

**Where Character Meets Competition**



**CAMPUS  
RECREATION**

# **Intramural Handbook 2016-2017**

**Saginaw Valley State University  
University Center, MI**



INTRAMURAL SPORTS HANDBOOK  
CAMPUS RECREATION  
Saginaw Valley State University

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**NOTICE:**

*Campus Recreation reserves the right to change any section of this handbook at any time without notice. The Director of Campus Recreation and the Intramural Coordinator reserve the right to rule on any issue not specifically or completely covered by this handbook or the rules of the game.*

## **Campus Recreation Mission Statement**

Campus Recreation is committed to “Building a stronger student body” by providing diverse and intentional recreational activities for the campus community.

### **Intramural Sports’ Vision**

The vision of the Intramural Sports program at Saginaw Valley State University is to provide organized recreational opportunities for students, faculty, and staff to engage in healthy athletic competition against one another. Campus Recreation strives to provide a variety of recreational activities for every individual regardless of their ability – where they can grow physically, mentally, and socially. Recreational activities allow students and staff to become engaged in healthy competition while developing and maintaining character, integrity, and sportsmanship.

### **Intramural Sports’ Goals**

The intramural program strives to:

- Provide participants the opportunity to take an active role in their personal wellness and establish habits that support a healthy lifestyle.
- Provide activities in a safe and professionally supervised environment.
- Reduce student conflict by encouraging students to express and release their emotions in a positive and healthy manner.
- Develop skills and behavior that nurture healthy competition, good judgment, fair play and teamwork.
- Cultivate positive leadership skills that contribute to the team’s effectiveness.
- Help participants gain competence in their respective sport, including the rules, positions and various skills.
- Enhance social interaction through play within a diverse student body
- Provide participants the opportunity to participate in intramural activities regardless of their skill level.

**SVSU will provide reasonable accommodations for those persons with disabilities. Individuals who need accommodations should contact Campus Recreation at 989.964.7321, prior to the entry deadline on an activity to ensure sufficient time for necessary arrangements.**

## Administration

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### Intramural Staff

The Director of Campus Recreation, Intramural Coordinator, or Intramural Supervisor on duty is the final authority during an intramural activity. The Intramural Coordinator along with the Intramural Supervisors, are in charge of organizing intramural activities, directing teams to proper fields and courts, and managing the contests so that good sportsmanship is practiced at all times.

Participants must realize that the game officials are the first source of ruling and information. The coordinator or supervisor on duty may only be consulted when interpretations or applications of the rules are in question. However, they will not overrule any judgment calls!

Intramural staff may intervene to stop play at any time. Situations such as disorderly conduct, abusive language, fighting or any potentially dangerous situation can lead to the intramural staff terminating the contest and assessing a forfeit to a team or removing a player from the sport and asking him/her to leave the facility/playing area.

### Intramural Officials

Officials deserve the players' highest respect because they represent the character and integrity of the game. All intramural officials are student officials, meaning they are learning, receiving training, and gaining experience in sports officiating. These students are working in one of the most demanding and challenging situations possible: officiating for their peers. Intramural sports officials are the key to a successful program, and should be treated with courtesy, patience, and consideration.

- The Intramural Coordinator recruits, trains, evaluates, and assigns officials for the games
  - Comments and suggestions regarding the performance of intramural sports officials should be directed only to the Intramural Coordinator
- Individuals interested in working as an intramural sports official are encouraged to contact the Intramural Coordinator

## **Student Employment Opportunities**

The program could not be conducted on a successful level without the services of our many student officials and student supervisors. The Intramural Sports program is always looking more officials. These are on-campus paying positions with flexible work hours. Officials are recruited for a wide variety of sports. Previous experience as an official is desirable, **but not required**. Training clinics are offered at the beginning of each semester to teach the skills required. None of these jobs will prevent participation in intramural activities.

If you are interested in working for the Intramural Sports program, please visit <http://svsu.edu/campusrecreation/employment/> or contact Campus Recreation at [campusrec@svsu.edu](mailto:campusrec@svsu.edu).

*Saginaw Valley State University is an equal opportunity educator and employer.*

## **Assumption of Risk/ Concussion Policy**

Students are advised that participation in the Intramural Sports program involves physical risk. Participation in intramural sports is a privilege, not a right; and is strictly voluntary. There is a possibility that a participant may be injured during the course of normal intramural activities. Injuries and their resulting expenses are the responsibility of the participant. This risk of injury extends to the physical being, as well as personal belongings that the individual may bring to the activity (including eyeglasses, or personal possessions left at the event).

Despite efforts to provide a reasonably safe playing environment, some intramural participants are apt to be injured. Participants, coaches, and spectators are advised to take protective measures when participating in or watching an intramural event. SVSU does not provide insurance for students who are involved in extracurricular activities, such as intramural events. Campus Recreation strongly recommends that all intramural participants obtain adequate medical insurance coverage prior to participation.

All injuries will be documented (except a minimal injury only requiring a band aid) and requires an Incident Report to be completed. We take all injuries very seriously and will do our best to be quick in our response time and awareness, but will not hesitate to contact emergency services when incidents are outside of our scope of knowledge and more severe. Safety is our primary concern regarding all intramural participants. Any participant suspected, by an intramural staff member, of sustaining a concussion or serious injury during an IM sport or event will be removed immediately from competition.

For more information on the Concussion Management Policy please visit <http://www.svsu.edu/campusrecreation/intramuralsports/concussionmanagement/>

*Campus Recreation strongly recommends that any person who has been removed from intramural play due to injury not return until they are evaluated by a licensed health care provider.*

## **Guidelines for the intramural team captains and coaches**

Team captains are a vital link in the communication process between the intramural program and the individual participants. Team captains shall serve as the liaison between the intramural office and their team(s). This includes taking responsibility for the proper administration of their team(s), as well as the on field behavior of each team member. The policies and procedures in this handbook are the rules that will be enforced at each intramural competition. Understanding

and adhering to these rules will facilitate and allow a team's participation in Saginaw Valley State University's Intramural Sports program.

*Note: Only one coach is allowed per team. If the coach does not act in accordance with intramural procedures and policies, the team will be held responsible.*

### **Administrative Duties:**

- Register your team(s) online at [IMLeagues.com/svsu](http://IMLeagues.com/svsu). For additional information on how to register your team(s), visit us at [www.svsu.edu/campusrecreation/intramuralsports](http://www.svsu.edu/campusrecreation/intramuralsports)
- The Intramural Staff reserves the right to change any team name deemed inappropriate or offensive (including but not limited to names involving profanity, drugs, or of offensive or sexually explicit nature). Please use proper judgment when selecting team names.
- Complete the mandatory online captain's quiz for the sport(s).
  - Note: *If you do not complete the online captain's quizzes, you may not be allowed to create a team and will not be allowed to participate in playoffs.*
- Be responsible for thoroughly understanding the rules of the sport you are participating in and informing your team members of all intramural rules and policies.
- Check schedules regularly for updates/changes in game times and inform players of the date, time and location of all contests. All schedules are posted at [IMLeagues.com](http://IMLeagues.com).
  - *Occasionally, schedules may change due to unavoidable circumstances, including but not limited to the following: facility availability changes, inclement weather, and team forfeits or defaults.*
- Ensure that everyone on your team roster is eligible (See Eligibility)
- Contacting the Intramural Coordinator with any concerns regarding your sport.
- Ensure all players bring their SVSU ID and have checked-in with the intramural staff before the stated game time.
- Make additions to the team's roster during the first three weeks of regular season and ensure participant(s) is/are eligible to play on your team.
- Make additions to the team's roster 24 hours prior to the next game to ensure participant(s) is/are eligible to play on your team.

### **Sportsmanship Duties:**

- Be responsible for the behavior of all your players and spectators.
- Educate your team members regarding the sportsmanship policy and the consequence of poor sportsmanship for both the individual and the team.
- Ensure all of your team members understand and abide by the intramural sports policies.
- Inform any ejected players of the procedural steps for reinstatement (See Ejections)
- Serve as the team's representative for all intramural activities. **The team captain or assigned representative is the only one who may speak with officials during contest.**

### **Entry fees and refunds**

An entry fee is required to enter most intramural activities and must be paid before the registration deadline. Entry fees **will not be refunded** once a player/team has forfeited, defaulted, or participated in the intramural activity for which they want refunded (*exceptions can be made for extenuating circumstances*).

All entry fees are used in the intramural sports program to pay student employees, provide awards, promote and publicize the activities, and purchase equipment. These fees do not cover

all of the operating expenses of the program, but assist in keeping costs low. When considering the quality of the program and the positive experience enjoyed by the participants, intramural sports remains a tremendous value.

### **Players without a team ("Free Agents")**

If you wish to participate in a team sport and are not able to find enough people to get a team together, you may do one of the following:

- Sign up as a “free agent” on IMLeagues. Teams can select from this pool if they still need players.
- Check imleagues.com for teams that are looking for players. “Still Looking” will show up beneath their team name on IMLeagues.
- Alternatively, you can attempt to join a team without a full roster anytime during the first three weeks of the season by contacting team captains directly through IMLeagues’ message system.

### **Inclusion Policy**

All students, faculty and staff can participate in the gender-specific league that affirms each participant's personal gender identity. The participant's gender identity will also be applied when there are gender-specific rules or player ratio requirements in co-rec leagues. Participants can set their gender identity in IMLeagues.com. This is what the participant’s gender will identify as for Intramural purposes. Any matters that may arise shall be reviewed by the Intramural Administrative Staff in conjunction with Richard Thompson, University Ombudsman.

