30 SECONDS TO LIVE

ZOMBIE RULEBOOK

Zombie Rulebook

The Previous 98 days...

98 days ago: A strange virus that revived the dead was reported in Siberia. The news called it the X-Virus.
83 days ago: X-Virus outbreaks were reported in every major country.
82 days ago: Most world leaders declared martial law.
81 days ago: Fires raged; zombies roamed the streets. Within days, communication was impossible as internet and cell service had failed.

For the next 77 days, the humans played a game of cat and mouse, only emerging from their hideouts to find food and supplies. Well, the smart humans anyway...

Six hours ago: Survivors from a warehouse encampment left the safety of their hideout.
32 minutes ago: You attacked several Survivors in a pickup truck but they managed to escape.
18 minutes ago: You followed the Survivors, finally caught up to them and overwhelmed them.
Six minutes ago: You broke into their encampment.
One minute ago: One Survivor escaped through a back door to an alley, then barricaded the door.
30 seconds ago: You entered the alley from the street as zombies in the warehouse tried to break down the door.
Ten seconds ago: The Survivor searched the alley for weapons...
Now: You and the Survivor confront each other...
30 seconds from now: You will turn them into one of the horde...

⚠️ **This rulebook describes how to play the Zombies only. Please refer to the Survivor Rulebook to learn how to play as the Survivor.**

Contents

*Player Aid on rear page

Additional Resources

On the official website you will find instructional videos covering various topics such as attacking and zombie abilities. 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 (see page 5) or visit **https://www.kittenkaijugames.com/faq.**
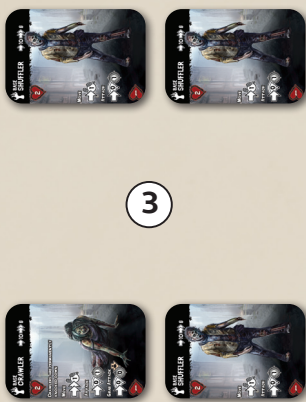
Zombie Game Components

x4

Sand Timer

Time tokens

x51

x21

x46

x5

x5

Knockdown tokens

Energy tokens

Zombie deck

Attack deck

Tactics deck

Due to a production error there are three extra energy tokens. Save the three as extras in case you lose any.

Game Icons

Concussion Token	Equip this weapon	Durability	Critical Hit
Ability Token	Sound	Health	Time Token
Spend one Energy	Important Information	Weapon Range	Movement Action
Spend zero Energy aka free Actrion	Ammo	Supply Card	Attack Action
Automatic Hit Can't be blocked	Knockdown	Movement	Damage

1
2
3
4
5
6
7
8
9
10
STREET

5

Attack
Discard

3

Zombie
Discard

3

Tactics
Discard

3

PLAY AREA

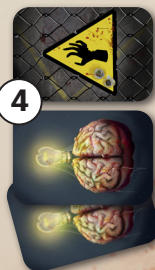1

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2

4

Zombie Setup

1. The Survivor will lay out the Alley cards.

2. Place the five Knockdown tokens, the five green Energy tokens and the four Time tokens within reach. *Note that due to a production error there are three extra Energy. Save them as extras in case you lose any.*

3. Shuffle the Zombie deck, Zombie Attack deck and Zombie Tactics deck and place them as shown. Draw three zombie cards and place them face down in row one. Draw four zombies cards and place them face up in rows six and eight as shown.

4. Draw two cards from the Tactics deck and one from the Zombie deck to form your hand.

5. If playing with the timer, set it within reach.

6. When both players are ready, the Survivor Player 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 they hope to escape in a pickup truck. 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 taking their turn.

Inactive Player – the player not taking their turn.

Characters – the Survivor and zombies in play.

Base Zombie – the most common and the weakest zombie type.

Boss Zombie – the strongest and more 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.
  A Knockdown token is placed on zombies;
  the Survivor standee is placed on its side.

Block – the Active Player's attack deals zero damage.

Action – things you do in the game like move, attack or play a card.

Energy – players spend energy to take Actions in the game.

Move past Zombies – When there are zombies without a Knockdown token in the same row as the Survivor and the Survivor moves to a higher numbered row. These zombies immediately make a free **Opportunity Attack** after the Survivor moves. You draw an attack card for each of these zombies before the Survivor can take another Action.

The 30 Second Timer

The Action Phase of the game is played with a 30 second timer, controlled by the inactive player. A sand timer is provided or you may use the App (see below) or a timer you provide.

