

# MODERATION

## INTRODUCTION

Eating a well-balanced diet can be especially tricky. **MODERATION** takes this eternal struggle and transforms it into a fun and interesting card game.

**MODERATION** is a 4 player trick-taking game similar to other games like Hearts or Spades, but with a strategic twist. Instead of blindly trying to only gain or lose points, you have to balance your points.

## GOAL

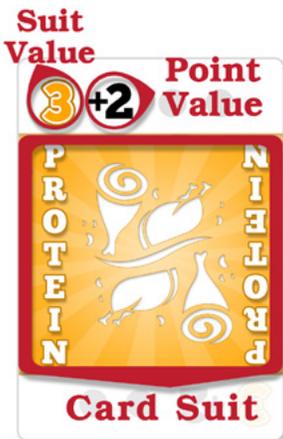
The goal of **MODERATION** is to have the lowest positive score when the game ends. (**Note:** you can't win if you have negative points) The game ends when a player's score is greater than or equal to **100 points**. For other optional endings, check the **VARIATIONS** section at the end.

## GAME PLAY

- After the cards are dealt, players look at their cards and choose 3 to pass to another player.
  - First** hand: pass to the **left**
  - Second** hand: pass to the **right**
  - Third** hand: pass **across the table**
  - Fourth** hand: **no cards are passed**

After the fourth hand, this pattern repeats until the game ends.

- The person who holds the **2 of Veggies** begins each hand. Play continues in a clockwise direction.
- During their turn, players must play a card that matches the **Suit** that was first played. If a player does not have a card of the right **Suit**, they may play a card of a different **Suit**, but they cannot win that trick.
- When all players have placed a card, the player with the highest **Suit Value**, that matches the suit of the first card played, wins the trick and sets them aside to add up at the end of the hand. (**Note:** **Aces** are the highest **Suit Value**)
- The winner of the trick starts the next trick, and the other players must follow the **Suit**, if possible.
- Play continues until all players run out of cards, and the hand is declared over.
- Once the hand is over, each player adds up the **Point Value** of the cards in their pile, and writes it on their scorecard. The cards are then shuffled and dealt again.



## CARD PARTS

**Suit Value:** The value of the card as it is played. For example:

- Player 1 places **3 of Protein**
- Player 2 places **6 of Protein**
- Player 3 places **K of Sweets**
- Player 4 places **A of Protein**

Player 4 wins the trick

**Suit:** Protein, Veggies, Sweets, Grains

**Point Value:** At the end of each round, players add up all of the points on the cards they won.

This value is then written on your scorecard.

## SET UP

- Each player takes a scorecard.
- Deal out all of the cards. (**Note:** The default game mode is for 4 players. For other player numbers, check the **VARIATIONS** section at the end.)

## SCORING

- At the end of each hand, each player adds up the **Point Values** of the cards in the tricks they've won.
- They then add that result (or subtract, if the result is negative) to their score from the previous round.

## VARIATIONS

### Number of Players

There are many ways to customize your play experience. To play with more or less than four players, follow these guides:

- 3 Players:** Remove the **2 of Grains** and then deal the rest of the cards. Each player should have 17 cards
- 5 Players:** Remove the **2 of Grains** and the **2 of Protein** and then deal the rest of the cards. Each player should have 10 cards.

### Game Ending

Before the game begins, you may choose a different ending. Pick one of the following:

- Change the score required to end the game. Any number can be chosen, but 50 is a good minimum.
- After **4 hands** have been completed. Any number can be chosen, but 3 is a good minimum.
- When a player wins a trick that was led with the **2 of Sweets**, the game ends at the completion of that hand.



For more information, contact:  
Games Of Awe  
info@gamesofawe.com  
Ottawa, Ontario, Canada