

Eight Basic Rules of Kayak Football:

1. You must catch the ball in the end zone for it to be a touchdown.
2. You can only hold the ball for FIVE seconds before passing or dribbling it.
3. Dribbling is putting the ball out in front of your boat and retrieving it from the water.
4. Absolutely no hitting, pulling, shoving, grabbing, slapping, poking, slashing, etc. (with paddles, etc.)
5. Cannot advance ball by carrying it in your boat.
6. Kickoff after every score must cross midfield and be touched by receiving team.
7. Flipping opponents boats (almost always-no), general safety, is covered in the attached document. Play fair and safely.
8. Have Fun