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**Football Q&A: Little Known Pro Football Facts**

**By Hadyn Falk**

\* First of all, from where did the name `football' originate?

Based on its history, it was the Greeks who had first played the football called harpaston. In the United States, it was called foot ball. A blown-up bladder was used in Virginia in the year 1609.

Football in Europe is actually soccer, the sport from which American football evolved.

Football got its name because originally the hands could not be used in the sport. Only the feet were allowed. Then rugby football came into action wherein the hands were allowed to be used. American football had been widely influenced by these sports and is now known throughout the world.

\* Who was the highest paid football player in the NFL?

Steve Young was the NFL's highest paid player, just ahead of Brett Favre on his seven year contract. Young had only a six year contract deal worth 45 million dollars for six years of playing. Young had traded a salary cap room for the right to say that he was the highest salary paid in the League.

\* What is the average height and weight of an NFL Football player?

On the event of the NFL Kickoff Roster, in 2003, there were 321 players weighing in at a minimum of 300 pounds and 6'3" in height. Different positions require a different height and weight. But most of the players are required to be at least 6'1" in height and can weigh about 245 lbs.

\* What is the average salary of an NFL football player?

Based on the NFL Stats, the average earnings of the highest playing NFL team is reaching up to \$895,716 (Pittsburg Steelers) and the lowest salary team is San Diego (Chargers) at an average of only \$453, 800. Aside from that the football players also have a signing bonus every time they sign a contract and an allowance per game season. So, all in all, the average salary of an NFL football player ranges from \$650,000 to \$700,000.

\* Where can you find the official rules and regulations of Pro Football?

The National Football League has the official rules and regulations of Pro Football. NFL set of rules consist of Official's Jurisdiction, positions and its duties. Football's officials are the umpire, the referee, head linesman, line judge, field judge, side judge, and back judge.

NFL has the definitions of the game, Summary and Penalties, field end zone and the official markings to avoid confusion in terms of goal lines, sidelines, and end lines.

Other sets of rules like fumble, double foul, unfair acts, kicking from scrimmage and intentional grounding of forward pass are also imposed by the NFL. Official Rules and Regulations of NFL are followed by the players in the whole game season.

Many websites dedicated to the NFL have the official rules and regulations of Pro Football that can be downloaded or viewed for free. There are also books that can be purchased locally with the official rules and regulations.

Hadyn Falk is a regular contributor to football– and sports–related websites such as

<http://www.Football–HQ.com>

### **Choosing A Football According To Your Needs**

**By Keith Kingston**

If you child likes to play football then choosing a football for them, is relatively easy but should not be treated with contempt. After all, you want to make sure you buy a football that will play well, will last several years and can produce a good, fun game on a regular basis.

Depending on your child's age, different types of footballs should be bought and used. Just as there are different types of balls you can buy to use for a game of baseball like a regulation major league baseball, a soft covered baseball or a wiffle ball, footballs too come in different styles, shapes and sizes depending upon the skill level of the football competition, the age and size of the player. Essentially choosing a football should be done on the basis of how the football is to be used and who will be using it.

If you are buying a football for a small child or a young child who is new to the new game of football then you should opt for a soft covered, foam football as opposed to the hard style, regulation football. The most popular brand of this kind of ball is the Nerf football. The Nerf ball is soft and is ideal for young children because if it accidentally hits someone it just bounces rather than causing any injury. A Nerf ball is usually very cheap and you can usually pick one up from your local sports store for under ten dollars.

For young people and teenagers who just want to have a bit of fun, you can always opt for a mini

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football. Mini footballs are smaller versions of the regular sized footballs but are made of the same materials as the regulation footballs. Mini footballs are easy to grip and throw which makes them ideal for kids and also ideal for family picnics.

However when it comes to choosing a football that is regulation and standard then there are a number of different sizes and styles available for you to choose from. You can choose from a college football, an official National Football League football or a replica Superbowl finals football. The main difference between footballs is the shape with some being more rounded for catching and others being more pointed for throwing. The choice is really up to you, but you best bet is to see what is available and make your choice from those options.

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