

OFFICIAL BRIT'S GUIDE
to

★ AMERICAN FOOTBALL ★



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The *History* of American Football

It may be one of America's favourite sports and a multi-billion dollar industry stateside, but American football actually has its roots right here in the United Kingdom!

THAT'S RIGHT, WAY BACK IN THE BEGINNING OF THE 19TH CENTURY, two of England's favourite sports – rugby and soccer – came together on collegiate intramural fields to form what Americans now refer to as “football.”

The first football game was played on November 6, 1869... but it was more like a progressive game of soccer in that points could only be scored by kicking the ball into a goal. Seven years later, a group of American universities met to develop the first official set of intercollegiate football rules... rules that were nearly identical to those being used in England by the Rugby Union Code, with one exception: touchdowns became the primary means of scoring.

The game gradually came into its own and was more “Americanized” in 1880, when the number of play-

ers on each side was reduced from 15 to 11 and the scrum was removed from the game, replaced with a line of scrimmage. These changes not only introduced order and strategy to the game, but also opened up the field of play and created a clear delineation between offense and defense.

Two years later, the truly American concept of the “gridiron” was born with the addition of four downs to advance the ball five yards (since evolved to 10) to achieve a first down. Further innovations such as tackling below the waist and the forward pass helped to transform the game into the American phenomenon that it is today.

And when the sport returns to its English roots this October – a mere 142 years after the first game was played – consider Papa John's your go-to source for all things football!

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American Football

101

American football is a lot more fun when you understand the basic elements of the game. The following pointers will get you started on your way to being a football connoisseur!

1 Rather than being called a pitch, the playing surface is referred to as the “field” or “gridiron” (coined because the lines on a football field resemble those on griddles, or gridirons, used by Americans several generations ago). *But if you slip up and accidentally say the “p” word, it does have relevance in the American game in that a “pitch” is the underhand toss of the ball directly (laterally or backwards) from one player to another.*

2 Unlike in soccer, American football players must use their hands in nearly every aspect of the game. *In fact, having “good hands” is one of the most important qualities for any player to have, especially players in the skill positions of quarterback, running back and wide receiver. Like strikers and midfielders in soccer, these guys are the most revered players on football teams because they’re the ones who tend to score the most points.*

3 Every game begins with a coin toss. *The team that correctly calls heads or tails decides whether they’d like to “kick off” the ball first or receive it. The team that loses the coin toss, meanwhile, gets to choose which goal they would like to defend.*

4 Soccer lovers rejoice – a kickoff isn’t the only kick you’ll see during a football game. *A “punt” occurs when the offensive team is too far away from the end zone and/or first down marker and faced with having to turn the ball over to the other team by drop-kicking the ball down the field.*

5 The team with possession of the ball has four plays to advance 10 yards and achieve a first down. *Once there, they have four more plays (or “downs”) to advance another 10 yards, with the ultimate goal of moving closer and closer to the end zone until they can ideally score a touchdown by carrying the ball across the goal line.*

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American Football IOI (continued)

6 A team can use running attempts and forward passes to reach the hallowed end zone to score six points with a touchdown. Immediately following a touchdown, teams have the option to either kick the ball through the uprights for one extra point or try for two points by advancing the ball into the end zone from two yards outside the goal line. For the most part, teams will choose to kick the point after attempt, unless the game is on the line and they need that second point to tie.

7 Another way to score points in football is via a field goal, or kicking the ball through the uprights for three points. A field goal is usually attempted when a team is approaching the end zone but is faced with a fourth down and thus risks losing possession of the ball. A field goal occurs when the center snaps the ball between his legs to a waiting player who catches the ball and places it on the field of play where a kicker steps forward and boots it through the uprights.

8 Technology plays an important role in American football, with the league often using video's instant replay option to review plays and ensure the correct call is made. The head

coach is allowed to "challenge" two referee calls in each game by throwing a red flag on the field. But be careful with those challenges — because a team loses a timeout if the challenge is overruled. And if those first two challenges are successful, the team is rewarded with a third challenge. In the final two minutes of each half and overtime, league officials signal for the challenge from a booth overlooking the field.

9 For some fans, the highlight of a football game is the players' celebratory dance done in the end zone following a touchdown or other significant play. The referees, however, frown upon excessive celebrations that might come across as distasteful or unsportsmanlike. Players who celebrate for too long or use the ball as a prop for their dance moves can be subject to a fine.

10 Close score in the final quarter? Can't decide whether to attempt a touchdown or field goal? Conventional wisdom dictates that the home team makes the "safe" move and go for a tie, while the visitors will go full-force for a win. Why? Because the roar of a home crowd will hopefully be enough in overtime to motivate the team to victory!

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Glossary of American Football Terms and Rules

NOT SURE WHAT TO MAKE OF WHAT'S HAPPENING ON THE FIELD? IN BETWEEN BITES OF YOUR FAVOURITE PAPA JOHN'S PIZZA, DROP A FEW OF THESE FACTS AND ALL OF YOUR FRIENDS WILL THINK YOU KNOW WHAT YOU'RE TALKING ABOUT!



