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American Football – The Basics

Object of the Game

- The object of the game is to outscore your opponent by advancing the football into their endzone for as many touchdowns as possible while holding them to as few as possible. There are other ways of scoring, but a touchdown is the prime objective.

The Basics of a Football Team

- Each team is allowed 11 men on the field at a time.
- Unlimited substitution is permitted, but players may only enter the field when the ball is not in play.
- If team A has possession of the ball, they use their offensive team to attempt to advance the ball toward the opponents endzone.
- If team B has the ball, team A will use their defensive team to attempt to stop team B from advancing the ball.
- If a kicking play is expected, both teams will use their special teams.

Methods of Scoring

- The biggest goal for an offense, is to score a touchdown. To score a touchdown, a player must carry the ball across the opposition's goal line, or catch a pass in the end zone. A touchdown is worth six points.
- The team scoring a touchdown is given the bonus of trying to add one or two more points. These are called extra point conversion attempts. One point is awarded for a kicked conversion, and two points for a run or passed conversion.

- Another way for a team to score is by kicking a field goal. This is when they kick the football between the upright bars of the goal post in the opponent's endzone. A field goal is worth three points.
- A team can also pick up two points by tackling an opponent possessing the ball in their own end zone. This is called a safety!

Understanding Down and Distance

- Understanding down and distance is probably the biggest key to understanding football.
- Basically, a down is a play. From the time the ball is snapped (put into play), to the time the play is whistled over by the officials, is considered one down.
- A team's offense is given four downs (plays) to move ten yards toward the opponent's end zone.
- Distance is the number of yards a team needs to get a new set of four downs.
- If they make the ten yards needed within four downs, they are given a new set of downs. This is called getting a first down.
- If they don't make it the required ten yards, the other team's offense takes possession of the ball.
- The offence can also decide to kick the ball away on fourth down to avoid giving the ball to their opponents in good position, this is called a 'punt'. The opponents then take over where the punt is fielded.

After a Score

- After a team scores via a touchdown or field goal, they must, in turn, kick off to the other team, and the process begins all over again.

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Play-off picture

The BAFL Division 1 play-offs are only a four weeks away, and as yet nothing is decided! In the North the Yorkshire Rams look certain to qualify with a 7-2-1 record, but the Dundee Hurricanes (4-1-2) and Redditch Arrows (5-2-1) could also both win the division and the West Coast Trojans (3-3-1) are still in contention.

In the South it is anyone's guess, with the Thunder, Sundevils, Saints and your Exiles only separated by ½ a game, and anyone could still win the division. Both divisions are very tight and will come down to these remaining fixtures;

Today - Sussex Thunder @ Kent Exiles, Dundee Hurricanes @ South Yorkshire Mustangs, Southern Sundevils @ Oxford Saints

24th August - Dundee Hurricanes @ West Coast Trojans, South Yorkshire Mustangs @ Redditch Arrows, Southern Sundevils @ Sussex Thunder, Kent Exiles @ Norwich Devils, Ipswich Cardinals @ Oxford Saints

31st August - West Coast Trojans @ Redditch Arrows, Norwich Devils @ Ipswich Cardinals

Welcome to the game.

Welcome to the Kent Exiles final home game of the 2008 season (barring play-offs!), and ninth overall. A special welcome to you if you've come along for the first time, we hope you enjoy the Exiles game day experience and come back again soon.

Today sees the Sussex Thunder visit the Exiles in a winner takes all clash. They are currently leading the division on the tie-break rules over the Sundevils and us. We have been regular rivals over the past few years, and the games are always exciting, none more so than our dramatic final minute victory earlier in the season.

The Thunder run a spread formation most of the time with four wide receivers, so watch out for some offensive fireworks from them. Their players to watch are Eber Kington at Quarterback and Phil Allman his favourite target. But it is the Thunder defence who have been grabbing the headlines this season, look out for their hard hitting Simon Pinchin and Chris Percival, and great defensive line.

Today should see another good match, as both teams know it is a must win game. Whoever wins is guaranteed to make the play-offs, and the loser will be staying at home, we'll also all be waiting for the score from today's other big game in the division, as the Sundevils visit the Saints. All 4 teams are locked in a tight battle in the BAFL's most exciting division.

