

PLAYER ELIGIBILITY

- Players must be 16 years of age or older. Players under 18 must have the waiver signed by a parent or legal guardian.
- At any time during the season, Hereford Sports & Wellness may request proof of eligibility.
- Before participating, players must complete the Zero Tolerance Waiver and have their picture taken.
- Team cost is \$140.
- Teams may add players prior to playing two games. Once the team has played two games, no additional players may be added.
- Players may only participate on one team per league.
- Teams must have the same colored jerseys.
- Teams playing with illegal players will result in a forfeit.

GAME RULES

- No jewelry of any kind may be worn.
- A game will be considered a forfeit if one or both teams are not present or do not have the minimum seven players required by 5-minutes after the game is scheduled to begin.
- The away team will choose what end of the field they will start on.
- The home team will choose one of the following:
 - a. Receiving
 - b. Defense
- Teams will alternate directions in the second half.
- After the game begins, teams may play with as few as five players.
- Each game will consist of two 20-minute halves with a running clock. The clock will stop for timeouts, injuries and during the last 2-minutes of the second half. The clock will resume at the snap of the ball.
- There will be one 3-minute halftime.
- There will be a 25-second play clock.
- Each team will have two 30-second timeouts per half. Timeouts will not carry over to the next half.
- The mercy rule comes into effect at 30-points.
 - a. No extra points will be attempted after a team has a 30-point lead. Additionally, if your team is leading by 30-points or more in the last 2-minutes of the game and you have the ball, the clock will not stop and you may not call a timeout, even if you still have timeouts left.
- Games that end in a tie will remain a tie.
- Hereford Sports & Wellness will provide flag belts. Provided flag belts must be worn.
- Each player shall wear two flags, with one flag on each hip. Shirts must be tucked in. No clothing shall be covering any part of the flag belt or flags.
- No blocking will be allowed. The referee will determine incidental contact.
- There will be no fumbles. All plays are either complete or incomplete.

OFFENSE

- The center must be on the line of scrimmage upon the snap, and must snap the ball between his/her legs.
- Players must be past the line of scrimmage in order to be eligible for a pass.
- One foot down in bounds, with possession of the ball, constitutes a reception.
- The quarterback has 7-seconds to pass the ball. Failure to pass the ball in 7-seconds will result in a loss of down.
- The offense may run or pass the ball if the quarterback hands it off, pitches, tosses, or laterals to another player in the backfield. There may be up to two exchanges behind the line of scrimmage.
- The 7-second clock is not in effect after a hand-off.
- The ball will be spotted at the point where the player's hips were when his/her flag was pulled, unless the player is running backwards, in which case it will be spotted at the point of the ball.
- Teams may have one player in motion running parallel to the line of scrimmage.

DEFENSE

- Any defensive player can rush the quarterback as long as they start 7-yards behind the line of scrimmage. The referee will provide the 7-yard spot before each play.
- Any defensive player can rush immediately after a hand-off occurs.
- Interceptions may be returned by the defense.
- Defensive backs may not cross the line of scrimmage unless they are rushing.

SCORING

- Touchdown: 6 points
- Extra Points Attempts (Run or Pass)
 - a. 5 yard line: 1 point
 - b. 12 yard line: 2 point
 - c. Before the official marks the ball, the team must declare if they are going for 1 or 2 points. A timeout must be used if a team decides to "re-declare" after the ball has been marked.
- Safety: 2 points
 - a. Occurs when an offensive player is downed or penalized in their own end zone and will result in 2-points for the defense. The defense will also receive the ball at their own goal line.

MAJOR INFRACTIONS

- Physical Violence/Referee Abuse: Immediate ejection and 15-yard penalty
- Taunting: Possible suspension and 15-yard penalty
- Unsportsmanlike Conduct: 15-yard penalty.
- Any player and/or coach who commits a major infraction may be suspended for the remainder of that game, plus a minimum of one additional game. Individuals committing a major infraction may also be required to make an appointment to meet with Hereford Sports & Wellness personnel to discuss the future of their participation.

OFFENSIVE PENALTIES

- Illegal Snap: 5-yard penalty
- Illegal Motion: 5-yard penalty
- False Start (crossing the line of scrimmage before the ball is snapped): 5-yard penalty from the line of scrimmage
- Impeding Rusher: 5-yard penalty
- Blocking Downfield: 5-yard penalty from the line of scrimmage
- Illegal Pick: 5-yard penalty from the line of scrimmage
- Flag Guarding: 5-yard penalty from the spot of infraction
- Jumping (to avoid a defensive player from pulling a flag): 5-yard penalty from the line of scrimmage
- Lowering Head/Shoulder: 5-yard penalty from the line of scrimmage
- Pass Interference: 5-yard penalty from the line of scrimmage
- Illegal Forward Pass: 5-yard penalty from the line of scrimmage
- Illegal Hand-off/Pitch: 5-yard penalty from the line of scrimmage
- Illegal Run: 5-yard penalty from the line of scrimmage
- Delay of Game: 5-yard penalty from the line of scrimmage

DEFENSIVE PENALTIES

- Offsides: 5-yard penalty and repeat down
- Illegal Rush: 5-yard penalty and repeat down
- Illegal Contact: 5-yard penalty and automatic first down
- Holding: 5-yard penalty from the end of the play and automatic first down
- Illegal Flag Pull (before the receiver has the ball): 5-yard penalty from the line of scrimmage and automatic first down
- Pass Interference: 15-yard penalty from the line of scrimmage and automatic first down
- Roughing the Passer: 15-yard penalty and automatic first down
- Delay of Game: 5-yard penalty and repeat down
- Illegal Push: 5-yard penalty from the line of scrimmage and automatic first down

CODE OF CONDUCT

- Profane, obscene, abusive, or degrading language in the presence of anyone attending a Hereford Sports & Wellness event is prohibited.
- Any act of physical violence or unnecessary act of violent aggression on the part of a player, coach, referee, or spectator shall be grounds for permanent expulsion from our programs. This policy also applies to any member of the Hereford Sports & Wellness professional or contracted staff.
- Accept the decision of the game officials on the court as being fair and called to the best of their ability. This does not mean a coach or captain cannot question a call in the proper manner.
- The use of drugs, alcohol, or tobacco in any form is not permitted while attending any Hereford Sports & Wellness event.