Are you required to play with the timer? *We recommend that you do not use the timer until the second or third time you play, so that you can become familiar with the rules, mechanics and cards.* The game is intended to recreate the tension, pressure and chaos of being in a desperate fight for survival; forcing you to make split-second decisions when the entire game hangs in the balance. The timer is part of that. *If, after playing with the timer you find it interferes with your enjoyment, the game can be played without the timer.*

Can the timer be paused? Only pause the timer (place it on its side) 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? You may complete that Action, but you may not take any additional Actions. *Example: the Survivor spends their last Energy to attack a zombie in row four, then the timer goes off. The Survivor may resolve all steps necesary to complete the attack, including checking for success, dealing damage, and dropping supplies.*

The App

The app includes several things to help you play –

• An electronic timer for use during the Action Phase, which provides graphics and sound effects.
• Quick links to instruction videos, initial set up videos, and the FAQ page.
• A complete catalog of all the cards.

Open the app at app.30secondstolive.com or use the QR code to the right. Save this site to your favorites because the app lives on the website, not your phone.

Turn Summary

1. Draw Phase

1A - Flip Energy tokens to the unused side.

1B - Draw a Tactics card.

1C - Move zombies without a knockdown token towards the Survivor by the movement value stated on their card (minimum one row).

1D - Remove all knockdown tokens from zombies 3+ rows behind the Survivor.

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

To escape the alley, the Survivor needs to move from row one to the street, fighting or dodging zombies along the way. There are three types of Actions you can perform to keep them from succeeding:

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

0 E
Free Action

- Players spend Energy (E), to perform Actions. The number of white arrows on a card indicates how much Energy it costs to perform that Action. A white arrow with a slash though it means the cost is 0E. This is called a free Action, and may be performed any time during your Action Phase, even after you have spent all your Energy, but only if time remains.

1 E

- You get 5E per turn, represented by five green tokens. Flip over one token for each Energy you spend as you perform an Action.

2 E

- During your Action Phase, you may perform Actions in any order, and you may repeat them as long as you have Energy. *Ex: You could attack with three zombies, then move two zombies OR attack, then move two zombies, attack, then play a card.*

⚠ **Unused Energy does not carry over to the next turn; if you don't use all your 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.

This phase is not timed.

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) Flip Energy tokens to the unused side.

1B) Draw one card from the Tactics deck.

1C) Move zombies without a knockdown token move toward the Survivor by the movement value stated on their card (minimum one row).

1D – Remove all knockdown tokens from zombies 3+ rows behind the Survivor.

The **Survivor player** starts the timer.

2 ACTION PHASE

The types of Actions you can take are described over the next few pages.

Move - *cost varies; see the icons on the Zombie card. They indicate 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 always move toward the Survivor.
- Zombies may move the turn they enter play.
- **Knockdown -** When a zombie is knocked down, place a Knockdown token on the card. The zombie cannot move. It may attack, but the attack will be less successful than usual.

Stand Up - A zombie may stand up for 1E; remove the Knockdown token.

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

Draw a card - *spend 1E or discard two cards to draw one Zombie card or one Tactics card into your hand. (maximum discard three times)*

This symbol indicates to draw one card. Unless otherwise specified, you may choose to draw from the Tactics deck or the Zombie deck.

There is a maximum hand size of four, enforced at the end of the Resolution Phase.
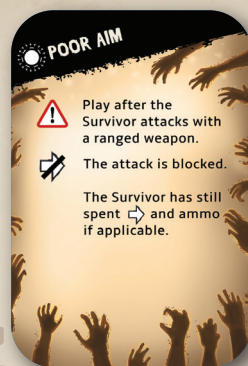
Play a Tactics Card - *Cost varies; see the icon on the card.*

- The number of arrows shown in the upper left corner of the card is the amount of Energy it costs to play that card.

  An arrow with a slash thru it means it costs 0E to play.
- You may only play Tactics cards during your Action Phase except when noted on the card.
- When using/discarding a Tactics card, place it in the discard pile.

⚠️ **Some cards may only be played in specific situations.**

POOR AIM

⚠️ Play after the Survivor attacks with a ranged weapon.

🚫 The attack is blocked.

The Survivor has still spent ➡ and ammo if applicable.

Summon Zombies - *1E or 2E; See the illustration below.* Choose one of the rows indicated, spend the required Energy and place the card in that row.

➡6 ➡➡4

Spend 1E and play the zombie in row six.

