



Policies and Rules

2017/2018

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Campus Recreation Mission Statement:

Campus Recreation provides opportunities to thrive in the pursuit of well being through innovative staff, facilities, and programs.

Intramural Program Mission:

To provide the campus community with recreational opportunity in the form of organized competitive sports.

The Intramural Program Values:

Offers students, faculty, staff, alumni, and their spouse 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 include divisions 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 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 alumni 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 well rounded staff and ongoing 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!

Campus Recreation Contact Numbers

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Front Desk: x2802
 Equipment Desk: x2320
 Outdoor Program: x5172
 Climbing Wall: x2840
 Grizzly Pool: x2763
 WAG Custodial Supervisor: 360-7057
 UM Police – Emergency – 243-4000
 Non-Emergency – 243-6131
 9-1-1

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 other inappropriate behavior, before, during or following a game or event.

UM Campus Recreation Intramural Sports is committed all programs and activities in a safe environment free from bullying. Offensive language including profanity, derogatory remarks around a person's race, ethnicity, culture, age, gender, sexual orientation, gender identity, ability, national origin, veteran status, social economic class, religion, or professional status, or other intimidating actions directed at officials, staff, students, spectators or team representatives will not be tolerated and are grounds for removal from the competition site. Participants cannot use verbal or non-verbal profanity, disrespectful language, obscene gestures or behavior; bullying, homophobic, and transphobic expressions of any kind are strictly prohibited. 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.

Alcohol is not allowed at any Intramural Activity or contest. If any alcoholic beverages are observed, Public Safety will be contacted and that team may be forced to forfeit. Participants assumed to be under the influence of alcohol or other substances will not be allowed to participate and may face further punishment.

Ejected Players

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 all Intramural sports activities. Intramural staff along with Campus Recreation administration will discuss ejections and determine whether further action is warranted. All decisions made by Campus Recreation Administration will be final. Ejected players must leave the playing venue upon disqualification. If an ejected player is still within sight of Intramural staff as the game continues, the offending team will forfeit and play will not continue.

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. All participants must have access to the Fitness and Recreation Center or Grizzly Pool (membership or pay the day use fee) for all contests scheduled in these venues.

Team Managers may alter their roster through the **third** week of play. All changes must be made online at the University of Montana IM Leagues website. Following the third week of play, the Intramural Coordinator must approve changes to the roster.

During the post-season 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 in each athletic league and may not change teams after the 3rd week 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.

University of Montana Campus Recreation Intramurals recognizes and celebrates the transgender student population among its participants and encourages students to participate in intramural sports and sport club divisions based on their expressed gender identity. Players with questions about their eligibility or who have need for additional support are encouraged to contact Intramural Management: Kristen Hoon or Natalie Hiller-Claridge at 406-243-5295. Players may also contact the UM Allies with any questions or guidance (not specifically pertaining to Intramurals) at 406-243-5638. UM Campus Recreation Intramurals expects participation to be based on one's self-identified gender and that it is done in good faith and is consistent with a player's expressed gender identity.

- A participant's gender identity will be applied when there are gender specific rules or player ratio requirements for co-rec divisions.
- Transgender individuals may play on the team that best matches their gender identity.
- Player eligibility will be based on the gender identified on the official team roster.

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 their athletic career at the institution. Once your final collegiate season has ended, you are eligible to play Intramurals. However, no more than 40% of the players on the court/field for one team can be collegiate athletes in that sport during the academic year.
2. Any individual who has played professionally and/or has been compensated to play in a similar intramural sport.

**** Ineligibility infractions will result in a "loss" for that game pending further investigation.****

Please note: we are not able to do research on all intramural participants. If you know of, or feel like a team has an ineligible player, please bring it to the attention of a Lead Official or Intramural Management.

Team Captains

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. Invite team members to join IMLeagues.com and join the team.
3. Take the Captain's Quiz on IMLeagues.com for the sport you are registered.
4. View the team schedule online at IMLeagues.com and notify team members of all scheduled games: date, location, and time.
5. Have team ready to play as scheduled. Schedules are located on the University of Montana IM Leagues 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 your 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.

