

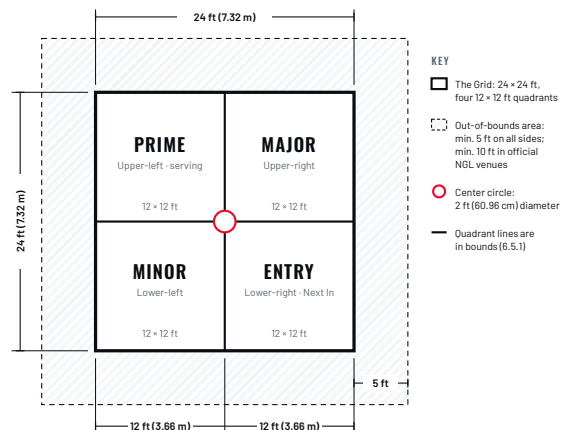
# GRIDBALL & THE NGL

A co-ed team sport evolved from four square.

The National Gridball League™ (NGL) is the founding league of Gridball, a co-ed team sport evolved from four square. Two players per team share a 24-by-24-foot Grid of four quadrants, rotating along a Z-shaped path and scoring 1, 3 or 7 points. Every roster has 14 players: seven male-identifying and seven female-identifying. Founded in Florida by Jaylon Ballard, the NGL is planning its first exhibition. Learn more at [nlggridball.com](http://nlggridball.com).

## AT A GLANCE

|                     |                                                                                                       |
|---------------------|-------------------------------------------------------------------------------------------------------|
| <b>ORGANIZATION</b> | National Gridball League, LLC (Florida)                                                               |
| <b>FOUNDER</b>      | Jaylon Ballard                                                                                        |
| <b>FORMALIZED</b>   | 2025; first Gridball rulebook drafted in 2024                                                         |
| <b>ORIGIN</b>       | A taped boxball court in a seventh-floor dance studio at New World School of the Arts, Downtown Miami |
| <b>SPORT</b>        | Gridball: co-ed team sport evolved from four square                                                   |
| <b>COURT</b>        | The Grid: 24 × 24 ft, four 12 × 12 ft quadrants (Prime, Major, Minor, Entry)                          |
| <b>ROSTERS</b>      | 14 players: 7 male-identifying and 7 female-identifying; no gender requirement on the Grid            |
| <b>ON THE GRID</b>  | 2 players per team, 4 in play at once                                                                 |
| <b>SCORING</b>      | Elimination 1 · Grid Hold 3 · Gridlock 7                                                              |
| <b>MATCH</b>        | Four 16-minute quarters; sudden-death overtime on a tie                                               |
| <b>OFFICIATING</b>  | Four Officiators, one per side of the Grid                                                            |
| <b>RULES</b>        | Official Rulebook Version 3.6 · 2026 Edition                                                          |



The Grid, from the Official Rulebook. Quadrants are spaces, not positions: players move through all four.

## HOW IT PLAYS

- **Serve and return.** The Prime player serves underhand. When the ball bounces in your quadrant, you return it into another quadrant after one bounce.
- **Miss and you are eliminated.** The other team scores, the players below the vacancy move up the Z-path (Entry, Minor, Major, Prime) and your team's Next In player walks in from its Next In Box beside the court to Entry.
- **Hold the top of the Grid.** Staying in Major or Prime while four rounds end earns bonus points.

## SCORING

**1** PT

### ELIMINATION

Force an opponent into an error: a missed return, a second bounce, or a ball hit out.

**3** PTS

### GRID HOLD

Stay in Major while four rounds end without being eliminated.

**7** PTS

### GRIDLOCK

Stay in Prime while four rounds end without being eliminated.

## WHERE IT STARTED

The seed of Gridball took root at New World School of the Arts in Downtown Miami. With no traditional gym, P.E. was held in a seventh-floor dance studio, where a taped boxball court on the floor drew students from across the school at lunch and during P.E. Gridball is built on the foundations of the playground pastime it grew from: four square.

Gridball carries forward the four quadrants, the bounce and the pressure of staying in the game, and adds teams, structured rotation and a scoring system. After the Paris Olympics brought the idea back into focus, the first Gridball rulebook was drafted in 2024. The National Gridball League was formalized in 2025.

Told from the founder's recollection. A 2008 video of one of those games, posted on YouTube by a third party, is embedded with credit on [nlggridball.com/about](https://nlggridball.com/about). It is not NGL footage and is not licensed for reuse.

## OFFICIAL DOCUMENTS

### OFFICIAL RULEBOOK

Version 3.6 · 2026 Edition · 57 pages

The complete ratified rules.

### QUICK PLAY GUIDE

2026 · 2 pages

Mark a court and play a first pickup game.

### GAME OFFICIALS HANDBOOK

2026 Edition · 42 pages

Crew positions, mechanics and all 19 signals.

All three are free downloads at [nlggridball.com/rules](https://nlggridball.com/rules).

## ABOUT THE NATIONAL GRIDBALL LEAGUE

The National Gridball League (NGL) is the founding league of Gridball, a co-ed team sport evolved from four square. Gridball is played on the Grid, a 24-by-24-foot court divided into four quadrants: Prime, Major, Minor and Entry. Each team has two players on the Grid at a time. Players must return the ball after one bounce; a miss is an Elimination, which scores 1 point for the other team and moves players up a Z-shaped rotation. Holding Major while four rounds end earns a Grid Hold (3 points), and holding Prime earns a Gridlock (7 points). Every roster has 14 players, seven male-identifying and seven female-identifying, with no gender requirement for who takes the Grid.

The game traces back to a taped boxball court in a seventh-floor dance studio at New World School of the Arts in Downtown Miami. The first Gridball rulebook was drafted in 2024, and National Gridball League, LLC was formalized in Florida in 2025 by founder Jaylon Ballard. The league publishes its Official Rulebook (Version 3.6), a Quick Play Guide and a Game Officials Handbook at [nlggridball.com](https://nlggridball.com), and is planning its first exhibition.

**Using NGL images.** Logos, concept renderings, diagrams, Officiator signal illustrations and software screenshots are at [nlggridball.com/press](https://nlggridball.com/press). Concept renderings must be captioned "Concept rendering · not a real event". Please use the supplied logo files; do not redraw or recolour them.

## MEDIA CONTACT

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[nlggridball.com](https://nlggridball.com) · Press kit: [nlggridball.com/press](https://nlggridball.com/press)

