RULE 1 - *game play*
Each team has 11 players on the field at any given time. There are (4) 15 minute quarters.

RULE 2 - *objective*
The team on offense attempts to score a touchdown by getting the ball into the end zone. The offense has four attempts (downs) to move the ball at least 30 yards. If successful, they earn a fresh set of downs. If unsuccessful, the other team gets the ball.

The team on defense attempts to stop their opponents from advancing the ball down the field by tackling them and/or stealing the ball. The offensive play is over when the team on defense tackles the player with the ball to the ground or forces them out of bounds.

RULE 3 - *scoring*
Field goal = 3 points
This is achieved by kicking the ball through the goal posts in the end zone.

Touchdown = 6 points
This is achieved by the quarterback throwing the ball to their teammate in the endzone or a player running the ball into the end zone.

After a touchdown is scored, the team get kick a field goal to earn 1 point or they can try to throw/run the ball into the end zone to earn 2 points.