Teams must pass the goal line in order to score.

Line of Scrimmage – The line that separates opposing teams before the start of a play.

Sack the Quarterback – When the quarterback has the ball and is tackled before running or passing/throwing the ball to a player. Quarterback is behind the line of scrimmage. A big success for the defensive team.

Interception – When a player on the defensive team catches a ball instead of the intended offensive player. The ball is turned over to the defensive team.

Fumble – When an offensive player loses the ball by dropping it during a play. The ball can be recovered by the opposing team.

Goal post – The two large poles in the endzone through which the football must go during a field goal or extra point.

VOCABULARY

Tackle – To wrestle an opposing player to the ground, ending the play at that yard-line.

Block – When an offensive player without the ball prevents a defensive player from tackling teammate with the ball

Snap/Hike – The offensive team will begin each play by passing (hiking) the ball from the ground on the line of scrimmage to the quarterback.

Yellow Flag – A referee will announce a penalty by throwing a yellow flag on the field

PLAYERS

Quarterback – The most important offensive player and often leader of the team. The ball will almost always be passed to this player at the beginning of an offensive play. This player will then pass it, give it someone else, or run with it.

Lineman – A player that is at the line of scrimmage. Defensive linemen will try to tackle the opposing team with the ball. Offensive linemen will try to block and protect their team.

Receiver – An offensive player that runs down the field and may catch a pass from the quarterback.

Kicker – Player that performs various kicks (kickoff, punts, field goals, extra points)

COMMON CALLS/PENALTIES MADE BY REFS

Delay of game – Team takes too long to begin the next play

Holding – A player uses his arms in a way to pull an opposing player from behind.

Offsides – When a player begins a play on the opposite side of the line of scrimmage

False Start – When a player begins the play by moving before the offensive team begins the play by snapping the ball

Pass Interference – When a defensive player touches an offensive player who is trying to catch a ball before they touch it.

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