

# Basketball Rules

All games will be officiated according to current NCAA Men's Rules except where otherwise noted below.

## GENERAL GAME RULES

- **Players:** Five players are required on the court at time of game. After the game has started, the minimum number of players is three.
- **Uniforms:** Each team is required to have basketball jerseys of like color for all team members with legal basketball numbers on **front** and **back** on both sides (no digit greater than 5). Jerseys **must** be reversible with one white side. Tape may not be used for the numbering of the jerseys. In the event that both teams are wearing dark jerseys, the visiting team **must** switch to a white jersey. Each illegal jersey will constitute two technical foul shots. All technical foul shots shall be assessed prior to the beginning of the game. Following the technical foul shots, a jump ball will begin the half and the clock. Any player who is registered on the roster must have a legal jersey. Each team is allowed a maximum of six technical foul shots. If a team has more than three illegal jerseys, that team shall forfeit the game. Illegal jerseys are not subject to player protest. Legality of player jerseys shall be assessed by the respective referee.
- **Pre-game activities:** Before the start of the game, the coach from each team shall print the team's lineup in the score book with each player's full name and number. The game officials will meet with both team captains prior to the start of the game. The team coach should be the only team member to communicate issues to the respective referee. The team coach is also responsible for the conduct of team members and spectators respectively.

## GAME LENGTH

- Two twenty minute halves will constitute a regulation game. The scorekeeper shall maintain a running clock throughout the game with the exception of time-outs and the final minute of each half. During the last minute of each half, the clock will be stopped if a foul is committed, the ball is ruled out-of-bounds by the official, or at time-outs. Each half will begin with a jump ball as shall all instances where a possession arrow would be used.
- In the event that there is a thirty point or more differential at the end of the first half the game will be called. For a period of twenty minutes, there will be open play following the game.

## TIME OUTS

- Each team receives two one minute time-outs per half. During overtime, each team will receive one additional time-out. Time-outs shall not carry over from regulation play.

## OVERTIME

- In the event of a tie at the end of regulation, a three minute overtime period will be

played. Teams shall continue to defend the same goal as in regulation play. Additional fouls shall not be granted in overtime play. In case of a tie at the end of one overtime, a sudden death free throw contest will decide the winner of the game. Each team shall elect one team member as their respective free throw shooter. Each player will shoot consecutive free throws from each respective goal. The visiting team shall shoot first in the contest. The first team to successfully make a basket as the opponent fails shall win the game.

#### PERSONAL AND TECHNICAL FOULS

- Five personal fouls eliminates a player from the game. An offensive foul shall be counted against a player's personal foul count, but not as a team foul. A technical foul does not count against the number of personal or team fouls, but will be kept on record. Two player conduct technical fouls will result in ejection from the game. Any ejected player must leave Hyde Park property immediately. The team captain is responsible for the timely exit of any ejected player. In the event that an ejected player does not vacate the premises in a timely manner, the game shall be forfeited. Any player that is ejected is ineligible for the next game. If the ejected player participates in any other league or sport, he is not eligible for play until he has served out his suspension.
- Unchristian like conduct fouls shall be called as deemed necessary by the respective official. Inappropriate language, baiting of an opponent, and violent outbursts shall constitute unchristian like conduct fouls. Any player may be ejected following one unchristian like conduct foul. It shall be the sole decision of the respective referee as to whether any player's actions warrant ejection.
- A defensive player should always make an attempt at the ball when defending a shot. Any defensive player who attempts to low bridge a prospective shooter shall be assessed a flagrant foul.

#### USE OF INTERNATIONAL RULES FOR THROW-INS

- To maintain the continuity of the game and to eliminate down time during out-of-bounds plays, the official will not handle the throw in when the ball goes out of bounds. The official shall declare which team has possession of the ball and point to their end of the court. The team that has possession may throw the ball in as soon as they can retrieve it and return to the spot where the ball went out of bounds. The official will put the ball into play when:
  - There is a foul or violation.
  - The ball is thrown in the offensive team's front court.
  - The scorekeeper stops play for substitution or any other reason.

