

UM Campus Recreation

Intramural Manual



www.umt.edu/campusrec

243-2804

**University of Montana
Campus Recreation Intramural Manual**

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Campus Recreation Mission Statement: Campus Recreation provides an active environment for social interaction.

The Campus Recreation Intramural Program: offers students, faculty, staff and the campus community the opportunity to engage in organized sports, while providing a safe and fun environment. Our programs are designed with the spirit of competition in mind yet incorporate leagues for all playing abilities. You do not need to be an experienced athlete to take part in our sports and special events. We actually encourage those new to sports to join a non-competitive league to learn a new activity!

One of our goals is to offer activities to foster a more enjoyable, well-rounded and rewarding college experience for the students, faculty, staff and the campus community at the University of Montana. The intramural program not only offers activities but also student jobs officiating and supervising sports and events. In order to offer quality programs we are dedicated to hiring an enthusiastic staff and offering quality training.

The Campus Recreation Intramural Program is committed to excellence. We encourage suggestions and comments from our participants in hopes to maintain and improve our programs to suit your needs and interests.

This Manual was created for our staff and participants to help promote the policies, procedures and rules for our intramural programs. Any questions you may have in regards to our programs can be found within this manual. We encourage all of our participants to read this manual to familiarize themselves with the Campus Recreation Intramural policies and procedures.

Thank you!

Important Contact Numbers

Contact	Position	Office
Intramural Program		243-2804
Natalie Hiller & Zach Sherbo	Intramural Mgrs	243-5295
Dudley Improta	Assistant Director	243-4078
Keith Glaes	Director	243-5269
Brian Fruit	Assistant Director	243-6157
Elizabeth Fricke	ODP Manager	243-5176
Eric Aschim	Weekend Manager	243-2802
Ian & Alex	Evening Manager	243-2802
Front Desk Fitness Center		243-2802

Campus Recreation

Intramural Policies

Sportsmanship

UM Campus Recreation Intramural Sports Department stresses that the participants display good sportsmanship at all times. The department will not tolerate physical or verbal abuse of opponents or officials, unsportsmanlike conduct or any other inappropriate behavior, before, during or following a game or event.

Profane, inappropriate language or obscene gestures, and fighting directed at another player or official is a direct violation of Student Conduct Code and will not be tolerated in Intramural activities. These activities may result in an automatic ejection. All violations of Student Conduct Code will be reported and Public Safety will be contacted. In addition, Intramural Officials and Program Coordinators will impose various penalties based on the severity of the acts. If a team chooses not to share the names of individuals involved in reported incidents, the entire team will be faced with sanctions. In addition, all names on the team roster will be reported to Student Conduct and Public Safety along with a written report of the incident.

Any **ejected player** must contact the Intramural Coordinator within **48 hours**. Ejected players face a **minimum** one game suspension, with possible expulsion from the league and participation in other Intramural sports activities. Ejected players have one minute to leave the facility or field. If an ejected player is still within sight of the official or manager the game is an automatic forfeit for his/her team.

Alcohol is not allowed at any Intramural Activity or contest. If any alcoholic beverages are observed it is an automatic forfeit and Public Safety will be contacted. Participants assumed to be under the influence of alcohol or other substances will be ejected from the game.

Eligibility

University of Montana students, faculty/staff, their spouses, and former student Alumni who have paid the Alumni Association dues are eligible to participate in Intramural sports and activities.

Team Managers may alter their roster through the **third** week of play. All changes must be made on the official roster in the sports binder at the field or court or at Campus Rec. Administration office. Following the third week of play, the Intramurals Coordinator must approve changes to the roster.

During the quarterfinals of all intramural tournaments the supervisors/officials will do an automatic roster check on all teams remaining in the tournament. If there are players missing from the roster they will not be eligible to play from that point on in the tournament. Otherwise the team will be disqualified.

Players may only play on one team and may not change teams after the start of the season. Participants may play in the men's or women's program plus the CoRec program in each sport as offered. Persons playing for more than one team are illegal players and will result in a forfeit for the team.

Participants found to be playing under assumed names will be barred from all Intramural competition for the semester, and the team with which he/she played will forfeit all contests played with the illegal player.

Intramural teams may not seek sponsorship.

Ineligibility

1. Current varsity athletes: Individuals whose names appear on a team roster or eligibility list of an intercollegiate athletic team at UM or any other four year institution, including transfer students, may not participate in a similar Intramural sport during the academic year in which they are so listed.
2. Intercollegiate athletes (this year) who have been red shirted or who have become academically ineligible, or have been barred because of professionalism are not eligible to participate in a similar Intramural sport during the academic year in which they are so listed.
3. Former intercollegiate athletes are not eligible to compete in a similar intramural sports event until 1 full academic year has passed following their last intercollegiate affiliation.

** Ineligibility infractions will result in a "loss" for that game, and the team will be ineligible for the post-season tournament.

Rosters A submitted roster does not insure inclusion in a league, as more teams may apply than can be accommodated. Teams are accepted in order of receipt of roster. Rosters must be turned in by the deadline posted on the roster. Late teams will be added to a waiting list.

Team Managers

Each team must have a manager or representative responsible for the coordination between players and the Intramural Sports program. Duties include:

1. Confirm eligibility of all team members.
2. Submit the required information for each member of his/her team on an official team roster by the scheduled due date listed on the roster.
3. Attend, or send a representative to attend, the scheduled managers meeting prior to the start of the season.
4. Pick up the team schedule from the Campus Recreation and notify team members of all scheduled games: date, location, and time.
5. Have team ready to play as scheduled. Schedules may be located on the www.umt.edu/sa/crec website.
6. Be familiar with, and make sure team is familiar with and follows Intramural Policies as well as the rules of the sport.
7. Notify Campus Recreation whenever his/her team must default a contest.
8. Receive all correspondence from Campus Recreation concerning changes in rules, tournament structure, etc., ineligible players, team conduct at contests, etc. via email.
9. Inform Campus Recreation immediately of any change of address, telephone number or change in team captain.
10. Share the names of individuals involved in reported incidents.

Protests

Protests, other than those concerning eligibility, must be registered on the field of play before the next play or before the clock is restarted with the officials in charge of the game and should also be brought to the attention of the Intramural Coordinator. Protests will not be received or considered if they are based on a decision involving the accuracy of judgment of the part of the official (i.e., whether a player is "safe" or "out", "fouled" or "not fouled", etc.)

Formal protests must be received within 24 hours of the game in question to be considered.

All formal protests must be accompanied by a \$10 deposit, which will be returned if the protest is valid and upheld.

The Intramural Coordinator will rule on all formal protests after gathering as much information as possible from the team captains and game officials. All protest decisions made by the IC will be final.

Forfeits and Defaults

Intramural team sports carry a \$30 refundable forfeit fee. The \$30 forfeit fee is refundable the week following the end of the season in the form of Griz Card Debit, if the team has no recorded forfeits. Negotiating forfeits must be done with the Intramural Coordinator, **not the officials**. Team Managers will be notified if their team has a recorded forfeit. Forfeits will be recorded if a team shows up past the scheduled playing time, if a team has less than the required number of players or ratio of men to women, or if misconduct (before, during, or following a game or an event) leads to a forfeit. Forfeits may be determined following a match if there is a report of team or individual misconduct.

If a team or contestant fails to appear at the appointed place within **10 minutes** (according to the official's time piece) of the scheduled time for a contest, the game officials will forfeit the game to their opponents. If both teams fail to appear, a forfeit will be charged against each team.

Teams, which arrive at a scheduled contest with less than a full team, or without the required male to female ratio, may have the option of playing shorthanded. The game will be recorded as a forfeit and may lead to the team being dropped from the league. Teams will be excluded from tournament play if they show a forfeit.

A team from the waiting list will replace teams who forfeit during the first week of play. The newly entered team will assume the name of the team they are replacing, and have an opportunity to attain their respective league championship based on win-loss percentage.

Schedule and Postponements (decision made at the field – please no calls).

