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TV SPORTS FOOTBALL

CINEMAWARE PRESENTS:
TV SPORTS: FOOTBALL

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INTRODUCTION

Welcome to the Cinemaware Football League (CWFL)! You are about to experience the most exciting, realistic and enjoyable football simulation on the market. Whether you enjoy the game's arcade-style features, the strategic possibilities of coaching your favourite team from the sidelines, or access to COMPLETE stats for every team in the league—at your fingertips, T.V. SPORTS: FOOTBALL has something for everyone. Look at the following list of features:

- REAL ARCADE ACTION ON OFFENCE AND DEFENCE
- 1 PLAYER, 2 PLAYER, 2 PLAYERS VS. COMPUTER, PRACTICE & MORE
- BONE-CRUNCHING TACKLES AND DIVING CATCHES
- REALISTIC 11-MAN TEAMS ON OFFENCE AND DEFENCE
- 28 TEAMS PATTERNED AFTER THE PROS, WITH OVER 400 PLAYERS
- CREATE YOUR OWN PLAYERS AND TEAMS
- COMPLETE TEAM AND INDIVIDUAL STATS (PUSH BUTTON STATS)
- STUDY LEAGUE SCHEDULES BY TEAM OR WEEK
- VIEW LEAGUE LEADERS IN OVER 30 DIFFERENT CATEGORIES
- ANALYSE STATS BY TEAM: OFFENCE, DEFENCE, KICKERS
- UNIQUE PASSING INTERFACE GIVES YOU TOTAL CONTROL
- PLAY A 16 GAME SCHEDULE WITH PLAYOFFS AND A CHAMPIONSHIP
- NEW LEAGUE OPTION LETS YOU PLAY WITH UP TO 27 FRIENDS
- AS YOU PLAY, TRACK SCORES OF GAMES AROUND THE LEAGUE
- 24 OFFENSIVE AND DEFENSIVE PLAYS, OR IMPROVISE YOUR OWN

This manual has been designed as an instructional tool for beginners, starting with an historical perspective on football followed by a section

covering the rules and goals of the game. If you are already familiar with the game of football, you may want to skip ahead to the sections on strategy and game plans. For specific instructions on loading and playing this simulation, refer to the enclosed "PLAYERS GUIDE."

A HISTORY OF FOOTBALL

Other team sports are said to be symbolic representations of war; football, however, is war. In other sports, while there is physical contact, it is largely "incidental". That is, the contact occurs in the course of players pursuing a legitimate game objective. In football, that contact itself is a legitimate game objective.

North American-style football originated in the latter part of the 19th century as a hybrid of rugby and soccer. In fact, when Canada's McGill University played a two-game series against Harvard in 1874 in the first Canadian-American football confrontation, one game was contested under rugby rules and the other under soccer guidelines!

The game continues to evolve today through rule modifications (such as the controversial "instant replay" experiment begun during the 1987-88 NFL season), advances in training techniques and sports medicine and increasingly sophisticated equipment. We have seen offence elevated and favoured through rules protecting quarterbacks while defensive players are increasingly constrained. We have seen training techniques create bigger/stronger/faster athletes, protected by science-fictional battle suits and amped-up by theoretically-illegal anabolic steroids while sports doctors find better techniques for restoring them when the inevitable injuries occur.

But students of the game will tell you that perhaps the greatest impact on football has come from the pervasive presence of the one-eyed monster: television.

"TV has bankrolled professional football, lifted it into a multi-million dollar industry, into the nation's No. 1 spectator sport. . .and it has kept us all indoors on Sunday; the day that used to be devoted to church and lemonade on the porch and long walks in the woods or park – is now Mad Sunday with its Violent World and Fearsome Foursome and Doomsday Defence and Eleven Angry Men," observed Paul Zimmerman in 'A Thinking Man's Guide to Pro Football'.

TV has been a powerful force in the world of football – and the manner in which we, as fans, perceive it – since 1956, when the first pro games were broadcast on national TV. The single most famous event in

modern football history was TV-related: the 1968 Jets-Raiders contest that has come to be immortalised as the “Heidi Game”. When ABC made the mistake of cutting off the last minute of that game (causing fans to miss an incredible comeback by the Jets) to show the children’s movie “Heidi”, the uproar shook the TV universe to its core and neither TV nor football has been quite the same since.

Perhaps the greatest changes have been wrought on the football fan, whose perceptions of the game have been molded by a generation of watching football on the tube. Deluged with statistics, injury data and kinetic imagery, contemporary gridiron fanatics view the game through eyes far more sophisticated than their grandparents’ (and while grandma was no fan, granddaughter is much more apt to be). It is to these fans that we respectfully dedicate this simulation.



THE COLLEGE GAME

Until 1920, when the American Professional Football Association (later reorganised as the National Football League) was formed, football was exclusively a college sport. Its academic status, however, did nothing to inhibit the game’s violent tendencies. People who are horrified by the brutality of present-day football would probably faint dead away if they could see what the game was like in its infancy.

Prior to 1880, there was little standardisation in the sport with games played by squads of 11, 15, 20 or even 25 men a side! The “teams” resembled unruly gangs whose individual conduct could not be monitored or even controlled.

In 1880, Walter Camp (the Yale and Stanford coach known as the “Father of American Football”) convinced the delegates at a rules convention to establish an 11-man limit. This helped the situation, but the game remained sufficiently dangerous that it was almost banned in the early part of this century.

Appalled by the brutality of football (and its “flying wedge” offence which had claimed many a young man’s life and limb), a sizable segment of the American public (including several prominent schools) began to call for the sport to be outlawed.

It was President Teddy Roosevelt who saved the day by gathering together representatives from Harvard, Princeton and Yale to set about the business of reforming football.

The results of this pow-wow were new rules and guidelines that saved the sport from being lost to us forever. Foremost among the innovations decided upon was the introduction of the forward pass, which increased the pace, scoring and overall attractiveness of the game. No longer was football merely two mobs scuffling around in the dirt over a battered pigs skin; it was hoisted upon the arm of the quarterback into the 20th century.

PROFESSIONAL FOOTBALL

Although founded in 1920, football remained predominantly a college sport into the 50s, when television stepped in and helped turn the pro version of the sport into a national mania.

From 1956 and the first national broadcast of a pro game, the NFL (and although there have been other leagues, the NFL is synonymous with pro football) continued to grow into the mid-70s, when it attained a preeminence that was positively amazing.

“By 1974,” David Harris wrote in “The League (The Rise & Decline of the NFL)”, “the long and costly war with the American Football League had been officially over four years, and the single twenty-six-team professional football monopoly that had emerged from the conflict was already firmly established as the ranking success story of the sports/entertainment industry. Super Bowl VIII, climaxing the NFL season. . . had been the third most watched sporting event in American Television history, topped only by the two preceding Super Bowls. Those events’ audience included more Americans than had voted in any presidential election in the nation’s history. Christian Century called it ‘American’s new religion.’ To most of those who watched football, as presented to the public by the NFL, was simply ‘American’s game.’

Although the NFL has suffered some bumps in the ensuing years, football remains one of the dominant features of American TV with the biggest criticism of the game being its very ubiquitousness – the football “glut” which has left even fanatics bloated and spent like wasted spectators after a week-long Roman Circus.

