

Powder Room Power™ Cards

...when there's a break in the action

Incidental
CONTACT LLC

A Football field is 100 yards long with an **End Zone** at either end. To score a **Touchdown** you have to get into the **End Zone** across the **Goal Line** or kick a ball through the **Goalposts** placed in the center of the **End Zone**. Scoring: 6 points for running into or catching a ball in the **End Zone**; 3 points for kicking a **Field Goal** through the **Goalposts**. **Extra points after Touchdown:** 1 for a kick; 2 for a completed pass or a run into the **End Zone**.

Penalties: the referees blow whistles when they observe a rule infraction. The team committing the infraction has the ball moved to its disadvantage.

Turnover: A player loses control of the ball and the other team in

the game takes possession of it.

3 “Teams” within each football team: **Offense, Defense and Special/Kicking.**

4 kinds of kicks: **A Punt:** after **Offense** hasn't gotten a **First Down**; **A Kick Off:** at beginning of game, second half or after **Offense** has scored to get it to other team; **Field Goal** and lastly **an Extra point** after **Touchdown.**

Line of Scrimmage: where the ball is placed at the beginning of any play except for an **Extra Point Kick** or **Kickoff.**

Game time: 4 15 minute **Quarters.** **Half time** is after the **2nd Quarter** ends. Overtime happens only if the game is tied at the end of **4 Quarters.**

Two minute drill: Team which is

behind, but close in the score within the last 2 minutes of the game, executes plays quickly with an emphasis on passes to the **Sidelines** to stop the game clock and get more time to score.

Bye Week: each team gets a week off during the season, staggered throughout the league.

Play Action Pass: **Quarterback** fakes handing the ball to a **Running Back** and throws it instead.

Red Zone: the last 20 yards before the **Goal Line** on either end of the field.

Overtime: whoever scores first wins after coin toss to determine who will be first.