



**ZOMBIE
RULEBOOK**

30 SECONDS TO LIVE ZOMBIE RULEBOOK

THE PREVIOUS 98 DAYS...

98 days ago: First reports of a strange virus that revives the dead emerge from Siberia. It is called the X-Virus.

83 days ago: X-Virus outbreaks are reported in major cities worldwide.

81 days ago: Most internet and cell service has failed.

77 days ago: Citywide fires rage. Zombies roam the streets.

Six hours ago: Survivors from a Warehouse encampment head out to find a vehicle.

32 minutes ago: Four survivors return in a pickup truck. Three stay with the truck to defend against zombies; one comes in to get everyone and help load the truck.

18 minutes ago: Zombies follow the Survivors in the truck and finally catch up to them and overwhelm them.

Six minutes ago: Zombies break into the encampment.

One minute ago: One survivor escapes through a back door to an alley, then barricades the door.

30 seconds ago: Zombies enter the alley from the street as zombies in the warehouse try to break down the door.

Ten seconds ago: The human searches the alley for weapons....

Now: You and the human confront each other.....

30 seconds from now: You will turn them into one of you....



The rulebook is written for the Zombie player only. Please refer to the Survivor Rulebook to learn about playing the Survivor.

CONTENTS

2	Additional Resources Components Icons	8	Play a Tactics card Summon Zombies
3-4	Game Setup	9-10	Attack
4	Game Overview Terms	10	Resolution phase
5	Timer & App	11	Health
6	Turn Summary	12-13	Zombies
7	Draw Phase Action Phase Move, Stand up, Draw a card	14	Modified Rules

***Player Aid on rear page**

ADDITIONAL RESOURCES

On the official website you will find instructional videos covering various topics from attacking to movement, from zombie abilities to explanations of specific cards. There is also a quick start guide to setup and a whole game playthrough. Errata and FAQs will be updated as new questions emerge. To read them and ask questions use the app or visit <https://www.kittenkaijgames.com/faq>.

ZOMBIE GAME COMPONENTS



GAME ICONS



PLAY AREA



Attack Discard



Zombie Discard



Tactics Discard



3



1

ZOMBIE SETUP

1. The Survivor will lay out the alley cards.
 2. Place the five zombie knockdown tokens and the four green arrow Energy tokens as shown.
 3. Shuffle the Zombie deck, Zombie Attack deck and Zombie Tactics deck and place them as shown.
- Draw two cards from the Zombie deck and one from the Tactics deck to form your hand. Draw three zombies and place them face down in row one. Draw four more zombies and place them as shown, face up in rows six and eight.
4. If you've played at least once or twice already, set a timer to 30 seconds. The timer is explained in detail on page 5.
 5. When they are ready, the Survivor begins the game.

GAME OVERVIEW

You followed a group of survivors back to their encampment, overran it, and cornered the last human survivor. Unfortunately, they escaped into the alley and barricaded the door. Their objective is to escape to the street where a pickup truck awaits them. Your objective is to attack them and reduce their health to zero before they can escape.

TERMS

- There are six types of cards used in the game: **Alley, Survivors, Zombies, Tactics, Attack, and Supplies** (which include **Melee Weapons**, and **Firearms**).
- **Active Player** - the player who is taking their turn.
- **Inactive Player** - the player not taking their turn.
- **Characters** - Survivor and Zombies in play.
- **Base Zombie** - most common and weakest zombie type.
- **Boss Zombie** - strongest and most rare zombie type.
- **Alley** - The game space that the characters move around in.
- **Row** - a division of the alley.
- **Health** - how much damage a character can take.
- **Kill a zombie** - reduce it to zero health.
- **Knockdown** - game effects that knock a character down. When knocked down, a token is placed on the zombies; the Survivor standee is placed on its side.
- **Block** - the Active Player's attack deals zero damage.
- **Move past zombies** - Move to a higher numbered row when there are zombies without a token in the same row as the Survivor.
- **Opportunity Attack** - a free attack made by zombies without tokens after the Survivor moves forward past them.
- **Energy** - spend energy to take actions in the game.

THE 30 SECOND TIMER



After the game has been played at least once or twice, the Action Phase portion of the game is meant to be played with a 30 second timer. The timer should be controlled by the non-active player. If you wish to play with a timer the first time you play we recommend you set it for 45 seconds, or play without the timer until the Survivor reaches row six.

