Gameplay & Rules:

- Each team will be made up of at least 2 players and should not exceed 5 players and supplied football or is Mini disc to be used.
- Players call their own fouls. Unresolved disputes will result in a replay of the down.
- Goals are to be set apart 24 paces/yards (72 feet). The “goal line” is considered 2 paces/ yards from the goal. *See below for set up.*
- Game can be set up indoors or outdoors on any safe play surface.
- A player with the ball can take no more than two (2) steps and will only be allowed to pivot on one (1) foot after those steps. Should more steps be taken, the result is a loss of down.
- Also, a player cannot hold the ball for longer than 6 seconds (the defense can hard count the seconds out loud [ex. “one hard count, two hard count”]).
- Each game will be played to 21 points. Players can determine to play to higher or lower point values if desired.

Offense:

Each offensive possession will allow the team to have 4 throws of the ball to score points (see below), AKA the 4 downs. Play is fluid, and does not have to stop between throws. At the beginning of a new game or after the opposing team has scored points or huddled; the offense Starts even with their goal. The Quarterback (QB) starts the action by saying “Go” or any desired start term. At this point the receiving corps may enter the playing field beyond the line of scrimmage (i.e. the QB & ball). The QB may take his/her 2 steps, but no closer to the opponent’s goal (violating this equals loss of a down). An offensive player can only cross the goal line when taking the allotted two (2) steps or when receiving a pass that crosses the goal line. The step process must occur prior to reaching goal line or the ball must already be in the air - violating this rule results in a loss of a down for the offense.

- A touchdown is scored when the ball enters the top or the front of the goal, whether it is thrown in, or deflected in or placed/dunked in resulting in 6 points (ball cannot hit ground first).
- After a touchdown, the scoring player lines up 1 pace away from the goal line and try for the “Two Point Conversion” (2 points) by successfully throwing the ball through the front or top holes. If on a 2 point conversion, the ball does not enter the top or front of the goal, this results in zero extra points, even if the ball hits the goal.
- Should the ball hit the goal during game play; this results in 3 points (ball cannot hit ground first).
- An incomplete pass results with a loss of down and a return to the line of scrimmage.
- A throwing attempt to hit the goal to score points that’s unsuccessful, will be considered the same as an incomplete pass and subsequent loss of a down; the exception being a 4th-down throw/dunk attempt to score.
- Should the offensive team not score after the 4th throw and scoring attempt, the result is a turnover on downs starting at the last spot of the ball.
- The defense may not touch or knock over the goal, whether intentional or otherwise. The interception results as a gain of an offensive down at the last spot of the ball.
- The defense can declare a “field goal attempt” on 4th down. They then can attempt to throw and hit the goal they are attacking for 3 points from wherever they’re standing without defensive interference.
- The line of scrimmage cannot be closer than the goal line of the goal the offense is attacking after a stoppage of play (ex. incomplete pass, huddle, etc.) no matter how close to the goal the stoppage occurred. *This improves competitive flow of the game*
- At any point during game play should a ‘Tie Up’ occur (meaning offensive and defensive players have equal possession of the ball), play is stopped and it is a loss of down to the offense.
- If the offense fails to advance the football beyond the originating goal after 4 downs or fails to score from that starting point, the result is a turnover on downs and the defense takes possession 3 paces from their defending goal line.
- The defense can declare to “punt” on 4th down. This will mean the defense takes possession of the ball 3 paces from their defending goal line to begin game-play.
- The defense can declare a “field goal attempt” on 4th down. They then can attempt to throw and hit the goal they are attacking for 3 points from wherever they’re standing without defensive interference.

Defence:

Defence is played passively, meaning there is no physical contact allowed (tackling, two-hand-touch or shoving). Should a defensive player violate this rule, the offense will gain a down at the spot of the infraction, but no closer than the goal line of the attacking goal. Should the offense decide to decline the penalty, that is acceptable.

No defender can go past the goal line they are defending (two (2) paces from the goal as indicated within the “Gameplay & Rules”, unless the offensive player they are defending passes through that area. Violating this rule results as a gain of an offensive down.

Turnovers:

- Interceptions:
  - Should the defense intercept or cause a turnover, the defensive team will become the offensive team will and start at the spot of the interception/turndown and then follow all offensive rules.
- Fumbles:
  - Should the defense recover a fumble, the defensive team will become the offensive team to play will commence at the spot of the fumble recovery and begin their team’s four downs. Play can begin immediately.

Scoring:

- Football hits the goal through the air the offense is attacking: 3 points (ball cannot fumble forward).
- Football enters top or front of goal the offense is attacking: 6 points (ball can not hit ground first).
- A fumble results in a loss of down to the offense.
- A turnover occurs when the ball is recovered by the defense and is not eligible to be played by the offense.
- A turnover on downs occurs when the offense fails to advance the football beyond the originating goal after 4 downs or fails to score from that starting point. The result is a turnover on downs and the defense takes possession 3 paces from their defending goal line.
- Interception/turnover and then follow all offensive rules.
- A conversion results in a gain of down and a return to the line of scrimmage.

Scoring:

- A touchdown is scored when the ball enters the top or front of the goal, whether it is thrown in or deflected in or placed/ dunked in resulting in 6 points (ball cannot hit ground first).
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**Don’t forget, you can use the Mini disc to play as well! When scoring a touchdown from the top of the goal, it only counts if you “slam” it in like when playing Kan Jam.**

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