# Flag Football Rules

In adopting flag football rules for use by the HPBC Recreation Ministry, the object has been to keep as close to the original rules of NIRSA flag football as possible. The HPBC recreation Ministry is committed to the safety of its players and integrity of each respective game. Certain rules may have been changed to better suite the league. If no ruling is made within the following guidelines, then the Recreation Ministry will default to NIRSA flag football rules.

RULE 1. THE GAME, FIELD, PLAYERS, AND EQUIPMENT	
<ul style="list-style-type: none"><li>Section 1. General Provisions</li></ul>	
<ul style="list-style-type: none"><li>The Game. The game shall be played between two teams of eight players. Six players from your team are required to avoid a forfeit. A team may only pick up 2 players from another team of equal or lower skill level.</li></ul>	
<ul style="list-style-type: none"><li>Team Captains. Each team shall designate to the game official(s) the team captain. The captain will be responsible for all speaking decisions. The captain's first choice of any option shall be irrevocable. Decisions involving penalties shall be made before any charged time-out is granted to either team.</li></ul>	
<ul style="list-style-type: none"><li>Persons subject to the Rules. Team representatives, including players, substitutes, replaced players, spectators, and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game.</li></ul>	
<ul style="list-style-type: none"><li>Section 2. The Field (Football Field at the Quarries)</li></ul>	
<ul style="list-style-type: none"><li>Inbounds/Out-of-Bounds. The lines bounding the sidelines and the end ones are out of bounds in their entirety, and the inbounds area is bound by the lines.</li></ul>	
<ul style="list-style-type: none"><li>Two Ball Spotters. Two ball spotters (e.g. rubber discs) are required. One, different in color to the other, will mark the forward most point of the football. The second will mark the defensive scrimmage line. The ball spotters will always be one yard apart. The area between the two discs will be the neutral zone.</li></ul>	
<ul style="list-style-type: none"><li>Section 3. The Ball</li></ul>	
<ul style="list-style-type: none"><li>Specifications. The official ball shall be pebble-grained leather or rubber covered and shall meet the recommendations of size and shape for regulation high school, college, or NFL football. There are no requirements regarding ball pressure.</li></ul>	
<ul style="list-style-type: none"><li>Administration. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his discretion. During the game each team must use a legal ball of its choice when in possession.</li></ul>	
<ul style="list-style-type: none"><li>Section 4. Player Equipment-REQUIRED</li></ul>	
<ul style="list-style-type: none"><li>Jersey. Players of opposing teams should wear contrasting colored jerseys. Teams should provide both a shirt of similar color of their team and a white shirt. Jerseys must be either: A) Long enough so they remain tucked in the pants/shorts during the entire down or B) Short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline.</li></ul>	
<ul style="list-style-type: none"><li>Pants/Shorts. Each player must wear pants or shorts which do not have belt loops, drawstrings or pockets.</li></ul>	
<ul style="list-style-type: none"><li>Shoes. Each player must wear shoes. They must be made of soft, pliable upper material (canvas, leather, or synthetic) which covers the foot. Screw-in cleats are allowed if the screw is part of the cleat. Cleats must be made with non-abrasive rubber or rubber-type synthetic material which does not chip or develop a</li></ul>	

cutting edge.

- Each player is required to wear legal flag belts whether they are part of the offense or not. Legal flag belts will be of "sonic belt" design. The length of the flags shall be no shorter than twelve inches and must be contrasting in color to player's apparel. A player who handles the ball in any manner who is not wearing a flag belt is down at the spot where he makes contact with the ball unless the contact with the ball is an incomplete pass or other contact which does not constitute a gain by the offense.

- Section 5. Player Equipment-Illegal

- A player wearing illegal equipment shall not be permitted to play until equipment is deemed legal by the referee. This applies to any equipment which, in the opinion of the referee, is dangerous, confusing, or impedes the play of the game.
  - Headgear which contains any hard, unyielding, or stiff material, including billed hats.
  - Jewelry including watches and earrings.
  - Shoes with ceramic or metal cleats. Screw-in cleats are allowed if the screw is part of the cleat.
  - Shirts or jerseys which do not remain tucked in.
  - Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges with at least one-half inch of closed cell slow recovery rubber or other material of similar thickness and physical properties.
  - Any slippery or sticky foreign substance on any equipment or exposed part of the body.
  - Equipment which includes computer or any electronic or mechanical devices for communication.