### **Eligibility Requirements**

- A. All current students who pay SVSU tuition for classes on the University Center campus are eligible. Also, any faculty or staff member who has a Ryder Center membership is eligible. *Alumni of SVSU are not eligible to participate in intramural activities.*
- B. A team may only add players during the **first three weeks of the regular season**, providing they have not already played for another team within the same league. All roster additions must be made **24 hours prior to the next game**. Rosters are frozen for all teams whether or not they are participating in playoffs after the third week. **To be eligible to participate in a playoff game, a team member must have signed in for at least one regular season game.**
- C. Every player will be required to present their **SVSU picture ID** card to the game official prior to the start of **every** game. If the SVSU ID does not have a visible picture, the player must have some other form of visible picture ID in conjunction with their SVSU ID. All eligible players will be listed on the score-sheet with the intramural staff. If a player is not listed on the score sheet, the player is not eligible to play. **If a current SVSU picture ID is not presented, the student will not be allowed to play.**
- D. An athlete listed on a varsity athletic roster or participating in workouts during the current academic year is **ineligible** to participate in a parallel intramural sport (i.e. a varsity football player cannot participate in Intramural flag football.)
  - a. A varsity athlete may participate in a non-parallel intramural sport.
  - b. A collegiate varsity letter winner must be one year removed to participate in the parallel intramural sport.
- E. An intramural team is allowed a maximum of two current club sport members, two former varsity athletes, **OR** one current club sport member and one former varsity athlete for a parallel sport.



- F. An intramural team is allowed a maximum of two intramural players participating in a different intramural league of the same sport.

### Reschedules

In order for a contest to be rescheduled, both teams must agree on a date, time and location through IMLeagues. The team requesting to reschedule the contest is responsible for reviewing the game schedule posted on IMLeagues.com to determine an available date, time and location. After finding a date, time and location, the captain must confirm agreement with the opposing team. Teams have the option to decline a request to reschedule a contest. All requests are then sent to the Intramural Coordinator through IMLeagues for approval.

- A. Rescheduling requests should be made at least 72 hours prior to the originally scheduled game time.

### Forfeit/Default Policy

The Intramural Program defines a forfeit as failure to attend a scheduled game. A default is defined as notifying the Intramural Coordinator at least 5 hours prior to game time of inability to attend a scheduled game.

- A. Teams that forfeit a game will not be eligible for postseason playoffs and may be disqualified from regular season competition.
- B. If neither team/individual shows for a game they both will be given a forfeit and the game will not be rescheduled.
- C. For all forfeits, the forfeiting team will receive a sportsmanship rating of “0.”
- D. The IM Staff will allow a **five-minute grace period** for teams which do not have the minimum amount of players. If that time elapses and one team does not have the minimum number of players, the game is considered a forfeit.
  - a. If the team shows up during the grace period, game time will be reduced by the number of minutes late the game begins.
- E. **Defaults** are an alternative to forfeiting, which hurts other teams and the program.
  - a. Teams are limited to two defaults per intramural season.
  - b. The defaulting team will receive a loss, but will avoid a forfeit and will still be eligible to participate in playoffs. No sportsmanship rating will be given.
  - a. Teams unable to attend game may default by contacting the Intramural Coordinator or the Campus Recreation Office (x7321) - **at least 5 hours in advance of scheduled game.**

### Levels of Competition

Levels of Competition differ from sport to sport based on popularity. While some sports will offer co-ed or co-rec leagues only, others will offer a men’s power, men’s recreation and or a women’s league. Specific levels of competition for each individual sport shall be listed in the rules of each sport found below, starting on page 10. All players are limited to one team per league. While playing in multiple leagues of the same sport is allowed, restrictions may apply (see Eligibility Requirements). Once a player has signed in for at least one game with a team they cannot be removed from that team’s roster

### Playoffs

For all season long sports, playoffs will consist of a single elimination tournament. The number of teams that make playoffs will vary based on the sport and teams that are registered.

In order to qualify for playoffs, all teams must meet the following requirements:

- Completed the online captain's quiz
- Have no forfeits or sportsmanship ratings of "0" during regular season play
- Maintain an average sportsmanship rating of at least a 2.5

### **Champions/Awards**

Official Intramural Championship awards will be presented to all winners upon the conclusion of each championship contest. Participants must be present at the championship game or have attended at least 50% of the team's games to receive their award. All intramural awards not claimed by participants within two weeks shall be forfeited.

### **Proper Conduct**

**Proper conduct is essential at all times!** All players, coaches and spectators are expected to conduct themselves in a reasonable and sportsmanlike manner at all times. Rough play, abusive language and all other acts of unsportsmanlike conduct will not be tolerated under any circumstances. Disciplinary action in cases of misconduct will be handled by Campus Recreation and/or the Student Code of Conduct.

- Two technical fouls, yellow cards, or unsportsmanlike conduct penalties on a player or coach will result in an automatic ejection from the game. The ejected player must immediately leave the playing area. If a player refuses to leave, their team will forfeit the game and University Police will be called to remove the player from the premises.
- Fighting, verbally or physically, results in an **automatic ejection**. Threatening staff is considered action for immediate ejection.
- The Intramural Coordinator will contact the ejected player to discuss the ejection. The ejected player must meet with the Intramural Coordinator before they are allowed to play again.
- Any player that is ejected from a contest will be suspended a minimum of one game at the discretion of the Intramural Coordinator.
- In the event of multiple unsportsmanlike conduct penalty in one game, the Intramural Staff has the right to end the game.
- Individuals and/or organizations that commit violations involving more serious offenses while attending or participating in an intramural activity will be referred to the Student Conduct office.

*The Intramural Coordinator and Intramural Sports staff reserve the right to administer disciplinary sanctions as necessary to preserve the integrity of the program.*

### **Sportsmanship Rating System and Scale**

**Procedure:** After each game, the officials will award a Sportsmanship Rating to each team. The team captain must sign the score sheet after the game as verification that the scores are correct and that their team is aware of their sportsmanship rating. The teams will be rated in whole numbers on a scale of 0-4 and must maintain **above a 2.5** average to qualify for playoffs.

**Rating Scale: The sportsmanship of each team will be rated as follows:**

**(4) Four: Outstanding Sportsmanship and Conduct.** The team goes above and beyond expectations to maintain a sportsmanlike atmosphere. A team shall receive a (4) four only when they maintain a high level of sportsmanship throughout a game/match where controversy could easily occur with close calls and/or plays.

**(3) Three: Good sportsmanship and Conduct.** Teams begin at this level, and if no positive or negative actions occur, the team will receive this score. Team members are in control throughout the game and the captain resolves any minor issues that may arise. The team does not show aggressive dissent toward the staff or opposing team. No sportsmanship related action is taken against any team member. At the discretion of the Intramural Staff, a team may receive ONE individual/team warning and maintain a (3) three.

**(2) Two: Below Average Sportsmanship and Conduct.** Team shows dissent toward officials, staff, and/or opponents. The team is complaining about calls and is uncooperative at times. Any dissent after the ONE individual/team warning will result in a score no higher than a (2) two. Any team that receives a sportsmanship related penalty (yellow card, intentional foul, technical foul, unsportsmanlike conduct penalty) **MUST** receive no higher than a (2) two.

**(1) One: Fair Sportsmanship and Conduct.** Team members continuously show dissent and use abusive, inappropriate language toward staff and opponents. Team “trash talks,” intimidates, or plays dangerously/maliciously toward opponents. The captain is unresponsive and uncooperative in helping officials and staff members control teammates. Any team that has a player ejected or receives two unsportsmanlike related penalties **MUST** receive no higher than a (1) one.

**(0) Zero: Poor Sportsmanship and Conduct.** Conduct unacceptable of all Intramural and Saginaw Valley State University expectations principles and policies. The team is out of control, under the influence of drugs or alcohol, or shows a complete disregard for authority. The team captain shows no control over actions of his/her teammates. Multiple major problems arise during the contest. Any team which takes part in a fight, instigates a fight, or throws a punch (whether contact is made or not) will receive a (0) zero, suspended from all intramural activities, and disqualified from playoffs. ***There is zero tolerance on fighting.*** Any team that forfeits a game due to receiving a third unsportsmanlike penalty, **MUST** receive no higher than a (0) zero.

### **Protests**

It is the strong belief of the Intramural Sports program that contests should be won or lost on the field of play. The intramural staff will seek to resolve all disputes immediately. ***Matters involving an official’s judgment are not a basis for protest.*** Valid protests include player eligibility or score discrepancy. A signed score card (even if captain did not review before signing) will be the final authority in score protest. Captain’s must fill out the Intramural Protest Sheet located on IMLeagues.com and return to the Intramural Coordinator one week after the game. Any playoff protests will be handled immediately onsite by the Intramural Coordinator. This decision will be considered final and play will continue as scheduled.

### **Appearance Standards**

Intramural participants must adhere to the following appearance standards at all times. Additional standards may apply per sport and are listed in the sport rules.

- A. No jewelry. Medical bands may be worn.
- B. Rubber shoes/cleats only. Cleats are acceptable to wear outside and in the fieldhouse.
- C. No hats are allowed. Knit caps may be worn outside only weather permitting.
- D. Headbands are permitted.
- E. Athletic pants/shorts must be worn. No pants/shorts with belt loops allowed.

- F. Casts are not permitted. Any exposed hard braces must be approved by the Intramural Coordinator. This includes, but is not limited to, knee, elbow, hand, and wrist braces.
- G. All participants playing intramural basketball, floor hockey, football, soccer, and ultimate frisbee are required to wear matching colored jerseys that are numbered during all games. Campus Recreation recommends teams make their own colored and numbered shirts. Players can use markers to make numbers. Scrimmage vests will be available to check out for those without.

## **Intramural Sport Rules**

*All teams are guaranteed to be scheduled a minimum of 4 games for season long sports*

### **3-point Shootout**

#### **Rule 1: Game Set-Up Procedure**

- A. Participants will be placed into multiple heats/groups. The shootout will consist of two rounds and a championship round.

