

Have you ever tried to watch a high school or college football game but gave up because you could not follow what was going on? Below is a list of unusual football terms that will help you understand.

Touchdown. Six points awarded after a team advances the ball past the opponent's goal line.

Extra point. One point awarded for a successful placekick following a touchdown.

Field Goal. Three points awarded for a placekick that goes between the uprights of the goal post.

Safety. Two points awarded to the defensive team when they force their opponent to down the ball in their own end zone.

Forward Pass. A ball thrown toward the goal line by a player to a teammate.

Hand off. THE ACT OF ONE PLAYER (USUALLY A QUARTERBACK) HANDING THE BALL TO A TEAMMATE WHO WILL THEN RUN WITH IT.

Line of Scrimmage. The imaginary line at the start of a play that separates the offense and defense. The line is marked by the ball.

Offside. Penalty for crossing the line of scrimmage before the ball is snapped into play.

Clipping. Penalty for blocking a player from the rear.

Pass Interference. Penalty for illegal contact with a player who is trying to catch a pass.

Runback. The return of a kick or interception.

Trap. A blocking maneuver by the offensive team in which the block to a defender is delayed until the player reaches a certain point.

Touchback. Gaining possession of the ball behind your own goal line. The ball is then set at the twenty yard line.

First Down. After a team has gained at least 10 yards in four plays or less, they are entitled to a new sequence of four downs to attempt to gain another 10 yards.

Two-Point Conversion. After a team has scored a touchdown, they have the option of going for two extra points either by a run or a pass.