The game is an easy game to learn, yet is immensely fun for all ages. Certain special-marked spaces add either a bonus or a penalty to a player's move. Any number of players can play. Each player needs a uniquely marked, colored or shaped playing piece. Each player places their single playing piece on the starting area. Play is commenced by each player, in turn, advancing his piece by the throw of two 6-sided dice to space number 63, where it was borne off. The first player borne off, wins. To bear (or be borne) off, the playing piece has to land on 63 exactly. If the number thrown is higher than necessary, the surplus is counted backwards from the number 63 space. (If the backward move happens to land the piece on a special-marked point that "advanced" movement, the piece continues moving on backwards, instead. At the player's next turn, he could resume his forward movement.)

Most of the special-marked points have a goose on them, hence the name of the game. Landing on a goose allows the player to move his piece the same amount of the roll again, and continue doing such until he no longer landed on a goose. (i.e. If you rolled a 6 and by moving 6 spaces, you landed on a goose, you move 6 more spaces.) Because there is a goose on every multiple of nine, a throw of nine on the first roll would allow a player to advance immediately to space 63 and win, a special rule was made. If a nine is rolled on the first throw, the player advances his piece to space 26 if the numbers on the dice were 6 & 3. If the numbers on the dice were 4 & 5, the piece advanced to space number 53. From these spaces, the player would continue the game.

There are no captures in the game. Pieces may pass other pieces. If a piece finishes its move on a space already the occupied by a second piece, the second piece is moved back to the space the first piece began its turn on. (i.e. If a player who has a piece on space 20, rolls a 4 he moves his piece to space 24. If space 24 has an opponent's piece on it, the opponents piece is moved back to space 20, and the player's piece remains on space 24.)