NATIONAL GRIDBALL LEAGUE

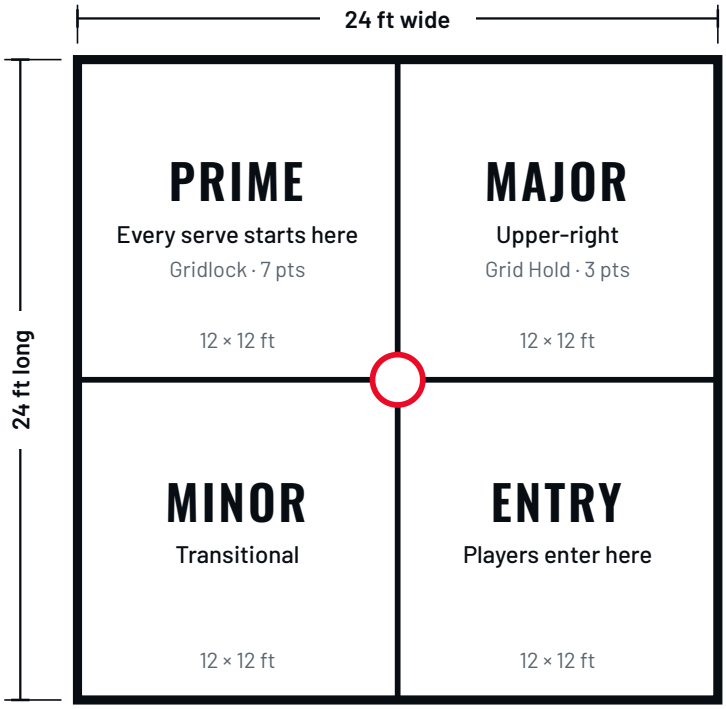
2026 EDITION

QUICK PLAY GUIDE

Everything you need to play your first game.

THE COURT

Mark a 24×24 ft square divided into four equal 12×12 ft quadrants.



NO SPECIAL EQUIPMENT REQUIRED

- **Indoors:** mark your court with painter's tape on any flat surface.
- **Outdoors:** use chalk on pavement, concrete, or blacktop.
- **Equipment:** any standard playground ball.

TEAMS

- **14 players per team**
- Co-ed roster required: 7 male-identifying and 7 female-identifying players
- 2 players per team on the Grid
- No gender requirement for who is on the Grid

GAME STRUCTURE

4 Quarters	16 minutes each
Clock	Runs only while a round is in play
7 Timeouts	per team, per match, between rounds
Max 2 Timeouts	per quarter; 2 in overtime
Grid Advantage	Toss winner picks which half
Overtime	Q4 continues, counts carry; first to lead by 2

SCORING

Points are earned three ways. Hold your ground and the points compound.

1 PT

ELIMINATION

Force an opponent into an error. Ball bounces twice in their quadrant, they fail to return it, or they hit it out of bounds.

3 PTS

GRID HOLD

Stay in **Major** while 4 rounds end without being eliminated. Your count resets if you are eliminated or leave Major, and at each new quarter (not overtime).

7 PTS

GRIDLOCK

Stay in **Prime** while 4 rounds end without being eliminated. Your count resets if you are eliminated or leave Prime, and at each new quarter (not overtime).

THE SERVE

- Serve underhand from Prime — overhand serves are illegal.
- The ball must bounce in Prime, then go to a quadrant held by an opponent — never to a teammate.
- A round ends only at an elimination. After a foul that eliminates no one, Prime serves again in the same round.
- Strike the ball with any part of the body except a closed fist. No catching, holding or throwing.

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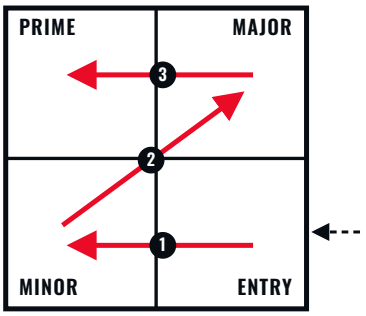
HOW A PLAYER IS ELIMINATED

- Fails to return the ball after it bounces once in their quadrant.
- Allows the ball to bounce more than once in their quadrant.
- Returns the ball out of bounds (outside the 24×24 ft Grid).
- Returns the ball into their own quadrant.
- Lands the ball on an inner (quadrant) line.
- Commits a foul carrying an elimination penalty.

Z-PATH ROTATION

Every elimination triggers a rotation along the Z-path: Entry → Minor → Major → Prime.

1. The opposing team is awarded 1 point.
2. The eliminated player exits the Grid immediately.
3. Everyone below the vacancy advances one quadrant, on either team. Players above it stay.
4. The eliminated team's Next In Player enters at Entry.
5. A new round begins with a Prime serve.



THE NEXT IN PLAYER

The Next In Player is not a one-time designation — it is a continuous role throughout the entire match. Before every single round, each team must have a player staged and ready to enter at the Entry quadrant. The moment one of its players is eliminated, that player steps onto the Grid immediately. The team then designates a new Next In Player for the following round. This cycle repeats on every elimination, every quarter. Failure to have a Next In Player ready at Entry constitutes a Time Wasting infraction.

FOULS & PENALTIES

Infractions carry escalating penalties. The most common fouls are listed below.

FOUL	1ST OFFENSE	2ND OFFENSE	3RD OFFENSE
FOOT FAULT Striking the ball while any part of your body is outside your assigned quadrant.	Warning issued by an Officiator.	Offending team loses 1 point.	Offending player is eliminated. Opposing team awarded 1 point.
DOUBLE TOUCH Striking the ball twice consecutively before it reaches another quadrant.	Opposing team awarded 1 point.	Offending player is eliminated. Opposing team awarded 2 points.	—
ILLEGAL SERVE Any serve that does not bounce in Prime first, misses an opponent's quadrant, or is executed overhand.	Warning issued by an Officiator.	Opposing team awarded 1 point.	Offending player is eliminated. Opposing team awarded 2 points.
TIME WASTING Unreasonable delay to serve, or Next In Player not staged and ready at Entry.	Warning issued by an Officiator.	Opposing team awarded 1 point.	Offending player eliminated. Opposing team awarded 2 pts and gains Prime serve.

SETTING UP YOUR COURT

All you need is tape or chalk, a flat surface, and a ball.

1. **Mark the outer boundary.** Measure and mark a 24×24 ft square. Use painter's tape indoors or chalk outdoors.
2. **Divide into four quadrants.** Draw two lines through the center — one horizontal, one vertical — creating four 12×12 ft squares.
3. **Label the quadrants.** PRIME = top-left. MAJOR = top-right. MINOR = bottom-left. ENTRY = bottom-right.
4. **Assign teams.** Each team of up to 14 players has 2 players on the Grid. Flip a coin: the winner chooses which half to hold Grid Advantage. That team starts the half in PRIME and MAJOR; the other takes MINOR and ENTRY.
5. **Designate your Officiators.** Recruit 2 to 4 volunteers to serve as Officiators — other students, a teacher, friends, or coaches. Officiators call eliminations and fouls and keep the game moving. No formal training required for casual play.
6. **Establish your Next In rotation.** Before each round, each team must have a player staged and ready to enter at Entry. When one of its players is eliminated, that player steps on immediately and the team names a new Next In Player.
7. **Start playing.** The team with Grid Advantage serves first from PRIME. Play begins immediately.

READY FOR THE FULL RULES?

Download the Official NGL Rulebook V3.2 (2026 Edition) — free at **nglgridball.com/how-to-play**

Complete rules, Officiator hand signals, scoring formulas, and more.

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