

How to Play Paper Football:

-The Kickoff-

1. Toss a coin to see who will receive.
2. Place the paper football on the palm of your hands.
3. Next, with an upward stroke, strike the bottom edge of the table with your fingers. This should send the football into the air and onto the field. Where the football lands is where the flicking will begin.
4. The object of the game is to score touchdowns. To get a touchdown, you must flick the ball with your finger and have the ball stop with part of it hanging over the edge of the table (without falling off the table). That scores 6 points. Players take turns, one flick each, back and forth until someone scores. If the ball goes off the table, your opponent gets to kick off. If you score a touchdown, you can kick an extra point.

-Kick an Extra Point-

1. Forming the goal post: The opponent places both elbows on the table, with their thumbs touching together. Then they extend their index fingers to form the uprights.
2. Field-goal kicker: Balancing the football vertically with your index finger, flick the football with your other hand to launch it in the air (aim for your opponent's forehead). If the ball sails between the two goals posts, you get 1 point.

How to Create a Paper Football using an 8 1/2 x 11 piece of paper:

Step 1. Cut paper in half and fold in half longways along the dotted lines shown in the diagram.

Step 2. Holding the paper vertically, start at Corner #1 and fold toward your first fold. Note: This should form a triangle.

Step 3. Continue to fold on the dotted lines, making triangles until you are unable to make anymore. Fold the last triangle over to create a tab.

Step 4. Tuck the excess paper tab into the “pocket” which is located on the top of the ball.