#### **Rule 2: Gameplay**

- A. Participant may choose which corner to start from, but cannot start from the top of the key or either wing.
- B. The participant's feet cannot be on the line when he/she attempts a shot. Spotter will notify shooter and official scorer if infraction occurs.
  - a. Shot cannot be retaken and will not count if made.
- C. Clock will start once player catches the ball.
- D. 1st round: The top four (4) participants in each group shall advance.
  - a. 45 second time limit to complete 10 attempts. There will be two attempts at each marker.
- E. 2nd round: Top score from each group advances
  - a. 45 second time limit to complete 10 attempts. There are two attempts at each marker.
- F. Championship Round:
  - a. 1-minute time limit to complete 15 attempts. There will be three attempts at each marker.
- G. Tie breaker:
  - a. In event of a tie in any of the rounds, tied players will have a shootout. Each player will receive 3 shots from any spot if there is a tie between three or more people. There is a 15 second time limit to complete these shots.

## Badminton

### **Rule 1: Game Set-Up Procedure**

- A. Singles League: Each team shall consist of one player.
- B. Doubles League: Each team shall consist of two players.
- C. The best two (2) out of three (3) games will determine the winner of a match. For the first two games, a game is won when one team has scored 15 points and is at least 2 points ahead. If a team does not have a two-point advantage, the first team to 17 wins. The third game of the match will be played to 11 points with a cap of 15 points.
- D. Winner of Rock/Paper/Scissors shall decide either serving or side of court. The loser has the alternative choice.

### **Rule 2: Gameplay**

- A. Participants officiate their own game. Scores are to be reported to the intramural staff.
- B. A point will be rewarded to a team when the opposing team violates a rule or the shuttle is determined dead. (**Rally scoring**)
- C. The side winning a game shall serve first in the next game.
- D. Players shall change sides of the court at the end of each game.

#### Service

- A. The server and the receiver shall stand within diagonally opposite courts without touching the boundary lines. Both feet of the server and the receiver must remain in contact with the surface of the court in a stationary position until the serve is delivered.
- B. There are no overhand serves in badminton. The head of the racket must be discernibly below the server's hand holding the racket.
- C. The server's racket shall initially hit the base of the shuttle while the whole of the shuttle is below the server's waist.
- D. The server shall not serve before the receiver is ready, but the receiver shall be considered to have been ready if a return of service is attempted.
- E. When the server has not scored or has scored an even number of points, the players shall serve and receive from their respective right service courts.
- F. When the server has scored an odd number of points, the players shall serve and receive in their respective left service courts.
- G. The serving pattern starts with initial server, moves to the initial receiver, then initial server's partner, and the initial receiver's partner.
- H. Only the receiver shall return the service. It is a fault if the shuttle touches or is hit by the receiver's partner.
- I. Either player of the winning side may serve first in the next game, and either player of the losing side may receive.

#### Service Court Errors

- A. A service court error has been made when a player has served out of turn, has served from the wrong service court, or is prepared to receive the service while standing in the wrong service court.
- B. If the error is discovered before the next service is delivered, it is a "let." If there is a "let" because of a service court error, the rally is replayed with the error corrected.
- C. If only one side was at fault and lost the rally the error shall not be corrected.

#### Faults

- A. Faults occur:

- a. If a service is not correct.
- b. After passing over the net on service, the shuttle is caught in or on the net.
- c. If during play, the shuttle lands outside the boundaries of the court boundaries, passes through or under the net, fails to pass the net, touches the roof, ceiling, or side walls, or touches the person or clothing of a player.
- d. If a player contacts the shuttle on the opposing team's side of the net. The striker may, however, follow the shuttle over the net with the racket in the course of a stroke.
- e. If the shuttle is hit twice in succession by the same player with two strokes, is hit twice in succession by a player and the player's partner, touches a player's racquet and continues towards the back of the player's court, or is caught and held on the racket.

#### Lets

- A. A "let" is called to halt play in the following instances:
  - a. In any unforeseen or accidental occurrence.
  - b. If a shuttle after passing over the net is caught in or on the net it is a let, except during service.
  - c. If the server serves before the receiver is ready.
- B. When a let occurs, the play since the last service shall not count, and the player who served shall serve again.

## Basketball 5 v. 5

### **Rule 1: Game Set-Up Procedure**

- A. Teams are required to have a minimum of four (4) players to begin.
- B. Five (5) players are allowed to be on the court.
- C. Games shall consist of two (2) fifteen (15) minute running clock halves.
- D. The clock will stop only in the final two (2) minutes of both halves. The only other stops will be for injuries, time-outs and other unusual delays.
- E. A two (2) minute half-time will occur after the first half.
- F. Each team will be allowed one (1) time out per half. Time-outs do not carry over to the second half. Time-out duration is one (1) minute.
- G. Mercy situation
  - a. If a team leads by 30 points or more anytime during the final 5 minutes, the game shall be ended.
  - b. If a team is leading by 20 points or more there will be a running clock in the final 2 minutes.
- H. Overtime (Playoffs Only)
  - a. A three (3) minute overtime period will be played if the game is tied after regulation time expires.
  - b. No timeouts are allowed in overtime.

### **Rule 2: Gameplay**

- A. Substitutions are unlimited but need to be made when the ball is dead. Substitutions must check in at the score table and wait for the official's approval before entering a game.

- B. Dunking will be allowed during **game play ONLY**. Any **dunking not during the course of the game will result in a technical foul**. Dunking during warm-ups, timeouts, or halftime is not allowed. Grasping or hanging on the rim will result in a technical foul. Ryder Center Policies govern all times not stated.
- C. Press – Teams may not apply a defensive press when leading by 20 or more points
- D. Free throws
  - a. Defensive players must fill the bottom two spaces and may also fill the top two spaces. The offensive team may have two players rebounding from the center marks.
  - b. All players may enter the lane once the ball has been released by the shooter.

### **Rule 3: Fouls**

- A. A player shall be disqualified from competition after committing four (4) personal fouls
  - a. Any personal technical foul shall count as two personal fouls on the guilty player
- B. All unsportsmanlike fouls shall result in two free throws and the ball, regardless of whether the foul is on a player or the team/bench
  - a. Three team technical fouls shall be subject to a forfeit of the game. The forfeit shall result in a zero (0) sportsmanship rating.
  - b. A personal technical foul does NOT count as a team technical
- C. If a player is shooting while being fouled, then they shall receive two (2) free throws if the shot is taken inside the three-point line. If the player is shooting outside the three-point line and is fouled, they will receive three (3) free throws.
  - a. A player who is fouled while in the act of shooting and makes the shot shall be rewarded the points designated by the shot location and shall be rewarded one (1) bonus free throw.
- D. If a player is fouled while not shooting, the ball is given to the team the foul was committed upon. The ball will be thrown in at the nearest side or baseline.
  - a. On the fifth (5<sup>th</sup>) team foul and all other fouls after the 5<sup>th</sup>, the opposing team shall be rewarded two (2) free throws
  - b. Team fouls shall be cleared at halftime but shall carry over from the second half to overtime
- E. Fouls include but are not limited to:
  - a. Hitting, pushing, slapping, holding, lowering the shoulder, and elbowing.
  - b. Illegal screen – When an offensive player moves while attempting to screen a defensive player.
    - i. A screener may not initiate contact with a defensive opponent
  - c. Charging – When an offensive player pushes or runs over/through a defensive player who is in a legal defensive position
  - d. Blocking – Illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's forward or lateral movement
  - e. Hand Check – An illegal form of defense in basketball in which a defender uses one or both hands or arm to impede the forward or lateral movement of an offensive player

### **Basketball Tournament 3 v. 3**

#### **Rule 1: Game Set-Up Procedures**

- A. Teams must have at least two players to start a game
- B. The game shall be played on one half of the basketball court.
- C. One technical foul on a team or player will result in an automatic disqualification of the team
- D. The following behaviors will result in a technical foul and the possibility of a game suspension
  - a. Cursing or insulting the officials, supervisors, or opposing players.
  - b. Participating in a fight (AUTOMATIC EJECTION)
  - c. Other unsportsmanlike acts will also earn a technical foul.
- E. Games will be played to 15 points (win by two). A cap on games will be set at 21 points
  - a. There is also a 15-minute game time on all games. If score does not constitute a winner and loser at the end of 15 minutes, the leader at that time shall be determined the winner
  - b. Teams will be awarded 1 point for shots from inside the 3-point arc and 2 points for shots outside the 3-point arc
- F. Each team will be allowed one time out per game

## **Rule 2: Gameplay**

- A. All missed shots must be taken behind the 3-point arc by the opposing team, before a shot will be allowed
  - a. If a member of your team missed the shot, you are NOT required to take the ball behind the arc
  - b. If the opposing team “air balls” their shot, you are NOT required to take the ball behind the arc.
  - c. Shots not taken back will result in a turnover
- B. After a made basket, the offense shall keep possession of the ball (MAKE IT, TAKE IT)
- C. All balls out of bounds must be taken at the top of the key
- D. Ball must be checked before put into play.
- E. All substitutes must report to the scorer’s table and waved in by officials before entering game. A player may only enter during a dead ball situation when an official grants permission.

