

Directions:

- 1) Print one copy
- 2) Cut out the design along the outside black lines
- 3) Fold in a triangular pattern five times (use the two black lines at the bottom as a starting guide)
- 4) On the sixth fold, make a smaller triangular fold
- 5) On the seventh fold, tuck the flap into the "pocket"
- 6) The "laces" should appear on either side of the "football"
- 7) Time for kick off!

How to Play:

- 1) Find a flat, square-edge tabletop about two feet wide (picture those tables in your school cafeteria), and have the players sit across the table from each other.
- 2) To kickoff, use one finger to prop the paper football up on one point. Position the ball on the table near the edge you're kicking from. Use a strong finger-flick to "kick" the ball, trying to get it to land as far across the table as you can. If the ball goes over the opposite edge, it's a touchback and the other player gets the ball at their "20-yard line".
- 3) At the kickoff, if the ball lands hanging over the edge (in touchdown position) of the opposite side of the table, it's a safety. The kicker gets two points. The other player now has to kick off.
- 4) The player in control of the ball gets two flicks (also called downs) to try to score a touchdown. A touchdown is scored when you get the ball to hang over the other side of the table without falling off. Each time you flick the football, it's a "down".
- 5) If the ball falls off the edge of the table during a down, the opposing player gets the ball at their own 20-yard line.
- 6) After a touchdown, have the opposing player form a "goal post" with their hands in their end zone. The kicking player tries to flick or "kick" the ball through the "goal posts".
- 7) After a touchdown, a player can choose to "go for two" instead of kicking a field goal. In this case, the ball is placed on the 20-yard line near the other players side of the table. If the player gets the ball to hang over the edge in a touchdown position in one flick, they get two points.