What better medicine to revive the spark of football fanaticism than an interactive football experience that completely captures the visceral and kinetic thrills of “America’s game”?

Ladies and gentlemen, we give you TV Sports: Football. . .

FOOTBALL: THE GAME

The overriding object of football is to score more points than your opponent. This is accomplished when the team with the ball (the offence) attempts to “take” territory, and march the ball across their opponents goal line. Meanwhile, the team without the ball (the defence) is trying to slow or halt the offensive advance. The battlefield, called a “gridiron” because of its resemblance to the metal cooking grill used to cook meat, is 100 yards long, divided into two 50 yard long territories.

To score, the team on offence must march down the field into the opposing team’s end zone. This is called a “touchdown” and is worth six points. The offence team has four attempts (called “downs”) to gain a total of ten yards (called a “first down”) and they can do this by running (“rushing”) or throwing (“passing”) it, while the defensive team attempts to negate their efforts by tackling (throwing to the ground) the ball carrier. If they fail to gain ten yards, the ball is turned over to the other team, without a change of field position.

Each game is divided into a first and second half, with each half being divided into 15 minute quarters. If, at the end of the four quarters, the score of the game is tied the teams play an extra “sudden death” quarter in which the first team to score is declared the winner. If neither team has scored at the end of the extra quarter the game is officially recorded as a tie. In playoff games, however, no ties are allowed – the teams continue to play until one scores.

THE KICKING GAME

The kicking game consists of the kickoffs, punts and place kicks (or field goals). At the beginning of each half and following a score of any kind, the ball is kicked from a tee to the team that was scored upon. This generally results, depending on the length of the kick and the length of the “run back”, in the offensive team starting the game on about their own twenty yard line. Kicks that go through the endzone are automatically placed at the twenty yard line. This is called a “touchback”. (The opening kickoff is determined by a coin toss and

the team that receives that kickoff must themselves kick off at the start of the second half.)

A frequently used play on the part of the offence is the “punt” which consists of the offensive team kicking the ball toward the opponents goal. It is primarily used on fourth down when the offensive position is weak, and the team doesn’t want to risk turning the ball over to the defence deep in their own territory. By punting on fourth down instead of trying to make a first down, they are relinquishing the ball to the opponent much further from their goal. (A good punt can travel fifty yards or more.)

A “field goal” is an attempt to kick the ball (spotted by a holder) the remaining distance to the end zone and through the upright ends of the opponent’s goalpost. It can be kicked from any point on the field, but few are attempted outside the 50 yard line (the ball must travel not only the distance remaining on the field but the end zone yardage as well).

A field goal is worth three points, and is usually attempted on fourth down when the offence doesn’t think it can make a first down.

After a touchdown, one additional point is scored when the kicker attempts to kick the ball through the goal posts in what amounts to a short-range field goal. This is called a “point after touchdown” or “PAT”. It is ONLY attempted after a touchdown.

DEFENSIVE SCORING

Though the defence serves primarily to defuse the other team’s offence, it is possible for them to score points as well through turnovers and safeties.

Turnovers come in two types: fumbles (when the ball carrier loses the football to a defender) and interceptions (when a defender picks off a pass intended for the other team). Fumbles and interceptions can be returned by the defensive player for touchdowns.

A safety occurs when the defensive team drives the offence back, tackling the ball carrier in his own end zone. Safeties are worth two points.

FOOTBALL SCORING SUMMARY

POINT AFTER TOUCHDOWN	1 point
SAFETY	2 points
FIELD GOAL	3 points
TOUCHDOWN	6 points

THE PLAYERS

- OFFENCE:
1. Quarterback
 2. Left halfback
 3. Right halfback
 4. Fullback
 5. Left wide receiver
 6. Right wide receiver
- DEFENCE:
7. Left inside linebacker
 8. Right inside linebacker
 9. Left outside linebacker
 10. Right outside linebacker
 11. Left cornerback
 12. Right cornerback
 13. Left safety
 14. Right safety
- KICKERS
15. Punter
 16. Kicker
- LINES:
17. Offensive line
 18. Defensive line

The offensive unit includes 11 total players: 7 offensive linemen who play at the line of scrimmage (an imaginary line crossing the field at the point where the ball is put into play) and 4 “backs” who play at various positions behind the line. The backs involved in any given play will depend on the offensive formation; but in addition to the 7 men on the line there are 4 of the following: a “quarterback”, 2 “halfbacks” a “fullback” and 2 “wide receivers”.

The defensive unit also consists of 11 players. Depending on the formation, the defensive line may be 3 men strong (called a 3–4 defence), 5 men strong (known as a 4–3 defence because one of the linebackers plays as part of the line), or 6 men strong (named the 6–1

defence). Behind the defensive line you’ll find the “linebackers”, and then the “secondary” (cornerbacks and safeties).

All players are rated in 4 different categories: (excluding the offensive and defensive lines)

1. SPEED
2. STRENGTH
3. HANDS
4. ABILITY (SPECIFIC TO THE POSITION)

Each position uses a slightly different interpretation of the rating. For example, STRENGTH indicates a fullbacks ability to break tackles; but when applied to a quarterback, STRENGTH also determines the power of his arm. The effect these different abilities have on each position will be discussed in the following pages..

QUARTERBACK

The quarterback is the catalyst of the offensive attack. Young quarterbacks are recruited on their leadership abilities as much as arm strength and speed, because the quarterback virtually runs the entire offence. Each offensive play begins with the quarterback receiving the ball from a member of the offensive line known as the “centre”. The QB can then throw the ball to any of his offensive backs, handoff (or fake a handoff) to one of the halfbacks, or keep it and run with it himself. (However, the rules dictate that once he runs past the line of scrimmage he can no longer throw the ball.)

Like all the players, quarterbacks are rated in four different areas. SPEED represents the players running velocity on a relative scale from 1 to 8, with 1 being the slowest speed and 8 being the fastest. A QB with a SPEED of 1 will undoubtedly have a difficult time eluding the “blitz” (when the defence tries to crash through the offensive line in an all-out attempt to tackle the passer behind the line of scrimmage) and won’t be much of a running threat. A fast quarterback can keep a defence on it’s toes, because they never know when he is going to run the ball himself.

STRENGTH also affects a QB's ability to run with the ball. The stronger he is, the harder he will be to tackle. (Although a strong fullback will still be harder to tackle than a strong QB.) STRENGTH is also used to determine the maximum distance a quarterback can throw the ball. The long "bomb" is very threatening to a defence, even when the passes are incomplete. Seeing a QB launch the ball 65 yards down field is enough to make most secondaries play back a little, which opens up the ground attack and short passing game.

Unfortunately, because of their vulnerability while trying to throw the ball, quarterbacks are prone to an above average number of fumbles. The better a QB's HANDS are, the more likely he will be to hold on to the ball when tackled or sacked.

ABILITY for a QB translates to accuracy. When passing, how effectively can he deliver the ball to the receiver? To fully take advantage of a good receiver, the quarterback must have an accurate arm. You'll see a larger number of dropped passes (passes that may have seemed catchable) when his ability rating is low.