In league tournaments, postponed contests shall be played at any time agreed upon by the two-team managers and the Intramural Coordinator.

Games are played, regardless of rain or snow, unless unsafe weather conditions present themselves. Contact the Intramural or Campus Recreation office if unsure. Games cancelled due to poor weather conditions will not be rescheduled. Tournament games cancelled due to poor weather conditions will be rescheduled by the following day, time permitting. If a tournament game cannot be rescheduled due to time and weather constraints, the team with the best record based on win-loss percentage and points scored will advance.

University of Montana Campus Recreation Intramural Sportsmanship Rating System

Intramural officials and supervisors will give sportsmanship ratings to teams after each contest. These ratings will reflect behavior before, during and after the contest.

In order for a team to qualify for tournament play they must have the required winning percentage, no forfeits and a “7” or better average sportsmanship rating during regular season play.

Sportsmanship ratings will be graded 1-10 and based on the following criteria:

Rating 10: Excellent conduct & sportsmanship: Team members cooperate with officials and opposing team. Captain/manager calmly converses with officials about interpretations and calls. The captain/manager has complete control of teammates.

Rating 8-9: Good Conduct & Sportsmanship: Team members verbally complain about some decisions made by officials and/or show minor dissension, which do not merit a technical, foul.

Rating 6-7: Average conduct & sportsmanship: Team shows verbal dissent towards officials and/or show minor dissension’s which may or may not merit a technical foul or unsportsmanlike conduct penalty. Captain/manager exhibits minor control over teammates but is in control of him/ her self. Teams that **receive more than one technical foul or yellow card** may receive no higher that a “6” rating.

Rating 3-5: Below average conduct & sportsmanship: Team constantly comments to officials and/or opposing teams from the field/court or sidelines. The captain/manager exhibits little or no control over teammates or him/her self. A team which **receives one ejection** may receive no higher than a “5” rating.

Rating 1-2: Poor conduct & sportsmanship: Team is completely uncooperative. Captain/manager has no control over teammates or him/her self. Any team causing a game to be forfeited, other than by not showing, or **receives more than one ejection** may receive no higher that a “2” rating.

The following actions automatically merit a “1” rating:

- A player or spectator clearly associated with a team, after being warned about unnecessary roughness jeopardizes the safety of a player or official.
- A player or spectator clearly associated with a team is in possession of alcohol or drugs at an intramural contest.
- A player or spectator clearly associated with a team uses abusive language, obscenities towards an individual or verbally threatens a player or official.

A team that receives a “1” rating will be suspended for the next scheduled game and be charged a forfeit.

A team that receives lower than a “6” in a playoff game must talk to the Intramural Manager by 12:00 noon the next day. A decision will be made whether the team can continue in playoffs. If they continue in the playoffs any rating below “6” will automatically eliminate that team from playoffs.

INTRAMURAL BASKETBALL RULES

Basketball games will be conducted under the same rules as the National Intramural Sports Association with the following exceptions:

THE PLAYERS AND THE EQUIPMENT

1. A team consists of five players, but a team may play a game with four players on the floor at one time, if necessary. Any less than four players is playing shorthanded, and recorded as a forfeit.

CoRec: Each team will consist of four players. There must be at least 2 men and 2 women to start the game. Substitutions are allowed on a man for man and woman for woman basis only.

2. All team members must wear jerseys that are the same color.
3. Campus Recreation will supply the game ball.
4. Team captains must designate a player or person to fill out the score sheet for his or her team prior to the game with the officials and keep score.

THE GAME, TIMING REGULATIONS AND SCORING

1. Teams' not organized and ready to play by 10 minutes past the scheduled playing time will forfeit.
2. *The game will begin with a jump ball between any two players, one from each team, with possession alternating between each team in all jump ball situations after the opening jump.*
3. *The game will consist of two twenty- minute halves.*
4. *The clock will run continuously until the last two minutes of each half when it will stop for all fouls, violations, and time-outs.*
5. *Half time will be five minutes.*
6. *Each team is permitted three time outs a game with a max of two per half, each one minute.*
7. In men's, women's and corec leagues each field goal and free throw will count two points and one point respectively regardless of who scores.

OVERTIME PLAY

1. If the score is tied at the end of regulation play, a three- minute overtime period will be played.
2. The clock will run continuously until the last minute of the period when it will stop for all fouls, violations, and time outs.
3. Each team will be allowed one time-out, one minute in length.
4. Time-outs not used during regulation play cannot be used during overtime.
5. If a second overtime is necessary, a free-throw shoot out will take place. Each team will select three players from those on the court at the conclusion of play to shoot two free-throws each. If a winner is still not determined, the remaining two participants will shoot two free-throws. If neither team has won at this point, two players (that were substitutes at the time overtime ended) will shoot free-throws and so on until a winner is determined. **All free-throws will be shot as a technical foul would.** If a team does not have any substitutes they must use players that previously shot and a team with subs at this point may choose to use whomever they would like to shoot.

VIOLATIONS

The following violations will be called; traveling, palming, out of bounds, closely guarded situations, blocking, charging, intentional fouls (holding, pushing, excessive contact), technical fouls, back court, time violations.

FOULS

1. All fouls committed in the act of shooting shall be awarded free throws, 2 or 3 if not made or 1 if made.
2. Fouls will be recorded during the game. When a team has accumulated 7 or more personal fouls the other team will be awarded 1 and 1 bonus free throw for all fouls from the point on.
3. In the event of a technical foul, the offended team will receive two shots and the ball at half court. If the technical foul is made in the act of shooting, two foul shots will be awarded. If the basket is good, a foul shot will be awarded. All technical fouls count as personal fouls. The following violations will result in technical fouls:
 - Unsafe play/actions
 - Unsportsmanlike conduct
 - Showing disrespect toward officials (threatening an official or another player)
 - Using profanity or abusive language
 - Flagrant fouls
 - Illegal Substitutions

Technical fouls: Any player receiving two technical fouls will be asked to leave the gym within one minute. If the player chooses not to leave, the entire team will be disqualified and the game recorded as a forfeit. **Any player receiving three technical fouls in the same season will be disqualified for the rest of the season.**

A player will be disqualified after the fifth personal foul.

TOURNAMENT PLAY

The top teams in each league, which have not forfeited will advance to tournament play. The number of teams depends on the size of the division and the number of leagues. Teams will be invited based on win/loss percentage, and then total points scored.

Dodge Ball Rules

Dodge ball definitions

Attempt: the act of the team with possession of the ball trying to put out a member of the other team by throwing at them.

Catch: the act of a player catching an attempt by the other team prior to the ball striking the ground or any other object not natural to the playing area.








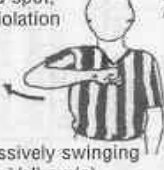











Returns: a player currently out returning to the game after a valid catch by his teammate of an attempt on his team. The players return in the order they are put out from the Player Return Area. First Out First In (FOFI). **A Returnee is not a live player until they touch the back wall.** (meaning the other team can not throw a ball at a returnee until they have touched the back wall).

Dead ball: when an attempt is nullified. A kicked ball is a dead ball at the point it was intentionally kicked. A ball thrown at or a ball that hits a player in the Player Return Area is a dead ball. A ball thrown at or a ball that hits the wall is a dead ball. Possession changes when a team makes an attempt that is declared a dead ball.

Headshot: any attempt delivered intentionally or unintentionally to the head of any player. Headshots are not allowed. The player who made the attempt is out.

No Head Shot: A call made by the official when their attempt strikes above the shoulders and it was either caused by the player dropping to the ground or by intention of the player being played upon. There is no penalty to the thrower for this attempt and the player struck by the attempt, assuming all else was legal is OUT.

Five Seconds: A player must either throw the ball to a teammate or make an attempt within five seconds of possession of the ball. The opposing team may count out loud, "1 count, 2 count, 3 count, 4 count, 5 count." If the current player has not passed or made an attempt, possession of that ball changes.

