



## American Football

American football is unlike any other game played with a ball!

American football is played on a rectangular football field, 160 feet wide by 360 feet. There are goal posts at each end of the field.

Football is played by two teams, and each team has exactly 11 players on the field during a game. Teams may have as many as 45 players. Each team has four quarters (each 15 minutes) in which to score points. The team with the most points at the end of the fourth quarter, wins the game!

The team with the ball is called the offense, while the other team is playing defense. The offense has four plays (called downs) to advance at least 10 yards. If the offense succeeds, they a "first down", and four more tries to move the next 10 yards.

The defense is trying to stop the offense from getting within goal range. The offense can score points by getting the ball into the end zone for a touchdown (6 points), or a field goal by kicking the ball through the goal posts (3 points). If they score a touchdown, the offense has another chance to attempt to score. Kicking a field goal is worth 1 point, while advancing the ball into the end zone is worth two points.