The statistics that are kept on quarterbacks have always been rather controversial. For example, a QB throws a two yard pass to a wide receiver who then races 55 yards downfield for a touchdown; the QB is given credit for a 55 yard touchdown pass. Also a controversial statistic is completion percentage, because it so heavily relies on the type of passes thrown. Short screen passes and simple flares are not much harder to complete than an ordinary handoff, yet the QB's completion percentage goes way up. Keep these things in mind as you analyse your next opponent.

Quarterback stats are kept in the following areas:

ATTEMPTS	total number of passes thrown
COMPLETIONS	total number of passes caught
PERCENTAGE	percentage of receptions to attempts
AVERAGE YARDS	average yards gained each pass play
AVERAGE/GAME	average yards gained per game
YARDS	total number of passing yards
TOUCHDOWNS	total number of touchdowns
INTERCEPTIONS	passes caught by the defence



HALFBACKS

Each team has two halfbacks: a left halfback who plays on the left side of the quarterback and a right halfback who plays on the right side of the QB. These two players, although not both involved in every formation, make up the offensive ground attack. They are primarily ball carriers, taking handoffs and pitchouts from the quarterback, or acting as decoys by busting through the line after a clever fake; but they can also be effective receivers, catching short screens and flares and occasionally going long out of the backfield.

The first two rating areas, SPEED and STRENGTH, are both important qualities in a halfback; but because they are more likely to run to the outside, as opposed to trying to plow their way through the middle, SPEED may be more important.

STRENGTH will affect the runners ability to break tackles. Incidental contact with any defensive player will bring down a halfback with low STRENGTH, while it takes good solid contact to tackle the stronger runner.

Having good HANDS is also important to a halfback. Every time he is tackled there is a chance the ball will pop out of his grasp; and halfbacks are especially vulnerable when the defensive player is very strong or if it's a bone rattling DIVING tackle! When studying stats for a losing team, it's sometimes difficult to find the cause of a poor season until you look at the turnover ratio. Fumbles and interceptions can be devastating for even the best teams. Of course, halfbacks can also be the focal point of a teams passing game, and the HANDS rating defines his ability to catch passes.

ABILITY, as applied to the halfback, is not an overall summation of his other three ratings. Instead, it functions more like a quickness rating, and affects the runners ability to quickly change direction. This is often called "juking". A runner with good ABILITY will find it easier to avoid an approaching defender by cutting sharply to the left or right.



The statistics for halfbacks are classified under the category of "rushing" and they include:

ATTEMPTS	times runner carried the ball
YARDS	total number of rushing yards
AVERAGE	average yards per carry
AVERAGE/GAME	average yards per game
TOUCHDOWNS	total number of rushing to touchdowns
FUMBLES	total number of dropped balls

FULLBACK

The fullback is generally the largest and strongest offensive running back. The fullback is the player a coach turns to when he is just short of a key first down, or inside the opponents five yard line. His primary responsibility is to power his way through the middle of the line from the "I" formation. Because of his strength, he is also a good blocker. Fullback SPEED is a desired quality, and you'll occasionally find a fullback who is faster than he is strong; but this is the exception and not the rule. The advantage to having good speed is the potential for a big gain if the fullback manages to get into the open field. Since the fullback is generally used in short yardage situations, the defence will often be found in a 6-1 formation. If he can get through the line and past the linebackers the safeties are the only players standing between him and the goal line.

A fullback with good STRENGTH poses a double threat to the defence. He can either plow forward through the line AND the linebackers, or he can take a quick fake from the quarterback and run interference for the halfback who might have better speed and better moves.

A runner won't be catching many passes while playing fullback, but because he carries the ball in such key situations you want to make sure he holds onto it. The higher his HANDS rating, the less chance he has of being responsible for a costly turnover.

Like the halfbacks, ABILITY indicates the fullbacks quickness in changing direction. it is not considered to be as important as the other ratings. However, a tricky coach might have a fullback with good SPEED and good ABILITY, then run him outside when the defence is

expecting a run up the middle. Of course, once the defence sees this play they won't be as likely to fall for the trick a second time. The statistics kept for fullbacks and halfbacks are identical.



WIDE RECEIVERS

The wide receivers are generally the fastest men on the team. They are responsible for running special passing "patterns", known to themselves and the quarterback, in an effort to get away from the coverage of the defensive secondary. For example, a receiver may charge downfield and then suddenly make a sharp cut to the right. As the defender tries to change direction the receiver is temporarily "open" and the quarterback may try to pass the ball to him. Wide receivers can also be used as decoys; by running a deep pass route they are pulling the defenders down field, which could leave the middle clear for a running play.

SPEED is an extremely important rating for a receiver. If he can outrun a defensive back, he can get open. And if he can get open he can catch touchdown passes. A receiver with good SPEED is particularly dangerous in long bomb situations, and may force the defence into a different pass coverage, for example: a double coverage or deep zone. STRENGTH becomes important only after the wide receiver catches the ball. If his STRENGTH rating is high he will be able to shake off tacklers in the open field, and thus gain more yardage. He is also more threatening to the defence because he can be effective from any range: short, medium or long. The receiver with low STRENGTH can best be used for medium and long range passes since he probably won't pick up as many yards once he has the ball.

It almost goes without saying that a receiver's HANDS are his biggest asset. It HAS been said that you can't hear a good receiver catching the ball, this is because he doesn't actually let it "hit him in the hands", he catches the ball with his fingertips. Unfortunately, defenders love to POP the receiver just after he catches the ball, and unless he has a high HANDS rating, a lot of these balls will be dropped. Of course, if the receiver drops the pass after he has full possession it is ruled a fumble. The ABILITY rating for receivers is very similar to the rating for running backs. It determines the rate at which he can change direction, and is very useful while trying to pick up yardage after the pass. The added advantage for a receiver is that good ABILITY will allow him to run cleaner pass routes, thus making it easier for the quarterback to hit him with passes.

A wide receivers stats can be analysed in 5 different categories:

RECEPTIONS	total number of passes caught
YARDS	total number of receiving yards
AVERAGE	average yards gained per reception
AVERAGE/GAME	average yards gained per game
TOUCHDOWNS	number of touchdown receptions

OFFENSIVE LINE

Someone once said, "An offensive lineman is like a blacksmith. At one time it might have been a good job." A team's offensive success is

largely dependent on the quality of the offensive line. The line performs two critical tasks: on passing plays the line must protect the quarterback. They do this by forming a protective line between him and the defensive players. If they allow a hole to open in the line, a blitzing linebacker may rush through and sack the QB. On running plays the line attempts to “open” a hole for the running back to go through, this helps him build speed and momentum for his imminent get together with one or more members of the waiting defence.

Unfortunately, despite the importance of the offensive line, they are often neglected and unappreciated. Stats have never been kept on members of the offensive line.

INSIDE LINEBACKERS

Linebackers are usually the best all-round athletes on the team. They have to be. They have to be strong enough to stop a 200 pound fullback who is surging through the line; fast enough to drop back into pass coverage, and quick enough to help the outside linebackers chase down a halfback who is going around the end.