Team Registration on IMLeagues.com

Simply registering your team does not ensure inclusion in a league, as more teams may apply than can be accommodated. Teams are accepted in order of registration and entry fee payment.

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, in writing, 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. All protest decisions made by the IC will be final.

Forfeits and Defaults

A team will be ineligible for the post season tournament after their first forfeit. If a team forfeits two times, they will be dropped from the league. Negotiating forfeits must be done with the Intramural Coordinator, *not the officials*. Team captains 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.

A team that wishes to cancel/reschedule a contest must notify IM Management at least 72 hours prior to the scheduled contest. With proper notification a contest may be recorded as default and therefore the team will still be eligible for post season play. All decisions pertaining to proper notification and team eligibility in the post season will be determined by Intramural Management.

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. Teams will be excluded from post- season tournament play if they show a forfeit.

A team from the waiting list will replace teams who forfeit. The newly entered team will 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. Games cancelled due to poor weather conditions will not be rescheduled during the regular season. 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.

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 their team. **Teams that receive more than one technical foul or yellow card may receive no higher than 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, based on conduct, or receives more than one ejection, may receive no higher than 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 Coordinator 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.

First Week of Competition Script

Please read to all players before each game for the first week of games:

- As a referee, I will call the game as I see it. I expect, on occasion, players or spectators may see differently, however, my calls are based on what I see. I am in charge and will manage each athletic contest to the best of my ability.
- As the manager/captain you are responsible for the conduct of not only yourself but also your teammates, please keep control of everyone participating on your team.
- If there is an issue or concern on the field I only want to hear the concern voiced by you as the captain not the players on your team.
- Make sure you are familiar with Campus Recreation rules for this sport, Intramural Policies, and Student Conduct Code. If not, please find this information posted online.
- No alcohol, by spectators or participants, is allowed at UM Intramural events or activities.
- Please leave your dogs at home.
- A forfeit will be reported if you are not ready to play by 10 minutes past the scheduled time to play according to my watch.
- Players will be ejected for harassing the official or members of the other team, or for excessively rough play. Ejected players must leave the field immediately. If an ejected player is not completely out of the official's sight within one minute, the ejected player's team will forfeit.
- Forfeits must be negotiated with the Intramural **Coordinator** (Kristen), not with supervisors or officials.

Fighting and threatening officials is cause for immediate expulsion from play, Public Safety will be contacted, and student conduct code violations will be reported. Students can be expelled from school for student conduct code violations.



Sports Rules

Basketball

Intramural basketball will be governed by the National Federation of State High School Associations (NFHS) rules with the following intramural modifications:

PLAYERS & EQUIPMENT

1. A team consists of five players, but a team may start a game with four players present. A team can play with 2 or 3 players only if others have been injured or have fouled out and the referees feel the team playing with less than five still has a chance to win. A team reduced to 3 players by player ejections will automatically forfeit.
2. All team members must wear jerseys/shirts that are the same color and have permanent numbers, preferably on the back. Numbers **may not** be taped on and must be whole numbers with no more than two digits.
3. A team that does not have numbered jerseys of the same color will check out jerseys provided by Campus Recreation. It is the team captain's responsibility to ensure these are returned at the end of the contest.
4. The team captain is responsible to verify the roster and record jersey numbers for their team.
5. Players arriving late may play after reporting their name and jersey number to the court supervisor.
6. The team captain must also sign the score sheet following each contest to verify the score.
7. Campus Recreation will supply basketballs so that each team may have one to warm up with.
8. All players must wear closed toe, non-marking, rubber soled court shoes. Open toed shoes, sandals, barefoot, boots, or dress shoes are not permitted.
9. No casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal or metal hinges altered from the manufacturer's original design/production are required to cover it. **All equipment decisions made by the Intramural Staff on duty shall be final.**
10. Jewelry is prohibited. All earrings and other visible body piercings must be removed or taped prior to the start of the game. Religious or medical-alert medals are not considered jewelry, but must be taped down and worn under the jersey. Campus Recreation will not provide tape or band-aides to cover jewelry items.
11. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.