VIOLATIONS	
 2	 17 Illegal dribble
 16 Traveling	 18 3-second violation * Open hand - run end line
 19 Over and back or palming/carrying the ball	 20 5 or 10-second violation Use both hands for 10
 21 Free throw, designated spot, or other violation	 22 Excessively swinging arm(s)/elbow(s)
 24	 25
+ & +	
INFORMATION	
 23 Visible counts	 24 Directional signal
 25 Throw-in, free throw or designated spot	 26 No score
 27 Goal counts or is awarded	 28 Point(s) scored use 1 or 2 fingers after signal 27
 29 Bonus free throw for 2nd throw, drop one arm - for 2 throws, use 1 arm with 2 fingers - for three throws, use 1 arm with 3 fingers	 30 Withheld whistle on a lane violation by defensive team
 31 3-point field goal Attempt and if successful	

Players Return Area: the clearly marked area on one side of the court beginning near the center where players from the current game retire when put OUT by an attempt. Players stand against the wall with their arms folded in the Player Return Area in the order they were put OUT until the game is over or until they return (see Returnees above). These players are not allowed to manipulate the dodge balls that come near them in any way.

Ball Deflections: a player with a ball may use it to deflect on-coming balls. Once that ball is deflected, the original thrower can be put out if the deflected ball is caught.

The Game

Match Play: To win a match a team must win 3 sets. To win a set a team must win 5 games. So a set can have up to 9 games in order to be decided and the match can have up to 5 sets to be won. .

Time: There is no time limit to a game, although a match cannot exceed an hour in length. The supervisor will notify at the 55 minutes that the match will stand in 5 minutes.

Start of Match: Three balls will be placed on the centerline evenly spaced. Upon a double whistle blow teams take position at the back wall of their side. They must make contact with the wall with either their hand or foot. Games will begin when the supervisor says “dodge ball,” when teams will then race to the center and try to obtain possession of each ball. After gaining possession, participants with a ball must return and touch their wall before making a throwing attempt at the opposing team. A thrower has 5 seconds to either make an attempt or pass it to a teammate.

Continuous Play: Play is continuous as each team makes attempts at throwing the other team’s players out until either all players on one team have been put OUT or time expires.

Line Violation: During play, if any player steps on or over the centerline they are OUT. If they are in possession of a ball during the violation, possession of the ball is gained by the opposite team, if the ball is released no one on the opposing team can be put OUT. The offending player is called OUT and retires to the Player Return Area.

A Player is put OUT:

1. When they are struck by a ball before the ball strikes the ground, walls, another player or other permanent structure/surface. If the ball strikes one player followed by another player, both players hit are OUT.
2. When their attempt is caught by a player of the opposing team prior to striking the ground, wall, or other surface outside the playing court. The ball may strike another player first, in this case, the player hit first remains in and the player who made the attempt is put OUT.

Possession Changes:

1. Each team has five seconds to make an attempt on the other team after gaining or re-gaining possession. If the team holds the ball longer than a 5 second count by the opposing team, then the player in violation must softly roll the ball to the other team's back wall. The team gaining possession must wait until the rolling ball touches the wall to game possession of it.
2. When a dead ball is declared by the opposing team for reasons of kicking or team interference (by players in the Players Return Area). The player in violation must softly roll the ball to the other team's back wall.

Changing sides: after each game teams change sides of the court.

Ending a game:

1. All players on one team have been put OUT.

Ending a Set

1. One team wins 5 games within the set.

Ending a Match:

1. One team wins three sets within the match
2. One team voluntarily or involuntarily forfeits the match.

Leaving the Court when Put OUT: Players shall immediately leave the playing area when put out, enter the Player Return Area, and stand against the wall with their arms folded. Failure to leave the court immediately can result in a forfeit of the game by the offending team as determined by the official.

Time Outs: Are not allowed, there is a 1 minute break between games.

Between Games: there is 1 minute between games. Players shall change courts and may discuss with each other until they hear from the official. At this time, teams should take their start positions without delay and the game will start 20 seconds later with the official saying "dodge ball."

Substitutions:

1. Can only be made during the 1 minute break between games. Subs must be stay outside the racquetball court area.
2. If there is an injury teams may substitute a legal player at this time.

Eye Wear: Only sports prescription glasses are allowed.

**“IF YOU CAN DODGE A WRENCH
YOU CAN DODGE A BALL”**

-Dodge Ball the movie

FLAG FOOTBALL RULES

Flag Football games will be conducted under the same rules of the National Intramural Recreational Sports Association & NCAA rules where applicable with the exceptions mentioned below:

PLAYERS: Men's teams will consist of 7 players, with a minimum of 6. Fewer than six players will result in a forfeit. CoRec teams shall consist of six players, 3 men and 3 women. Fewer than 3 women will result in a forfeit. Women's teams consist of six players. Teams' not organized and ready to play by 10 minutes past the scheduled playing time will forfeit.

THE FIELD: All games are played on Riverbowl fields, north of the Fitness and Recreation Center. Each field consists of four seventeen and half-yard zones, totaling seventy yards and bordered by eight-yard end zones.

TIME FACTORS: The game consists of two twenty-minute halves (eighteen minutes running with two minutes stopped time each half) with a 5-minute half time. The ball must be put into play within thirty seconds of the referee placing the ball. There is a five-yard penalty for delay of game.

TIME OUTS: Each team will receive three time-outs per game with no more than two time-outs per half.

SUBSTITUTIONS: Unlimited and unrestricted between downs, provided there is no delay of game.

TIE GAME: In a tie situation, the ball will be put in play from 17½ yard line. Rock/Paper/Scissors will determine which team has choice of kicking or receiving and the other team will decide which goal they shall play towards. Each team will retain possession until scoring or losing the ball on downs, pass interception, or fumble recovery. An interception or fumble recovered constitutes a change of possession and the opponent goes on offense, unless the turnover is returned for a touchdown. If the change of possession is not returned for a score the team will begin from midfield. The team, which loses the ball on a pass interception or fumble, will be credited with total yardage to the point where the ball was put into play. The team scoring the most points or gaining the greatest yardage wins the game. Penalties will be handled in the same manner as during the regulation game. A team scoring a safety automatically wins the game.

LIVE BALL/DEAD BALL: All balls touching the ground are dead balls. Fumbles may only be recovered in the air. Ball is dead at the spot where the ball struck the ground.

FIRST DOWNS: A first down is awarded when a team, within four downs, advances the ball by passing or running into the next 17½ -yard zone.

START OF GAME: Kick-off (can be thrown or kicked) from the 17 ½ yd. line.

In CoRec play, a male must line up across the neutral zone from a male and a female must line up across the neutral zone from a female. One lineman is allowed to line up against the center. Offence gets to decide, no more than two of the same gender on the line

PASSING AND ELIGIBILITY: There shall be forward and backward passes. Forward passes may be made from any distance behind the line of scrimmage. Every player on the team is eligible to receive a pass. A ball carrier may hand the ball backward at any time. A forward pass, which becomes incomplete behind the passers goal line, is an incomplete pass. A backwards pass behind the line of scrimmage constitutes a lateral pass. A ball may not be fumbled forward; it comes back to the spot of possession. A lateral pass that is fumbled is dead where it hit the ground. The receiver must have one foot inbounds for the pass to be a completion.

PUNTING AND KICKING: No Rushing on punting. All punts must be kicked. Kick-offs can be thrown. Note: All kicks must be revealed prior to the kick or an illegal procedure penalty will be called. If Kicked out of bounds, on the kick-off, the receiving team can take the ball half way between the first 17 ½ yard line and midfield, or have it kicked again.

Player Down: No tackling or diving is permitted. When a defender detaches one flag from the belt of the offensive player in possession of the ball.

Flags: Each player must have a set of flags on at all times. Flags will be supplied by the intramural department. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal. Infractions will result in player ejection. After every score the referee will pull off the flag to assure that the flag was not tampered with during the play. If a participant loses their flag belt and is not ruled down, a one hand touch is required to stop play.