Inside linebackers are involved on almost every play, even obvious passing downs because they must put pressure on the quarterback by blitzing. The left inside linebacker is usually the defensive captain, which goes to show you how vital the position is to a teams defence. SPEED is an important attribute for an inside linebacker, whether he is going for a quarterback “sack” or dropping back into pass coverage.

STRENGTH is probably the most important piece of the inside linebacker puzzle. It determines the players ability to tackle the ball carrier. The stronger a defensive player is, the easier it will be for him to bring down those charging fullbacks. The inside linebacker can also use his strength to punish wide receivers while breaking up short pass plays over the middle. A strong linebacker will jar more balls loose and cause more fumbles than a weak one.

Because linebackers can drop back into pass coverage, HANDS becomes an important variable. A player with a high rating here will not only bat away more passes, he will intercept more passes as well. And of course, after an interception he may run the ball and be tackled just like any other offensive player. The chances of him fumbling the

ball on the tackle are directly related to his HANDS rating. Because of all his responsibilities, an inside linebacker MUST be able to react quickly. This reaction time is reflected in the linebackers ABILITY. If a running back makes a sharp cut to the left, the linebacker must also cut to the left – without delay. If a receiver turns to catch a pass, the linebacker must be there to break up the play. Individual defensive statistics are kept in the following areas:

TACKLES	total number of tackles made
SACKS	tackles behind line of scrimmage
YARDS	total yards lost by defence on sacks
INTERCEPTIONS	number of passes caught by defender



OUTSIDE LINEBACKERS

The primary difference between inside and outside linebackers is that they each have different responsibilities on any given play. While an inside linebacker must stop the mighty fullback runs up the middle, an outside linebacker must pursue the speedy halfbacks who are running to the outside. And because it is easier to blitz the quarterback from the outside, an outside linebacker must run around the end of the offensive line and still get to the QB before he throws the ball.

SPEED is an important rating area for outside linebackers because of the greater distances they must sometimes travel to reach the ball carrier. In pass coverages, it is the outside linebacker who initially handles the speedy wide receivers – until they leave his zone.

Once the outside linebacker reaches the ball carrier, his STRENGTH rating will be the deciding factor when it comes to making the tackle. It takes a strong linebacker to bring down a strong running back or wide receiver. And again, STRENGTH plays an important role in forcing fumbles.

The HANDS rating of the outside linebacker is specific to pass coverages, and it functions the same for both inside and outside linebackers.

The duties of the outside linebacker necessitate having a strong ABILITY rating. Because he must cover and bring down the fastest members of the offensive unit, his reaction time has to almost be instinctive. If the defence discovers an ABILITY weakness at ANY of the linebacker positions expect them to unmercifully exploit it.

CORNERBACKS

Cornerbacks are so named because it is their job to protect the corners. Of the 4 defensive backs (left and right cornerback and left and right safety) the corners play closest to the line of scrimmage, and while they are generally used to cover the wide receivers man-to-man, they can also be effective blitzers and are often called upon to stop the outside run.

Defensive backs are sometimes the fastest men on the team – they must have good SPEED to avoid being “burned” by a faster wide receiver. This SPEED can also be an asset when blitzing from the outside, and it

is possible for a corner to rocket out of the defensive backfield and nail a quarterback behind the line of scrimmage before he knows what hit him.

STRENGTH is also important for a cornerback. Most wide receivers don't have a lot of strength, so it doesn't take much of a hit to knock them down; but because the cornerbacks must sometimes shut down the offensive running game, they need to contend with the stronger running backs.

Nothing is more devastating to a quarterback than a 75 yard, 5 minute drive down the field that is stopped on the 4 yard line by an interception. The HANDS rating dictates a cornerbacks ability to make those momentum killing interceptions.

The ABILITY rating of the cornerback must be equal to or better than the ABILITY rating of the offensive player he is trying to cover or tackle – if he is to be effective at stopping the offensive drive. A good defender must never allow a receiver or ball carrier to come “head up on them,” which means that they don't want an offensive player to get behind them. The only way to prevent this is by reacting quickly to the opponent's jukes and “moves”.

When looking at a cornerback's stats, keep in mind that he has many responsibilities. He probably won't have as many tackles or sacks as a linebacker, and because he isn't ALWAYS in man-to-man pass coverage he may not have as many interceptions as a good safety. To find out the quality of a teams cornerbacks, look for well BALANCED defensive figures.

SAFETIES

The left and right safeties have one primary job: to stop the pass. In some formations they will cover the running backs coming out of the backfield, in others they must cover the wide receivers, and in still others they drop back and play a deep zone. Sometimes, the defence will try a surprise “safety blitz” but this is a dangerous manouver that usually leaves a potential receiver open. (The defence is gambling that with an all out blitz they can sack the QB before he has time to throw a pass to the open receiver.)

The safeties, like the corners, must have good SPEED to keep up with

the opponents wide receivers. This rating may even be more important for a safety because covering the receivers is his primary job. (Unless he is blitzing, and of course, SPEED is critical to blitzing success, as well; even if the safety simply chases the QB out of the pocket and into the arms of a blitzing linebacker.)

A safety generally doesn't need as much STRENGTH as the other defensive personnel, but if a running back gets through the line and past the linebackers and corners, the only thing standing between him and a quick six points is the safety.

You will usually find a safety leading the league in interceptions. The ability to catch the ball and to bat it away from the offence is governed by the safeties HANDS rating. This rating becomes even more important if he lacks strength, because he will be more effective breaking up pass plays than tackling the receiver after a catch.

ABILITY is critical in man-to-man pass coverage, but not quite as important in a deep zone. If the defensive game plan is to leave the safety back in a deep zone, a few ABILITY points could be sacrificed for an increase in speed. But a fast safety is usually better off in a man-to-man coverage.

Interceptions are the most interesting safety stat. But you will sometimes find a safety with several sacks; this can tip off the offence to watch out for a stronger safety, and several safety blitzes during the game.

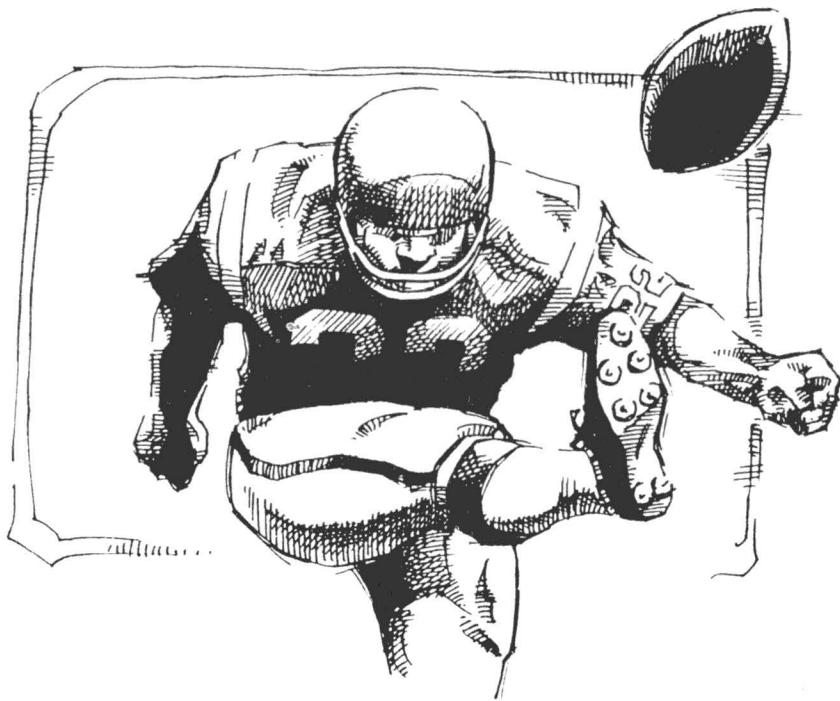
DEFENSIVE LINE

The defensive line is the antithesis of the offensive line. If the offensive line is trying to close a hole to protect the quarterback, the defensive line is trying to open a hole to let in the blitz. When the offensive line is trying to open a hole for a running back, the defensive line is trying to close it up and force him outside – into the arms of the waiting outside linebackers or corners.

