



Name _____ Class _____ Date _____

Gear Up!

Be sure to **stretch and warm up** before every practice and game and always wear your **protective gear**.

To avoid getting hurt, learn from your coaches how to **block** and **tackle** correctly.



Equipment

- **A Football.** Choose the size based on your age.
- **A Helmet.** Always wear a helmet with a face mask and jaw pads, and a mouthpiece to protect against hard hits.
- **Protective Gear.** For upper body protection, wear a neck roll to prevent whiplash, shoulder pads, rib pads, arm pads and elbow pads. For leg protection, wear hip pads, tailbone pads, thigh pads and knee pads.



Rules of the Game

Each team has **11 players** on the field at any given time. The game



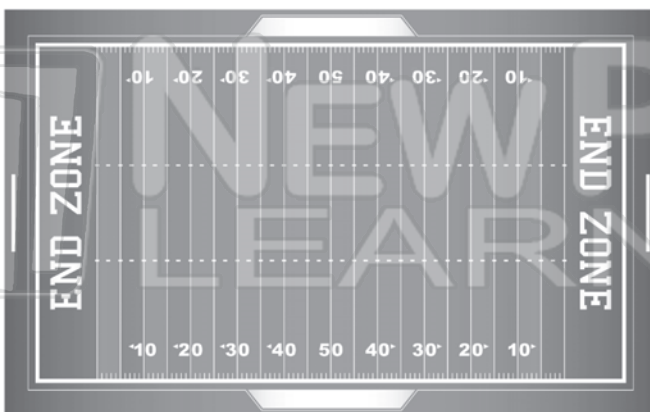
PREVIEW

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the opponent's end zone. This is called a **safety**.

The Field

A football field is 120 yards long and $53 \frac{1}{3}$ yards wide. The field is divided up every 5 yards by a **yard line**. There are **2 goal posts** on either end, 100 yards apart. The additional 10 yards on either end are the **end zones**.



Fun Facts

- The Dallas Cowboys and San Francisco 49ers have each won **5 Super Bowls**.
- The **numbers** worn on players' uniforms represent the **positions** they play. For example, wide receivers and tight ends have numbers between 80–89.



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Describe Rules of the Game



Keeping Score

Scoring Method

Point Value

Touchdown



PREVIEW

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Describe the Field