## **Rule 3: Fouls \*\*See above section in 5 v. 5 basketball for fouls**

- A. Free Throws
  - a. All shooting fouls that result in a missed basket shall be rewarded one (1) free throw
    - i. If the shot occurred inside the arc, the free throw is worth one (1) point
    - ii. If the shot occurred outside the arc, the free throw is worth two (2) points
  - b. All shooting fouls that result in a made basket shall be rewarded one (1) free throw
    - i. No matter where the shot was taken from, the offense receives the points for the made basket and a free throw worth one (1) point
  - c. BONUS
    - i. The fifth (5<sup>th</sup>) team foul, and all fouls that occur afterwards, shall reward the fouled team one (1) free throw and possession of the ball
    - ii. Teams are allowed a MAXIMUM of 10 team fouls. The 11<sup>th</sup> team foul will result in disqualification from the game and tournament



## Billiards (8-ball rules)

### **Rule 1: Game Set-Up and Gameplay**

- A. Breaking
  - a. 4 balls must hit rail for a break to be legal.
  - b. If break is illegal, re-rack and table possession goes to opponent to break.
  - c. Making the eight ball on the break result in a win
- B. After Break
  - a. Foul on break gives the opposing player the cue ball in hand which he may place anywhere on the table (except scratch on break.)
  - b. If you make a solid, you are solids
    - i. If you make a stripe and solid, the table is still open.
    - ii. With an open table you CAN shoot a combination with a stripe and solid.
- C. Call 8-ball
  - a. 8-ball is the only shot that **MUST BE** called
- D. Fouls
  - a. All fouls result in ball in hand.
  - b. Cue ball in pocket or off table.
  - c. Failure to hit your category ball first
  - d. Touching the cue ball with hand or any other object that is not the stick.
  - e. Players must have at least one foot on floor while attempting a shot.
  - f. No jumps allowed.
  - g. Players are **NOT** allowed to masse (shoot straight down on the cue ball causing lots of spin)
- E. Balls on floor
  - a. 8 ball on floor is automatic loss of game
  - b. Numbered ball (not 8) is spotted on foot spot (The point at which the foot string and long string intersect), not a foul
  - c. If player pockets ball legally, he/she continues shooting.
  - d. If player does not pocket ball, opponents turn.
- F. How to Win
  - a. Make 8-ball on break.
  - b. Make 8-ball in the called pocket legally.
- G. How to lose
  - a. A player loses the game if he commits any of the following infractions:
    - i. Any foul while pocketing the 8-ball.
    - ii. Jumps the 8-ball off the table at any time.
    - iii. Pockets the 8-ball in a pocket other than the one nominated.
    - iv. Pockets the 8-ball when it is not the legal object ball.
    - v. Scratches and pockets the 8-ball in the same shot.

## Bubbleball Soccer 3 vs. 3

### **Rule 1: Game Set-Up Procedures**

- A. Co-Ed requires at least one (1) male and at least one (1) female on the field at all times.
- B. A team must have two (2) players to begin.
- C. Three (3) players are allowed on the field.
- D. The game shall consist of four eight (8) minute quarters with two (2) minute breaks between each quarter. The clock will run continuously.
- E. Athletic shoes are required; cleats are not allowed.

### **Rule 2: Gameplay**

- A. Bubbleball soccer is played similar to regular soccer rules. The following modifications are provided.
- B. Players must wipe their bubble clean after using.
- C. Start of Play
  - a. The ball is placed in the center of the playing field. Teams line up at equal distances from the center line. On the official's mark, teams may run to the ball for possession.
  - b. Kickoffs occur at the start of each quarter and after each goal.
- D. There is no offside in bubbleball soccer.
- E. If the ball goes out of play, the opposing team will have a kick in.

### **Rule 3: Fouls and Misconduct**

All fouls may be considered malicious or unsportsmanlike in the judgement of the officials and result in a yellow card. All penalties can also result in an automatic red card and ejection from event if deemed unsportsmanlike and full of intent to injure in the judgement of the officials.

- A. Free kicks may be awarded if players are overly aggressive or for any of the fouls listed:
  - a. Kicking, tripping, hitting an opponent who is on the ground, and slide tackling are not allowed.
  - b. Bumping is not allowed on the back half of an opponent's bubble. Player may only bump on the front half of the bubble.
  - c. Players may not leave their feet to launch themselves at the opponent.

## Flag Football 7 v. 7

### **Rule 1: Equipment**

- A. Campus Recreation provides three (3) flag belts for all players to wear
  - a. Entire team must wear the same color of belt
  - b. These belts are clipped and never tied around waist with one
  - c. Penalties will be assessed for unlawful use
- B. Campus Recreation will provide the game ball
  - a. Teams are NOT allowed to use own ball for any intramural game unless:
    - i. Both teams agree to use the same ball

### **Rule 2: Game Set-up Procedures**

- A. Teams are required to have a minimum of five (5) players to begin play
- B. Games shall consist of two (2) fifteen (15) minute running clock halves
  - a. A 25 second game clock shall run for every timed play
- C. There will be a **two-minute warning** in both halves where the clock is stopped
  - a. The two-minute warning will constitute no break but notifies players the game clock is stopped and gameplay from that point on will not be running clock
- D. The clock shall stop in the last two (2) minutes of both halves
  - a. The clock shall stop on the following situations:
    - i. Two-minute warning
    - ii. Incomplete passes or anytime the ball touches the ground
    - iii. A player with possession of the ball running out of bounds
    - iv. A team calls timeout
    - v. A touchdown or safety
      - 1. The clock will NOT run during the PAT attempt
    - vi. Anytime an official blows his whistle
      - 1. A penalty flag shall stop the clock
- E. Halftime consists of a one (1) minute break
  - a. Direction of gameplay will change at the half
- F. Mercy Rule
  - a. If a team leads by at least 20 points at the point of the second half two-minute warning the game shall be ended
- G. Overtime (Playoffs only)
  - a. Overtime is an untimed period of play
  - b. Each team will have a chance to possess the ball from the 15-yard line and have four downs to attempt to score
  - c. Rock/Paper/Scissors determines who gains possession option (see “game setup” 3)
  - d. After second overtime, teams must attempt a 3-point PAT conversion
  - e. There are no timeouts in overtime
- H. Rock/Paper/Scissors will be used to determine who gains possession option
  - a. Winner will first choose to use option for first half or defer to second half
  - b. Team with first half option can choose:
    - i. Offense first, Defense first, play offense north or play offense south
    - ii. If the team chooses offense or defense, second team will select direction of play and vice versa
- I. Timeouts are one per team per half at a duration of thirty (30) seconds
  - a. Timeouts cannot carry over halves, “use it or lose it”
  - b. There are no timeouts in the overtime period
- J. Field of Play
  - a. The field is divided into four 15-yard zones and two 10-yard end zones
  - b. A team in possession of the ball shall have four consecutive downs to advance to the next zone by scrimmage. The line to gain shall be the zone in advance of the ball, unless the distance was lost due to penalty or failure to gain. In such a case, the original zone in advance of the ball at the beginning of the series of downs is the line to gain.
  - c. There two dashed lines creating the eligibility for runners in the middle of the field
    - i. The ball shall be placed in the middle of the field every play
    - ii. See: “Gameplay” for more running rules

- K. Unless moved by penalty, the ball shall be snapped from the 15-yard line to start each new possession

### **Rule 3: Gameplay**

#### Line of Scrimmage

##### A. Offensive Line

- a. The Snapper is the only player required to be on the line of scrimmage
- b. All receivers/backs must lineup between the line of scrimmage and the Quarterback
- c. All receivers/backs must be set at the time of the snap
  - i. Once set, an offense can send one man in motion at a time who must be re-set at time of snap

##### B. Defensive Line

- a. All defensive players must be at least three yards off the line of scrimmage before the snap
- b. Defensive players are not allowed to cross the line of scrimmage until:
  - i. The head official signals that the three second allotted time for the offense has ended
  - ii. The defense uses the “blitz”
    - 1. A “blitz” allows the defense ONE PLAYER to cross the line of scrimmage before the three seconds
    - 2. “Blitzes” are one per team per half
      - a. “Blitzes” cannot carry over
      - b. No “blitzes” in overtime periods

#### Handling the Ball

##### A. Snaps to the Quarterback

- a. The ball must be in contact with the ground upon snapping the ball
- b. A snap can go between the legs OR on either side of the snapper
- c. A snapper may face the quarterback or the defense
- d. No direct snaps
  - i. A quarterback must stand behind the snapper at least two yards and no more than five yards away

##### B. Throwing/Handing the ball

###### a. Forward Passes

- i. Only one forward pass is allowed per down
- ii. When throwing, a quarterback must have some part of his/her body behind the line of scrimmage on release of the ball for it to be deemed a legal forward pass

###### b. Backwards Passes

- i. If a backwards pass occurs, completely, behind the line of scrimmage and before a forward pass has been thrown, the offense is still eligible to throw a legal forward pass
- ii. Backwards passes are legal as long as the ball does not touch the ground at any time

###### c. Handoffs

- i. A handoff is a transfer between two players of the same team where the ball DOES NOT travel through the air or hit the ground at any time
  - 1. A forward or backwards handoff is legal at any time during the offensive play

2. Tosses or Pitches are considered passes and follow the passing regulations

#### C. Running the Ball

- a. **ALL BACKS MUST STEP OUTSIDE OF THE DASHED LINES WITH BOTH FEET BEFORE CROSSING THE LINE OF SCRIMMAGE TO BECOME AN ELIGIBLE RUNNER**
- b. **ONCE A RUNNER HAS STEPPED WITH BOTH FEET OUTSIDE THE DASHED LINES, A RUNNER MAY RE-ENTER THE DASHED LINE ZONE AND CROSS THE LINE OF SCRIMMAGE**
- c. If runner's flags become detached without defense grabbing them, play continues and runner must be touched by defense to be considered down by contact
- d. Quarterbacks
  - i. If rushed by defense (using blitz or after three seconds), a quarterback **MUST** still step outside of the dashed lines to become eligible
- e. Running backs/Receivers
  - i. If receiving a backwards pass, the receiver must still step outside of the dashed lines to become eligible

#### D. Catching the Ball

- a. A receiver must have at least one foot in bounds and complete possession of the ball simultaneously for it to be deemed a legal catch
- b. A player may jump or dive in an attempt to receive the ball
  - i. This is the only time an offensive player is allowed to leave their feet
- c. All players, including the snapper, and not the player throwing the pass, are eligible to receive the pass
  - i. The quarterback may only catch the pass if the pass is tipped or batted by another player

#### E. Live ball become dead (officials shall sound whistles) when:

- a. Any part of the runner other than a hand or foot touches the ground
- b. A backward pass, fumble or muff touches the ground
- c. A snap hits the ground
- d. A runner has a flag belt removed legally (or illegally) by a defensive player
  - i. A flag belt is removed legally when the belt is unclipped from the ball carriers' waist
- e. When a passer is deflagged prior to releasing the ball