PLAYING RULES & SCORING

1. Teams' not organized and ready to play by 10 minutes past the scheduled playing time will forfeit.
2. The game will consist of two 20 minute halves.
3. The clock will run continuously until the last minute of each half when it will stop for all fouls, violations, out of bounds, time-outs, and all other whistles.
4. Half time will not exceed 5 minutes.
5. Each team is permitted 2 sixty-second time outs per half. First half time-outs will not carry over to the second half.
6. Scoring will be kept the same for men's, women's, and co-rec games. There are no differences for male or female points. One point will be awarded for a free throw, two points for a shot in front of the three point line and three points will be awarded for a shot behind the three point line.
7. During a free throw, players in the lane spaces may not enter the free throw lane until the ball hits the rim (high school rule). The shooter and all players outside the 3-point line may not enter the lane/3-point area until the ball touches the rim. Unlike collegiate varsity rules, in Intramurals no player may place their foot on or over the lower "blocks" during a free throw.
8. All substitutions must be made during a dead ball once the official has acknowledged the incoming participant.

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.
 - a. Each team will select three players from those on the court at the conclusion of play to shoot two free-throws each.
 - b. If a winner is still not determined, the remaining two participants will shoot two free-throws.
 - c. 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.
 - d. **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.

CO-REC MODIFICATIONS

All previously stated rules for men's and women's basketball will apply, with the following exceptions:

1. Teams will play with a women's sized basketball. A men's size basketball may be used if both teams agree.
2. Teams will consist of five players in the following way: 1st half – 3 women and 2 men, 2nd half – 2 women and 3 men. A team must have at least 2 men and 2 women to start the game.
3. Men and women may guard each other without restrictions.
4. For overtime(s), the second-half player format will be applied until the game ends.

FOULS, VIOLATIONS, & PENALTIES

1. A player is allowed 5 personal or 2 technical fouls per game. On the fifth personal or second technical foul, that player will be removed from the game.
2. Any player receiving three technical fouls, totaled across all basketball leagues and divisions, in the same season, spring or fall semester, will be disqualified for the remainder of the season and subject to further disciplinary measures from Intramural Management.
3. 7 - 9 fouls per team per half results in single bonus or "1 and 1" awarded to the player who was fouled.
4. 10 or more fouls per team per half is double bonus or two free-throw attempts awarded to the player who was fouled.

The following rules are fundamental to the NFHS and University of Montana Intramural Basketball but not limited to:

10-Second Backcourt- a player must have both feet and the ball completely across the mid-court line before the count stops.

5-Second Frontcourt- applies only in the frontcourt to players holding or dribbling the ball whose defender has established a closely guarded position less than 6 feet from the player with the ball.

3-Second Lane- applies to offensive players who have any part of their foot in the lane when the ball is in their frontcourt.

Team Control Foul- A common foul committed by a member of the team that has team control.

Intentional Foul- A personal or technical foul that may or may not be premeditated and is not based solely on the severity of the act.

Shooting Fouls- A player who is in the act of shooting will be rewarded with two or three free throws unless the basket is successful and then they will receive one free throw.

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. The tournament is a single elimination tournament with teams assigned based on win/loss percentage and then total points scored. The tournament bracket can be found at the conclusion of the regular season online at IMLeagues.com.

Dodge Ball

THE GAME

Dodgeball is self-officiated. The supervisor is available for any un-resolvable disputes between teams.

Equipment & Players:

1. 4 players constitute a full team. You may start with 3 players.
2. Co-Rec teams may start with 3 players, but no more than 2 of any one gender unless approved by the other team and the official.
3. Official dodgeballs will be provided (4).
4. All other participants need to remain outside of the racquetball court playing space. Substitutions are made between games or for an injury.
5. Teams will change sides between games.
6. There are no time-outs. There will be one minute between games.
7. All players must wear closed toe, non-marking, rubber soled court shoes. Open toed shoes, sandals, barefoot, boots, or dress shoes are not permitted.
8. Only sports prescription glasses are allowed.
9. Piercings are allowed, but are worn at the player's discretion and acknowledgment of possible injury.

Match Play: To win a game your team must win three sets out of five possible sets (best of five). To win a set, your team must win five matches out of a possible nine matches (best of nine).

