

What is EVOLUTION FOOTBALL-NET (EFN)?

Evolution Football-Net (EFN) is a **new global sport** that blends the precision of football, the agility of net sports, and the strategic rhythm of individual competition.

EFN is not just a game — it's a **modern athletic discipline** designed to enhance physical endurance, ball control, emotional intelligence, and tactical awareness through a unique, structured format.

EFN Key Features:

- **1v1 or 2v2 format** as a special format played on a court divided by a net.
- Played by sets, **3 sets or 5 sets. 20 points each set.**
- **Scored by Points** – Points are won by executing strategic shots the opponent cannot return within 1 bounce.
- **Only the feet, chest, and head** can be used — no hands or arms allowed.
- The ball allows **only one bounce** on the opponent's side.
- Players must **return the ball within 8 seconds** using one final action (kick, header, or chest strike)
- **Fast, Fun, & Strategic** – Combining physical resistance, technical control, and in-game tactics.

The 1-8-1 Rule:

EFN is built around this foundational rule:

- **1 bounce** allowed on the rival's court
- **8 seconds** to retain and return the ball
- **1 final action** to complete the play/ strike a point.

*This creates a **fast-paced, tactical, and explosive game** — ideal for competition, fitness, and skill development.*

EFN's Purpose:

- Develop elite-level athletes through **strategic training**.
- Builds **endurance, agility, motor control, and decision-making**.

551 Dogwood Rd. West Palm Beach, FL 33409

EFEN INTERNATIONAL LLC

Phone: 561-248-7433 Email: efeninternational@gmail.com



- Provide a **healthy, competitive sport for youth and adults.**
- Introducing a global movement centered on **respect, precision, and performance.**
- Create pathways for players to rise through **EFN Academies, Certified Programs, and Official Leagues.** EFN is a globally emerging sport.

A Sport for the Future!

EFN is built for players, coaches, and cities that want:

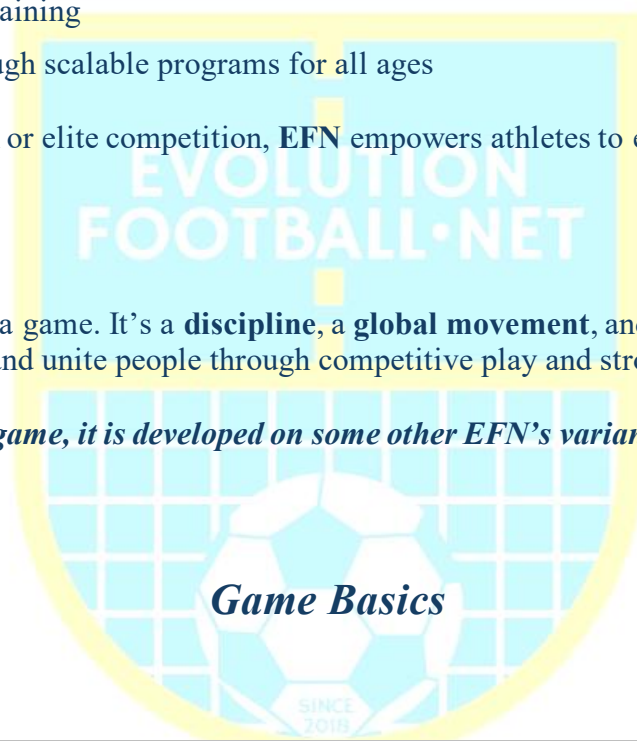
- **Innovation** in sport
- **Discipline** in training
- **Inclusion** through scalable programs for all ages

Whether for recreation or elite competition, EFN empowers athletes to evolve — on and off the field.

Why EFN Matters?

EFN is more than just a game. It's a **discipline**, a **global movement**, and a **sporting innovation** built to train, inspire, and unite people through competitive play and strong values.

EFN is not just a one game, it is developed on some other EFN's variants to the joy for players.