## RULE 2. DEFINITIONS OF PLAYING TERMS

- Section 1. Ball, Live, Dead, Loose, Possession, Batting.

- Live Ball. A live ball is a ball in play and a dead ball is a ball not in play. A pass or fumble which has not yet touched the ground is a live ball in flight and can therefore be caught and advanced by either team.
- Loose Ball. A loose ball is a live ball not in player possession during:
  - A running play.
  - A free kick before possession is gained, regained, or the ball is dead by rule.
  - The interval after a legal forward pass is touched, and before it becomes complete, incomplete or intercepted.
- When Ball is Ready for Play. A dead ball is ready for play when the Referee:
  - If time is in, sounds the whistle OR signals "ready for play"/
  - If time is out, sounds the whistle signaling "ready for play" AND/OR signals "start the clock" with a whistle and arm gesture.
- In Possession. "In Possession" is an abbreviation meaning "in possession of live ball". A player is in possession when he is holding or controlling the ball. A team is in possession :
  - When one of its players is in possession.
  - While a punt or place kick is being attempted.
  - While a forward pass thrown by one of its players is in flight.
- Batting. Batting is intentionally striking or stripping the ball with the hand or arm. This includes contact with the pass rusher and quarterback. The pass rusher should make no attempt at blocking the pass from the quarterback. Instead, the pass rusher should ONLY attempt to pull the player's flag. Any attempt at pass blocking will automatically constitute a batting penalty, EVEN if contact is not made with the ball. However, if the pass rusher or other defensive player is out of reach of the offensive player's flag, there will be no penalty called.

- Section 3. Catch, Fair Catch, Interception.

- Catch and Interception. If a player attempts a catch or interception while in the air, the ball must be in control when the player returns to the ground inbounds, unless an opponent's contact causes the individual to land out of bounds.
  - If one foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out of bounds.
  - A catch by any kneeling or inbounds prone player is a completion or interception.
  - When in question, the catch or interception is a completion.

- Fair Catch. A fair catch is a catch of a free or protected scrimmage kick, which is beyond the kicking team's free kick line or line of scrimmage. The player must signal intention by extending one arm above his head and waving it laterally from side to side more than once.

- Section 4. Encroachment

- Encroachment is a term to indicate a player is illegally in the neutral zone. An entering substitute not considered to be a player for encroachment restrictions until he is on their team's side of the neutral zone.

- Section 5. Handling the Ball.

- Handling the ball is transferring player possession from one teammate to another without throwing or kicking it.

- Section 6. Hurdling

- Hurdling is an attempt by a player to jump with one or both feet or knees foremost over a player who is on his feet. HURDLING IS ILLEGAL!

- Section 7. Kicks.

- Kick. A free kick is a kick made under restrictions which prohibits either team from advancing beyond established restraining lines until the ball is kicked.

- Legal and Illegal Kicks. A legal kick is a punt by a player of the team in possession when such a kick is permitted by rule. Kicking the ball in any other manner is illegal. Any kick continues to be a kick until it is caught by a player or becomes dead.

- Place Kick. A place kick is kicking the ball from a fixed position either on the ground or on a tee with a maximum height of two inches. The ball may be held in position by any player of the kicking team. If the holder places the ball on his shoe, the sole of the shoe must be in contact with the ground when the ball is kicked.

- Protected Scrimmage Kick. A protected scrimmage kick is made by the offensive team under restriction which prohibits either team from advancing beyond their scrimmage lines until the ball is kicked. All punts must be protected scrimmage kicks.

- Section 8. Neutral Zone.

- The neutral zone is the length of the between the two rubber discs which mark the forward most point of the ball and the other disc which marks the defensive scrimmage line extended to each sideline and is established when the ball is in play.

- Section 9. Passes.

○ Passing. Passing the ball is throwing it. A pass continues to be a pass until caught, intercepted, or the ball becomes dead. The initial direction determines whether a pass is forward or backward.

