



Hardin-Simmons University University Recreation Department

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1. The field shall be a rectangle 100 yards by 40 yards, including two 10-yard end zones. The width of the field shall be lined at 20-yard intervals from goal line to goal line. The 3 and 10 yards try for point lines shall be 1 yard wide.
 2. Seven players constitute a men's or women's team. A team may play with five (i.e., team must start if five players are present) at anytime a forfeit falls below the minimum number of players, the game will be declared
 3. A player's name must appear on the scorecard before he/she may enter the game. A team may add players to the scorecard at anytime during the game.
 4. Shoes must be soft-soled for cross-country, tennis or Astroturf shoes.



6. Tape or bandage on the hand, wrist, forearm, or any other part of the body is prohibited except to protect an injury. Under no circumstances will a player wearing a cast or splint be allowed to play. Braces with exposed metal parts must be covered.
7. Each team must wear the same type of jersey or shirt. If not, jerseys will be provided but may not always be clean.





7. After the ready for play whistle, it is illegal to consume more than twenty five seconds before putting the ball in play.
8. Players can enter and leave the game as many times as they want to, but substitutions must be made during a dead ball.
9. All offensive players must have momentarily been within 15 yards of the ball after the ready-for-play.

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1.
 - The offensive team must have at least 4 players on their line of scrimmage at the time of the snap. Neither team may cross the scrimmage line until the ball is kicked.
 2.
 - No Kick Offs will occur. The ball will be placed at the 3 yard line to begin the game.
 3.
 - A player of the receiving team who is within the boundary lines and who is so located that he could have caught a free kick or a scrimmage kick which is beyond the neutral zone while such a kick is in flight must be given an unmolested opportunity to catch the kick. The protection terminates when the kick is touched by any player of the receiving team or the ground.

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1. The player who receives the ball from snapper must be at least 2 yards behind his/her scrimmage line.
 2. The offensive team must have a minimum of 4 players on the line of scrimmage at the time of the snap. The offensive team must come to a complete stop for one second before ball is snapped.







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- a. Touchdown 6 points
9 points (co-ed Female Score)
 - b. Safety 2 points
 - c. Trys for points 1 point from 3 yds.
2 points from 10 yds.
3 points from 20 yds.

Touchdowns will be verified by the official de-flagging the player. If the flag does not come off and the official determines the flag belt has been illegally secured, the touchdown is disallowed. The player is disqualified and it is a personal foul. Penalty - 10 yards from the previous spot and loss of down.

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1. There can only be protest over a player's eligibility or a rules interpretation. An official's judgement call cannot be protested. Protest concerning eligibility must be made before, during, or immediately after the game. Protest concerning a rule interpretation must be made immediately following the play in question.
 2. If a team forfeits twice, they will be dropped from the league.
 3. All teams advance to the playoffs. (pending sportsmanship rating)
 4. Teams must appear with the minimum number of players at the scheduled location at game time to avoid a forfeit.
 5. Accumulation of four unsportsmanlike penalties by the same team will constitute a forfeiture of the game.





- 18. Offensive player illegally in motion
- 19.





- ** Automatic first down
- *** Player disqualification