So who will win the division and avoid the long trip to Scotland or Yorkshire? Who can make the play that sets his team on the Road to Britbowl XXII? You're about to find out.....So settle down for an afternoon of great football, and get behind the teams as they look to end their seasons on a high note. Let's see if the Exiles can live up to their promise and jump start their drive for the finals.....

Make sure you also check out our merchandise stand today, we'll be letting you buy our new ranges, including key-rings, car stickers, t-shirts, fleeces, caps, mugs and more. We also have a '**bargain bucket**' of DVD's from the 2006 and 2007 seasons, all priced at just £1, when they're gone, they're gone!

All Photos courtesy Vici Fell – www.picsbyvic.co.uk

***Our Next Home Game
Will it be next season, or.....?
7th Sept vs. Northern Runner Up
KO 2.30pm
Check the website to see.***



Standings and Results

Kent Exiles Senior 2008 Schedule

Date	Kick-off	Home	Away	Result
27-Apr	2.30pm	Kent Exiles	Ipswich Cardinals	Win 25-14
11-May	2.30pm	Sussex Thunder	Kent Exiles	Win 7-6
25-May	2.30pm*	Kent Exiles	Oxford Saints	Loss 16-6
01-Jun	2.30pm	Kent Exiles	Norwich Devils	Win 22-4
08-Jun	2.30pm	Oxford Saints	Kent Exiles	Win 36-12
06-Jul	2.30pm	Southern Sundevils	Kent Exiles	Loss 13-6
20-Jul	2.30pm*	Kent Exiles	Southern Sundevils	Win 19-13
27-Jul	2.30pm	Ipswich Cardinals	Kent Exiles	Loss 16-12
17-Aug	Noon	Kent Exiles	Sussex Thunder	
24-Aug	2.30pm	Norwich Devils	Kent Exiles	
07-Sep	TBC	Semi-Finals		
21-Sep	Noon	Div 1 Britbowl		

BAFL Division 1 – Southern Conference Standings

Team	Won	Lost	Tied	PF	PA	Percent
Sussex Thunder	5	3	0	118	57	0.625
Southern Sundevils	5	3	0	130	84	0.625
Kent Exiles	5	3	0	133	94	0.625
Oxford Saints	4	3	1	117	120	0.563
Ipswich Cardinals	3	5	0	101	149	0.375
Norwich Devils	1	6	1	84	179	0.188

Kent Exiles Youth 2008 Schedule

Date	Kick-off	Home	Away	Result
04-May	2.30pm	London Blitz	Kent Exiles	Loss 46-8
25-May	Noon	Kent Exiles	London Blitz	Loss 34-14
15-Jun	Noon	Farnham Knights	Kent Exiles	Loss 56-0
22-Jun	Noon	Kent Exiles	London Warriors	Loss 50-0
29-Jun	2pm	London Warriors	Kent Exiles	Loss 78-0
13-Jul	2pm	Peterborough Saxons	Kent Exiles	Win 24-6
20-Jul	Noon	Kent Exiles	Farnham Knights	Loss 64-6
10-Aug	2pm	Kent Exiles	Bristol Aztecs	Loss 32-14

Please note: This schedule is subject to change. Please check the website for full details

* Double Header, game will kick-off 30 minutes after finish of the Youth game

Player Profiles - Offence



Name – Harry Innis
 #17 Wide Receiver
 Age – 20
 Height – 6’8”
 Weight – 232lbs
 Years playing - Rookie
 Previous club – None



Name – Rob Welling
 #86 Tight End
 Age – 21
 Height – 6’3”
 Weight – 216lbs
 Years playing - 3
 Previous club – Essex Spartans

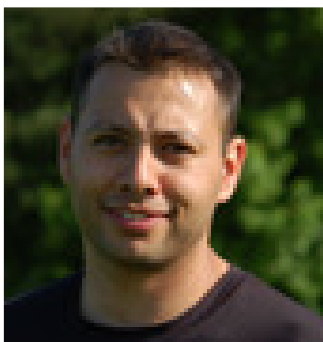


Name – Jerry Hughes
 #70 Offensive Line
 Age – 22
 Height – 6’0”
 Weight – 225lbs
 Years playing - 4
 Previous club – Exiles Youth



Name – Chris Stenson
 #75 Offensive Line
 Age – 31
 Height – 5’10”
 Weight – 280lbs
 Years playing - 14
 Previous club – Notts Caesars

Player Profiles – Defence



Name – Carl Cahoon
#24 Defensive Back

Age – 33

Height – 6'0"