○ Forward and Backward Pass. A forward pass is a live ball thrown towards the opponent's end line. A backward pass is a live ball thrown toward or parallel to the passer's end line. A pass continues to be a pass until it is caught or strikes the ground. A backward pass that hits the ground is ruled the same as a fumble. It will be dead at the spot where it strikes the ground.

● Section 10. Removing the Flag Belt

○ Flag Belt Removal. When the flag belt is clearly taken from the runner the down shall end and the ball is declared dead. A player who removes the flag belt from the runner should immediately hold the flag above his head to assist the official in locating the spot where the pull occurred. If a flag belt inadvertently falls to the ground, the ball is down at the spot where the player was at the time that the flag fell.

○ Contact. In an attempt to remove the flag belt from a runner, defensive players should minimize contact with the offensive player as much as possible. A defensive player should not hold, push, or knock the runner down in an attempt to remove the flag.

○ Deflagging a Passer. In any instance where the defense attempts to deflag a passer, the passer's arm must merely be in motion prior to the removal of the flag in order for the pass to stay live. When the defense attempts to deflag a rusher who is attempting to pitch or transfer the ball, the rusher only needs to be in the act of transfer at the time of the flag removal.

○ Illegal Deflagging. Any attempt by the defense to deflag a player who is clearly not in possession of the ball is illegal. This includes pulling the flag of any player who is about to receive the ball, but has not done so yet.

● Section 11. Screen Blocking

○ Screen blocking is legally obstructing an opponent without contacting him with any part of the screen blocker's body. The screener should act just as if he were a screener in the game of basketball. Hands should be kept either behind the back or held down in front of the screener's body. The screener must also keep his knees in a normal position and should not use his knees to defer the rusher. The rusher should make every attempt to avoid contact with the screener.

**RULE 3. PERIODS, TIME FACTORS, SUBSTITUTIONS**

● Section 1. Start of Each Period

○ Each half shall start with the ball placed on the twenty yard line. Before the start of the game the Referee shall toss a coin in the presence of the opposing team captains, after first designating which captain shall call the toss. The captain winning the toss shall have first choice of options for either the first or second half. The loser shall have the first choice of options for the half the winner of the toss did not select. The options for each half shall be:

- To choose whether his team will "kick" or "receive".
- The captain not having the first choice of options for the half shall choose which goal his team will defend.

○ Game time is forfeit time!

● Section 2. Game Time

○ Playing Time and Intermissions. Playing time shall be forty minutes duration, divided into two halves of twenty minutes each. The intermission between the halves shall be five minutes. When overtime is necessary, a two minute intermission will be exercised.

○ Extension of Periods. A half may be extended by an untimed down, only when, during the last timed

down, one of the following occurred.

- If there was a penalty committed by either team AND the penalty is accepted.
- If there were offsetting penalties.
- If there was an inadvertent whistle.
- If a touchdown was scored, the point after attempt is attempted as part of the same half.

- First eighteen minutes. The clock will start when the ball is legally snapped. It will run continuously for the first eighteen minutes unless it is stopped for a:
  - Score (touchdown or safety) – starts when the next snap after the point after occurs.
  - Team time-out – starts at the snap.
  - Referee time-out – starts at the “ready for play” signal.

- Two minute warning. To be given to each team captain before the end of the half. Restart of the clock depends on the previous play.

- Last Two Minutes. During the final two minutes of each half the clock will stop for a:
  - Incomplete pass – start at next snap.
  - Out of Bounds – starts at next snap.
  - Score (touchdown or safety) – starts when the next snap of the opposing team occurs.
  - Team Time-out – starts on the next snap
  - First Down – dependent on the previous play.
  - Fair Catch – starts at next snap.
  - Penalty and Administration – dependent on the previous play (Exception: Delay of Game – starts at next snap).
  - Referee's Time-out – starts at referee's discretion.
  - Touchback – starts at next snap.

- Section 3. Tie Game

- Pre-toss. In case of a game ending in a tie score, the officials will bring all players and coaches of both teams to the center of the field. They will discuss the tie breaker procedures and answer all questions prior to the coin toss. After this meeting the team captains will stay while the remaining players return to their respective team areas.