Can the timer ever be paused? The timer should only be paused if a card says to do so or if there is a dispute over the rules or interpretation of a card.

What happens if the timer runs out midway through an action? For example, the Survivor player says, "My last action I attack the zombie in row four," and then the timer goes off. If this happens, you may resolve all steps, including checking for success, dealing damage, and dropping supplies.

Are players required to play with the timer? The game is intended to recreate the tension, pressure and chaos of being in a desperate fight for survival; to have to make split-second decisions when the entire game hangs in the balance. The timer is part of that. We recommend that you do not use the timer until the second or third play through. If after playing with the timer you find it a hindrance to your enjoyment, the game can be played without the timer, but you will not be getting the full experience.



THE APP

Download the app at app.30secondstolive.com or use this QR code. Save this to your favorites because the app lives on the website, not your phone. Things you will find on the app include –

- The timer for use during the game
- Quick links to instruction videos, initial set up videos, and the FAQ page
- A complete catalog of all cards in all decks



TURN SUMMARY

1. Draw Phase – Draw a Tactics card, then move any zombies who do not have a knockdown token on them towards the Survivor.

2. Action Phase. The **Survivor player** starts the timer.

To escape the alley, the Survivor needs to move from row one to row ten and get to the street, fighting or dodging zombies along the way. There are three types of things you can do to stop them from succeeding:

- Movement (Move/Stand up)
- Draw, pick up, and play cards
- Attack

Each action you take costs a certain amount of Energy (E), represented by a white arrow.

- You, the Zombie player, get 4E per turn.
- Energy tokens track the use of Energy; flip over one token for each Energy you spend.
- Arrows on the cards will tell you how much Energy it costs to perform an action.
- During your Action Phase, you may take actions in any order, and you may repeat them as long as you have the Energy.
- Free actions (playing cards that cost 0E) may be performed any time during your Action Phase, even after you have spent all your Energy, but only if there is time left.



0 E
Free Action



1 E



2 E



Unused Energy does not carry over to the next turn; if you don't use the Energy, you lose it at the end of the Action Phase.



Unless otherwise indicated, you may only take an action or play a card during your Action Phase.

3. Resolution Phase. A cleanup phase where you resolve specific cards and other game required activity occurs.

Play alternates between the two players until either you reduce the Survivor to zero health, or they escape to the street.

1 DRAW PHASE

1A) DRAW A CARD Draw one card from the Tactics Deck for 0E.

1B) MOVE ZOMBIES All zombies in play without a knockdown token move toward the Survivor by the movement value stated on their card (minimum one row) for free. **No more than three zombies may occupy the same row.**

– The **Survivor player** starts the timer. Spend Energy to take any of the following described actions. **You may take actions in any order and may repeat any action.**

2 ACTION PHASE

MOVE - cost varies; see icons on the Zombie card. The icon indicates how many rows a zombie can move and how much Energy it costs. In this example, spend 1E and move the zombie one row.

- Zombies only move toward the Survivor.
- Zombies may move the turn they enter play.
- Restriction: Knockdown - Place a knockdown token on the zombie card when the zombie is knocked down. The zombie cannot move but may attack (the attack will be less successful than usual).



Permanent knockdown is an Advanced rule, see page 14.

STAND UP -To stand a zombie up, spend 1E, remove the knockdown token.



If the Survivor is standing in the same row, it costs 2E.

DRAW A CARD - During the Action Phase, spend 1E to draw one Zombie card or one Tactics card. Put the card in your hand.

- As an alternate cost discard two cards from your hand to draw one Tactics card or one Zombie card.
- There is a maximum hand size of four (enforced at the end of the Resolution Phase).
 - This symbol indicates to draw one card. Unless otherwise specified, you may choose to draw from the Tactics deck or the Zombie deck.



PLAY A TACTICS CARD - Cost varies; see the icon on the card.

- You may only play cards from your hand during your Action Phase except when noted on the card. The amount of Energy required to play the card will be shown in the upper left. If it has an Energy symbol and a slash thru it that means it costs 0 E to play it. Some cards may only be played in specific situations.
- When using/discarding Supply and Tactics cards, place them in the appropriate discard pile.



SUMMON ZOMBIES - See icons on the top of the Zombie card; spend the Energy indicated to put them in the row indicated. See the illustration below.