Shirts: Must be either long enough so they remain tucked in the pants during the entire downs or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline. The official will use a closed fist to measure the distance between the waistline and the bottom of the jersey.

Leaving your feet: It is permissible to leave your feet to block passes, however, if contact is made with the passer without making contact with the ball first an unsportsmanlike conduct or illegal procedure penalty may be called. Any

contact above the shoulders or below the knee results in a ten-yard penalty from the previous spot. Any such foul by the offense results in a ten-yard penalty from the previous spot and loss of down.

A player can not leave their feet to make a play on the ball carrier's flag belt 5 yard penalty from the line of scrimmage.

Running:

1. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for the opponents to pull or remove the flag belt. Flag guarding includes:
 - a. Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging.
 - b. Placing the ball in possession over the flag belt to prevent an opponent from de-flagging.
 - c. Lowering the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from de-flagging.
2. The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to de-flag/tag.
3. The runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.
4. Spinning while running is considered part of the running and is allowed provided the runner maintains contact with the ground.
5. Hurdling in an attempt to gain yardage by a ball carrier is illegal and will constitute a personal foul.
6. Obstruction of Runner. The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag.

FOULS: Personal fouls may result in disqualification and ejection of the offender. Ejected players face a minimum one game suspension, with possible expulsion from the league and participation in other Intramural sports activities. Ejected players have one minute to leave the field. If the ejected player is still within sight of the official or manager, the team for which he/she played will risk forfeit.

BLOCKING: It is considered unnecessary roughness to knock a player out of bounds. Blocking in the line is legal as long as the blocker keeps both feet on the ground and only blocks above the waist and below the shoulders. Three-point / four-point stance, grab/hold, or body block is illegal. Downfield blocking consists merely of keeping one's self between the opponent and the player advancing the ball (can only screen not block). Defensive players may push other players aside to make the "touch". In Corec play women can only block women and men can only block men.

ON THE LINE: The defense has to line up within the shade of their opponent. In men's football there needs to be three people on the line of scrimmage. All football snaps must occur between the legs.

INTERFERENCE: Players on the offense shall not head, shoulder, high-knee, or trip an opponent in the open field.

Five Yard Penalties from the line of scrimmage:

- Offside
- Leaving feet to make an attempt on a flag
- Too many men on the field
- Obstructing the runner

Dead Ball 5 yard Penalties from line of scrimmage:

- Delay of game
- False Start
- Illegal motion

Ten yard penalties from the line of scrimmage

- Illegal use of hands, arms, or legs
- Illegal downfield contact
- Roughing the kicker or holder
- Unsportsmanlike Conduct
- Defensive & Offensive pass interference
- Flag Tampering (tied on flag belt)
- Lowering shoulder when running ball
- Forcing out the receiver on a completed pass

Lost of Down

- Offensive pass interference
- Intentional grounding
- Flag Tampering

Spot Fouls

Five-yard penalty from the line of scrimmage or point of infraction will be assessed for flag guarding. Leaving feet to gain yardage. Blocking downfield.

SCORING:

Touchdown	6 points
Safety	2 points
Extra Point field goal	1 point (2 yards from goal line)
Extra point run/pass	2 points
Field Goal	3 points

4 on 4 FLAG FOOTBALL RULES

Flag Football games will be conducted under the same rules of the National Intramural Recreational Sports Association & NCAA rules where applicable with the exceptions mentioned below:

PLAYERS: The game shall be played between two teams of 4 players, with a minimum of 3. Fewer than 3 players will result in a forfeit. CoRec teams shall consist of 4 players, 2 men and 2 women. Fewer than 2 people of one gender will result in a forfeit. Women's teams consist of six players. Teams not organized and ready to play by 10 minutes past the scheduled playing time will forfeit.

THE FIELD: All games are played on Washington Grizzly Stadium Turf. Please enter through the visitor tunnel on the North West Corner of the stadium. Each field consists of two twenty yard zones, totaling 40 yards and bordered by ten-yard end zones.

TIME FACTORS: The game will be twenty-four minutes, two 12 minute halves. Clock will run continuous for the first 11 minutes of each half. The clock will stop for any dead ball during the last minute of each half. Half time will be 3 minutes. The ball must be put into play within twenty-five seconds of the referee placing the ball. There is a five-yard penalty for delay of game.

TIME OUTS: Each team will receive one time-out per half, 30 seconds each.

SUBSTITUTIONS: Unlimited and unrestricted between downs, provided there is no delay of game.

TIE GAME: In a tie situation, the ball will be put in play from mid-field. Rock/Paper/Scissors will determine which team has choice of kicking or receiving and the other team will decide which goal they shall play towards. Each team will retain possession until scoring or losing the ball on downs, pass interception, or fumble recovery. An interception or fumble recovered constitutes a change of possession and the opponent goes on offense. The team, which loses the ball on a pass interception or fumble, will be credited with total yardage to the point where the ball was put into play. The team scoring the most points or gaining the greatest yardage wins the game. Penalties will be handled in the same manner as during the regulation game. A team scoring a safety automatically wins the game.

LIVE BALL/DEAD BALL: All balls touching the ground are dead balls. Fumbles may only be recovered in the air. Ball is dead at the spot where the ball struck the ground.

START OF GAME: The ball will be placed on the offensive team's 5 yard line at the beginning of each half, as well as following touchdowns, touchbacks, safeties and turnover on downs.

In CoRec play, a male must line up across the neutral zone from a male and a female must line up across the neutral zone from a female. One lineman is allowed to line up against the center.

FIRST DOWNS: A first down is awarded when a team, within three downs, advances the ball by passing into the next 20 yard zone.

PASSING AND ELIGIBILITY: There shall be forward and backward passes. Forward passes may be made from any distance behind the line of scrimmage. Every player on the team is eligible to receive a pass. A ball carrier may hand the ball backward at any time. A forward pass, which becomes incomplete behind the passers goal line, is an incomplete pass. A backwards pass behind the line of scrimmage constitutes a lateral pass. A ball may not be fumbled forward; it comes back to the spot of possession. A lateral pass that is fumbled is dead where it hit the ground. The recovering team assumes possession at the point of recovery. A pass beyond the line-of-scrimmage constitutes a 5-yard penalty from the previous spot.

The receiver must have **one foot** inbounds for the pass to be a completion.

PUNTING AND KICKING: There is no punting or kicking in 4 on 4 Flag Football. If the ball is turned over on downs possession is changed and the ball is placed on the 5 yard line

Snapping:

- a. The offensive team must have at least one player on their scrimmage line (within a 1-yard zone from a line parallel with the ball) at the snap. Players in motion do not count as being on the line of scrimmage. (penalty – Illegal procedure)
- b. The player who receives the center snap must be at least 2 yards behind the offensive scrimmage line. (Penalty – Illegal Procedure)
- c. "Sleeper" plays are not allowed. After the ball is ready for play, each offensive player must momentarily be within 10 yards of the ball before the snap.

Player Down: No tackling or diving is permitted. When a defender detaches one flag from the belt of the offensive player in possession of the ball.

Flags: Each player must have a set of flags on at all times. Flags will be supplied by the intramural department. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal. Infractions will result in player ejection.

Shirts: Must be either long enough so they remain tucked in the pants during the entire downs or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline. (the official will use a closed fist to measure the distance between the waistline and the bottom of the jersey.)

Leaving your feet: It is permissible to leave your feet to block passes, however, if contact is made with the passer without making contact with the ball first an unsportsmanlike conduct or illegal procedure penalty may be called. Any contact above the shoulders or below the knee results in a ten-yard penalty from the previous spot. Any such foul by the offense results in a ten-yard penalty from the previous spot and loss of down.