- The Coin Toss. A coin will be flipped by the Referee to determine the options as in the start of regulation play. The options shall stay the same as in regulation with the exception that both teams shall run their offense in the same direction.

- Tiebreaker. Unless moved by a penalty, each team will be given four downs from the same forty yard line. The object will be to score a touchdown. If the first team which is awarded the ball scores, the second team will still have four downs to answer with a touchdown. Point after attempts will be attempted and scored as indicated in Rule 8, Section 3. If the defense intercepts a pass and returns it for a touchdown, the defensive team shall win the game. If they do not score on the interception, the ball will be placed back at the forty yard line to begin their series of four downs. Each team is entitled to one time-out per overtime. Time-outs shall not carry over from regulation. If the score is tied after the first overtime, a second shall be played in which each point after attempt must be a two point conversion attempt. Procedure shall remain the same until a winner is decided.

- Section 4. Time-outs

- Discretionary Time-outs. The Referee may declare an official's time-out for any contingency not elsewhere covered by the rules. If a time-out is for repair or replacement of player equipment which becomes illegal through play and is considered dangerous to other players, the Referee shall charge himself the time-out. The Referee shall charge himself when an injured player is designated.

- Charged Time-outs. Each team is entitled to two charged time-outs during each half. Successive charged time-outs may be granted each time during a dead ball period. If the ball is dead and a team has not exhausted its charged time-outs, the Referee shall allow a time-out and charge that team.

- Length of Time-outs. A charged time-out requested by any player shall not exceed one minute. Other time-outs may be longer only if the Referee deems it necessary to remove an injured player.

#### RULE 4. BALL IN PLAY, DEAD BALL, OUT-OF-BOUNDS

#### RULE 5. SERIES OF DOWNS, NUMBER OF DOWNS, AND TEAM POSSESSION AFTER PENALTY

#### RULE 6. KICKING THE BALL AND FAIR CATCH.

#### RULE 7. SNAPPING, HANDLING AND PASSING THE BALL

- Section 1. Snapping

- The snapper shall pass the ball at least two yards back from its position on the ground with a quick and continuous motion of the hand(s) between the legs.

- Section 2. Motion

- At the snap, only one offensive player may be in motion, but not in motion toward the opponent's goal line.

- Section 3. Legal and Illegal Forward Pass

- Illegal Forward Pass – During an offensive team's possession there may not be 2 consecutive legal forward pass completions. THIS RULE APPLIES TO THE EXTRA POINT TRY.

#### RULE 8. SCORING PLAYS AND TOUCHBACK

- Section 1.

- Mercy Rule = + 17 pts at or during final 2 min.

- Section 2.

- Touchdown = 6 points
  - How scored. A touchdown shall be scored when a legal forward pass is completed or a backward pass is caught on or behind the opponent's goal line or when a player is legally in possession of the ball while any part of it is on, above or behind his opponents goal line.

- Section 3.

- Try-For-Point = 1 or 2 Points
  - One or Two Points. An opportunity to score 1 point from the 5 yard line or 2 points from the 10 yard line shall be granted the team scoring a touchdown. While time is out there shall be one scrimmage play, unless changed by penalty.
  - Referee's Responsibility. The Referee must speak to the field captain only, asking him whether the try-for-point shall be from the 5 or 10 yard line. Once the captain makes the choice, he may change the decision only by taking a charged team time-out. A team's choice cannot be changed if a penalty should occur. Enforcement of yardage penalties does not change the value of the try-for-point. The points shall be awarded if the try-for-point results in what would have been a touchdown. If the defense intercepts a pass during the try and returns it for a touchdown, they score 2 points.