- Zombies you play from your hand may not enter play behind the Survivor; If the zombie card indicates to do so, place them in the same row as the Survivor. Exception: Shufflers designated to enter play in row one may always be placed there but only if the Warehouse has been opened (see Warehouse Zombies below).
- If three zombies are in a designated row, put a summoned zombie in play in the next higher numbered row.
- A Tactics card may put a zombie in play behind the Survivor.
- Restriction: Only one of the same boss-type may be in play at the same time. Exception: if the boss zombie is revealed when the Warehouse opens (see below).

Spend 1E and put the zombie in Row nine. Spend 2E and put it in Row Seven

Unless otherwise stated, if a card indicated to put a zombie into Row Four the zombie would have to come into play in Row five because there is no room in Row four.



WAREHOUSE ZOMBIES -At the start of the game, three zombie cards are placed face down in row one. These are some of the zombies that overran the encampment. When the Survivor enters row four, flip these cards face-up; they are now in play.

ATTACK - Cost varies; see icons on the Zombie card.

The zombie card has icons which tell you how to make an attack:



how much Energy is required to attack.



attack range. The zombie is in row zero and usually their attack range is also zero, meaning they must be in the same row as the Survivor to attack.



damage inflicted by a successful attack.



indicates the attack does knockdown.



- A zombie may only attack once per turn.
- A zombie may not attack the turn it enters play.

ATTACK PROCESS

1. Announce which zombie is attacking and how many Energy you are using.

2. Draw the top card from the Zombie Attack deck

- If the zombie is standing, read the result on line A to the right.
- If they are knocked down, read the result on line B
- If the Crawler is making a grab attack, read the result on line C
- Check icon you are successful



- X icon the attack fails
- You knock the Survivor down, put the standee on its side
- the Survivor drops a weapon in the alley, your choice
- If you draw the "Shuffle the deck" card, set it aside and draw another card. During the Resolution Phase, shuffle all drawn Attack cards back into the Attack deck.

3. The Survivor player may now play block and counterattack cards. A blocked attack fails and deals zero damage. Blocking prevents a knockdown; armor does not.

4. If the Crawler has made a successful Grab Attack, place the Crawler card in the alley under the Survivor standee. The Survivor must kill the Crawler before they can do anything other than draw or play cards. Movement actions are not allowed. The Crawler does not count toward the "maximum of three zombies in a row" rule.

5. If the attack is successful, deduct health from the Survivor's armour/health.

OPPORTUNITY ATTACK (SURVIVOR TURN)

When the Survivor moves forward past zombies without knockdown tokens, those zombies make an Opportunity Attack after the Survivor moves. Draw a Zombie Attack card for each zombie.

WHEN ZOMBIES DIE (SURVIVOR TURN)

- If it has a Zombie card has a Supply card indicator, the Survivor places a Supply card face down in the row where the zombie died.
- If multiple zombies die simultaneously, place them in the discard pile in the order you choose.
- If there are any zombies higher in the same row, move them as close to the alley as possible.



3

RESOLUTION PHASE

- Resolve any cards in play that reference the Resolution Phase.
- If you drew the "reshuffle the deck" card, shuffle all used Attack cards back into the Attack deck.
- If applicable, discard cards from your hand until you only have four remaining.



ZOMBIES

HEALTH



Hearts in the corners of character cards track health. The value in the upper below corner is the current value. The Zombie card to the left reflects four health. When it loses health, rotate the card clockwise to show two health and so on.

Zombies are classified by rarity as Base or Boss

Zombie card icon

Health

Movement

Zombie Attack: Energy costs, range and damage inflicted



This zombie drops a Supply card when it dies

In this example this zombie enters play in row ten for 1E or row eight for 2E

Some zombies have unique attacks or other special abilities noted here





CRAWLER

Base Level

Unique Attack

Grab: Draw an Attack card. If successful, the Survivor is knocked down. If made as a regular Attack (not Opportunity) place the Crawler card in the alley under the Survivor standee. The Crawler does not count toward the "maximum of three zombies in a row" rule. The Survivor must kill the Crawler before they can do anything other than draw or play cards. Movement actions are not allowed.

Health	1-2
Movement	2E/move one row
Damage	1



RUNNER

Base Level



Health	3-4
Movement	1E/move two rows
Damage	1

SHUFFLER

Base Level



Health	2-3
Movement	1E/move one row
Damage	1



WALKER

Base Level

Walkers can be summoned into row one if the Warehouse has been opened.