Game Basics

• Game Types:	<i>Singles (1v1), Doubles (2v2)</i>
• Sets per Match:	<i>3 or 5 sets</i>
• Points per Set:	<i>20</i>
• Victory:	<i>2 out of 3 sets or 3 out of 5</i>

Official Game Rules of Evolution Football-Net (EFN)

A. The Serve:

Serving Mechanics

- The serve must be delivered **cross-court** (diagonally), landing in the opponent's service zone.
- The player who initiates the play is the **Serving Player**; the opponent is the **Receiving Player**.
- The serve is **executed only with feet**. Use of hands, arms, or upper limbs is prohibited.
- The ball must be placed **outside the field of play**, behind the designated **service line**.

Serve Time Limit

- A serve must be taken within **5 seconds** after the Receiving Player declares readiness.

Serve Elevation

- The ball may be elevated with feet or served from the ground—but **never using the hands or arms**.

B. Serving Rules & Outcomes:

<i>Serve Situation</i>	<i>Result</i>
<i>Ball hits net and lands out of bounds. 1st serving.</i>	<i>Re-serve – no point</i>
<i>Ball hits net and lands in bounds</i>	<i>Play continues</i>
<i>Ball hits net, lands in bounds, but not returned</i>	<i>Point for server</i>
<i>Ball legally crosses and is played</i>	<i>Game continues</i>

On some occasions, a server's ball legally lands and spins back to the server's field, if not hit by the server, a point to the receiver is awarded.

C. Direction of Serve

- The serve must always be **crossed** (diagonal), landing in the **opposite service zone**.
 - The Receiving Player must position themselves diagonally across from the server.
-

D. Serve Rotation

- After each point, the server and receiver **switch roles** when losing serve.
 - In doubles, when one player loses a serve, their partner takes over the next serve.
 - After a set is completed, players must change sides.
-

E. Reception & Ball Return

- Players have a maximum of **8 seconds** from first contact to return the ball.
 - Reception is allowed using **any body part except hands or arms**.
 - Players may receive the ball **inside or outside the court**.
-

F. Ball in Play

- The ball is considered “in play” from the serve until the point ends.
 - If the ball **touches any line**, it is **IN**.
 - If the ball **touches the net** and crosses legally, **play continues**.
-

G. Fouls & Infractions

Each infraction results in **one point awarded to the opponent**.

<i>Infraction</i>	<i>Penalty</i>
<i>Touching ball with hand/arm</i>	<i>Point for opponent</i>
<i>Delay exceeding 8 seconds</i>	<i>Point for opponent</i>

<i>Ball bounces twice before return</i>	<i>Point for opponent</i>
<i>Ball fails to land in proper serve zone</i>	<i>Point for opponent</i>
<i>Stepping on/over the end line during serve</i>	<i>Point for opponent</i>
<i>Serving from an incorrect area or using arms</i>	<i>Point for opponent</i>

H. Technical Fouls & Misconduct

- Any act of **disrespect, unsportsmanlike conduct, racism, insults**, or intentional game delays results in **a point against the player**.
 - In severe cases, players may be **ejected** from the game or sanctioned. Game over.
 - Walking off the court **without referee permission** is also a technical foul.
-

I. Scoring System

- **“Everything is point.”** Every valid serve, rally, or infraction result in a point.
 - Key point types:
 - **Service Point** – Serve lands untouched in proper zone
 - **Game Point** – Opponent fails to return the ball
 - **Bad Serve Point** – Serve fails to land in opponent’s court
 - **Bounce Point** – Ball bounces back to the hitter and isn’t returned
 - **Technical Foul Point** – For misconduct
-

J. Continuous Play & Rest Time

- EFN matches are designed for **continuous flow**.
- Players may only leave the court with **referee approval**.
- **60-second rest** is granted between sets or field changes.

K. Coach & Instructions

- Coaches may only give instructions **before the match** or **during official breaks**.
 - No coaching during active gameplay.
-

L. Tournaments & Referees

- EFN rules support local, national, and international competitions.
- Competitive circuits may include short-format, mid-year, and annual tournaments.
- Referees are the **only authority** to resolve disputes, repeat serves, or apply penalties.
- Referees must be **on-site 5 minutes before** the match and remain **5 minutes after**.