#### RULE 9. CONDUCT OF PLAYERS AND OTHERS

- Section 1. Blocking

- Offensive Screen Blocking. The offensive screen block shall take place without contact. The screen blocker shall have his hands and arms at his side or behind his back. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use his hand or arm to break a fall or to retain his balance. A player must be on his feet before, during, and after screen blocking.
- Screen Blocking Fundamentals. A player who screens shall not:
  - When he assumes a position at the side or in front of a stationary opponent, make contact with him.
  - The speed of the player to be screened will determine where the screened may take his stationary position. This position will vary and may be one to two normal steps or strides from the opponent. If the screener violates any of these provisions and contact results, he has committed a personal foul. Penalty Foul, 10 yards.
- Use of Hands or Arms by the Defense. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgment of the official. A blocker may use his arms or hands to break a fall or retain his balance.
- No up-field blocking. No upfield blocking will be permitted. Upfield blocking is defined as any player running in front of a player which has possession of the ball. This includes blockers running with the quarterback out of the pocket when the quarterback is clearly attempting to advance beyond the line of scrimmage.

- Section 2. Runner

- Guarding the Flag Belt. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for opponent to pull or remove the flag belt. Flag guarding includes:
  - Swing the hand or arm over the flag belt to prevent an opponent from deflagging.
  - Place the ball in possession over the flag belt to prevent an opponent from deflagging.
  - Lower the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from deflagging
- Stiff Arm. The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to deflag.

### Section 3. Flag Belt Removal.

- There are some tenets of basic rules which are established for flag football because of legal or illegal removal of the flag belt:
  - Deflagging (removal of the flag by a player) is allowed only under special circumstances similar to tackling in football. Players must have possession of the ball before they can legally be deflagged.
  - In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play. Penalty: Personal foul, 10 yards.
  - Pulling or removing a flag belt from an offensive player without the ball by a defensive player intentionally. Penalty: Personal Foul, 10 yards.
  - Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts. Penalty: Unsportsmanlike Conduct, 10 yards from the previous spot, loss of down and player disqualification.

### ADDITIONAL GENERAL RULES:

- All participants will be required to wear color team shirts during scheduled games. Players or teams not complying will result in disqualification of the Player/team.

- On kick-offs the ball is DEAD if fumbled or not covered by the receiving team. (NO ONSIDES KICKS.)
- No "Sleeper Plays" are permitted. Prior to the snap, all players must line up within 15 yds. Of the ball – 10 yd penalty.
- Teams may run a play without a huddle following the referee's signal – 5 yd penalty (snapping ball without referee's signal).
- All extra points are 1 pt from 5 yd line and 2 points from the 10 yd line
- No bumps (chucking) are allowed on outgoing receivers.
- All protests are to be made at the time of the protested call to the referee. The referee must then indicate that the protest has been filed to the opposing captain.
- If the referee inadvertently blows the whistle, the play is dead at the spot. Team may elect to take the ball at the spot or replay down.

#### SPECIFIC PENALTIES COMMON TO FLAG FOOTBALL

- 15 yard penalties
  - Unsportsmanlike conduct - 15 yards from line of scrimmage
- 10 yard penalties
  - Flag guarding - 10 yards from POI or 10 yards from line of scrimmage if behind the line of scrimmage and loss of down
  - Hurdling - 10 yards from POI and loss of down
  - Charging - 10 yards from POI
  - Offensive Pass Interference - 10 yards from line of scrimmage and loss of down
  - Roughing the Passer - 10 yards from line of scrimmage and automatic first down
  - Defensive Pass Interference - Automatic first down from POI
  - Intentional grounding - 10 yard penalty from line of scrimmage and loss of down (only permitted to stop the clock)
  - Chucking/Bumping Defensive & Offensive - defensive is automatic first down from POI, offensive is five yards from line of scrimmage and loss of down
  - Holding - defensive holding will be ten yards from POI
  - Illegal deflagging - 10 yards from POI
  - Batting - 10 yards from POI
  - Tripping opponent - 10 yards from POI
  - Contact with opponent on ground - 10 yards from POI
- 5 yard penalties
  - Offensive Offsides - 5 yards from line of scrimmage and repeat down
  - Defensive Offsides - 5 yards from line of scrimmage and repeat down
  - Delay of game - 5 yards from line of scrimmage and repeat down
  - False start/Illegal procedure - 5 yards from line of scrimmage and repeat down
  - Illegal Forward Pass - 5 yards from Point of Infraction or 5 yards from line of scrimmage if behind the line of scrimmage and loss of down
  - Lining up over the center - 5 yards from line of scrimmage and replay down (permissible on field goals and PAT)
  - Illegal blocking - 5 yards from line of scrimmage and repeat down
  - Illegal Rush - 5 yards from line of scrimmage and repeat down
  - Upfield Blocking - 5 yards from POI
  - 3 or 4 point stance - 5 yards from line of scrimmage and repeat down
  - Snapping the ball without the referee's signal - 5 yards from line of scrimmage and replay down

# Softball Program

All games shall be officiated according to established Amateur Softball Association rules with the exception of the below mentioned.