Weight – 182lbs

Years playing - 8

Previous club – London Olympians



Name – Joe Alexis
#56 Linebacker

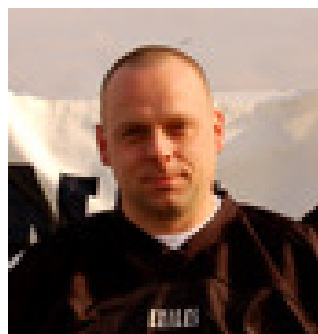
Age – 19

Height – 5'8"

Weight – 183lbs

Years playing - 6

Previous club – Exiles Youth



Name – Steve Walby
#26 Defensive Back

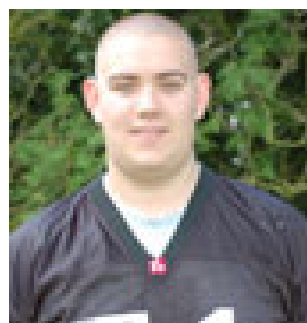
Age – 32

Height – 5'10"

Weight – 189lbs

Years playing - None

Previous club – Rookie



Name – Ian Hills
#71 Defensive Line

Age – 21

Height – 6'3"

Weight – 252lbs

Years playing - 5

Previous club – Exiles Youth

The Season So Far – In Statistics!

Offence Passing

Griffiths	56 of 145 for 771 yards	10 TD	9 INT
Marshall	2 of 18 for 42 yards	0 TD	1 INT

Rushing

Stewart	94 for 528 yards	4TD
Muir	59 for 221 yards	
Crawford	45 for 158 yards	1TD
Samartin	16 for 65 yards	
Becker	20 for 40 yards	2TD

Receiving

McHugh	16 for 352 yards	4TD
Starwind	13 for 202 yards	2TD
Kelly	12 for 149 yards	
Welling	9 for 53 yards	1TD
Boyle	3 for 3 yards	1TD

Defence

Tackles

J.Alexis	72 tackles	3 sacks
A. Alexis	53 tackles	4 sacks
Vickers	45 tackles	2 sacks
D'Anyangwe	32 tackles	
Balogun	29 tackles	2.5 sacks
Beacham	23 tackles	1 sack
Maisey	23 tackles	1 sack
Matthews	19 tackles	1 sack
Collison	18 tackles	

Interceptions

D'Anyangwe	4 for 84 yards
Cahoon	4 for 20 yards
Evans	2 for 50 yards
Mulgrave	2 for 0 yards
Smith	1 for 0 yards

Special Teams

Punt Returns

Kelly	25 for 391 yards
Mulgrave	1 for 28 yards

Kick Returns

Kelly	12 for 289 yards
D'Anyangwe	4 for 75 yards

Kickoffs

McHugh	16 for 872 yards
Gustavo	9 for 402 yards
Starwind	3 for 138 yards

Punts

Evans	48 for 1796 yards
Weller	6 for 252 yards

Kent Exiles

Black Jerseys, Black Pants, Black Helmets

Coaching Staff

Norman Navarro – Head Coach
 Scott Rowe – Defensive Co-ordinator
 Richard Clement – Defensive Line
 Malcolm Phillips – Defensive Line
 Martin Jefkins – Defensive Backs
 Sacha Conte – Linebackers
 Aaron Alexis - Linebackers
 Dave Pester – Offensive Line
 Alan Hands – Running Backs
 Lee Nash – Wide Receivers



1	Baron D'anyangwe	Defensive Back
5	Kirk Beacham	Linebacker
6	Damian Marshall	Quarterback
8	Luke Sikkema	Wide Receiver
9	Richard McHugh	Wide Receiver
10	Ryan Kelly	Wide Receiver
12	Richard Francia	Quarterback
13	Jonathan Weller	Quarterback
14	Aaron Griffiths	Quarterback
15	Trevorr Matthews	Linebacker
17	Harry Innis	Wide Receiver
20	Marc Mulgrave	Defensive Back
21	Xavier Heckel	Running Back
22	Sam Evans	Running Back
23	Daniel Young	Defensive Back
24	Carl Cahoon	Defensive Back
26	Steve Walby	Defensive Back
28	Reiss Bowen	Defensive Back
30	Rob Stewart	Running Back
31	Lloyd Boman	Defensive Back
32	Paul Crawford	Running Back
33	Owen Gough	Defensive Back
34	Stewart Muir	Running Back
35	Andre Becker	Running Back
38	Kevin McGlade	Defensive Back
40	Steve Collison	Linebacker
41	Mark Evans	Defensive Back
42	Daniel Mearkle	Defensive Back
44	Marlon Smith	Defensive Back
46	Luke Spencer	Defensive Back
47	Mike Omeru	Running Back
50	Aaron Alexis	Linebacker
51	Mark Vickers	Linebacker
52	Rob Osborn	Offensive Line