Running:

7. Scrimmage play via the run-advancement from behind the line of scrimmage to beyond the line of scrimmage is not allowed by any player other than the quarter back. The quarter back is allowed to scramble but cannot advance the ball beyond the scrimmage line unless there is a defensive rush. (If the defensive team chooses to rush, the quarter back may advance the ball beyond the scrimmage line).
8. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for the opponents to pull or remove the flag belt. Flag guarding includes:
 - a. Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
 - b. Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
 - c. Lowering the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from deflagging.
9. The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to deflag/tag.
10. The runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.
11. Spinning while running is considered part of the running and is allowed provided the runner maintains contact with the ground.
12. Hurdling in an attempt to gain yardage by a ball carrier is illegal and will constitute a personal foul.
13. Obstruction of Runner. The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag.

FOULS: Flagrant fouls may result in disqualification and ejection of the offender. Ejected players face a minimum one game suspension, with possible expulsion from the league and participation in other Intramural sports activities. Ejected players have one minute to leave the field. If the ejected player is still within sight of the official or manager, the team for which he/she played will risk forfeit.

BLOCKING: It is considered unnecessary roughness to knock a player out of bounds. Blocking in the line is legal as long as the blocker keeps both feet on the ground and only blocks above the waist and below the shoulders. Three-point stance, grab/hold, or body block is illegal. Downfield blocking consists merely of keeping one's self between the opponent and the player advancing the ball (can only screen not block). Defensive players may push other players aside to make the "touch".

INTERFERENCE: Players on the offense shall not head, shoulder, high-knee, or trip an opponent in the open field.

Three Yard Penalties from the line of scrimmage:

- Offside
- Illegal motion
- Leaving feet to make a touch
- Delay of game
- Too many men on the field
- False Start
- **Dead Ball 3 yard Penalties from line of scrimmage**

5 yard penalties from the line of scrimmage

- Illegal use of hands, arms, or legs
- Illegal downfield contact
- Roughing the kicker or holder
- Unsportsmanlike Conduct
- Defensive & Offensive pass interference

Lost of Down

- Offensive pass interference

5-yard penalty from the line of scrimmage or point of infraction will be assessed for impeding the progress of the ball carrier by means of a flagrant foul.

SCORING:

Touchdown 6 points

Safety 2 points

Extra point pass: After a touchdown is scored, the offensive team may try for either a 1 point, 2 point or 3 point extra point attempt

 3 yards 1 point

 10 yards 2 points

 20 yards 3 points

-Defensive players who intercept a pass or fumble during the try and return it for a touchdown shall score 2 points.

Inner Tube Water Polo Rules

Players: Teams will consist of 7 players. 3 female and 3 male and one goalkeeper (male or female). A game may start with a minimum of 5 players.

Uniforms & Equipment: Swimming attire only: Swimsuits and shorts only. Shorts over suits are ok. Rash guards and shirts are allowed (to prevent tube burn). Inner tubes and ball will be provided by the Intramural department.

Game Time: Games will consist of two 18 minute halves, running clock. With a 2 minute halftime. No overtime, games will conclude in a tie. Clock can be stopped for an injury.

- 5 minute forfeit: A team will forfeit the game if they are not ready to play within 5 minutes of the scheduled start time.

Game Play

Starting the game:

- Play begins with each team lining up at opposite ends of the pool.
- All players must be touching the pool deck with his/her hand.
- All players must have at least one leg over the top of the tube and must be on or in the tube with the rest of their body. Having both legs over the top of the tube and bottom in the tube is ok (known as reclining position).
- It is **not** ok to have both legs in the tube hole (vertical position) or have both legs over the tube and stomach over the hole (known as supine position).
- Official throws ball into center of pool, once ball touches the water both teams can advance towards ball to gain possession.
- After a score, all teams must be on their respective side of the half line. The team that just gave up a point will have the ball at the halfway line and play will resume (soccer-style).

Ball out of play and throw-ins:

- If the ball is thrown out of the pool area, the team that touched the ball last turns ball over to opposing team's goalie.
- Ball out of play goes back to goalie for a throw-in
- Ball cannot be passed over the half mark line. If ball bounces or floats past the ½ way line, it is acceptable.

Scoring:

- A goal is scored when the whole ball has passed over the goal line between the goal post and under the cross bar. Bouncing off the side of the pool does not count as a goal. Ball must go IN the goal.
- A goal is worth 1 point.
- A goal may only be scored from at least ten (10) feet from the goal.
 - If a goal is scored inside the ten (10) foot mark, no point will be awarded and ball goes to goalie.
 - Players from both teams may go within the 10 foot mark, but cannot score a goal from inside the mark.

Goalkeeper:

- Goalie cannot pass ball over the half mark line. If the ball bounces or floats past the ½ way line, it is acceptable.
- Opposing team may not tip goalie out of tube when he/she has the ball
- Opposing team may not interfere with the goalie (pick or block) as they try to defend the goal.

Offense and Defense:

- Can be positioned anywhere in the pool.
- Players cannot leave his/her inner-tube and touch the ball.
- Dumping and tipping of players is allowed when they have physical possession of the ball. Once ball has been passed or lost, dumping or tipping may not occur.
- If player is tipped from his/her tube, player may not touch the ball until he/she is back in inner-tube.
- Physical possession of the ball is defined as holding the ball with either or both of the hands
- Controlling the ball is keeping the ball in the water and using the hands, body or tube to push the ball in a desired direction. Controlling the ball is allowed so long as the ball is being advanced towards the opposing goal.
- Shielding the ball is defined as controlling the ball but not advancing towards the goal. Shielding the ball is not allowed and will result in a change of possession penalty.

Substitutions:

- Substitutions can only be made on the following:
 - After a goal is scored.
 - When ball goes out of play area.
 - To Sub, call to ref, and enter water when Ref allows.

Penalties & Forfeit

Penalties:

- Team may lose or keep possession of ball for the following:
 - Using feet to “bumper” or push off an opponent who is trying to get the ball is a change of possession foul.
 - Splashing water to the face of an opponent or holding/interfering with the movement of the opponent when they do not possess the ball.
 - If player falls out of inner-tube and still holding the ball, possession will be given to the opposing team.
 - In case of dual possession the person who initially had the ball will retain possession.
 - Using tube or body to “shield” the ball from other players will be a change of possession penalty.
- Players will be given a one (1) minute penalty for the following: (During one minute penalties, the penalized team must play man down for the duration or until there is a change of possession or score).
 - Constantly hanging on pool walls.
 - Roughing players on opposing team.
 - Dumping or holding a player from opposing team when they do not have the ball.
 - Throwing the tube or unsportsmanlike behavior.
- Players may be given a caution or ejected from the game for the following:
 - Constantly infringing on rules of the game.
 - Unsportsmanlike conduct.
 - Arguing with the official.
 - Profanity directed at another player or the official.
 - **A cautioned player shall be substituted immediately and not return until next legal substitution.**

SOCCKER RULES

Participants: Men's teams consist of eight players (including the goalie). A men's team can play short with six players. CoRec teams consist of eight players, four men and four women. A co-rec team can play short with six or seven players if it need be but no more than four of any one gender on the field.

Participants may play for only one team, and may not change teams after the start of the season. Participants may play in the men's or women's program plus the CoRec program in each sport as offered. Persons playing for more than one team are ILLEGAL participants and any and all games in which they participate are automatically forfeited.

Time: The game will consist of two 25-minute halves. Clock stopped only for injuries.

Start of Play: **Player of the opposing team must be 10 yards from the ball until the ball travels forward. The player who kicks the ball cannot play it a second time until another player has touched it.** Teams' not organized and ready to play by 10 minutes past the scheduled playing time will forfeit.

Substitutions Allowed: Substitutions can be made on the fly, at any point during the game. Substitutions must be made at the midline. The referee may forbid a substitution if he/she judges that a substitution takes away the advantage of the team in possession of the ball.