Health	3
Movement	1E/move one row
Damage	1





BLOATER

Boss Level

Health	3
Movement	2E/move one row
Damage	1

Unique Ability

The Survivor cannot move past the Bloater. All damage received is reduced by two.



BRUTE

Boss Level



Health	4
Movement	1E/move one row
Damage	2

Unique Ability

Once per turn during your Action phase, you may play a base zombie from your hand to row 10 for 0E.



Unique Ability

Cannot be knocked down. All damage received is reduced by one.



FRIEND

Boss Level

Health	4
Movement	1E/move one row
Damage	1

Unique Ability

Put four time tokens on the card when it enters play. Remove one token at the start of the Zombie Resolution Phase. Remove all tokens if Friend attacks. If any tokens are on the card, the Survivor cannot attack or move past the Friend.

The Survivor may spend 1E to remove 1 token.



ADVANCED RULES

SOUND

If the Survivor uses a weapon with the sound icon, you may put a zombie from your hand into play in row ten immediately.



CONCUSSION TOKENS

When the Survivor is knocked down, they receive a Concussion token. If they receive three tokens, remove all tokens. The Survivor permanently loses 1E going forward. If they go a turn without being attacked, at the start of the Zombie Resolution Phase the Survivor may remove one Concussion token. The Survivor may spend 2E to remove one Concussion token.



PERMANENT KNOCKDOWN

Knocked down characters with one health are knocked down permanently. Zombies do not move during the Draw Phase. Characters may move but it costs one additional Energy. The Survivor may stand if they gain health.



MODIFIED RULES

If one player is more skilled than the other or if you want to increase the difficulty level for one side, you may use the following modified rules. They are ranked by how the difficulty for the Survivor will change.

MINIMAL DIFFICULTY CHANGE

- The zombie player cannot begin the game with a boss zombie face up in play.
- Place supply cards in every row at the game start.
- The Survivor draws three supply cards to start the game.
- Survivor head stomps are automatically successful

EASY

- In the Zombie Draw Phase, one (or all) zombies with a knockdown token stand up, but do not move.
- When attacking a Character who is on the ground, the attacker can draw again if the first card is a miss.
- If there are three zombies in a row, the Survivor cannot attack zombies further away with a ranged weapon.

HARD

- Opportunity attacks are always made using the line B results.
- The Survivor begins the game with a first aid kit in hand.



ZOMBIE PLAYER AID

1

DRAW PHASE

- Draw one card from the Tactics deck for 0E.
- All zombies without a knockdown token move towards the Survivor by the movement value stated on their card (minimum one row).

2

ACTION PHASE

The Survivor player starts the timer.

You may spend 4E on any combination of actions in any order and may repeat any action.

- **Page 7** - Move a zombie: See Zombie card for cost
- **Page 7** - Stand up: 1E. If the Survivor is standing in the same row, it costs 2E.
- **Page 7** - Draw one card from the Tactics or Zombie Deck: 1E
- **Page 8** - Play a Tactics card: see Tactics card for the cost
- **Page 8** - Summon a Zombie: see Zombie card for the cost
- **Page 9-10** - Attack: see Zombie card for cost.

3

RESOLUTION PHASE

- Resolve any cards in play that reference the Resolution Phase.
- If you drew the reshuffle card, shuffle your attack cards back into the attack deck.
- If you have more than four cards, discard down to four.



Advanced Concussion rules only: If you did not attack this turn, the Survivor may remove one Concussion token.

UNIQUE ABILITIES

Brute: Cannot be knocked down. All damage received is reduced by one.

Bloater: The Survivor cannot move past the Bloater. All damage received is reduced by two.

Shrieker: During your Action Phase, you may play a base zombie from your hand to row ten for 0E.

Friend: Put four time tokens on the card when it enters play. Remove one token at the start of the Zombie Resolution Phase. Remove all tokens if Friend attacks. If any tokens are on the card, the Survivor cannot attack or move past the Friend. The Survivor may spend 1E to remove 1 token.

Crawler: Grab Attack: Draw an Attack card. If successful, the Survivor is knocked down. If made as a regular Attack (not Opportunity) place the Crawler card in the alley under the Survivor standee. The Crawler does not count toward the "maximum of three zombies in a row" rule. The Survivor must kill the Crawler before they can do anything other than draw or play cards. Movement actions are not allowed.