You can spend 2E to play it in row four, however, in this example it would be played in row five because there is no room in row four.

Zombies you play from your hand may always enter play behind the Survivor.

- If the Zombie card indicates to place the zombie behind the Survivor, instead place them in the same row as the Survivor. *Exception: Walkers may enter play in row one 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 the next higher numbered row.
- A Tactics card may put a zombie in play behind the Survivor.
- **Restriction:** Only one of each Boss-type may be in play at the same time. If multiples of the same Boss are shown face-up during the initial setup, or if when the Warehouse opens up, a Boss zombie is revealed of the same type that is already in play, then that's just terrible luck for the Survivor. Only one Shrieker may use its ability per turn.

Warehouse zombies -At the start of the game, three zombie cards are placed face down in row one. These are zombies that overran the encampment. When the Survivor enters row four or removes their last time token from row one, flip these cards face-up; they are now in play. Neither player may interact with these cards while they are face-down.

ATTACK ICONS (on the Zombie card)

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.

The attack knocks the Survivor down.

> ⚠️ **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.
2. Draw an attack card. It will indicate success or failure and provide additonal information.

✅ Check means a successful attack.

❌ X means a failed attack.

The attack knocks the Survivor down.

🔫 The attacks disarms the Survivor. Choose an equipped weapon and place it one row behind the Survivor.

Your chance of success depends on if you are standing or knocked down.
  • If the zombie is standing, read the result on line A
  • If the zombie is knocked down, read the result on line B
  • If a Crawler is attempting to Grab, read the result on line C

3. If you drew the **Shuffle the Deck** card, place it in the discard pile and draw another Attack card. In your Resolution Phase shuffle all Attack cards in the discard pile back into the Attack deck.

4. 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.

> **On a successful attack, continue with the remaining steps.**

5. If a zombie made a Grab Attack, the Survivor is knocked down.
  • Without changing its orientation, place the zombie card on the Alley card and under the Survivor standee.
  • The zombie does not count toward the "maximum of three zombies in a row" rule.
  • The Survivor must kill the zombie before they can do anything other than draw or play cards. Movement Actions are not allowed.
  • Multiple Crawlers may Grab the Survivor at the same time.
  • Any zombies which attack while the Survivor is grabbed are allowed to make a second attack (costs energy).

6. The Survivor deducts damage from their armor or health.

Opportunity Attack (Survivor turn)

When there are zombies without a knockdown token in the same row as the Survivor and the Survivor moves to a higher numbered row. These zombies immediately make a free **Opportunity Attack** after the Survivor moves. You draw an attack card for each of these zombies before the Survivor can take another Action.

When Zombies Die (Survivor turn)

- When zombies die put them in the discard pile (in the order you choose if multiple multiple zombies die simultaneously).

3 RESOLUTION PHASE

- If the zombie has a Supply card indicator, the Survivor places a Supply card face down in the row where the zombie died.

3A - Resolve any cards in play that reference the Resolution Phase.
3B - If you have any time tokens in play, remove one.
3C - If you drew the Shuffle the Deck card, shuffle all Attack cards in the discard pile back into the Attack deck.
3D - If applicable, discard cards from your hand until you only have four remaining.
3E - Take the timer from the Survivor Player.
Advanced Concussion rules only: If you did not attack this turn, the Survivor removes one Concussion token.

Time Tokens

Time tokens reflect a countdown to the end of an effect and are placed on a card in play. Remove one in the Resolution Phase or as instructed. Generally when the last one is removed, the effect ends. If you need additional time tokens, just use coins.

Zombies

Health

Hearts in the corners of character cards track health. The current value in displayed in the upper left corner. The Zombie card below reflects four health. When it takes damage, rotate the card clockwise to show three 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

BOSS BRUTE

→10→ 8

4

1

MOVE 1

ATTACK 0 2

DAMAGE IS REDUCED BY 1 CAN'T BE KNOCKED DOWN

3

2

This zombie drops a Supply card when it dies

This zombie enters play in row ten for 1E or row eight for 2E

Some zombies have unique attacks or other special abilities noted

Zombie Boss abilities: Each Boss type has a unique ability which is described briefly on the Zombie card. The full text of their ability is listed on the next two pages and the player aid on the back of the rulebook.

Crawler
Base Level

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

Unique Attack: Grab: See Player Aid for details.

Crawlers are considered permanently knocked down and can never stand up. However, they do not use Knockdown tokens and are not affected by rules which refer to them.

