American football

Team sport played by 2 teams with the purpose of outscoring your opponent. Yard = 0.91m

History

American football evolved from the sports of [rugby](https://en.wikipedia.org/wiki/Rugby_football) and [soccer](https://en.wikipedia.org/wiki/Association_football" \o "Association football). Rugby, like American football, is a sport where two competing teams vie for control of a ball, which can be kicked through a set of goalposts or run into the opponent's goal area to score points.

What is considered to be the first American football game was played on [November 6, 1869](https://en.wikipedia.org/wiki/1869_New_Jersey_vs._Rutgers_football_game" \o "1869 New Jersey vs. Rutgers football game), between [Rutgers](https://en.wikipedia.org/wiki/Rutgers_Scarlet_Knights_football" \o "Rutgers Scarlet Knights football) and [Princeton](https://en.wikipedia.org/wiki/Princeton_Tigers_football" \o "Princeton Tigers football), two college teams. They consisted of 25 players per team and used a round ball that could not be picked up or carried. It could, however, be kicked or batted with the feet, hands, head or sides, with the objective being to advance it into the opponent's goal.

Representatives of Yale, [Columbia](https://en.wikipedia.org/wiki/Columbia_University), Princeton and Rutgers met on October 19, 1873, to create a standard set of rules for use by all schools. Teams were set at 20 players each, and fields of 400 by 250 feet (122 m × 76 m) were specified. Harvard abstained from the conference, as they favored a rugby-style game that allowed running with the ball.

The legal [forward pass](https://en.wikipedia.org/wiki/Forward_pass" \o "Forward pass) was introduced in 1906, although its impact was initially minimal due to the restrictions placed on its use. Other rule changes introduced that year included the reduction of playing time from 70 to 60 minutes and an increase of the distance required for a first down from 5 to 10 yards, To reduce infighting and dirty play between teams, the [neutral zone](https://en.wikipedia.org/wiki/Neutral_zone_(gridiron_football)" \o "Neutral zone (gridiron football)) was created along the width of the football before the snap.  Also in 1912, the field was shortened to 100 yards long, two 10-yard-long end zones were created, and teams were given four downs instead of three to advance the ball 10 yards.

NFL

There are 32 teams in NFL divided into 2 conferences: NFC & AFC. League format contains regular season and post-season(= playoff). The regular season takes 17 weeks and the post-season 5 weeks. The final match of the playoffs is names Superbowl, which is one of the most watched sport event in the world. Only football champions league final has more viewers worldwide.

American football in Czech Republic

There is a 4 league system of american football in Czech Republic with about 30 teams playing in them. There are also junior leages for players 21 years old or younger divided into more categories. The most succesfull team is Prague Black Panthers, which dominated czech league and decided to compete in Austrian league instead. Other well known teams in Czech Republic are Prague Lions, Ostrava Steelers or Vysočina Gladiators.