53	Paul Samartin	Offensive Line
55	Sacha Conte	Linebacker
56	Joe Alexis	Linebacker
58	Richard Lasowski	Offensive Line
59	Russell Goodwin	Offensive Line
60	John Curran-Coyle	Offensive Line
62	Paul Pester	Offensive Line
65	David Maisey	Defensive Line
66	Stephen Keen	Offensive Line
67	Matt Luck	Offensive Line
68	Malcolm Fell	Offensive Line
69	Carl Alexis	Defensive Line
70	Jerry Hughes	Offensive Line
71	Ian Hills	Defensive Line
73	Tony Bainbridge	Offensive Line
74	Stephen Morrison	Offensive Line
75	Chris Stenson	Offensive Line
77	Ric Harper	Offensive Line
79	Adam Chapman	Defensive Line
81	Sean Starwind	Wide Receiver
83	Darren Durup	Wide Receiver
84	Glen Boyle	Tight End
85	Abiola Oshodi	Wide Receiver
86	Robert Welling	Tight End
87	Justin Tanega	Defensive Back
88	C Luiz Gustavo	Wide Receiver
89	Adam Pearson	Wide Receiver
90	Olalade Balogun	Defensive Line
91	T Coleman-Brown	Linebacker
96	Mike Akande	Linebacker
97	Kerry Gray	Defensive Line
98	Robert Miller	Linebacker
99	Seth Campbell	Defensive Line
#	Dominic Joyce	Offensive Line

Game Day Staff

Claire Pester – Game Day Manager
 Julius Hobbs – Statistician
 Vici Fell – Photography
 Mandy Taylor

Kieron Hyams
 Stuart Vickers
 Gill Vickers
 Grace Brewer

Cathy Meares
 Angela Meares
 Peter Jefkins

Sussex Thunder

White Jerseys, Blue Pants, Blue Helmets

Coaching Staff

Len Scott – Head Coach
 Sharif Omar – Running Backs
 Nathan StJohn – Wide Receivers
 Tony Stitt – Defensive Backs
 George Korchikar – Defensive Line
 Lee Phillips – Defensive assistant



Robinson, Paul	5	QB/WR	Axe, Michael	48	DL
Omar, Sharif	7	RB	MacIntosh, Paul	50	DL
Allman, Phil	9	WR	Skinns, Steve	51	OL
Abdelkader, Serageldean	14	WR	Nixon, Paul	55	LB
Kington, Eber	16	QB	Teague, Adrian	56	LB
Pinchin, Simon	20	DB	Korischar, George	59	DL
Percival, Chris	22	LB	Searle, John	63	OL
Cuthbert-Brown, Daniel	23	DB	Minter, Danny	68	DL
Lampey, Chris	24	RB	Sutton, Glenn	69	OL
Jones, Chris	25	DB	Harrison, Martin	71	OL
Gomes, Carlos	27	DB	Longhurst, Kez	72	DL
Brooks, Ben	29	DB	Wright, James	74	OL
West, James	31	DB	Hazeldine, Bill	75	OL
Nameth, Pete	33	RB	Pinnock, Simon	78	OL
Hughes, Ian	34	RB	Lawrey, Dave	79	DL
Beecham, Lloyd	35	RB	Fishlock, Adam	80	WR
Nutley, Lance	36	RB	Davis, Steve	82	WR
Smart, Dale	42	DB	Williams, Matt	83	WR
Roodt, Phil	44	RB	Morgan, Chris	84	WR
Pinchin, Lee	45	DB	Morrison, Anthony	91	DL
Clarke, Andre	46	LB			

Game Day Staff

Sideline Manager – Tony Miller
 Secretary – Jan Pester

Audio/Visual – Steve West
 Statistics – Steve Pester

SCOREBOARD

<u>Quarter</u>	1	2	3	4
<u>Exiles</u>				
<u>Thunder</u>				