PUNTER

The punter's job is to kick the ball to the defence, usually on fourth down, when the offence wants to turn the ball over AWAY from their own end zone. In most situations, the punter will attempt to kick the

ball as far toward the opponents goal as possible. But if the punter is capable of kicking the ball into the other team's end zone (this would result in a touchback), he will try, instead, to hit the "coffin corner." (This means he is trying to make the ball cross the "out of bounds" line within 20 yards or less from the goal.) If he is successful, the offence will not have very good field position when they take possession, and they will often be forced to punt the ball out of their own end zone three plays later. (If they fail to make a first down.) The first two rating areas: SPEED and STRENGTH are combined to determine a punter's leg strength. The stronger his leg is, the further he can kick the ball down field.



The next two areas: HANDS and ABILITY combine to form the players accuracy rating. An accurate punter may more easily punt the ball out of bounds inside the 20. Plus, poor accuracy will sometimes result in a punt that is “squibbed,” which means that it goes out of bounds shortly after being kicked, drastically reducing the yardage of the punt.

Punting records are recorded in only 2 areas:

PUNTS the total number of attempted punts
AVERAGE the average distance the ball travelled

KICKERS

An accurate kicker with a good leg can be a team’s bread and butter player. The offence is almost assured of scoring 3 points whenever the ball is on their side of the field.

Like the punter, the first two ratings for the kicker combine to become an indication of how far he can kick the ball. A kicker with a combined total of 16 in this area can potentially kick a field goal of 67 yards.

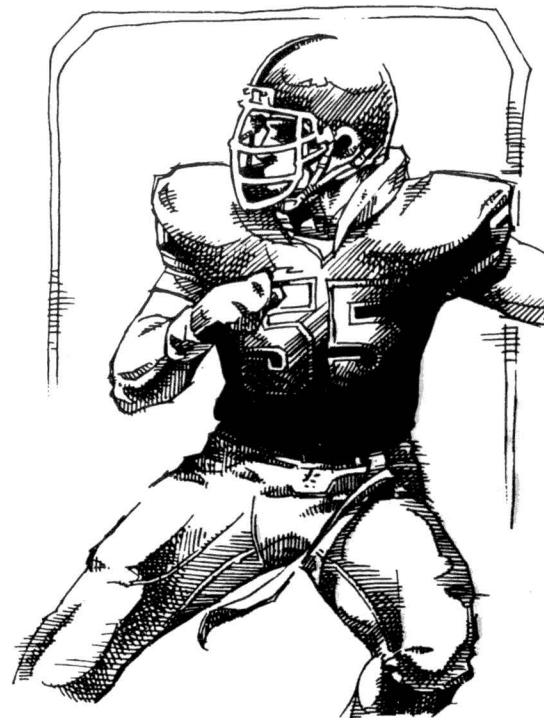
The second two kicker ratings are equally important. They combine to form the players accuracy. Inside the 20 yard line an accurate kicker is going to be more helpful than a kicker with a strong leg.

Kickers stats are kept in the following areas:

POINT AFTER ATTEMPTS total attempted PAT'S
POINT AFTERS MADE total successful PAT'S
FIELD GOAL ATTEMPTS total field goals tried
FIELD GOALS MADE total of field goals made
TOTAL POINTS number of points scored

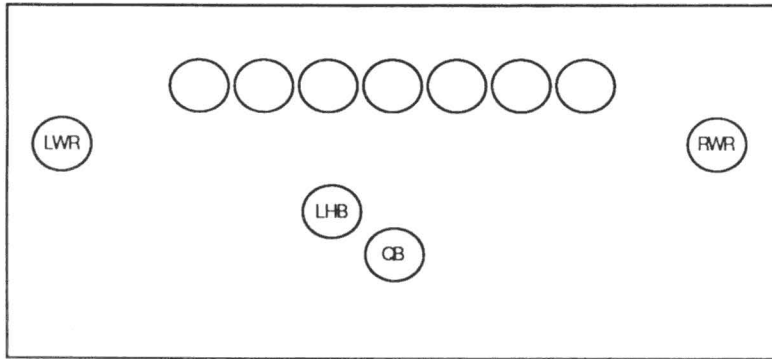
OFFENSIVE FORMATIONS

Teams in the CWFL have 4 distinct offensive formations to choose from. Each has unique strengths and weaknesses; one is ideally suited for passing, another is best for running plays. This is not to say that a team MUST pass from one and run from the other; on the contrary, some teams will operate almost their entire offence from one formation. This gives them an element of surprise because you never can be sure of which play they will call next.



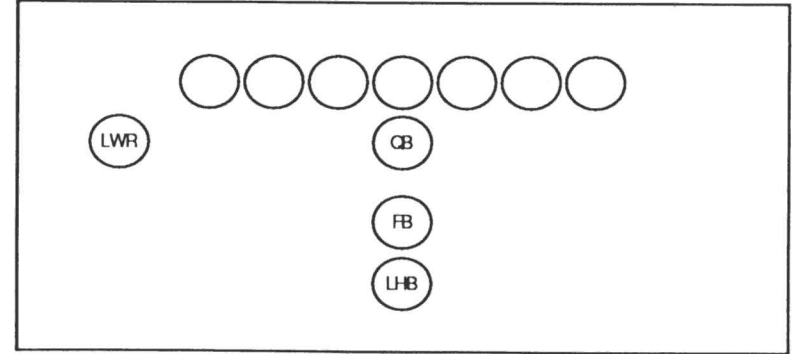
The "SHOTGUN" formation is a distant cousin of the old SINGLE WING formation; popular back in the "one platoon" days of football, where the players were expected to help out on offence AND defence. In those days the centre would often hike the ball past the quarterback to one of the running backs. Today, the quarterback receives the snap about 7 yards behind the line of scrimmage. This eliminates the time it would have taken him to drop back, and he is able to get his passes off more quickly without worrying as much about the defensive rush. It consists of a single running back and 2 wide receivers.

