

# WANT TO GET INVOLVED?

The Exiles are always looking for new people to get involved in the club, and not just players! So if you have a skill which you think may be able to help one of our sections, and you would like to contribute to one of the UK's best clubs, then please get in touch.

E-mail [contactus@kentexiles.co.uk](mailto:contactus@kentexiles.co.uk)  
Website [www.kentexiles.co.uk](http://www.kentexiles.co.uk)

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The Exiles run competitive clubs at three different levels of competition;

**Youth Kitted** For 14-16 year olds  
**Junior Kitted** For 16-19 year olds  
**Senior Kitted** For 19+

We have training sessions four days a week;  
**Sunday** Senior Kitted 10.30am-1.30pm  
**Wednesday** Senior Kitted 7.30-9.00pm  
**Thursday** Junior, Youth Kitted 7.30-9.00pm

All of our training sessions are held at Orpington Rugby Club, Leasons Way, Orpington BR5 2QB. The ground is in easy reach of the M25, A20, St Mary Cray Rail and local bus routes.

Please get in touch if you would like to come down and join the team. Training times are subject to change depending on fixtures and other club events.



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[@kentexiles](https://twitter.com/kentexiles)



YOUTH KITTED



JUNIOR KITTED



SENIOR KITTED



VOLUNTEER



[www.kentexiles.co.uk](http://www.kentexiles.co.uk)

Official Match Day Programme

£3.00



TODAYS OPPONENTS



We have teamed up with the UK's biggest American Football Supplier, Football America UK, to provide you with Official custom made Exiles merchandise.

A full range of T-shirts, Hoodies, Polo Shirt, Caps, Bags and much more is available in a range of colours and sizes.

Visit the merchandise page on [www.kentexiles.co.uk](http://www.kentexiles.co.uk) to place your order today.



Official Training Partners with



[www.dynamicsportsacademy.com](http://www.dynamicsportsacademy.com)



### 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.

- 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!

#### 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.

#### 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.