### Rule 4: Scoring

#### A. Scoring shall be as followed

- a. Touchdown is rewarded 6 points
- b. Safety is rewarded 2 points
- c. The point after touchdown attempt (PAT) options are as followed:
  - i. A one (1) point try is from the 3-yard line
  - ii. A two (2) point try is from the 10-yard line
  - iii. A three (3) point try is from the 15-yard line
  - iv. An interception and return for a touchdown by the defense is rewarded two (2) points for the defense

### Rule 5: Penalties

#### General Rules

- A. All penalties that occur under two minutes of either half stop the clock
  - a. If penalty is assessed to team trailing in the game, a ten second runoff of game clock shall occur
  - b. If penalty is assessed to team leading in the game, the clock will stay stopped until next snap
- B. If officials need to huddle during running time, the clock shall thus be stopped
- C. If a defensive penalty occurs and is accepted on the last timed play of either half, one untimed down is rewarded to the offense

Four types of penalties

- A. Penalties listed either to whistle play dead or allow play to occur
  - a. Whistle play dead
    - i. When the penalty occurs, blow the whistle immediately (and stop clock if necessary)
  - b. Allow play to occur
    - i. When the penalty occurs, throw the flag immediately, whistle and call after play has ended (and stop clock if necessary) (team may decline these penalties)
  
- A. 5-yard penalties (offensive) – All listed result in 5-yard loss from previous line of scrimmage
  - a. Delay of Game – whistle play dead
  - b. Offsides – allow play to occur
  - c. False Start/Illegal Motion – whistle play dead
  - d. Illegal Forward Pass – allow play to occur
  - e. Illegal Formation – whistle play dead
    - i. Call if receivers are not lined up between line of scrimmage and quarterback
  - f. Illegal Snap – whistle play dead
    - i. Quarterback too close to the snapper
    - ii. Ball is not touching ground
  - g. Ineligible Runner – allow play to occur
    - i. Quarterback, Running Back, or Wide Receiver crosses line of scrimmage with ball between dashed lines before stepping outside of dashed lines
  - h. Ineligible Receiver – allow play to occur
    - i. A receiver may not step out of bounds, come back into the field of play and be the first person to touch the ball
  - i. Required Equipment Worn Illegally – allow play to occur
    - i. Flags tied around waist
  - j. Illegal Substitution – allow play to occur
    - i. Substitutes are not standing on sideline
    - ii. Too many men on field
  - k. Illegal Contact – allow play to occur
    - i. Contact with a defensive player when ball is not in air
    - ii. REMEMBER: Flag Football is a NON-CONTACT sport
  - l. Flag guarding – Allow play to occur
    - i. Stiff arms
    - ii. Grabbing own flags
    - iii. Having hand/arm/ball by flag to deflect defenders

- B. 5-yard penalties (defensive) – All result in 5-yard gain from previous line of scrimmage (c\*)
- a. Offsides – allow play to occur
    - i. Either line up over or too close to line of scrimmage
  - b. Early “blitz” – allow play to occur
    - i. This occurs if team has already used it’s “blitz”
  - c. Grabbing/Holding clothing – allow play to occur
    - i. Normally occurs when reaching for flags
    - ii. ADDS FIVE YARDS TO END OF RUN
  - d. Illegal Substitution – allow play to occur
    - i. Substitutes are not standing on sideline
    - ii. Too many men on field
  - e. Illegal Contact – allow play to occur
    - i. Contact with an eligible receiver when ball is not in air
    - ii. Illegally de-flagging player who does not have ball
    - iii. REMEMBER: Flag Football is a NON-CONTACT sport
- C. 15-yard penalties (offensive) – All result in a 15-yard loss from previous line of scrimmage
- a. **Any 15-yard penalty, if excessive in the judgement of the official, may be considered an unsportsmanlike penalty and warning for guilty player**
    - i. Two unsportsmanlike penalties result in disqualification and suspension for player
  - b. **Any 15-yard penalty, if occurring inside of either 15-yard line shall be measured as half the distance to the goal line (defensive penalties also result in automatic first down in this situation)**
  - c. Illegal blocking – allow play to occur
    - i. A legal block occurs when ALL the following occur:
      1. An offensive player stands straight up with arms down at the sides or crossed on chest
      2. The blocker stands still and does not move
      3. The offensive player does not lean in or extend arms or legs to initiate contact with the defense
  - d. Diving/Jumping with Possession – allow play to occur
    - i. Offensive diving/jumping is ONLY allowed when attempting to make a catch
    - ii. Once in possession of ball, player may NOT leave feet in any manner
      1. If falling, do not extend ball ahead or penalty may be called
  - e. Pass Interference – allow play to occur
    - i. Pass Interference shall be called on offensive player when contact occurs while pass is in the air to target
    - ii. The offensive player initiates contact in this situation
    - iii. Does NOT have to be receiver being targeted (pick play)
  - f. Illegal Rushing Contact – blow play dead
    - i. Any defensive player in position to de-flag an opponent is entitled to that position
    - ii. Offensive player must avoid contact at all costs to avoid penalty
  - g. Intentional Backwards Throw Out of Bounds – allow play to occur
    - i. This occurs when a team is trying to waste time and is illegal

- D. 15-yard penalties (defensive) – All result in a 15-yard gain from previous line of scrimmage
  - a. Illegal Rush – allow play to occur
    - i. A defensive player may NOT make contact with a blocker in legal or illegal position
    - ii. A defensive player who attempts to draw an illegal block penalty by initiating contact shall receive an illegal rush penalty
  - b. Pass Interference – allow play to occur
    - i. Pass Interference shall be called on defensive player when contact occurs while pass is in the air to target
    - ii. The defensive player initiates contact in this situation
    - iii. Face Guarding is legal as long as no contact occurs
  - c. Excessive Contact – allow play to occur
    - i. Tackling and hugging are not allowed
    - ii. Excessively grabbing limbs or clothing
    - iii. Punching at the ball
    - iv. Contact with the quarterback after pass has been thrown
- E. Unsportsmanlike Penalties (15-yard)
  - a. Two unsportsmanlike penalties result in disqualification and suspension of player
  - b. Consecutive penalties may be called simultaneously with an automatic ejection if necessary
  - c. Any 15-yard may be considered unsportsmanlike if excessive in judgement of official
  - d. Other unsportsmanlike penalties include but are not limited to:
    - i. Spiking, Kicking or Throwing ball in anger OR celebration
    - ii. Excessive swearing in any capacity
    - iii. Throwing detached flag belts at or away from opponent
    - iv. Tackling

## Floor Hockey

### **Rule 1: Game Set-Up Procedures**

- A. A full team consists of seven (7) players on the court
  - a. A minimum of five (5) players are required to start the game
  - b. Coed must have at least two males and two females on the court at all times
- B. Goalies
  - a. In order to have Goal Privilege (freezing the puck without penalty), a player must have:
    - i. Chest protector covered by clothing
    - ii. Face mask or helmet.
    - iii. Goalie pads
    - iv. Goalie stick
      - 1. Goal sticks may be one piece, and do not have to have an insert shaft



- C. Substitutions are allowed by either team on the fly, and may occur on an unlimited basis provided the player leaving the court arrives at the bench before replacement enters the court.
  - a. Goalkeeper changes must be made during stoppages in play.
- D. The game shall consist of three (3), seven (7) minute periods. Intermissions will last one minute.
  - a. The clock will be stopped for injuries and at the discretion of the officials.
- E. Teams will be allowed one time-out per game. Time-outs will be one minute in length.
  - a. Time-outs must be called when there is a stoppage in play.
- F. Overtime (Playoffs only): A two-minute sudden death period will be played.
  - a. If no goal is scored, a 5-man penalty shot shall occur

## **Rule 2: Gameplay**

- A. Face-offs shall occur in these situations
  - a. to begin each period
  - b. after a goal
  - c. after a penalty
  - d. tie ups in the corner
    - a. Sticks must be on the floor for a face-off
- B. Offside will only apply during face-offs
- C. A goal is scored when the puck passes completely across the plane of the goal-line.
  - a. Goals may be scored from anywhere
  - b. Goals will not count if a stick blade is above the waist level, kicked in, batted by the hand, or an offensive player is in the crease.
  - c. Automatic goal will be awarded if a defensive player throws a stick and enters the crease to prevent the puck from scoring.

