

GAME RULES

1 Select your squad

Before you start a Premier League Adrenalyn XL™ game, you've got to put your team together. You need a total of 14 players: 11 starters and 3 subs. Each team must have one goalkeeper and a maximum of five players in each area of the pitch (defence, midfield and attack).

2 Choose your formation

Once you've chosen your players, decide on a formation (e.g. 4-4-2, 4-3-3, 3-5-2, etc.). Pick a system that suits your players best – if you have loads of good defenders, try a more defensive formation; if you have plenty of top forwards, go for an attacking line-up.

3 Prepare to play

Place the cards face-down in the spaces shown on the gameboard: goalkeeper and defenders at the bottom, midfielders across the centre, and forwards up top. Each player's position is marked on the back of each card to help you. During the game, you're not allowed to look at the cards that you or your opponent have placed face-down until you play them.

Friendly or Championship?

Before kicking off, both players must agree if they are playing for keeps (Championship) or just for fun (Friendly). In Championship games, the winner of each round keeps their opponent's losing card. In Friendlies, once a card has been used, put it to one side and pick it up again after the game.

4 Kick-off

Once both players have chosen their teams, they flip a coin to decide who starts the round. This player selects one of their cards and, without showing it to their opponent, decides whether to use its Defence, Control or Attack value. Their opponent then picks one of their cards and selects its Defence, Control or Attack value, depending on which one the first player chose. If the first player uses Attack, the second player must use Defence, and vice versa. If the first player uses Control, so must their opponent.



PLAYER A WINS!

If the two scores are equal, then the total scores are compared...

Players show their chosen cards and compare the selected values. Whoever has the highest value scores a goal and wins the round. This player also gets to start the next round. If the values are equal, players compare Total values – the sum of the Defence, Control and Attack values, found at the bottom of each card. If these Total values are also the same, neither player scores or wins the round. When the round is over, both players place their used cards next to the gameboard. These cards cannot be used again during this match.



PLAYER B WINS!



5 Penalty

Once per game, a player's goalkeeper can commit a foul and give away a penalty. Note: only the player taking the second turn in a round, who has not shown their card yet, can do this. All cards have a symbol showing an outfield player's Strike Icon or a goalkeeper's Save Icon. Compare the two – imagine laying one symbol over the other. If the ball is outside the goalkeeper's save area, it's a goal; if the ball is inside the goalkeeper's save area, it's a save!



Alternatively, players can use their goalkeeper cards in the same way as outfield players, by choosing to compare their Defence, Control or Attack value at any point in the game.

6 And the winner is...

Players continue playing rounds until all cards have been used, with the player who scored the most goals at this point being crowned the winner.

POWER-UP YOUR PLAY!

Club Crest cards can be used to boost the Base card game values. If played together with a player's Base card from the same team, these cards will increase all player values by five.



SUPER SUBS!

Remember, just like in a real match, substitutes can win or lose you the game, so use them wisely! You have three subs, which you can use at the start of a round, before choosing a defender, midfielder or attacker. Simply swap them into your line-up and discard the card you're replacing.

OTHER WAYS TO PLAY ADRENALYN 2025

PENALTY SHOOTOUT

WANT A QUICK FOOTIE FIX? PLAY OUR PENALTY SHOOTOUT GAME!

- Each player selects a goalkeeper and five penalty takers.
- Each player places their goalkeeper's card face-up, then shuffles their five penalty takers and puts them in a pile, face-down.
- Flip a coin to decide who starts. This player takes the top card from their pile and compares its Strike Icon with the Save Icon of the other player's goalkeeper. If the penalty taker's ball is outside the goalkeeper's save area, the penalty is scored; if the ball is inside the save area, the penalty is saved.
- Players take turns taking penalties – once all penalty takers have been used, the player with the most goals wins.
- If the shootout ends in a draw, it goes to sudden death. Whoever misses first, whether before or after their opponent has scored, loses the match.

TOTAL FOOTBALL

COMPARE TOTAL CARD VALUES FOR A FAST AND FURIOUS GAME!

- Each player forms a shuffled pile of cards, face-down.
- Both players draw the top card in their pile and flip it over.
- Players compare the Total values on both cards – whoever has the higher value wins the round and gets to keep both cards until the game finishes.
- Players keep flipping cards until one player has all of them – this player wins the game.



TIKI-TAKA

YOU CAN PLAY WITH TWO, THREE, FOUR, OR AS MANY PLAYERS AS YOU WANT!

- Each player forms a shuffled pile of cards, face-down.
- Flip a coin or roll a dice to decide who goes first.
- The first player draws their top card and decides whether to use the Defence, Control or Attack value. If the first player uses Attack, the other players must use Defence, and vice versa. If the first player uses Control, so must the other players.
- All players compare the chosen values on their top cards.
- The player with the highest value wins the round and keeps all the other cards used by their opponents in that round until the game finishes.
- Players keep comparing cards until one player has all of them – this player wins the game.

