**BLM 7.N.6.2: Integer Football**

**The Football Field**

* The field is 110 yards long.
* The centre line is 55 yards from each goal line.
* There are horizontal lines across the field every 5 yards.
* The 10-yard lines are labelled beginning at each goal line and increasing towards the centre of the field.
* Five 1-yard marks are made between each horizontal line.

**General Football Rules**

* One team begins the game with a kickoff from their 35-yard line.
* The receiving team (offence) has three play options to move the ball over the opposite goal line: pass the ball, run the ball, or kick the ball.
* The team has three chances or three *downs* to move the ball 10 yards. If the team members succeed, they begin at down one again.
* If they score a touchdown by moving the ball past the goal line, they earn 6 points. They can then kick the ball through the goalposts for 1 extra point.
* If the team is unlikely to get to the goal line, or to earn a first down by the third down, it may choose to kick a field goal. If the field goal is successful, the team scores 3 points.
* After scoring, the team kicks the ball from their 35-yard line to the opposing team.

**Note:** Diagrams of Canadian football fields, with dimensions marked, are readily available online.