SHOTGUN



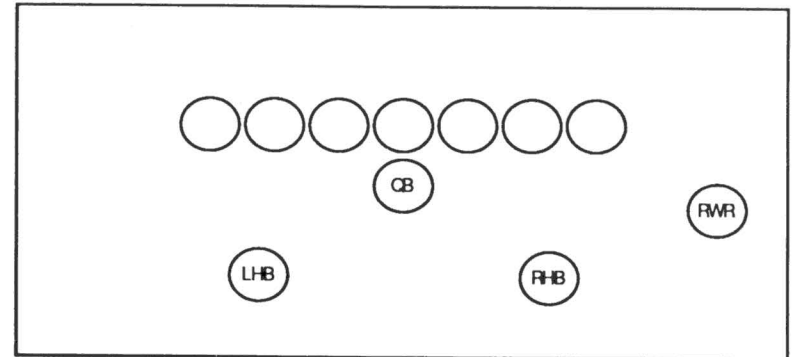
The "I" formation is primarily used on running downs. It is an effective running offence because it allows the back (after receiving the handoff) to "choose his hole." From his starting position directly behind the quarterback, he can more easily cut to the right or left as he sees the holes being created for him by the offensive line. And the "I" is the only formation to offer the unique talents of the fullback. The half/back/fullback combination from the "I" constitutes a powerful one-two offensive punch. The quarterback can either handoff to the fullback for a hard drive up the middle, or fake a handoff and use the fullback's explosive power to clear the way for the mobile halfback, just a few steps behind.

"I" FORMATION



The "PRO" SET" formation offers a balanced offensive attack with 2 halfbacks and a wide receiver. The halfbacks are lined up behind the quarterback and several yards to his left and right. Because of their positioning behind the quarterback, the running backs are equally prepared to take a handoff up the middle, or swing wide for a short flare pass. The PRO-SET is the most widely used offensive formation.

PRO-SET



OFFENSIVE PLAYS

There are hundreds of different play combinations that can be run from each offensive formation. The trick, of course, is to outguess the defence, and to call the play that best utilises the available talent, while exploiting the opponent's weaknesses. The arsenal of offensive options includes, but is not limited to:

HANDOFFS

The quarterback takes the snap from the centre and, turning around, places the ball firmly into the arms of the approaching running back. To fool the defence, the quarterback may also "fake" a handoff to the running back. After a fake, the QB can handoff to another running back or pass the ball; if he passes it is called a PLAY ACTION PASS.

SWEEPS

In this play, the quarterback hands the ball to a running back who attempts to take the ball around the offensive line instead of through it. The offensive line is assigned to push the defence to the opposite side of the field to make room for the runner. This play is most effective when the other running back, or a wide receiver, is able to run several yards ahead to block.

PITCHOUTS

This play is similar to the sweep, but after the QB received the snap he "rolls" (runs) to the right or left, just behind the runner, then he "pitches," (tosses) the ball back to him.

DRAWS

The DRAW play is designed to counteract the defensive blitz. The quarterback sets up, as if to pass, then he suddenly hands the ball to a nearby running back, who runs straight up the middle with it. The offensive line is critical to the success of this play. They must not let any holes open in the line, forcing the blitzing defenders to the outside. As soon as the middle is clear, they open a hole for the running back.

REVERSES

Reverses are trick plays designed to catch the defence off guard. The play starts out like a sweep, but instead of running around the end, the running back hands the ball to another back or wide receiver GOING THE OPPOSITE WAY. The offence is hoping to draw all the defenders to one side of the field, opening the other side for a big gain opportunity.

PASSING PLAYS AND PATTERNS:

The most explosive plays in the offensive arsenal are the attacks by air. The quarterback attempts to advance the ball down field by throwing it to one of this eligible receivers: the fullback, left or right halfback, or left or right wide receiver. These players run various pass "patterns" in an attempt to get away from the defence long enough to catch the ball.

SAFETY VALVE OR FLARE PATTERN

This pattern serves a dual purpose. On longer pass plays, where the QB can't find an open receiver deep down field, he can dump the ball off to a back near the sideline. The back is acting as a "safety valve" for the quarterback. The play can also be effective against the blitz. If the QB can lob the ball over the heads of the blitzing defenders, the running back should have an open field to run in – until he reaches the secondary.

HAIL MARY

In this play, from the SHOTGUN, all the eligible receivers head straight down field as soon as the ball is snapped. The quarterback simply waits until his targets are "deep", then he throws the ball as far as he can, praying that the ball is caught – and not intercepted!

CROSSING PATTERNS

There are several variations on the crossing pattern. The receiver can run 7 yards down field and cut sharply to the right, or the left. Some patterns end right there, while others cause the receiver to run straight ahead once they reach the sideline. (This pattern is called the CROSS AND GO.)

POST

In this passing pattern the receiver runs 6–7 yards down field, then he cuts sharply toward the goal post and runs at a diagonal until he reaches the sideline. In a variation on this pattern, the receiver can cut the other direction. This is often called a SLANT OUT pattern. (The POST pattern is sometimes referred to as a SLANT IN route.)

GO

This is the ideal pattern for a long bomb. The receiver doesn't make any "cuts" as he runs, he simply runs straight down field, looking over his shoulder for the ball.

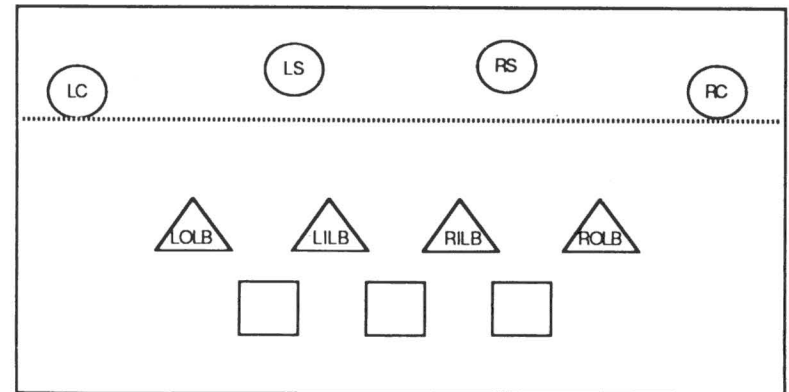
BUTTON HOOK

This pattern is a little tricky to defend. It starts out like a GO pattern, but the receiver suddenly does a u-turn and waits for the QB to throw it short so he can go back for it. This play can be very effective after an unsuccessful bomb attempt.

