

## The Ball

The white ball should be chosen and agreed upon by both Teams before play. Up to two replacement balls of similar dimensions and material may be used if necessary.

## Movement

Teams may have no more than 5 Players in any 1 Zone at the same time. Any of the 3 Back Positions may move freely to and from any Zone that does not already have the maximum number of Team Players within that boundary. Centers may only remain within the Center Zone and Guards may only remain within their Team's Score Zone. Centers and Guards may legally leave their respective Zones only during substitutions.

Quarterbacks may move the white ball by carrying or throwing it. Halfbacks may move the ball by kicking it, and Fullbacks may carry, throw, and kick the white ball. Centers and Guards may also carry, throw, and kick but only within their respective Zones. Any Player may use their head or chest to move the white ball.

A Player is considered to have Possession when they are in control of the white ball. A Player may not Possess the ball longer than 10 consecutive seconds. A Team may not Possess the ball in any Zone longer than 60 consecutive seconds.