## **Rule 3: Penalties**

- A. A player shall be penalized two or five minutes for the following intentional infractions (based on the severity of the act):
  - a. Hooking, elbowing, tripping, slashing, interference, violent or dangerously charging, cross-checking, delay of game, illegal substitution, high-sticking, illegal equipment
  - b. Players receiving two minute minors may return after opposing team scores a goal
    - i. If both teams have penalized players, they will not return after a goal
- B. 5 minute majors shall be issued for the following:
  - a. Persistently infringing upon any rules of the game
  - b. Dissent by word of mouth or action to decisions by the official
  - c. Unsportsmanlike behavior
  - d. 5 minute majors do NOT return after an opposing team goal
- C. Players will be ejected from the game for:
  - a. Violent conduct or serious foul play
  - b. Fighting
  - c. Foul or abusive language
  - d. Persisting in misconduct after receiving a caution

- D. If a team ever receives four penalties and had two players on the ice, the team can substitute a bench player onto the ice to keep a 3 player minimum on the ice (excluding the goalie).
  - a. If no substitutes are available, the game will be defaulted.
- E. Teams that have a player ejected will play short-handed

## Free Throw Competition

### **Rule 1: Game Set-Up Procedures**

- A. Participants feet cannot be on the line when he/she attempts shot. Spotter will notify shooter and official scorer if infraction occurs.
  - a. Shot cannot be taken over and will not count if made.
- B. There is a 10 second shot clock
  - a. Clock will start once player catches the ball

### **Rule 2: Gameplay**

- A. 1st round
  - a. Order is randomized prior to start
  - b. Each shooter receives 10 attempts shooting all at once
- B. 2nd round
  - a. Order is based on round one shots made
    - i. Starts with fewest made, ends with most made
  - b. Each shooter receives 10 attempts shooting all at once
- C. The top four (4) combined scores will advance
  - a. In case of a tie for fourth, all tied players will make it to final round
- D. 3rd round:
  - a. Order will reset and be randomized
  - b. Each shooter receives 15 attempts shot five at a time
- E. Top two (2) scores from third round advance to final round
  - a. In case of a tie between two players for the 2nd spot, tied players will have a shootout.
  - b. Any player who misses shall be eliminated as long as someone makes a free throw that round
- F. Championship round
  - a. Order will be determined by total shots made to that point. If tied, the person who made more in third round will have option to go first or second. (Then second round then first round if tie still occurs)
  - b. Each shooter receives 20 attempts alternating every two shots
  - c. If tied after 20, an extra set of 5 shots will be shot without alternation. This will continue until game is won

## Kickball

### **Rule 1: Game Set-Up Procedures**

- A. Co-Ed requires at least two (2) males and at least two (2) females on the field at all times
- B. A team must have at least five (5) players to begin play
- C. Eight players are on the field at one time. You may place all players in kicking lineup.
- D. Games shall consist of six (6) innings in length. A time limit of 45 minutes shall be enforced. No new inning shall start after 45 minutes.
- E. Line-Ups shall be turned into umpire prior to start of game.
- F. Rock/Paper/Scissors shall determine Home and Away in regular season matches.
- G. A ten (10) run mercy rule shall be in effect after the end of the 4<sup>th</sup> inning.
- H. A maximum of ten (10) runs may be scored per team, per inning.

## **Rule 2: Gameplay**

### General Gameplay

- A. Gameplay follows general baseball/softball rules and procedures. Additions and Exceptions to these procedures include:
  - a. A runner, not on a base, contacted with a thrown ball below the neck shall be called out. EXCEPTION: A runner shall also be called out if player is hit in the head or neck while not standing/running in an upright position.
  - b. A kicker, when attempting to reach first base safely, shall be called out if ball is received by pitcher while he/she is in contact with the pitching rubber before kicker reaches first base (Pitcher's Hand Rule).
  - c. There shall be no infield-fly rule in effect at any time.

### Kicking and Offense

- A. A kicker has one (1) chance to kick the ball. If first kick is a foul ball, the kicker receives one (1) grace kick. If ball is missed or second kick is fouled the kicker shall be out
- B. If a kicker does not like a pitch, they do not have to kick.
- C. A kicker must stay within a two (2) feet radius of the center on the plate when contacting the ball. A kicker who contacts ball outside of two feet radius shall be called out
- D. No bunting is allowed. A bunt attempt shall be an automatic out.
- E. No sliding on the bases is allowed. A slide attempt results in an automatic out.
- F. A runner who leaves base prior to kicker contact with the ball shall be called out for leaving early. No leading off or stealing is permitted
- G. A runner who is contacted with a kicked ball while off base shall be called out.
- H. Offensive players must avoid contact with defensive players at all costs. Failure to following this rule shall result in the guilty player called out, ejection from the game, and possible suspension.

### Defense

- A. The defensive team will supply the pitcher.
- B. Pitches must be rolled on the ground. Pitches the bounce higher than six (6) inches off the ground shall be deemed illegal. A pitcher who continuously rolls illegal pitches shall be subject to a position change.
- C. Purposely standing in the base paths is prohibited. Doing so shall be subject to discipline which may include but is not limited to ejection and suspension from intramurals. Avoiding contact is essential.

## Racquetball

### **Rule 1: Game Set-Up Procedures**

- A. Match will be determined on a best two out of three game basis
- B. Games will be played to 15 points with third game to 11 points
- C. The winner of each match will be responsible for reporting the scores to the intramural staff

### **Rule 2: Gameplay**

- A. Objective: The objective is to win each rally by serving or returning the ball so the opponent is unable to keep the ball in play. A rally is over when a side makes an error, or is unable to return the ball before it touches the floor twice.
- B. Points and Outs: Points are scored only by the serving side, when it serves an ace or wins a rally. When the serving side loses a rally, it loses the serve. Losing the serve is called an out in singles.

#### Serve

- A. General Order: The player or side winning the toss becomes the first server and starts the first game. The receiving player or side in the first game shall serve in the second game. In a tie-breaker it shall be that player accumulating the greatest number of points in the first two games who shall serve first.
- B. Place: The server may serve from any place in the service zone. No part of either foot may extend beyond either line of the service zone. Stepping on the line (but not beyond it) is permitted. Server must remain in the service zone until the served ball passes the short line. Violations are called foot faults.
- C. Manner: A serve is commenced as the ball leaves the server's hand. The ball must bounce on the floor in the service zone and on the first bounce be struck by the server's racquet so that it hits the front wall and on the rebound hits the floor back of the short line, either with or without touching one of the side walls. A balk serve, or fake swing shall be deemed an infraction and be judged a handout.
- D. Dead Ball Serves: A dead ball serve results in no penalty and the server is given another serve without canceling a prior illegal serve.
  - a. Fault Serves: Two fault serves result in a handout.
  - b. Out Serve: An out serve results in a handout.
  - c. Hits Partner: Hits the server's partner on the fly on the rebound from the front wall while the server's partner is in the service-box.
  - d. Screen Ball: Passes too close to the server or the server's partner to obstruct the view of the returning side. Any serve passing behind the server's partner and the side wall is an automatic screen
- E. Fault Serves: The following serves are fault and any two in succession will result in a handout.
  - a. Foot Faults: The foot fault results:
    - b. when the server leaves the service zone before the served ball passes the sort line.
    - c. when the server's partner leaves the service box before the served ball passes the short line.
    - d. when the server steps over the service or short line.
  - e. Three-Wall Serve: Any ball served that first hits the front wall and on the rebound hits two side walls on the fly.

- f. Ceiling Serve: Any served ball that touched the ceiling after hitting the front wall with or without touching one side wall.
- g. Long Serve: A long serve is any served ball that first hits the front wall and rebounds to the back wall before touching the floor.

#### Return of Serve/Rally

- A. Receiving Position: The receiver(s) must stand at list five (5) feet back of the short line, as indicated by the three (3) inch vertical line on each side wall, and cannot enter into this safety zone until the ball has been served and passes the short line. BUT, if the ball bounces before crossing the five (5) foot short line, the receiver may cross the line and hit the ball after it has bounced. A violation of this line would result in a point for the server.
- B. Defective Serve: To eliminate any misunderstanding the receiving side should not catch or touch a defectively served ball until called or it has touched the floor for the second time.
- C. Legal Return: After the ball is legally served, one of the players on the receiving side must strike the ball with his racquet either on the fly or after the first bounce and before the ball touches the floor the second time to return the ball to the front wall either directly or after touching one or both side walls, the back wall or the ceiling, or any combination of those surfaces. A returned ball may not touch the floor before touching the front wall. It is legal to return the ball by striking the ball into the back wall first, then hitting the front wall on the fly or after hitting the side wall or ceiling.
- D. Each legal return after the serve is called a rally. Play during rallies shall be according to the following rules:
- E. One or Both Hands: Only the head of the racquet may be used at any time to return the ball. The ball must be hit with the racquet in one or both hands, switching hands to hit a ball is an out. The use of any portion of the body is an out.
- F. One Touch: In attempting returns, the ball may be touched or struck only once by one player on the returning side (a carried ball is a ball that rests on his racquet in such a way the effect is more of a sling or throw than a hit and shall be ruled a point or handout as is applicable). In doubles, both partners may swing at, but only one may hit, the ball. A violation of this or the preceding rule results in a handout or point.
- G. Return attempts:
  - a. In singles, if a player swings at but misses the ball in play, the player may repeat his attempt to return the ball until it touches the floor for the second time.
  - b. In doubles, if one player swings at but misses the ball, both he and his partner may make further attempts to return the ball until it touches the floor the second time. Both partners on the side are entitled to return the ball.
  - c. In singles or doubles, if a player swings at but misses the ball in play and in his/her, or his/her partner's attempt again to play the ball there is an unintentional interference by an opponent, it shall be a hinder.

#### **Rule 3: Hinders**

- A. Dead Ball Hinders: Hinders are two types - dead ball and avoidable. Dead Ball Hinders as described in this rule result in the point being replayed.
- B. Situations: When called the following are dead ball hinders:
  - a. Court Hinders: Hits any part of the court which under local rules is a dead ball.
  - b. Hitting Opponent: Any returned ball that touches an opponent on the fly before it returns to the front wall.

- c. Body Contact: Any body contact with an opponent that interferes with seeing or returning the ball.
  - d. Screen Ball: Any ball rebounding from the front wall close to the body of a player on the side which just returned the ball, to interfere with or prevent the returning side from seeing the ball.
  - e. Straddle Ball: A ball passing between the legs of the player on the side which just returned the ball, if there is no fair chance to see or return the ball.
  - f. Other Interference: Any other unintentional interference which prevents an opponent from having a fair chance to see or return the ball.
- C. Effect: A call of hinder stops the play and voids the situation following, such as the ball hitting a player. The players themselves can call a hinder while holding up their swing, such a call should be made immediately.