DEFENSIVE FORMATIONS

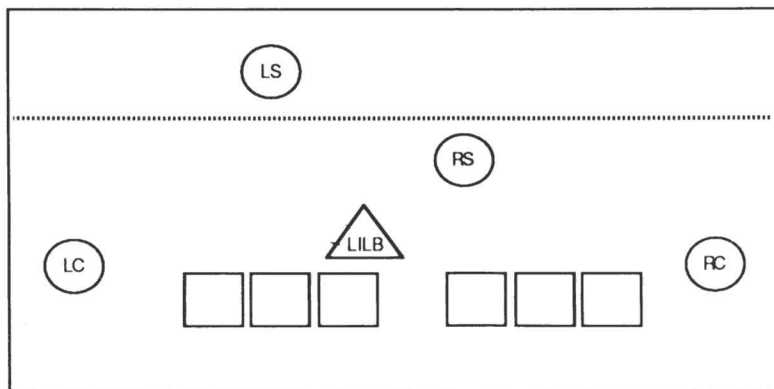
There are 3 different defensive formations: the 3–4, the 4–3 and the 6–1. They got their numerical names from the organisation of the defensive line and linebackers. The first number refers to the sum of the defensive linemen. The second is an indication of the number of linebackers involved in the play. For example, the 3–4 defence puts only 3 defensive men at the line of scrimmage, but backs them up with 4 linebackers. (Not to mention the 2 corners and 2 safeties line up off the screen.) This gives the defence a lot of bodies with which to cover the pass, but offering only 3 men at the line it becomes difficult to contain the run. And if the defensive captain blitzes the 4 linebackers he is giving up the medium range pass coverage. In essence, the 3–4 defence works extremely well as a "prevent" defence; which means they are willing to give up the short game in exchange for "preventing" the offence from completing any big plays. The defence is hoping that the offence will make a mistake, and turn the ball over on an interception or fumble, BEFORE they make it to the goal line.

3–4 ALIGNMENT



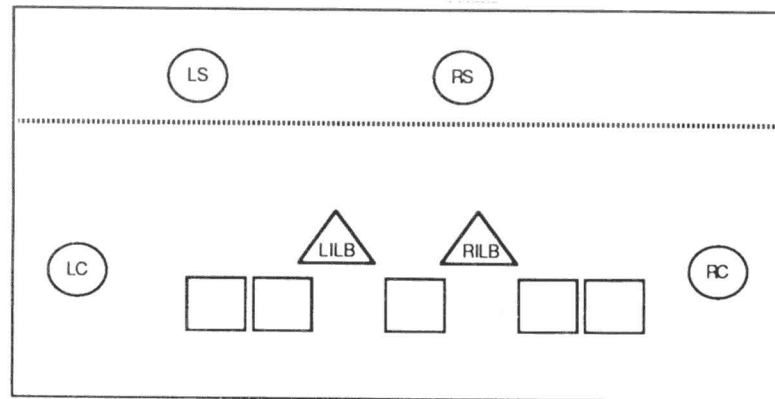
The 6-1 defence stacks the defensive line with SIX linemen, making this formation effective against the run. The defensive line can quickly plug the holes created by the offence on a running play, and open holes for the blitzing inside linebacker on a pass. The disadvantage of a 6-1 alignment is that there's only one man deep covering the long pass.

6-1 ALIGNMENT



The 4-3 defence utilises the strength of 4 defensive linemen and 3 linebackers, but one of the linebackers always plays at the line of scrimmage. This leaves 2 inside linebackers and 2 corners playing short, and the 2 safeties off the screen laying deep zone. While not as effective against deep passes at the 3-4, it is more effective against the running game. The 4-3 is widely used in pro football, and is the most balanced defensive posture in the game.

4-3 ALIGNMENT



DEFENSIVE PLAYS

There are 4 basic plays: RUN DEFENCE (inside), RUN DEFENCE (outside), PASS DEFENCE (man-to-man or zone), and BLITZ. The effectiveness of each play depends on the defensive formation, and the personnel.

RUN DEFENCE (PINCH)

This defensive play is designed to stop runs up the middle. Depending on the formation, one or more inside linebackers hang around near the line of scrimmage waiting for the ball carrier. If it becomes obvious that the quarterback is going to throw the ball, the linebackers go after him.

RUN DEFENCE (SPREAD)

This is the same basic defence as the pinch except that the outside linebackers, or corners, stay near the line waiting for the run. This leaves a defensive weakness to the inside. However, it is still a better inside run defence than PASS DEFENCE.

PASS DEFENCE

In this defensive play, the linebackers and defensive backs are looking for the pass. Because linebackers are generally slower than corners and safeties, they play a type of pass defence called a "zone". This means that each linebacker has an area of the field that he must protect. If a receiver enters his area, the linebacker covers him as closely as he can, trying to prevent the receiver from catching the ball. When the receiver leaves his zone and enters another, the NEXT linebacker picks up the coverage.

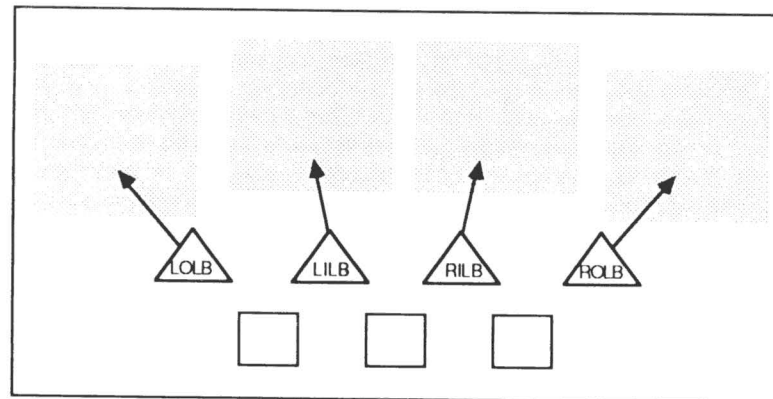
The second type of pass coverage is called man-to-man. The cornerbacks and safeties use this type of coverage which means that each potential receiver is assigned to one or more defensive backs. (If two defensive backs are assigned to the same receiver it is called "double coverage.") The back must follow the receiver wherever he goes, trying to stay close enough to prevent the pass.

BLITZ

The blitz is an all out charge by the defence in an attempt to tackle the ball carrier behind the line of scrimmage. It is most often used on obvious passing downs, and even when the blitz doesn't result in a sack, the QB is often forced to hurry his throw, resulting in a lower completion rate and a larger number of interceptions. The blitz can be just as effective against the run, because the charging linebackers often tackle the ball carrier behind the line.

The blitz has several weaknesses. It is susceptible to the draw play and short flare passes; and it leaves the wide receivers open for short and medium length passes.

3-4 ZONE DEFENSE



STRATEGY & GAME PLANS

Football is not just a game of strength and power, it is very much a thinking man's game. In some respects, football can be compared to chess. The offensive and defensive lines are made up of pawns, whose job it is to protect the king, in this case the quarterback. The other players have differing strengths and weaknesses that may be used against the opponent. It is the skillful manipulation of these players that will ultimately determine the outcome of the contest.

A team's overall strategy must be defined by the strengths and weaknesses of its personnel. For example, if a team has a strong defence but a questionable offence, it may decide to take on a defensive type personality: low scoring games with a minimum of passing, since incomplete passes stop the clock and the offence will want to eat up as much time as possible. The defence will look to create turnovers wherever possible and a strong fieldgoal kicker could be the single most important offensive player.

All football strategies seek to balance the four basic elements of the game: running passing, stopping the run and stopping the pass. How the two opposing teams rate in each of these areas determines the game plan, which Paul Zimmerman has described as "a statistical analysis of what the enemy is likely to do, and what is the most logical thing for you to do to prevent him from doing it, or to defeat him when he tries it." A thorough game plan is critical to a team's success. It can be as simple as a coach's commitment to run more on first down, or as complicated as balancing the federal budget. The more a coach knows about the opposition the better equipped he is to formulate winning strategies. There are two sources for the coaches information: statistics and game play analysis. The latter can only come from watching the opposition play.

