- There are 4 quarters of play. Each player (team) will get to be on Offense and Defense, at least once, in each quarter.
- To begin the game, decide (ex, flip coin) who kicks off & who receives.
- Kick-offs and Punts.
  - Kicking player slides one puck, shooting at the yardage line on the far-side (beyond the 50 yard line) and where it stops will be the Line of Scrimmage (LoS). LoS is in 5 yard increments, closest to the player's end.
    - Puck in the gutter LoS is 25 yard line.
    - Puck touches the Yellow TD/INT Zone the receiving team has fumbled and the kicking team takes possession at the far 20 yard line, pending the Receiving team's slide.
  - Receiving player slides one puck aiming for targets (any colored helmet or yellow zone) to determine return yardage.
    - Knocks 1st player's puck off board LoS 30 yard line.
    - Touches any target return is the number in target.
    - Completely inside target double the number in target.
    - Puck touches the Yellow TD/INT Zone ball returned for a TD. If the Kick-off (or Punt) player is in the yellow zone as well, the kicking player takes over possession as above.
    - If LoS from kick-off is 5 yard line and the receiving player slides the puck touching the -5 yard helmet, this is considered a safety (2 points for kicking team) and the receiving team now becomes the kicking team and punts.
  - Once LoS is determined from the punt or kick-off, that LoS is flipped for regular play.
    - For instance, if the LoS is determined to be the far-side 30 yard line, then the LoS for regular play would start at the near-side 30 yard line.

## Normal game play:

- After the LoS is determined, place the LoS Marker in the gutter on one side of the playing top and the 1st Down Marker in the gutter on the opposite side, 10 yards closer to TD Zone (Yellow end).
- Offense shoots at White Helmets, and Defense shoots at Black Helmets.
- Pucks are slid alternatingly with Offense (receiving team from kick-off or punt) going first.

- Touching <u>your</u> target scores that marker's yardage. Touching your opponent's target does not score.
- o Puck completely inside the target gets double the amount of yardage.
- All pucks are scored <u>after all 6 pucks have been slid</u> (3 by Offense and 3 by Defense).
  - First, move the LoS Marker towards/away the TD Zone for the yards gained/lost by the Offense (the 1st Down Marker does not move during this process).
  - Second, move the LoS Marker away/towards the TD Zone for the Defense yardage gained/lost (1st Down Marker does not move).
    - If the Offense gains 10 or more yards, they get another set of downs.
    - If the Offense got less than 10 yards,
      - The Offense can choose to slide one more puck to attempt a 1st down, kick a field goal or punt. The Defense also gets to slide one puck if the Offense decides to attempt a 1st down. After this attempt, move the LoS after both pucks have been shot.
      - If an attempt for 1st down fails, the ball is turned over at the LoS Marker.
         The LoS flips to the opposite of the 50 yard line and the 1st Down Marker is placed 10 yards beyond LoS.
      - If a punt is declared, remove ALL pucks from the playing field. Follow game play in the Kickoff/Punt section above.
        - Punts and Field Goals can be declared any time after the first three sets of pucks are shot, they do not have to wait for a 4th down.
  - Yellow TD/INT Zone:
    - The Offensive puck is in the yellow zone TD, 7 points.
    - The Defense puck is in the yellow zone INT returned for TD.
    - If 1 puck of each color touches the yellow line, the first colored puck in wins and results in a TD.
  - No pucks of one team are on playing surface:
    - Offense: ball is turned over at the last line of scrimmage.

## Defense:

- If the Offense has any pucks touching their markers, the result is a TD for the Offense.
- If the Offense has no pucks scoring, they get another set of downs.
- Safety (normal play):
  - If LoS crosses the near-side goal line, this is considered a Safety.
    - 2-Points for the Defense
    - Offense punts the ball.
- Field Goal Try:
  - Length & difficulty of FG is determined by the current LoS:
    - LoS @ near-side 5 to 40 goal posts are 1.5" wide most difficult (use red lines in Yellow TD/INT Zone).
    - LoS @ near-side 45 to far-side 35 goal posts are 3" wide medium difficulty (use blue lines in Yellow TD/INT Zone).
    - LoS @ far-side 30 to 5— goal posts are 4.5" wide –easiest (use orange lines in Yellow TD/INT Zone).
  - Put up goal posts in the gutter at the Yellow TD/INT Zone and slide 1 puck from the player's end. Puck slides through the uprights, hooray!!! FIELD GOAL!! - 3 points (remove goal posts).
  - Missed Field Goal results in turnover and LoS Marker switches to the opposite
    of the 50 yard lines and 1st Down Marker is placed 10 yards beyond the LoS.

## Advancing Quarters

- After each team has had a chance for at least one offensive turn, that quarter is considered to be over.
- The 2nd Quarter begins with the Offensive team from 1st Quarter kicking off.
- The 3rd Quarter begins with the Offensive team from 1<sup>st</sup> Quarter kicking off.
- The 4th Quarter begins with the Offensive team from 3rd Quarter kicking off.
- If the game ends in a tie, it goes to overtime. Put up the goal posts aligned to the red lines at the far end and each player alternates trying a FG. If first player makes their FG, the second player must make theirs to extend OT.