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

Start of Game: Four balls will be placed on the centerline evenly spaced. Upon the supervisor's word, 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 after the supervisor has given both teams a warning via the whistle. When the supervisor blows their whistle, 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 an 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 the other team's players until all players on one team are out.

Line Violation: During play, if a player steps over the centerline they are out, even if this is during the opening scramble. 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 in an attempt at the opposing team, 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 Out:

1. When they are struck by a ball before the ball strikes the ground, walls or other permanent structure/surface. Players hit in the face/head are not out. 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 out.
3. Clothing is part of the body. A ball hitting a piece of clothing will result in that person being out.
4. Players that modify the dodgeball will be out.
5. If a blocking ball becomes dislodged, the Target must regain possession before the ball becomes dead. Failure results in a Loss of Possession and the Target is out.

Possession Changes:

1. Each participant has five seconds to make an attempt on the other team. 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 gain possession.
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 set teams change sides of the court.

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

DODGEBALL 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.

Target: Any live player on the opposite team, who is the recipient of a direct throw

Returnees: 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 or ground is a dead ball

Headshot: Any attempt delivered intentionally or unintentionally to the head of any player. The player who made the attempt is out.

No Head Shot: 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 sides.

Player Return Area: The 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 dodgeballs 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. Fingers are considered part of the ball being held, the hand is not.

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

-Dodgeball: A True Underdog Story

Flag Football – Men 7 on 7, Corec 6 on 6

Intramural flag football will be governed by the NIRSA Flag Football Rulebook with the following intramural modifications:

THE GAME, FIELD, PLAYERS, AND EQUIPMENT

1. The game shall be played between 2 teams of 7 players each. Men's: Five players are required to start a game. Co-Rec: teams consist of 6 players, 3 men and 3 women, a team may start with 4 players as long as either gender does not exceed 3 players.
2. All players are eligible to receive a pass and run with the football.
3. In men's football there needs to be at least 3 people on the line of scrimmage.
4. All games are played on the Riverbowl Fields located northwest of the Fitness and Recreation Center.
5. The playing field is 70 yards long by 40 yards wide and is divided into four 17 ½ yard zones. Each end-zone is 8 yards long.
6. Players can compete for only one Co-Rec and one Men's team during the same season.
7. Men shall use a regulation-sized football. The regulation or junior football shall be used for Co-Rec play. Campus Recreation will provide footballs, however the team on offense may choose to use their own ball. **It is up to the offensive team to provide the football during each offensive series, not the officials.**
8. Flag belts will be provided by Campus Recreation. Each team will wear either yellow or red flags as a team.
9. All members of each team must wear a shirt or jersey at all times. Jerseys must be long enough so they remain tucked in or short enough so there is a significant gap from the bottom of the jersey to the player's waistline. It is recommended to wear pants/shorts with no belt loops or pockets and shirts/jerseys that do not have sleeve openings greater than 4" under the armpit.
10. Each player must wear shoes. Regulation rubber soled cleats, plastic cleats, detachable rubber cleats that screw into the shoe, and tennis shoes are the only permissible footwear. Sandals, street shoes, hiking boots, combat boots, or metal spikes are not allowed. No steel cleats, metal tips or shoes with detachable steel cleats that screw onto the shoes may be worn
11. No casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. **All equipment decisions made by the Intramural Staff on duty shall be final.**
12. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.
13. Jewelry is prohibited. All earrings and other visible body piercings must be removed or taped prior to the start of the game. Religious or medical-alert medals are not considered jewelry, but must be taped down and worn under the jersey. Campus Recreation will not provide tape or band-aides to cover jewelry items.

TIME FACTORS & SUBSTITUTIONS

A game will consist of two 20 minute halves with a 5 minute half time. In all leagues, the clock will run continuously in the first half. In the second half, the clock will run continuously until the last 2 minutes, when we will proceed according to 2-minute mechanics.