## Soccer

### **Rule 1: Game Set-Up Procedures**

- A. Indoor Soccer
  - a. Co-Ed requires at least two (2) males and at least two (2) female on the field at all times
  - b. A team must have four (4) players to begin.
  - c. A team may play a player down if missing one of their required two (2) males or required two (2) females.
  - d. Indoor allows six (6) players on the field. This includes the goalie.
- B. Outdoor Soccer
  - a. Co-Ed requires at least two (2) male and at least one (2) female on the field at all times.
  - b. A team must have five (5) players to begin.
  - c. A team may play a player down if missing one of their required two (2) males or required two (2) females.
  - d. Outdoor allows seven (7) players on the field. This includes the goalie
- A. The game shall consist of two 15-minute halves. The clock will stop only for goals, penalty shots and at the official's discretion. The restart will be a kick to the team in possession.
- A. There are no time-outs.
- B. Rock/Paper/Scissors will determine who starts with possession in first half

### **Rule 2: Gameplay**

- A. Start of Play
  - a. The start of play will involve a kick-off administered by the officials, which may be played backward or forward for each half, overtime or following a goal by the team scored upon.
  - b. A kick off is an *indirect* restart.
- B. Goalies
  - a. If the goalie is outside the penalty area, the goalie becomes a defensive player.

- b. The goalie must be within the box to play the ball with the hands

#### Free Kicks

- c. Free Kicks are all *direct*, and can be scored
- d. A free kick awarded to a team in its own penalty area may be taken anywhere in the area
- e. A free kick awarded to a team in its opponent's penalty area, the penalty shall be taken from one of two spots:
  - i. Awarded as a result of a technical foul, the free kick shall be taken from the nearest point outside the penalty area
  - ii. Awarded as a result of a penal foul, a penalty kick shall be awarded
  - iii. Players must be at least ten (10) feet from an opponent's free kick.
  - iv. All free kicks must be taken within five (5) seconds of referee's signal.
    - 1. Penalty: Opponent free kick

#### C. Penalty Kicks

- a. Penalty kicks will be taken when the defense commits a penal offense within its own penalty area.
- b. The ball will be placed in front of the goal, and all players other than the kicker and the goalie must remain behind the restraining line until the kick is taken.

#### D. Goal Kicks

- a. Goal kicks will be taken from anywhere on or inside the line defining the goal area.
- b. Players have five (5) seconds to put the ball in play
  - i. Penalty: Corner kick to opponent

#### E. Corner Kicks

- a. Corner kicks will be kicked from within three feet of the corner, and are considered to be an indirect restart
- b. Players have five (5) to put the ball in play
  - i. Penalty: Goal kick to opponent

#### F. Substitutions

- a. Unlimited substitutions may be made at any time including during a "live" ball situation.
- b. The substitution and the outgoing player must slap hands.

#### G. Scoring

- a. A goal cannot be scored if the last offensive touch was within the goalie box area.
- b. Goals scored by females are worth two (2) points.
  - i. A goal is scored by a female if the last offensive touch was by a female.
  - ii. The rule applies to Penalty Kicks in regulation play.
- c. In shootouts, all goals are worth one (1) point
- d. The mercy rule is 10 points with 10 minutes or less remaining.

#### H. Overtime (Playoffs only):

- a. First overtime shall be a five (5) minute sudden death period.
  - i. Rock/Paper/Scissors will determine what team receives first possession.
- b. Second overtime shall be a five (5) shot penalty kick session.
  - i. Rock/Paper/Scissors will determine what team kicks first.
  - ii. If game is still tied after five kicks, session shall turn into sudden death with team kicking second having opportunity to score if first team scores

### **Rule 3: Fouls and Misconduct**

All fouls may be considered malicious or unsportsmanlike in the judgement of the officials and result in a yellow card. All penalties can also result in an automatic red card and ejection from event if deemed unsportsmanlike and full of intent to injure in the judgement of the officials.

- A. There is NO Offsides
- B. Goalie Obstruction – Penalty: Free Kick
- C. Bicycle Kicking – Penalty: Free Kick
- D. No Slide Tackling – Penalty: Direct Kick
  - i. The keeper while within the penalty area may slide to the ground in an effort to play the ball. The ball must be touched first to avoid a foul.
- E. A high kick above the waist – Penalty: Direct Kick
- F. Goalkeeper restrictions
  - a. Once a goalkeeper has had hand possession, and then releases the ball into play, he/she may only handle the ball again if it touches an opponent, or becomes dead.
  - b. Dribbling the ball with the hands, throwing it in the air and catching it, or fumbling the ball and picking it up will NOT be violations.
  - c. It is legal for a goalkeeper to throw a ball across the halfway line, but such a throw cannot score a goal against the opponent.
  - d. The goalkeeper has six (6) seconds to release the ball from hand possession.
  - e. It is illegal to pass a live ball to your own goalkeeper's hands (to the feet is legal).
  - f. It is illegal to throw any restart to your goalkeeper's hands.
    - i. Penalty: Free kick at the nearest spot of the violation outside the penalty area.

## Softball

### **Rule 1: Game Set-Up Procedures**

- A. Co-Ed requires at least two (2) male and at least two (2) females on the field at all times.
- B. A team must have at least eight (8) players to begin play.
- C. Ten players are on the field at one time.
- D. Games shall consist of six (6) innings in length. A time limit of 45 minutes shall be enforced. No new inning shall start after 45 minutes.
- E. Line-Ups shall be turned into the umpire prior to the start of the game.
- F. Rock/Paper/Scissors shall determine Home/Away in regular season matches.
- G. A ten (10) run mercy rule shall be in effect after the end of the 4<sup>th</sup> inning
- H. A maximum of ten (10) runs may be scored per team, per inning

### **Rule 2: Gameplay**

#### General Gameplay

- A. A half inning will consist of 3 outs.
- B. Infield fly rule: Runners on first and second with less than two outs. **MUST BE CALLED BY THE UMPIRE IMMEDIATELY.**

#### Batting and Offense

- A. Batting order must alternate gender.
- B. A batter with a two-strike count is allowed only one foul ball. A second foul ball results in an out.



- C. A batter's box will be drawn in the dirt. If a pitcher runs forward, steps on, or steps over home plate they will be called out.
- D. A strike is called if the pitch is a legal arc and if any portion of the ball hits the mat. A legal arc is 3'-10' from the point of release.
- E. A thrown bat results in an automatic out for the batter.
- F. A runner who is contacted with a hit ball while off base shall be called out.
- G. No bunting is allowed. A bunt attempt shall be an automatic out
- H. No sliding on the bases is allowed. A slide attempt shall be an automatic out
- I. Flat pitches must be called immediately. If the batter elects to try to hit the flat pitch and misses, the swing will result in a strike. If the batter hits a flat pitch, the ball will be in play.

#### Defense

- A. The defensive team will supply the pitcher.
- B. The defensive team may be set up in any order the team wishes. There is no set rule for placing defending players.
- C. Purposely standing in the base paths is prohibited. Doing so shall be subject to discipline which may include but is not limited to ejection and suspension from intramurals. Runner will be given the base they are running to, plus one. Avoiding contact is essential.
- D. There are no phantom tags allowed (fake tags without the ball). Runner will receive one base if defense phantom tags.

### Table Tennis Tournament

#### **Rule 1: Game Set-Up Procedures**

- A. Rally scoring. First player to 15 wins the match. Must win by 2 points or be the first to the 17-point cap.
- B. Best 2 out of 3 matches wins the game.
- C. Players switch side of the table after each match.

#### **Rule 2: Gameplay**

- A. In doubles: Teams must alternate hits between teammates
- B. No double hitting the ball.
- C. Double bounce equals point for the opposing player.
- D. Hitting the ball with free hand or moving the table equals point for the opposing player.
- E. If the ball hits the net and lands on the opponent's side of the net, the ball is still playable. If the ball hits the net and lands on the hitter's side, 1 point is awarded to the opponent.

#### Serve

- A. The serve must hit the server's side of the table once before going over the net.
- B. All serves must be cross court and hit the opponents opposite side of the table
- C. "Let's" – when the serve hits the net and goes over
  - a. after the second let, the opposing player is awarded 1 point.
- D. The serve must contact the opponent's side of the table or the opponent is awarded 1 point. If the opponent makes contact before the ball hits the table on his/her side, the server is awarded 1 point.
- E. In doubles: One player will service all 5 serves. At the team's next service the other player shall serve

## Tennis

### **Rule 1: Game Set-Up Procedures**

- A. The winner of each match will be responsible for reporting the scores to the intramural staff
- B. These games are usually not officiated and are called by the players
  - a. Any close plays that have a disagreement shall be replayed
  - b. Any issue shall be reported to the intramural staff

### **Rule 2: Gameplay**

- A. Game format is best of 3 sets.
  - a. Play at least 6 games to win a set (win by 2 games or first to win 8 games)
  - b. Earn a minimum of 4 points to win a game.
    - i. Points Earned 0 = 0 Games Points or 'Love'
    - ii. Points Earned 1 = 15 Game Points
    - iii. Points Earned 2 = 30 Game Points
    - iv. Points Earned 3 = 40 Game Points
    - v. Points Earned 4 = Game Over (2 Point Advantage Required)
- B. A match is won by the first side winning two sets

## Ultimate Frisbee 7 vs. 7

### **Rule 1: Game Set-Up Procedures**

- A. Co-Ed teams must have a minimum of at least two (2) males and at least two (2) females on the field at all times.
- B. A team must have five (5) players to begin.
- C. A team may play a player down if missing one of their required two (2) males or required two (2) females.
- D. Seven (7) players are allowed to be on the field.
- E. The game shall consist of two 15-minute running clock halves.
- F. Each team has one (1) time-out per half. Time-outs do not carry over to second half. Time-out duration is thirty (30) seconds.
  - a. Timeouts must be called when the team calling it is in possession of the disc, or after a goal prior to the ensuing throw-off.
- G. The captain winning the coin toss shall have a choice to either receive the initial pull, or select the end zone they wish to defend. The second half begins with an automatic reversal of the initial choices.
- H. The competition disk will be provided.
- I. Field of play: The field is a rectangle with an 80-yard playing field and 10-yard end zones.

### **Rule 2: Gameplay**

- A. The teams are responsible for retrieving the disk and having it ready for each play.
- B. A goal is scored when an in-bounds player catches a pass in the end zone of attack.