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

Health	3
Movement	1E/move one row
Damage	1

Walkers can be summoned into row one if the Warehouse has been opened. For information on the Warehouse see page 8.

Bloater
Boss Level

Health	3
Movement	2E/move one row
Damage	1

Unique Ability
The Survivor cannot move past the Bloater. All damage it receives is reduced by two.

-2

Shrieker
Boss Level

Health	3
Movement	1E/move one row
Damage	1

Unique Ability

Once per turn during your Action Phase, you may play a Base zombie from your hand tno row 10 for 0E.

Brute
Boss Level

Health	4
Movement	1E/move one row
Damage	2

Unique Ability
Cannot be knocked down. All damage it receives is reduced by one.

-1

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 and if the Survivor spends 1E. Remove all tokens if the Friend attacks. The Survivor cannot attack the Friend or move past them if any tokens are on the card.
Can make a Grab attack that is automatically successful. See Player Aid.

Advanced Rules

Sound

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

Concussion

When you knock the Survivor down, they receive a Concussion token. If they receive three tokens, remove all three, and remove one of their Energy tokens from play. If you end your turn without making an attack, the Survivor removes one Concussion token.

The Survivor may spend 1E to remove one Concussion token.

Permanent knockdown

Knocked down characters with one health may not stand up for the rest of the game. Characters may move but it costs an additional 1E. If the Survivor returns to at least two health, they are permitted to stand up.

Modified Rules

If one player is more skilled or if you want to shake things up a little, you may use the following modified rules.

MAKES IT HARDER FOR ZOMBIES

- Survivor head stomps are automatically successful.
- You cannot begin the game with a Boss zombie face up in play. Return it the deck and draw another zombie, then shuffle the deck.
- Opportunity attacks are made using the line B results.
- Zombies only get 4E.

MAKES IT EASIER FOR ZOMBIES

- If there are three zombies in a row, the Survivor cannot attack zombies further away with a ranged weapon.
- In the Zombie Draw Phase, after zombie movement has taken place, remove one Knockdown token in play.
- The Zombie player may choose to draw a Tactics or a Zombie card in their draw phase.
- The Survivor can not pick up Supply cards if there are standing zombies in the same row, even if the Survivor is knocked down.

NEITHER SIDE GETS AN ADVANTAGE

- When attacking a character on the ground, the attacker can draw again if the first card is a miss.
- Change the amount of time allowed in the Action Phase to something both players agree to.

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Zombie Player Aid

1A - Flip Energy tokens to the unused side.
1B - Draw one card from the Tactics deck.
1C - All zombies without a Knockdown token move towards the Survivor by the movement value stated on their card (minimum one row).
1D - Remove all knockdown tokens from zombies 3+ rows behind the Survivor

DRAW PHASE 1

The **Survivor Player** starts the timer. You may spend 5E on any combination of Actions, in any order and may repeat any Action.

ACTION PHASE 2

Page 7 - Move a Zombie: See the Zombie card for the 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 or discard two cards. (May not discard a card drawn this turn)
Page 8 - Play a Tactics card: see the Tactics card for the cost.
Page 8 - Summon a zombie: see the Zombie card for the cost.
Page 9-10 - Attack: see Zombie card for cost.

This Phase is not timed.
3A - Resolve any cards in play that reference the Resolution Phase.
3B - If you have any time tokens in play, remove one.
3C - If you drew the **Shuffle the Deck** card, shuffle all Attack cards in the discard pile back into the Attack deck.
3D - If you have more than four cards in your hand, discard down to four.
3E - Take the timer from the Survivor Player.

RESOLUTION PHASE 3

⚠ **Advanced Concussion rules only:**
If you did not attack this turn, the Survivor removes a Concussion token.

Zombie Abilities

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

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

Shrieker: Once per turn 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 and if the Survivor spends 1E. Remove all tokens if the Friend attacks. The Survivor cannot attack the Friend or move past them if any tokens are on the card. If they have time tokens on the card, they can make a Grab Attack which is automatically successful. See below.

Crawler/Friend: Grab Attack: (only on your turn) This attack knocks the Survivor down. Without changing its orientation, place the zombie card under the Survivor standee. It does not count toward the "maximum of three zombies in a row" rule. The Survivor must kill the zombie before they can do anything other than draw or play cards. Movement actions are not allowed. Multiple zombies may grab the Survivor at the same time. Any zombies that attack while the Survivor is grabbed are permitted to make a second attack (costs energy).