2-Minute Policies and Mechanics- The clock will stop in the final 2 minutes of the second half for a:

- a. Team time-out – clock restarts on the snap
- b. Incomplete legal or incomplete illegal forward pass- starts on the snap
- c. Out-of-bounds- starts on the snap
- d. Safety- starts on the snap
- e. First down- depends on the previous play
- f. Touchdown- starts on the snap (after the Try)
- g. Penalty and administration- dependent on previous play (EXCEPTION: Delay of game ALWAYS starts on the snap)
- h. Referee's time-out- starts at his/her discretion
- i. Touchback- starts on the snap
- j. Team A is awarded a new series- dependent on previous play

- k. Team B is awarded a new series- starts on the snap
- l. Either team is awarded a new series after a legal punt- starts on the snap
- m. Team attempting to conserve time illegally- starts on the ready whistle
- n. Team attempting to consume time illegally- starts on the snap
- o. Inadvertent whistle- starts on the ready whistle

Timeouts: Each team is entitled to 3 time-outs per game. A charged timeout by any player will not exceed one minute. Timeouts from the first half will carry over into the second half of play.

Substitutions: Substitutions are allowed at any time that the ball is dead, but games must not be delayed by them. Each substitute shall be in uniform and ready for play with flags in position.

Delay of Game: After a ball is declared ready for play, the offensive team has 25 seconds after the referee has sounded the whistle to put the ball in play. Penalty: Delay of Game, 5 yards. The official may order the clock to be stopped/started when, in his/her opinion, either team is trying to conserve or consume playing time using tactics in his/her judgment to be unfair.

Tie Game: If the score is tied at the end of regulation, an overtime period will be played. Paper, rock ,scissors will determine the options. All overtime periods shall be played toward the same goal line.

- a. An overtime period consists of one possession by each team.
- b. Unless moved by penalty, each team will start first and goal from the 17 ½ -yard line. Each team will have a series of downs to score a touchdown.
- c. Try for points will be attempted and scored during overtime.
- d. Each team is entitled to one timeout for the entire overtime session, and time outs do not carry over from regulation.
- e. The team scoring the most points or gaining the greatest yardage wins the game.
- f. If the defensive team intercepts a pass or fumble and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the series is over, the ball will be placed at the 17 ½ - yard line and the defense will now receive their series of downs.
- g. The team, which loses the ball on a turnover, will be credited with total yardage to the point where the ball was put into play prior to the turnover.
- h. If the score is still tied after one overtime period, as many period as necessary will be played to determine a winner.

BALL IN PLAY, SERIES OF DOWNS, & LIVE BALL/DEAD BALL

1. Kick-off can be thrown or kicked from the 17 ½ yd. line.
2. With a kick-off that goes out of bounds in the air, the returning team will have the option to have the ball “kicked” again or placed half way between the first and second 17 ½ yard lines.
3. The receiving team may advance the ball out of their end zone.
4. All balls touching the ground are dead balls, this includes fumbles.
 - a. Kicked balls that are not caught are dead and marked where they hit the ground.
 - b. Fumbles are dead and marked where they hit the ground.
5. A team in possession of the ball will have four consecutive downs to advance to the next 17 ½ yd. line to receive a first down. The zone line to gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line to gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.
6. **Legal and Illegal Forward Passing** - All players are eligible to touch or catch a forward pass. Only ONE forward pass may be thrown per down. A forward pass is Illegal:
 - a. if either of the passer’s feet are beyond the offensive line of scrimmage when the ball leaves his/her hand;
 - b. if thrown after team possession has changed during the down;
 - c. if intentionally grounded to save loss of yardage;
 - d. if a passer catches his/her untouched forward pass;
 - e. if there is more than one forward pass per down.
7. **Backward Pass and Fumble** -
 - a. A runner may pass the ball backward at anytime.

- b. A backward pass or fumble may be caught or intercepted in flight inbounds by any player and advanced.
- c. A backward pass or fumble which goes out of bounds between the goal lines belongs to the team last in possession at the out of bounds spot.
- d. A backward pass or fumble which touches the ground between the goal lines is down at the spot where it touches the ground and belongs to the team last in possession unless lost on downs.
- e. A backward pass or fumble by the offense that first hits the ground in
 - i. the team's own end zone is a safety, or
 - ii. the opponent's end zone is a touchback.

