

During the play of a hole:

- Play the ball as it lies. You are not allowed to touch it or accommodate it.
Exception: You can lift your ball or set up another ball only if your ball might help or interfere in the play of another player.
- The player who is farthest from the hole is the first to kick.
- Do not kick if it could possibly interfere with a shot of the group ahead of you.
- If the ball in play is moved or deflected or stopped by another ball the player must play his ball as it is and replace the ball moved. There is no penalty unless both balls on the putting green in which case the player who hit incurs a penalty of two strokes.
- A player must not make a stroke while another ball is in motion. If two balls hit each other that were played without penalty, there is no penalty unless both balls were on the putting green when they were struck. Two strokes are fined for the player who was nearer the hole for hitting out of turn. – Both players must replace the balls and play it back on the putting green.
- Loose Impediments (branches, leaves, stones, natural objects, etc.) can be removed. If the ball is moved player receives a 1 stroke penalty.
- Movable obstructions (artificial movable objects such as rakes, tin cans, etc..) may be moved without penalty. If the ball is moved it must be replaced without penalty.
Example: the ball resting against a rake.
- Immovable obstructions: You can lift and drop a ball without penalty but not nearer the hole.
Example: a sign or a sprinkler head or under a cart, etc..
- Hazards: The ball is in a water hazard (yellow stakes), a lateral water hazard (red stakes) or bunker.
- Relief: If your ball is in a sand hazard you may play the ball as it lies without penalty or receive a penalty of one stroke. Do not touch the sand or loose impediments. Arrange the bunker as it was before you took your ball.
- Drop and play from where the last stroke was kicked or
 - Drop a ball behind the water hazard, unlimited distance in a straight line to the hole and the place where it entered the water.
 - Additionally, if lateral hazard (red stakes) drop a ball within two meters long which is not nearer to the hole.
- Ball Lost or Out of Bounds: Play another ball from where the last shot was played under penalty of 1 stroke.
- Unplayable ball: The player is the sole judge to declare his ball unplayable. (Example: I see my ball in the bushes or in a tree)
 - Play a ball from where the previous stroke was or
 - Drop a ball behind the point where the ball lies in a straight line to the flag or
 - Drop the ball within the length of two meters from where the ball lay, not nearer to the hole. All options receive a 1 stroke penalty.

Putting Greens:

- If the FootGolf ball lies on the putting green used for regular golf, the ball should be removed and dropped off of the ground within ten feet but not close to the FootGolf hole.
- Players should not stand close to or directly behind the ball or directly behind the hole (example: to see the fall of the green) when another player is to play.

Between the play of two holes:

- Record and check the score of the previous hole with your marker.