The first type of obstacles in a game is the game itself, this means that the game creates challenges to the players, and players need to achieve certain goals that the game requires in order to win the game. The second type of obstacles in a game is the other players, this means that the game can make you to play against other players, and this is also challenging because all the players are learning after each game, so your opponents might be getting stronger which makes the game become even more challenging and more fun.

The reason why a game needs to have clear rules is because it creates obstacles, it allows players to have mental challenge, so that it can make sure your goal in the game is not easy to achieve.

The players do not have to know all the rules by the end of their first game, they only need to know enough rules to be able to play the second game.

Rules can help the game designer to make obstacles, it sets challenge for the game, it creates goals that are not easy, so that the game itself is challenging. Also rules create structure, they help the game designer to create a balance system for the game, for example the players can only do certain amount of actions in the game, they can not do anything they want, so that the game is fair and balanced so that there are boundaries, players cannot do anything that is out of bounds. Rules also set expectations, there are broad rules and narrow rules, the game designers need to write these rules from the broadest to narrowest in order to let the players know the certain expectation of the game. Also, rules sometimes, are the introduction to the game.

Video games are different because they can do tutorials but paper games do not, they can hide the pieces in the box, they have a computer that can help teach people, they can teach you how to play different levels.