ABOUT THE PLAYING FIELD

- FIELD SIZE** Length: 100 yards plus two 10-yard end zones (109.728m in total)
Width: 53.3 yards (48.768m)
- END ZONE** Areas at each end of the field, 10 yards deep (9.144m)
- OUT OF BOUNDS** Painted white lines on each side of the field and at the back of each end zone, marking the boundary of the playing field
- GOAL POSTS (UPRIGHTS)** Yellow pipes on the inside of each end line and where kicks must go to score; 5.6388m wide and 9.144m above ground

WHEN THE BALL IS IN PLAY

- PLAYERS** 11 on the field for each team; unlimited substitutions when play is dead
- KICKOFF** Means of starting play to begin a half or after a scoring play
- SNAP** Act of the center putting the ball into play by hiking the ball between his legs to the player behind him (the Quarterback or "QB")
- SACK** Tackling the QB with the ball behind the line of scrimmage
- BLITZ** Defenders rushing the QB in large numbers
- FORWARD PASS** Act of throwing the ball forward to be caught by a teammate

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Glossary of American Football Terms and Rules *(continued)*

INCOMPLETE PASS	A forward pass that hits the ground and is ruled a dead ball
FIRST DOWN	A gain that completes a 10-yard advancement by the team on offense, producing a new set of four downs
PUNT	Kick to the opposing team, generally on 4th down after failing to advance the ball 10 yards from the line of scrimmage

SCORING

TOUCHDOWN (TD)	Advancing the ball into end zone, worth 6 points
POINT AFTER TD (PAT)	Kick through the goal posts following a TD, worth 1 point (also known as "Extra Point")
TWO-POINT CONVERSION	Advancing the ball into the end zone after a TD from the two-yard line, worth 2 points
FIELD GOAL	Kick through the uprights after the ball is snapped from the line of scrimmage and held by a teammate – and kicked by the place kicker – worth 3 points
SAFETY	Tackling a player with the ball in his own end zone, worth 2 points for the defensive team and the offensive team must punt the ball away from its own 20-yard line

LOSING THE BALL

TURNOVER	Change of possession resulting from an interception or fumble
INTERCEPTION	Pass reception by a member of the opposing team
FUMBLE	The loss of possession of the ball by a player on offense



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Glossary of American Football Terms and Rules *(continued)*

PENALTIES

YELLOW FLAG	Thrown on the field by one or more of the seven on-field referees to indicate a penalty
FALSE START/OFFSIDE	5-yard penalty called when a player moves before the ball is snapped
HOLDING	10-yard penalty called when a player impedes the movement of another player by using his hands
PASS INTERFERENCE	Penalty called when a player interferes with another player's attempt to catch a forward pass by making contact before the arrival of the ball (penalty distance varies depending on location of infraction and whether incurred by the offense or defense)
CLIPPING/ ILLEGAL BLOCK	15-yard penalty called when a player without the ball is hit from behind
UNNECESSARY ROUGHNESS	15-yard penalty called when a player is deemed to have used excessive force against another player (includes late hits and roughing the passer)
UNSPORTSMANLIKE CONDUCT	15-yard penalty called when a player acts in a way that violates the standard principles of sportsmanship

OTHER TERMS

FAIR CATCH	Call made by a kick receiver that he is giving up his right to return the ball or be tackled by waving his arm with the kick in flight
TOUCHBACK	Act of a ball being ruled dead when it travels into a team's own end zone following a punt, kickoff or opponent fumble; ball is spotted at the receiving team's 20-yard line
RED FLAG	Thrown on the field by a head coach to request video replay of an on-field decision by a referee

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Get Into the *Game*

The Essentials of an American Football Armchair Quarterback

Watching from the comfort of his or her own home, the Armchair Quarterback is as essential a part of Sunday game days as the players on the field. Armed with a remote control in one hand and an adequate supply of food and beverage in the other, Armchair Quarterbacks own the right to be the most ardent supporters and pointed critics of their team and its players with nothing coming between them and the importance of victory by their team.

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Get Into the *Game*



TAKE A SEAT ▶ An Armchair Quarterback is only as good as the throne you sit in. A comfortable, supportive recliner is recommended for any successful Armchair Quarterback.



GET A GOOD VIEW ▶ The size and quality of the TV is as important to the success of an Armchair Quarterback as your seat for watching the game. Be the envy of all Armchair Quarterbacks



on your block and make your house the favored Sunday destination by buying

the largest and most technologically advanced TV that you can find and tuning in to Sky.



GET FOCUSED ▶ Game day is a long day for any seasoned Armchair Quarterback. Make arrangements before the game to be exempt from all chores and outside responsibilities that don't involve sitting in your recliner and cheering your team on to victory. Opening the door for your Papa John's delivery person and using the loo should be the only acceptable reasons for a departure from your post during a game.



FEEDING FRENZY ▶ The game time feast is the most important meal for any day spent watching football, and nothing hits the spot like Papa John's pizza. The successful Armchair Quarterback knows that a quick pre-game visit to www.papajohns.co.uk is all the preparation necessary to have the ultimate football feast.

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THE TAMPA BAY BUCCANEERS
VS.
THE CHICAGO BEARS

October 23, 2011

— London, England —



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