



QUICK PLAY GUIDE

NATIONAL GRIDBALL LEAGUE

Everything you need to play your first game.

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.

THE COURT

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



TEAMS

14 players per team

Co-ed roster required:

- 7 male-identifying players

- 7 female-identifying players

2 active players per team on court

1 player per side at all times

GAME STRUCTURE

4 Quarters: 16 minutes each

Clock: Counts down – expires at 0:00

7 Timeouts: per team, per match

Max 2 Timeouts: usable per quarter – no carryover

Grid Advantage:

Coin toss – governs Prime/Major assign.

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

Hold the MAJOR quadrant for 4 consecutive rounds without being personally eliminated. Resets only if YOU leave Major.

7 PTS

GRIDLOCK

Hold the PRIME quadrant for 4 consecutive rounds without being personally eliminated. Resets only if YOU leave Prime.

THE SERVE

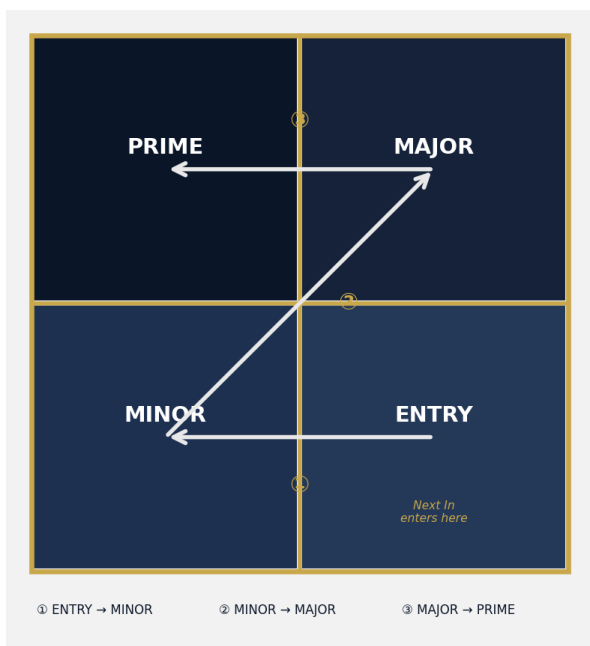
- The serve is always executed from the Prime quadrant.
- The ball must bounce in Prime before traveling to an opponent's quadrant.
- All serves must be executed underhand – overhand serves are illegal.
- After any elimination, a new round begins and Prime serves again.

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 back into their own quadrant.
- Commits a foul carrying an elimination penalty.

Z-FORMATION ROTATION

Every elimination triggers an automatic rotation. The sequence never changes.



ROTATION PATH
ENTRY MINOR MAJOR PRIME

WHEN A PLAYER IS ELIMINATED:

1. The opposing team is awarded 1 point.
2. The eliminated player exits the grid immediately.
3. Their remaining teammate advances one position along the Z-path.
4. The Next In Player enters the grid at the Entry quadrant.
5. A new round begins — serve resets to Prime.

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 an elimination occurs, that player steps onto the court 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.

FOOT FAULT

Striking the ball while any part of your body is outside your assigned quadrant.

1st Offense: Warning issued by the referee.

2nd Offense: Offending team loses 1 point.

3rd Offense: Offending player is eliminated. Opposing team awarded 1 point.

DOUBLE TOUCH

Striking the ball twice consecutively before it reaches another quadrant.

1st Offense: Opposing team awarded 1 point.

2nd Offense: Offending player is eliminated. Opposing team awarded 2 points.

ILLEGAL SERVE

Any serve that does not bounce in Prime first, or is executed overhand.

1st Offense: Warning issued by the referee.

2nd Offense: Opposing team awarded 1 point.

3rd Offense: 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.

1st Offense: Warning issued by the referee.

2nd Offense: Opposing team awarded 1 point.

3rd Offense: 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 sends 2 players onto the court. One team occupies PRIME and MAJOR; the other occupies MINOR and ENTRY. Flip a coin to determine Grid Advantage – the team that wins starts in PRIME and MAJOR.
- 5 **Designate your officials.**
Recruit 2 to 4 volunteers to serve as officials for the match – other students, a teacher, friends, or coaches depending on your setting. Officials call eliminations, fouls, and keep the game moving. No formal training required for casual play.
- 6 **Establish your Next In rotation.**
Before each round – not just the start of the match – each team must have a player staged and ready to enter at Entry. The moment an elimination happens, that player steps on immediately. The team then designates a new Next In Player for the next round. This repeats every elimination, all match long.
- 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 V2.1.4 – free at nglgridball.com
Complete rules, referee hand signals, scoring formulas, and more.