8. Ball declared dead:

- a. When a forward pass strikes the ground.
- b. When a backward pass or fumble by a player strikes the ground.
- c. When a runner has a flag belt removed legally by a defensive player.
- d. When a runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
- e. When a snap hits the ground.
- f. When the passer is de-flagged before releasing the ball.

9. The ball must be snapped between the legs of the center.

10. Once the ball leaves the ground the defense can rush.

11. All offensive players must be motionless for one second preceding the snap, except for a (one) player moving parallel to or away from the scrimmage line. Penalty: Illegal motion, 5 yards from the previous spot.

12. A player must have one foot inbounds for the pass to be a completion.

KICKING THE BALL

1. The kick-off can be thrown or kicked.

2. Field goals can be attempted at any time and must be kicked.

- a. A field goal/extra point attempt must be declared so that both teams are aware of the attempt.
- b. The defense may not rush a field goal attempt.
- c. The defense can only jump straight up at the line of scrimmage in an attempt to block the kick attempt.
- d. The defense may not climb or "piggy back" on a teammate in an attempt to block the try. Penalty: Unsportsmanlike conduct, 10 yd. penalty from the previous spot.
- e. A field goal or extra point try that is no good and caught in the air can be returned for said points.

3. All punts must be kicked.

- a. Prior to putting the ball in play on fourth down, the offensive team must declare whether it chooses to go for a first down or punt. If the offensive team chooses to kick, the ball must be kicked.
- b. The snap must be received at least two yards back and the kick must be executed behind the scrimmage line within a reasonable time. There are no fake punts.
- c. No player may cross the line of scrimmage until the ball has been kicked.
- d. Kick out of bounds - If the kicked ball goes out of bounds between the goal lines or comes to rest in bounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.
- e. The defensive team may attempt to block a punt as long as team members do not cross the plane of the defensive restraining line. A blocked punt that is caught behind the line of scrimmage (on the offender's side) may be advanced by the offense.
- f. When a punt, which has crossed the line of scrimmage, touches a player from either team and then hits the ground, the ball is dead and belongs to the receiving team. If it hits a player on the receiving team and then is caught in the air, it can be advanced by the receiving team.

BLOCKING, RUSHING, & CONDUCT

1. Blocking is only allowed on the line of scrimmage.
2. Blocking on the line of scrimmage is legal as long as the blocker keeps both feet on the ground and only blocks above the waist and below the shoulders.
3. The defense has to line up within the outside shoulder of their offensive opponent on the line of scrimmage. All other players choosing to rush the quarterback must be at least 5 yards off of the line of scrimmage.
4. Three-point/four-point stances are illegal.
5. **Offensive Screen Blocking:** Screen blocking is permitted and shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, legs, elbows, or body to initiate contact by an offensive player is illegal. A player must be on his/her feet before, during, and after screen blocking.
6. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.
7. When the flag belt is clearly taken from the runner in possession of the ball, the ball is declared dead and the down shall end. In an attempt to remove the flag belt from a runner, an opponent may contact the body and shoulders, but not the face, neck, or any part of the head of the runner with their hands. An opponent may not hold, push, or knock the runner down in an attempt to remove the flag belt. If a flag belt inadvertently falls to the ground, a one-hand touch between the shoulders and knees constitutes a 'tackle'. A runner is also down if any part of that runner touches the ground other than the feet, hands or the ball while in the hand of the runner.
8. A defensive player may dive in an attempt at an offensive player's flag belt.
9. Player Restrictions:
 - a. No player shall make contact with an opponent which is deemed unnecessary.
 - b. There shall be no clipping or tripping.
 - c. There shall be no bumping the receiver. The defensive player must play the ball and shall not interfere with a receiver. However, defensive and offensive players are equally entitled to a passed ball.
 - d. Pulling or removing the flag belt from an offensive player as the ball is snapped or before a pass reception with the obvious intent of confusing the offensive player as an eligible pass receiver or ball carrier is illegal. Penalty: Illegal Contact, 10 yds.
 - e. A defensive player may not bump or push a runner out of bounds.
 - f. Offensive charging is not permitted. The ball carrier may not run through a defensive player but must attempt to evade the defensive player. The runner is allowed to spin in order to avoid being de-flagged as long as he/she does not charge during the spin.
 - g. The ball carrier shall not guard his/her flags by blocking with hands or the ball, thereby denying an opponent the opportunity to pull or remove the flag belt. Penalty: Flag guarding, 10 yards from the spot of the foul.
 - h. Stiff arming by the ball carrier is illegal. Holding or swinging the arm near the flag to ward off attempts to seize the flag is illegal and results in flag guarding.
 - i. The flag belt is to be fastened around the waist by use of the end clip. Any tampering to secure the flags so as to make them more difficult to pull is illegal and will result in ejection from the game. Penalty: Unsportsmanlike conduct, 10 yards from the previous spot, loss of down, and player disqualification.