- C. Substitutions are unlimited but must be made prior to the pull.
- D. Overtime (Playoffs Only)
  - a. If the score is tied at the end of regulation a 3-minute sudden death occurs. Sudden death periods will continue until the first team scores.
  - b. In regular season a tie at the end of regulation will be marked a tie.

#### Pulling

- A. Play starts at the beginning of each half and after each goal with a pull – a player on the pulling team throws the disc toward the opposite goal line to begin play.
- B. On a pull, players must remain in their end zone until the disc is released. After the disc is released, all players may move in any direction.
- C. Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team.
- C. No member on the pulling team may touch the pull in the air before a member of the receiving team touches it.
- D. If a member of the receiving team catches the pull on the playing field, that player must put the disc into play from that spot.
- E. If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in-bounds, the receiving team gains possession of the disc where it stops if in-bounds or at the point on the playing field, excluding the end zone, nearest to where it crossed the out-of-bounds line.

#### Receiving

- A. The first point of contact with the ground must be completely in-bounds to be considered in-bounds after gaining possession of the disc. If any portion of the first point of contact is out-of-bounds, the player is considered to be out-of-bounds.
- B. If the momentum of a player carries him/her out-of-bounds after making a catch and landing in-bounds, the player carries the disc to the point where they went out-of-bounds and puts the disc into play at that point.
- C. To restart play after the disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field where the disc went out-of-bounds, and put the disc into play at that point.
- D. The receiver may take only the fewest number of steps required to come to a stop and establish a pivot foot after catching a pass.
  - a. Exception: If the receiver catches the disc while running, s/he may throw a pass without coming to a stop. The disc must be released before the third ground contact after catching the disc.
- E. If offensive and defensive players catch the disc simultaneously, the offense retains possession.

#### The Thrower

- A. Any member of the offensive team may take possession of the disc.
- B. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
- C. The thrower may pivot in and out of bounds, providing that some part of the pivot foot contacts the playing field.
- D. The thrower may pivot in any direction, but once the marker has established a legal defensive position the thrower may not pivot into him/her.
- E. The thrower has ten (10) seconds to release a throw.

#### The Marker

- A. Only one player may guard the thrower at any one time; that player is the “marker.”

- B. There must be at least one disc's diameter between the bodies of the thrower and the marker at all times.
- C. The marker may not straddle the pivot foot of the thrower. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
- D. Stall count: A player in possession of the disc has 10 seconds to release a throw. The stall count consists of the marker counting to ten (10) audibly at one second interval.
- E. If the defense switches markers, the new marker must restart the count at one.

#### Turnovers

- A. After a turnover, a player on the team becoming offense may immediately pick up the disc and put it back in to play by establishing a pivot foot in-bounds.
- B. The disc must put it into play at the spot of the turnover. If the disc landed out of bounds, the offensive player puts the disc into play at the point where it crossed the out-of-bounds line.
- C. When a turnover has occurred, any member of the team becoming offense may take possession of the disc.
- D. A turnover occurs when:
  - a. A pass is incomplete (dropped, hits the ground, is caught out of bounds, blocked, intercepted).
  - b. If a player falls to the ground during a catch and drops the disc, it is incomplete (A receiver must retain possession of the disc throughout all ground contact related to the catch).
  - c. The marker's count reaches the maximum number (10) before the throw is released.

### **Rule 3: Fouls and Misconduct**

If a thrower was fouled while throwing and the pass was incomplete, the thrower gets the disc back with a new stall count, or if a receiver is fouled on a reception attempt and the pass is incomplete, the receiver gets the disc at the point that the foul occurred. Fouls and violations are listed below.

- A. Foul: Contact between opposing players. Ultimate Frisbee is a non-contact sport. Intentional contact between players results in a foul and may result in an ejection
- B. Fast count: When the marker counts at intervals of less than one second.
- C. Double-team: When more than one defensive player is guarding the thrower within 10 feet.
- D. Disc space: If the marker touches or is less than one-disc diameter away from the thrower.
- E. Travel: When a thrower fails to establish a pivot foot at the appropriate spot on the field, and/or to keep in contact with that spot until the throw is released.
- F. Strip: When a defensive player knocks the disc out of a thrower's hands.
- G. Pick: Obstructing the movement of a player on the opposing team.
- H. Any unsportsmanlike conduct.

## Volleyball

### **Rule 1: Game Set-Up Procedure**

- A. Co-Ed requires at least two (2) males and at least two (2) females on the court at all times.
- B. A team must have three (3) players to begin. For co-ed, one (1) male and one (1) female must be on the court.
- C. Four (4) players are allowed on the court.
- D. The best two (2) out of three (3) games will determine the winner of a match. A game is won when one team has scored 15 points and is at least two points ahead. If the team leading does not have a two-point advantage, play shall continue until one team has a two-point advantage or first to 17 points. The final game of the match will be played to 11 with 15 being the cap
- E. The game shall consist of a 20-minute time limit. Officials can call the third game early based on match time remaining.
- F. Each team is permitted one (1) time out per match. The length of the time out is 30 seconds.
- G. Winner of Rock/Paper/Scissors shall decide either serving or side of court. The loser has the alternative choice.

## **Rule 2: Gameplay**

- A. A point will be rewarded to a team when the opposing team violates a rule or the ball is determined dead. (**Rally scoring**)
- B. The ball shall be rewarded to the team that won the previous point.
- C. Substitutions are unlimited but need to be made when the ball is dead.
- D. In coed games, the placement of players on the court must be an alternation of men and women.
- E. Teams will switch sides of the court after each game.

### Net Play

- A. Blocking/attacking above the net on a serve is illegal.
- B. No player may contact the net while the ball is in play.
- C. A player may not reach over the net unless it is on the follow-through.
  - a. A ball that is entirely over the plane of the net may not be played by team on opposite side of the net
- D. A player is not allowed to cross the center line or make contact with an opponent. A player's hand or foot may land on the center line under the net.

### Playing the Ball

- A. In coed games, in a three hit rally both genders must have one hit. Hits do not have to alternate
- B. A team is not allowed more than three touches.
  - a. Exception: A touch on a block does not count as one of the three allotted touches.
- C. A player may not touch the ball twice in a row.
  - a. Exception: A touch on a block does not count as the one touch.
- D. Any hits appearing as a throw, lift, or double contact are illegal.
  - a. A player MAY play the ball with a flat, open, face-up palm in any reactionary situation. A lift shall be called in blatant situations or if the player had sufficient time to form a fist
- E. A team may continue to play a ball they hit which touched the ceiling on the first or second hit as long as it comes down on their side of the court. If a ball hits the ceiling and goes into an opponent's court it is considered out.

- F. If a ball hits the walls, basketball hoops or track it is considered out
  - a. When basketball hoops are risen to the ceiling, the backboard and supports shall be ruled as part of the ceiling

## Wallyball

### **Rule 1: Game Set-Up Procedure**

- A. Co-Ed requires at least two (2) males and at least two (2) females on the court at all times.
- B. A team must have three (3) players to begin. One (1) male and one (1) female must be on the court.
- C. Four (4) players are allowed on the court.
- D. The best two (2) out of three (3) games will determine the winner of a match. A game is won when one team has scored 15 points and is at least two points ahead. If the team leading does not have a two-point advantage, play shall continue until one team has a two-point advantage or first to 17 points. The final game of the match will be played to 11 with 15 being the cap
- E. The game shall consist of a 20-minute time limit. Officials can call the third game early based on match time remaining.
- F. Each team is permitted one (1) time out per match. The length of the time out is 30 seconds.
- G. Winner of Rock/Paper/Scissors shall decide either serving or side of court. The loser has the alternative choice.

### **Rule 2: Gameplay**

- A. Participants will officiate their own game. Scores are to be reported to the Intramural Staff.
- B. A point will be rewarded to a team when the opposing team violates a rule or the ball is determined dead. (**Rally scoring**)
- C. The ball shall be rewarded to the team that won the previous point.
- D. Substitutions are unlimited but need to be made when the ball is dead.
- E. The placement of players on the court must be an alternation of men and women.
- F. If a player on the receiving side of a serve touches the ball before it hits the back wall, it is considered in.
- G. Teams will switch sides of the court after each game.

#### Serving

- A. A server must have contact with the back wall when serving by having back foot touching the back wall
- B. A serve may NOT hit any wall whatsoever, hitting a wall is considered out.
- C. A serve that hits the net and goes over to the receiving side is considered a let and shall be reserved

#### Net Play

- A. Blocking/attacking above the net on a serve is illegal.
- B. No player may contact the net while the ball is in play.
- C. A player may not reach over the net unless it is on the follow-through.
  - a. A ball that is entirely over the plane of the net may not be played by team on opposite side of the net

- D. A player is not allowed to cross the center line or make contact with an opponent. A player's hand or foot may land on the center line under the net.

#### Playing the Ball

- A. In a three hit rally both genders must have one hit. **Hits do not have to alternate!**
- B. Kicking is allowed and counts as a hit
- C. A team is not allowed more than 3 touches.
  - a. Exception: A touch on a block does not count as one of the three allotted touches.
- D. A player may not touch the ball twice in a row.
  - a. Exception: A touch on a block does not count as the one touch.
- E. Any hits appearing as a throw, lift, or double contact are illegal.
  - a. A player **MAY** play the ball with a flat, open, face-up palm in any reactionary situation. A lift shall be called in blatant situations or if the player had sufficient time to form a fist
- F. The ball is considered out of bounds whenever it hits the ceiling and lands on the opponent's side.
  - a. The ball may be played if the ball hits the ceiling and stays on the playing side prior to the third hit
- G. The ball is considered out of bounds when the ball is hit over the net and hits the back wall of the opponent.
  - a. A team may use their own back wall to hit the ball over the net.
- H. When the ball hits 2 or more walls consecutively when going over the net it is considered out.
  - a. If ball hits two walls and stay on the same side of the net it may still be played by playing team prior to the third hit

**(Updated 8/29/16)**