STUDYING THE STATS

A coach can learn a lot about an opponent by studying the team's stats. This part of the job is a bit like playing detective. Finding a team's strengths and weaknesses is not an easy task, the coach will have to

track down leads and follow clues, while leaving no stone unturned. Most of all he must be thorough if he wants to get an accurate assessment of the other team. For example, three games into the season a team may lead the league in rushing average: the careful coach will be quick to note the rushing DEFENCE of that team's three opponents.

GAME ANALYSIS

Tendencies are the most important thing a coach can discover about a foe; and the only way to uncover a team's tendencies is by observing them in action. During the game the coach should ask himself the following questions.

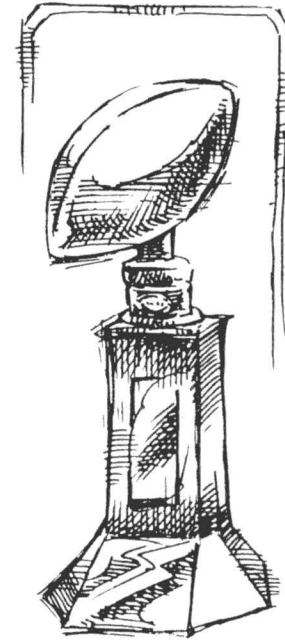
OFFENCE

- What is their basic offence? (Run or pass?)
- Are offensive plays run more frequently from one formation?
- How mobile is the QB? Does he like to run the ball?
- Does the QB have any favourite receivers?
- Does the receiver have a favourite pattern or play?
- When are special plays like the DRAW used?
- Do they use trick plays? If so, how often?
- How often is the team penalised?
- Does the offence favour the inside or outside?
- Do they repeatedly call the same play in key situations?
- Do they always pass on a particular down?
- What is their typical short yardage offence?
- What is the team's bread and butter play?
- Who is the most dangerous runner?
- Are these results biased by the team's opponent?
- What is the basic passing formation?
- Is the passer more effective or the receivers?
- How well do the running backs block?
- Are short passes integral to the offence?
- Does the offence pass in short yardage situations?

DEFENCE

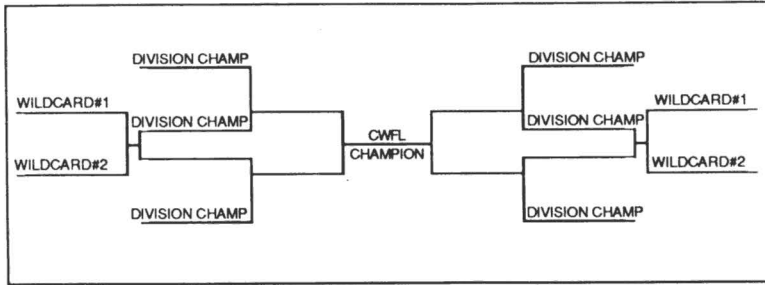
- What is the defensive strength? (Run or pass?)
- Are there vulnerable areas of the running defence?
- What pass patterns are most likely to be effective?
- Does the defence pursue well?
- How often does the defence blitz?
- Does the defence “contain” or play a “pressure” defence?
- Do the deep backs come up quickly on running plays?
- Is the defence vulnerable to the DRAW?
- When do they switch to a 6–1 defence?
- When is the 3–4 defence used?
- Which offensive formations create the most difficulty?
- Are they stronger defending inside or outside?
- Is the defence stronger against the run or pass?
- Which defensive back is most vulnerable to the pass?
- Which linebacker is strongest/weakest against the run?
- How important are the linebackers to their pass defence?

LEAGUE PLAY



The CWFL league consists of two separate conferences. Each conference is divided further into 3 different divisions of 14 teams, for a total of 28 franchises, or teams, in all. All the teams play a 16 game schedule, including two games against each team in their division. After the last game of the season, the team with the best overall record in each division is named a division winner and they advance into the playoffs. If two teams have identical records, the winner is decided by comparing the teams record against each other. If there is still a tie, the victor is the team with the highest point differential. (POINTS FOR vs POINTS AGAINST.)

Of the teams that don't win their divisions, the two that possess the best records are called "wild card" teams and they advance to the playoff schedule looks like this:



The winner of the wild card game advances to the conference semi-final. The winners of the semi-finals proceed to the conference champions meet in the CWFL CHAMPIONSHIP!

A FOOTBALL GLOSSARY

Football is a game of innovation, and this includes the language. The following is a list of football terms you may encounter as you participate in this spectacular sport:

BLITZ

When the defence makes an all-out charge on the quarterback it is called a blitz. Blitzes by individual linebackers are often called "dogs".

BOMB

A long pass.

COFFIN CORNER

When a punter kicks the ball inside the opposition's 10 yard line by having it go out of bounds he is said to have hit the Coffin Corner because of the disadvantageous field position it places the other team in.

ENCROACHMENT

If a defensive player crosses the line of scrimmage and makes physical contact with an offensive player before the ball is snapped he is guilty of encroachment. This is a five yard penalty.

GROUNDING

Grounding is a penalty that is called when the passer intentionally throws the ball to the ground (in hopes of producing an incomplete pass) rather than suffer a loss of yardage from a sack.

HAIL MARY PASS

A long pass generally thrown in the final seconds of play. The QB puts the ball up and as deep as possible and says a prayer that a teammate comes up with it, hence the designation.

HOLDING

A penalty that can be called when an offensive lineman grabs and holds a defensive player. A ten yard penalty is assessed. The longer the quarterback stays behind the line of scrimmage with the ball, the greater the odds of the offensive line having to HOLD in order to protect him.

LATERAL OR PITCH

A parallel pass or a toss behind the line of scrimmage.

LINE OF SCRIMMAGE

The point where the ball rests and play begins.

OFFSIDES

When either team crosses the line of scrimmage before the ball is snapped, they are declared offsides and penalized five yards. (If the defensive player does not make contact with an offensive player and returns to his side of the line of scrimmage before the ball is snapped, he is not offsides.)

ONSIDE KICK

An onside kick is generally called late in the game by a team behind by more than one touchdown. In a situation where the team in the lead could simply run out the remaining time on the clock, the team behind may opt to gamble on an onside kick. When kicking off after a score, the ball must travel at least ten yards. It is the intent of the team making the onside kick to kick the ball that minimum yardage and then recover it. The most effective onside kicks generally consist of booting the ball along the ground, in hopes of making the ball as difficult as possible for the defense to catch and hold onto.

POCKET

The pocket is approximately 4 steps behind the point where the quarterback receives the ball from the centre. As this protection forms around him, the quarterback steps back "into the pocket".

PREVENT DEFENCE

When a team has a big lead late in the game, the defence may go into the prevent mode by switching to a 3-4 defensive alignment. This accomplishes two things: the offence is encouraged to run, which eats up the clock; and it becomes even more difficult to complete long passes, which are necessary to score a large number of points in a short period of time.

SACK

When a quarterback is tackled with the ball behind the line of scrimmage, he has been sacked.

TURNOVER

When the offensive team loses possession of the ball through a fumble or interception they have committed a turnover.