- During the Spring, Summer, and Fall seasons Men's, Women's, and CoRec leagues will be offered. Only Men's One-Pitch will be offered during the Winter season. Leagues will be formed on a high, medium, and low basis dependent on demand for each respective league.
  - High - competitive league
  - Medium - moderately talented and athletic.
  - Low - recreational league.
  - Open - various skill levels (may occur when there is low demand for a particular league)

- Teams who win consecutive seasons in a lower league are encouraged to participate in a higher level league.

## HPBC ADDITIONAL SOFTBALL RULES

- ONE PLUS HOME RUN RULE---This rule will be instituted beginning Spring 2004. It simply means that NO team can have more than one home run more than it's opponents at anytime during a game. If a team hits a homer and already up one, it will result in a single, and any existing base runners will advance one base. This rule should lead to better competition and will apply in all tournaments.
- Lineups must be turned into the scorekeeper before official game time.
- All games will last 50 minutes or seven innings. In the event of inclement weather, 25 minutes or 4.5 innings will constitute a complete game if the home team is ahead. During One-Pitch **all** games will be 50 minutes.
- First Aid kits and phone are be located in Christian Life Center.
- Each team will be responsible for providing their own softballs and other necessary equipment.
- Only white ASA approved softballs may be used
  - Men's - (core .44)
  - CoRec
    - Men's - (core .44)
    - Women's - (core .44)
  - Women's - (core .44)
- All Men's games will use the 1-1 count rule. Each batter will enter his at-bat with one ball

and one strike. One additional foul shall be allowed before striking out.

- Any CoRec softball team may begin the game with 9 players (4 women, 5 men **OR** 4 men, 5 women). In the event that only four women are present, an out will be administered each time the team bats through the lineup.
  
- One-pitch rules are similar to slow-pitch except that each batter shall:
  - Strike out with a swing and a miss or a called strike
  - Strike out with **one** foul ball
  - Walk for one called ball

## Volleyball Program

All games will be officiated according to USVBA rules with the exception of rules mentioned below.

## LEAGUE DIVISIONS

- The league is all co-recreational and will have the following level divisions:
  - High - competitive league
  - Medium - moderately talented and athletic
  - Low - recreational league

## GENERAL GAME RULES

- If a ball is hit more than one time on a side, then at least one hit must be a girl's.
- If the ball hits any part of the basketball goal during play, it will be the official's discretion whether interference should be called. In cases where the goal interfered with play, the point will be replayed.
- A ball hitting the ceiling on a team's half of the court prior to the third hit is a live ball and may be played. A ball striking the ceiling on the opponent's side and coming back is a dead ball, as is a ball striking the on-side ceiling and coming down on the opponent's side.
- Setting, blocking or attacking a serve is not allowed. You may not come from the back row to block or attack in front of the attack line.
- Overhand serves are not allowed in low league play.

## PLAYER PARTICIPATION AND REGULATIONS

- Each participating church will determine who plays on their team, but players that are placed on a particular team's roster must remain on that roster until the league has concluded.. A player may not be on two teams' rosters. It is hoped that this program will be used as a tool to reach the lost and un-churched for Christ. While not minimizing the importance of good clean Christian fun and recreation, the main goal of our churches is to evangelize. This facility and program are planned primarily with evangelism in mind.
- A team consists of at least 3 guys and 3 girls. Teams playing with fewer than 6 may be ruled ineligible for league championship. Teams may start and play with as few as four players, but must have at least 2 girls to play. Teams must alternate their rotation according to gender.
- High league players may not substitute for lower league teams.