Ball out of Play: **The markings on the soccer field are considered in play; therefore the ball is in play until it completely crosses the goal or completely crosses lines either in the air or in the ground. The ball is still in play if it strikes the goal post, crossbar or referee.** Note: **The ball is out of play if it hits the portion of the football goal post above the crossbar.**

Yellow and Red Cards: A player receiving a yellow card has been given a warning. If he/she receives a second yellow card during the game it is considered a red card. A player given a red card is ejected and cannot be substituted (unless otherwise signaled so by the referee). An ejected player must leave the field and be out of the official's sight & sound within one minute. If the player does not leave the field, the team on which he/she was playing forfeits the game and will be referred to campus recreation, from which more disciplinary action could be warranted.

Offside: Offside position will be called when it is obvious to the official (at least 5 yards off). Please note that this call will not be easy to make. Officials will not call borderline offside calls because there are no sideline officials. Basically, they will call cherry-pickers; this is to keep the game more condensed (more true to the game of soccer). We advise that you do not try to run an offside trap; the officials will most likely not see it in time to make a definite call.

Free kicks: Free kicks are classified as direct (a goal can be scored directly) or indirect (a goal cannot be scored until the ball has been touched by another player on either team).

A) Indirect kick – Referee will raise arm in air (like the letter I, as in indirect.)

Awarded for minor infractions of the rules and for technical violations. Indirect kicks are awarded when a player:

- Is playing in a manner considered by the referee to be dangerous.
- Is charging fairly (with the shoulder) when the ball is not within playing distance of the players concerned and they are definitely not trying to play it, or
- Intentionally obstructing an opponent when not within a yard of the ball and in control of it.
- A player kicks the ball a second time before it is touched by another player on either team (kickoffs, throw-in, free kick, corner kick and goal kick).

When playing goalkeeper:

- 1. Takes more than 6 seconds to release the ball when in control of it with his/hers hands.**
- 2. Releases the ball after holding it, and then picks it up again**
- 3. Indulges in tactics designed to hold up the game, waste time and give an unfair advantage to his/her own team (this is a book-able offense).**

B) Direct kick – Referee will place arm perpendicular to body (pointing directly towards the goal). Awarded for major infractions of the rules that includes personal misconduct and handballs. Direct kicks are awarded to the offensive team at the point where the infraction occurred. If a direct kick is given in the penalty area, a penalty kick is awarded. A free kick awarded to the defensive team in the penalty area must be kicked out of the penalty area before it can be played.

When a player is taking a direct or an indirect free-kick outside his own penalty area, all of the opposing players shall be at least 10 yards from the ball, until it is in play (unless they are standing on their own goal line between the goal posts). The opposing players must automatically give the kicker 10 yards. Repeated encroachment is a cardable offense.

Penalty Kicks: Awarded to the offended team for fouls committed by the defensive team in its own penalty area. Infringements of the rules must be those that are penalized by a direct free kick. The kick is taken from the penalty mark (12 yards from the goal line). The following stipulations govern the penalty kick:

1. The players taking the kick must wait for a whistle from the referee.
2. All other players must be outside the penalty area, at least 10 yards from the penalty mark.
3. The goalie cannot approach the ball until the kick is taken
4. The player must kick the ball forward and cannot play the ball a second time until another player has touched it.

Throw- Ins: A throw-in from the sideline is awarded when the ball passes completely over the sideline either on the ground or in the air. The ball is thrown from the spot where it crosses the sideline. The following stipulations govern the throw in:

1. It shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched the ball.
2. The thrower, at the moment of the delivering the ball, must face the field of play and part of each foot shall be either on the touchline or on the ground outside the touchline.
3. The thrower shall use both hands and shall deliver the ball from behind and over the head.
4. The thrower may not play the ball a second time until another player has touched it.
5. A goal cannot be scored directly from a throw in.

Goal Kick: A direct kick made by any defending player from a point within the half of the goal area nearest to where the ball went out of play. A goal kick is awarded when the ball is last touched by an offensive player and passes out of play over the goal line without resulting in a goal. When a goal kick is taken, the ball must clear the penalty box before another player on either team can touch it.

Corner Kick: A corner kick is awarded when the ball is last touched by a defensive player and passes over the goal line without resulting in a goal. A goal may be scored directly from the kick. Defending players must be 10 yards away from the ball a second time until another player has touched it.

Dangerous Play: A play that is likely to cause injury (raising the foot above the waist, attempting to head a ball below the waist, playing a ball lying on the ground).

Drop Ball: A ball held by the referee and allowed to fall directly to the ground between two opponents. The ball is in play when it touches the ground. A goal may be scored directly from a drop ball.

Obstruction: An illegal method of blocking the path an opponent wishes to take when you are not playing the ball.

Slide Tackles: Slide tackles are allowed in the men league, but not in CoRec. Repeated offenses will result in a yellow card.

Breaking Ties: Ties stand in regular season play. Tournament games, only players on the field at the end of the game may shoot. A coin toss will determine who shoots first. Three players shoot and anyone can be a shooter. Kicks will alternate between teams. If tied after all three players have gone, go to a sudden death shoot-out. Must go through remaining 4 players on the field, then through subs off field, then back through rotation. A player from each team shoots – if only one scores, that team win. If both miss or both score, another two players shoot and so on until tie is broken.

IMPORTANT NOTE: The goalkeeper may not touch the ball with his hands after it has been deliberately kicked to him by a teammate. Likewise, the goalkeeper may not touch the ball with his hands after he has received it directly from a throw-in taken by a teammate.

Indoor Soccer Rules

PARTICIPANTS: Participants may play for only one team, and may not change team after the start of the season. Participants playing for more than one team are illegal participants and any game in which they participate is automatically forfeited. Participants may play in another league division of the same sport.

EQUIPMENT: Regulation indoor soccer balls will be used, provided by Campus Recreation. Indoor, 6x10 foot goals are used. Field size is the length, height, and width of the gymnasium. Players must wear gym or basketball shoes. All participants must be wearing a shirt (no skins.) No spiked, cleated shoes or sandals will be allowed.

START OF THE GAME: *The defending players must stand a minimum of 12 feet from the ball. The kick-off is an indirect free kick. The defending teams will be awarded a goal kick if a ball enters the goal directly from a kick-off. Teams not organized and ready to play by 10 minutes past the scheduled playing time will forfeit.*

RULES:

1. Teams consist of 5 players, 4 on the court plus a goalie.
 - a. CoRec: Ratio of 3:2, either 3 men and 2 women or 3 women and 2 men. Minimum to play is 4, 2:2 or 3:1.
 - b. Men's/Women's: 5 players, minimum to play is 4, any less is a forfeit.
2. Substitutions are made at referee's discretion.
3. Length of game: 2-20 minute halves, 5 minute half -time, NO OVERTIME.
4. **Referees:** Referees jurisdiction begins prior to kick-off. Referees will have teams sign in, and will organize the beginning of play.
 - a. The referee may stop the match for any rule infringement and suspend or terminate the game whenever s/he deems necessary.
 - b. If the referee deems a player's action is serious enough, a yellow card will be given to that player. Two yellow cards will result in a red card and ejection from the match. Fellow team members and fans are also subject to this rule. Any flagrant action will be penalized with a red card, which results in immediate ejection from the game.

Ejected players must leave the field of play and cannot be substituted. An ejected player MAY NOT play in the next scheduled game. Fighting is cause for suspension for the entire season.

