

# **GOD's Rule Book**

**II Timothy 3: 14-17**

# NFL Digest of Rules

This [Digest of Rules of the National Football League](#) has been prepared to aid players, fans, and members of the press, radio, and television media in their understanding of the game.

It is not meant to be a substitute for the official rule book. In any case of conflict between these explanations and the official rules, the rules always have precedence. In order to make it easier to coordinate the information in this digest, the topics discussed generally follow the order of the rule book.

## Hands

- Blocker cannot use his hands or arms to push from behind, hang onto, or encircle an opponent in a manner that restricts his movement as the play develops.
- Hands cannot be thrust forward above the frame to contact an opponent on the neck, face or head.

Note: The frame is defined as the part of the opponent's body below the neck that is presented to the blocker.

- A defensive player may not tackle or hold an opponent other than a runner. Otherwise, he may use his hands, arms, or body only:

# MLB

This code of rules governs the playing of baseball games by professional teams of Major League Baseball and the leagues that are members of the National Association of Professional Baseball League

**7.01 (4.10) Regulation Games** (a) A regulation game consists of nine innings, unless extended because of a tie score, or shortened (1) because the home team needs none of its half of the ninth inning or only a fraction of it, or (2) because the umpire-in-chief calls the game.

## White Cake

### Ingredients

- 1 1/4 cups butter, softened
- 2 1/4 cups sugar
- 7 large egg whites, at room temperature
- 3 1/2 cups cake flour
- 4 teaspoons baking powder
- 1 tablespoon vanilla extract



### Preparation

- 1. Preheat oven to 325°. Beat butter and sugar at medium speed with a heavy-duty electric stand mixer until fluffy. Gradually add egg whites, one-third at a time, beating well after each addition.
- 2. Sift together cake flour and baking powder; gradually add to butter mixture alternately with 1 cup water, beginning and ending with flour mixture. Stir in vanilla. Pour batter into a greased and floured 13- x 9-inch pan.
- 3. Bake at 325° for 45 to 50 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan on a wire rack (about 1 hour). Remove from pan to a serving platter.

The previously mentioned rules were taken from rule books for **NFL, MLB** & **a white cake recipe**

Yes I said **RULES** for **WHITE CAKE**



Food network has many cooking and baking contests, all have rules to follow, including **TIME LIMIT**



This isn't what was in the Rules  
Icing wasn't mentioned in the Rules

# GOD's Rule Book says

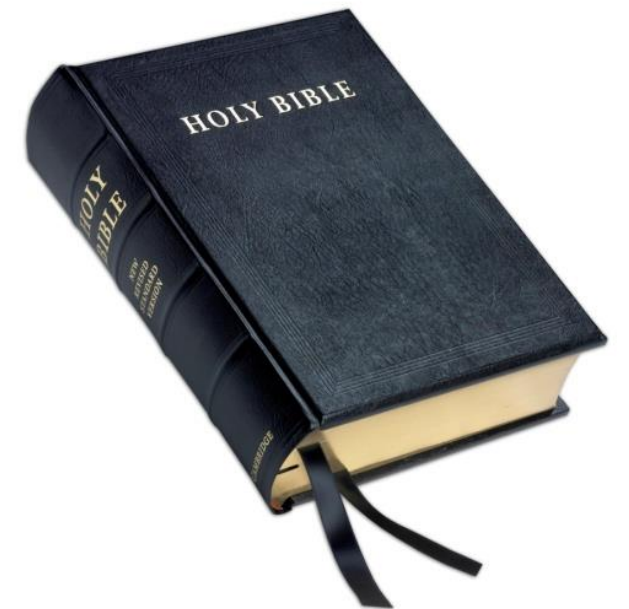
LOVE GOD with all your heart **Matthew 22: 32-40**

Love one another as I have loved you **John 15: 12**

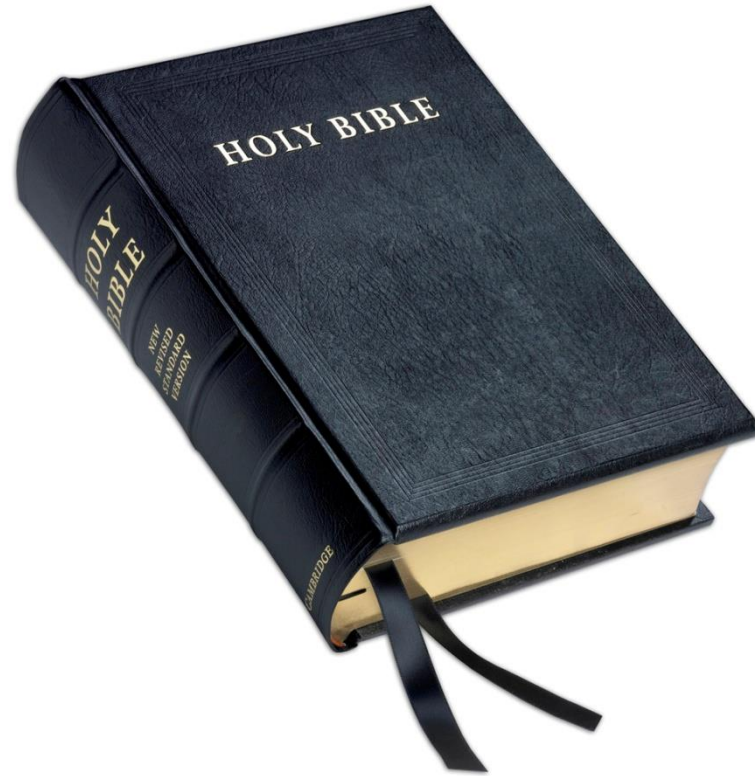
To Obtain Salvation **Matthew 28: 18-20**

Put away **Eph 4: 25-31** & **Col 3: 5-9**

Put on Eph **4: 23-24 & 32** & **Col 3: 10-17**



**Follow GOD's rule book**



**The Holy Bible**