3. Ball In and Out of Play:

- a. The ball is **OUT** of play only when it has completely crossed the goal line either on the ground or in the air, or when a whistle is blown.
- b. The ball is **IN** play at all other times from the start of the game to the finish including if it rebounds from a goal post or crossbar onto the court, or in the event of a supposed rule violation, until a whistle is blown.
- c. **The ball is out of play when it touches the ceiling or any other object that is part of the roof in Schreiber (basketball hoop, monkey bars). After the ball is out of play an indirect free kick is awarded to the opposing to that which touched the ball last, unless the ball goes out on either of the endlines in which case the defense is always awarded the kick ("friendlies"). There is a diagonal beam that bisects the corners in Schreiber which provides the distinction between the ball going out of play on the sideline vs. the endline. If the ball hits the basketball hoops directly in front of either goal, possession is also awarded to the defense.**

4. Fouls and Misconduct:

- A. All infractions in indoor result in indirect free kicks. There are no direct free kicks and no penalty kicks. On all indirect kicks the defense must stand 12 feet or 4 paces from the kicker. Repeated encroachment is a cardable offense. The following major infractions of the rules and personal misconduct will result in an indirect kick:

1. **Deliberately** handling ball (carries, strikes, propelling the ball with hands or arms).
NOTE: This does not apply to the goalkeeper within his/her own penalty area, provided s/he does continuously carry the ball for more than 4 steps.
 2. **A player shall not kick, attempt to kick, strike or attempt to strike, spit at, or jump at an opponent.**
 3. **A player shall not trip or attempt to trip an opponent.**
 4. A player shall not push, charge or obstruct an opponent.
 5. Holding an opponent.
 6. Executing a slide tackle.
 7. Unsportsmanlike conduct.
 8. **A goalkeeper does not release the ball within 5 seconds. The ball must touch either another player or the floor outside the goal area.**
 9. Substitutions made at an improper time or without notification to the referee. **NOTE: This infraction occurs most often in indoor when players attempt to slide behind the defense during an offensive transition. Players are encouraged to substitute into the defensive side or in clear of the other team.**
 10. Dangerous play.
 11. Harassment of the goalie when the goalie is in possession of the ball.
 12. Movement of the offensive players in front of the goalie while the goalie distributes the ball.
 13. Entering or playing the ball in the opposing team's penalty area at any time during play.
 14. Note that play near the walls will be called especially tight specifically with regards to charging and pushing.
 15. **If the goalie throws the ball past the center line in the air the possession is awarded to the opposing team at the spot of the infraction. NOTE: The goalie may kick or punt the ball past the center line. The goalie may also throw the ball past center line as long as the ball touches the ground or another player before it crosses the line.**
- B. The fouls listed above will be deemed major by the official if in their judgment rough play will ensue or injuries could occur. In this situation, a yellow card or red card will be issued and all participants receiving a red card or two yellow cards in one contest will be ejected and suspended from further participation until they meet with the Intramurals Coordinator.
- C. Any team that has 2 or more people ejected because of unsportsmanlike conduct will forfeit the game.
- D. The defense must play a ball in the penalty area in a timely fashion. The ball must clear the penalty area within 5 seconds of its possession gained. A goalie may dribble or kick the ball out of the penalty area as long as the 5-second rule is followed. **NOTE: The goalie may use his/her hands after the ball has been played to them by someone on his/or her team (in contrast to outdoor soccer).**

SOFTBALL RULES

*****A.S.A. rules apply with the following exceptions:**

Teams and Players

- A. Men's or Women's slow pitch teams consists of ten players. Games may be played with eight or nine.
- B. Co-Rec teams will consist of 10 players, five men and five women. A game may be played with four men and four women. A team may not field or bat more men or more women.
- C. Men and women must bat alternately. Men and women may be placed defensively at the team's discretion.
- D. During Co-Rec games if the pitcher walks a man the next batter (a woman) has the choice to bat or automatically walk. If the woman walks; the man preceding her advances to second; if the woman chooses to bat the man preceding her remains at first.
- E. **Teams' not organized and ready to play by 10 minutes past the scheduled playing time will forfeit.**

The Game

- A. A regulation game will consist of 5 innings. For league play only, a new inning may not begin 55 minutes after the start of the game has elapsed. Officials and captains are responsible for recording the time at which the game began.
- B. Games cancelled due to bad weather will not be made up. League standings will be determined by number of wins and losses. Tournament games cancelled due to bad weather will be made up, **time & weather permitting**. If weather persists or time constraints inhibit additional tournament games, the team with the best record (wins/losses, points, then coin toss if records are identical) will advance.
- C. In the case of a tie game, an extra inning may be played. The winner will be determined by the following priorities:
 - 1. Whichever team is leading at the end of the extra inning.
 - 2. Furthest bases in possession previous to last out.
 - 3. Total bases in possession previous to last out.
 - 4. If there is still a tie situation, an additional inning may be played if time permits, otherwise the game shall be declared a regulation tie game.

Equipment

- A. Only balls provided by Campus Recreation may be used (gray dot softballs).
- B. **NO BASEBALL BATS.** Players may use their own bats if they are regulation softball bats (ASA Approved with proper rubber grip) and are approved by the umpire, and they are made available to the opposing team.
- C. Metal, or fiberglass cleats, and street shoes are illegal. Shoes normally approved for play consist of rubber sneakers or all-rubber or composition cleated shoes.

Co-Rec Batting Order:

- A. Everyone will bat. All players in the batting order must have been in the field by the end of the third inning.
- B. In Co-Rec ball the batting order must have an equal number of men and women. The batting order must alternate: boy, girl, boy, girl.
- A. Every player that is going to play will be on the score sheet/ line up card at the beginning of the game. If you have 20 players there will be 10 men and 10 women on the score sheet.
- D. Sliding is illegal in Co-Rec games.

General

- A. Home team will be determined by rock, paper, scissors.
- B. Teams must be ready to play within 10 minutes of scheduled starting time.
- C. Ground rules will be discussed by umpires, captains and coaches before play begins.
- D. Protests must be announced to the umpire before the next pitch is made to the batter. The field supervisor must then be notified, and whenever possible, the disagreement should be settled on the spot. The nature of the protest and the situation at the time of the protest must be noted in writing on the back of the score sheet and signed.
- E. Judgment calls may not be protested.
- F. Eligibility protests: consult the Intramural Policies.

HIGHLIGHTS OF SLOW PITCH SOFTBALL:

Legal Pitch: The ball must have at least three feet arch from the time it is released. Speed of the pitch and height are left entirely up to the judgment of the umpire.

Overthrows: The base runner shall receive two bases in relation to his position when the thrower releases the ball.

Base Running: The base runner must remain in contact with the base until the pitch has been hit or crossed home plate.

Interference: The act of a defensive player which hinders the batter from hitting a pitched ball (catcher's interference), or the act of an offensive player which hinders the fielding team while attempting to play the ball. The involved base runner is out and if in the judgment of the umpire, it was an obvious attempt to prevent a double play, the other runner may also be ruled out.

Obstruction: The act of a fielder, while not in possession of the ball, which impedes the progress of a base runner. The obstructed runner shall advance to the base he would have reached, in the umpire's judgment, had there been no obstruction.

Infield Fly: With less than two outs and runners on first and second, or bases loaded, any fly ball which may be easily caught by an infielder shall be ruled as an infield fly. The batter is automatically out, and the runner may advance at his or her own risk.

Batter's Box: It begins six inches from home plate and is three feet wide, it is seven feet long (from the middle of the plate it extends four feet towards the pitcher and three feet toward the backstop), completely out of the area to be ruled out (including stepping on home plate).

Strike Zone: The space over home plate which is not higher than the batter's back shoulder or lower than the knees when he assumes his natural stance.

Leading Off: No leading off is allowed. The runner can leave base only when the ball is hit or crosses the plate.

Tennis Team Format

Each team will consist of 4 to 8 players.
At least 2 men and 2 women.

Each week teams will play another team in a Team Round.

Each Team Round will consist of:

1. One set men's singles
2. One set women's singles
3. One set men's doubles
4. One set women's doubles
5. One set mixed doubles.

Please note the men's and women's singles sets will be played at the same time and played first. Second the men's and women's doubles. Last, the mixed doubles set will be played last on one court.

New Rule Spring 2009: A player is able to sub in the middle of a set, provided that each player only plays in a total of 2 sets throughout the entire match. Please Note: if a player plays in any part of a set, be it for an entire game or one point it will count as one of their 2 sets.

Matches will be one set each - first player to six games by two games, a tiebreaker played at 6 all. There would be five total sets played for each team round. Winner is determined by number of total games won. If teams are tied at the end of five sets, then the team with the most sets won will break the tie. Team Rounds will approximately take 2 hours.

When you arrive please check your team in with the court Supervisor.

Intramural Volleyball Rules

Intramural Volleyball will be conducted on the rules of the National Intramural Recreational Sports Association and USA Volleyball, with the exceptions mentioned below:

CoRec A: The emphasis is competitive, playoff oriented. The top teams from each league will advance to a single elimination tournament following the regular season. Players should know how to bump, set, and spike correctly. Games are closely officiated.

CoRec B: The emphasis is recreational. No skill is necessary to play. Officiating is more lenient.

TEAMS AND PLAYERS

- Teams playing a match shall have six players (CoRec 3/3). Men's and Women's matches may be started with four players. Co-Rec matches may be started with four (2/2).
- The referee shall have a player from each team Ro-Sham-Bo (rock-paper-scissors) with one another for side or serve.

THE GAME

- The team that has scored 21 points (quick score/rally score) first wins the game. A team must win by 2 points. In the case of 21-20, teams must continue to play until one wins by 2 points. Games will be capped @ 25. The team that wins 2 games out of 3 wins a match.
- There will be 3 minutes between games.
- If the third game is starting with less than 10 minutes to play before another regular scheduled game the official can decide to play the third game to 15 instead of 21.
- There are two time outs per game per team, not exceeding 30 seconds. Time outs may be taken consecutively.

STATES OF PLAY

1. BALL IN PLAY - The rally begins with the referee's whistle. The ball is in play from the service contact.
2. BALL OUT OF PLAY - The rally ends with the referee's whistle. However, if the whistle is due to a fault made in play, the ball is out of play from the moment the fault was committed *Commentary: In the case of an inadvertent whistle, the rally is ended. The first referee must make a ruling that will not penalize either team.*
3. BALL "IN" - The ball is "in" when it touches the floor of the playing court, including the boundary lines.
4. BALL "OUT" - The ball is "out" when the whole ball lands outside the boundary lines. The ball is still in play if it hits the ceiling & lands on the same side as the team that hit the ball to the ceiling, & if the team has not used all 3 hits. It is out of play if it goes on the other team's side.

PLAYING FAULTS

Any playing action contrary to the Rules is a playing fault. The referees judge the faults and determine the penalties according to the Rules. The consequence of a fault is a loss of rally. The opponent of the team committing the fault wins the rally and scores a point. If two or more faults are committed successively, only the first one is penalized. If two opponents commit two or more faults simultaneously, a double fault is committed and the rally is replayed.

PLAYING THE BALL

1. TEAM HITS - Each team is entitled to a maximum of three hits (in addition to blocking to return the ball to the opponents. Team hits include not only intentional hits by the player, but also

unintentional contacts with the ball. A player may not contact the ball with two separate and consecutive motions.

2. **SIMULTANEOUS CONTACT** - Two or more players may touch the ball at the same moment. If teammates collide, no fault is committed.
3. **JOUST** - A joust occurs when players of opposing teams cause the ball to come to rest above the net through simultaneous contact. A joust is not a fault, and play continues as if the contact were instantaneous.
4. **ASSISTED HIT** - A player is not permitted to take support from a teammate or any structure/object in order to reach the ball. However, the player who is about to commit a fault (touch the net, cross the center line, etc.) may be stopped or held back by a teammate.
5. **CHARACTERISTICS OF THE HIT** - The ball may touch any part of the body. The ball must be hit, not caught or thrown. It can rebound in any direction.

PLAYER AT THE NET

1. **PLAYING SPACE** - Each team must play within its own playing area and space.
2. **REACHING BEYOND THE NET** - In blocking, a blocker may contact the ball beyond the plane of the net inside the antennas, provided the blocker does not interfere with the opponent's play. A player making an attack-hit is permitted to pass hand(s) beyond the net after the attack hit, provided the ball is contacted within his/ her own playing space or within the plane of the net. A player is permitted to pass hand(s) beyond the net inside the antennas and contact the ball over the opponent's court on his or her team's first or second hit, provided the ball has not completely crossed the vertical plane of the net and is directed back into the player's own playing space.
3. **PENETRATION UNDER THE NET** - A player can have part of their foot on the line separating the team playing zones, but if their whole foot goes over it is a fault and the other team receives a side out or a point.
4. **CONTACT WITH THE NET** - It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair. A player may touch a post; rope or any other object outside the total length of the net, provided this contact does not interfere with play.

SERVICE

1. **FIRST SERVICE IN A GAME** - The team determined by the coin toss executes the first service of game No. 1 and any deciding game. The other games will be started with service by the team that did not serve first in the previous game.
2. **EXECUTION OF THE SERVICE** - The server may move freely within the service zone. Server must have contacted the ball before stepping into the court.
3. **SCREENING** - The players of the serving team must not screen the opponents from seeing the contact for service or the path of the ball. A player of the serving team makes a screen if the player waves arms, jumps or moves sideways when the service is being executed and the ball is served over that player. A team makes a collective screen when the server is hidden behind a group of two or more teammates and the ball is served over them.
4. **SERVICE FAULTS** - It is a fault when the server has their foot on the boundary line (foot fault), serves the ball out of bounds, or into the net.
5. The ball is allowed to touch the net on a service as long as it continues into the other team's playing area.
6. No **BLOCKING A SERVE**

ATTACK-HIT

All actions directing the ball toward the opponent, except a serve or block, are attack-hits. During an attack-hit, tipping

(Contact with the fingers only) is permitted if the contact is brief and the ball is not caught or thrown. An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker.

1. FRONT-ROW PLAYER'S ATTACK-HIT - The front-row player may carry out an attack-hit at any height, provided the ball contact has been made within the team's playing space.
2. RESTRICTIONS TO A BACK-ROW PLAYER'S ATTACK-HIT - A back-row player may complete an attack-hit at any height from behind the front zone. At take-off the foot (feet) must neither have touched nor crossed over the attack line or its imaginary extension. After the attack-hit, the player may land within the front zone. A back-row player may also carry out an attack-hit from the front zone if at the moment of the contact any part of the ball is below the top of the net.

BLOCK

Blocking is the action that deflects the ball coming from the opponent by (a) player(s) close to the net reaching higher than the net.

1. BLOCK AND TEAM HITS - A block contact is not counted as a team hit. After a block contact, a team is entitled to three hits to return the ball to the opponents. The first hit after any player, including the player who contacted the ball to complete the block, may execute the block.
2. BLOCKING CONTACT - Consecutive (quick and continuous) contacts may occur by one or more blockers, provided the contacts are made during one action. These contacts may occur with any part of the body.

SUBSTITUTIONS

Substitutions shall be made when play is stopped. In CoRec, substitutions must be made on a male for male, and female for female basis.

CoRec Ultimate Rules

1. **The Game** –The game will consist of two, twenty-five minute halves. Half time is optional. Overtime is 5 minutes. *Teams not ready to play by 10 minutes past the hour, according to the official's timepiece, lose by forfeit.*
2. **Players** - A team is 7 players with a minimum of 2 women required for the game to begin. Fewer than 2 women will result in a forfeit.
3. **Officials** – The official will time the game, keep score, and provide rule reference. UPA rules are available by asking the official.
4. **The Field** – The fields are located at Dornblaser off of South Avenue. Do not park in Married Student Housing parking lot, park at the “Park and Ride”.
5. **Initiate Play** -- Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
6. **Scoring** -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
7. **Movement of the Disc** -- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
8. **Change of possession** -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
9. **Substitutions** -- Players not in the game may replace players in the game after a score and during an injury timeout.
10. **Non-contact** -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
11. **Fouls** -- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
12. **Self-Refereeing** -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
13. **Spirit of the Game** -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Uniform—All players **MUST wear shoes while playing Intramural Ultimate disk. No Sandals!** This is for the safety of all players, and will be strictly enforced. Metal or fiberglass cleats are illegal. Cleats must be either rubber or composition. We apologize for any inconvenience; however some players choose to wear cleats, making those with bare feet a safety hazard. Thank you for your cooperation.

Notes:



Campus Recreation
Intramurals

Born On January 14, 2010