SCORING PLAYS

1. **Touchdown Values:** All touchdowns are six (6) points. The player scoring the touchdown must raise his/her arms so the nearest official can de-flag the player. If the official determines that the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified and a penalty will result.
2. **Try for 1 or 2:** An opportunity to score one (1) point from the 3-yard line, field goal. Two (2) points from the 3-yard line, by running or passing only shall be granted the team scoring a touchdown. Once the offensive captain has declared his/her choice (try for 1 or 2), he may change the decision only when a charged timeout for either team is taken. A team's choice cannot be changed if a penalty should occur. If the defensive team intercepts a pass or fumble during the try and returns it for a touchdown, they score 1 or 2 points respectively.
3. **Safety:** A safety results when a runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team's possession. A safety results in two (2) points for the defensive team.

CO-REC MODIFICATIONS FOR FLAG FOOTBALL

1. Co-Rec teams shall consist of 6 players, 3 men and 3 women. A team may start with 4 players as long as there are 2 men and 2 women.
2. The regulation or junior football shall be used for Co-Rec play.
3. In co-rec play, women can only block women and men can only block men. Likewise, a man may only line up on the line of scrimmage across from a man and vice-versa for women.
4. QB may run with the ball only after a defensive player has crossed the line of scrimmage.

PENALTIES & YARDAGE

1. Loss of 5 Yards

- a. Delay of game (dead ball foul)
- b. False start (dead ball foul)
- c. Encroachment (dead ball foul)
- d. Illegal snap (dead ball foul)
- e. Offensive player leaving the field on the wrong side (dead ball foul)
- f. Illegal procedure
- g. Illegal formation
- h. Illegal motion
- i. Illegal shift
- j. Illegal forward pass (loss of down, if by Team A)
- k. Intentional grounding (loss of down)
- l. Illegal substitution
- m. Aiding runner by teammates
- n. Two consecutive forward pass completions (loss of down)
- o. Required equipment worn illegally
- p. Offensive player not momentarily 5 yards inbounds after ready for play and before snap
- q. Player out-of-bounds when ball is snapped
- r. Intentionally throwing a backward pass or fumble out-of-bounds (loss of down)

2. Loss of 10 Yards

- a. Illegal contact
- b. Eligibility lost by going out of bounds and participating in the play
- c. Offensive pass interference (loss of down)
- d. Defensive pass interference (automatic first down)
- e. Stiff arm
- f. Flag guarding
- g. Illegal flag belt removal
- h. Personal foul
- i. Roughing the passer (automatic first down)
- j. Illegally secured flag belt on touchdown (Team A - loss of down, Team B –automatic first down and player DQ)
- k. Illegal participation
- l. Illegal tripping
- m. Unsportsmanlike conduct (players, coaches, substitutes, or others)
- n. Illegal player equipment
- o. Quick kick
- p. Spiking, kicking, or throwing ball during dead ball
- q. Receipt of an unsportsmanlike penalty
- r. Hurdle/dive over any player
- s. Kick catch interference
- t. A non-player de-flags or interferes with a runner (disqualification and touchdown awarded)
- u. Down field blocking

NOTE: if any of the above infractions are deemed flagrant, the player will be disqualified.

Flag Football- 4 on 4

4 v. 4 flag football will be governed by the NIRSA Flag Football Rulebook with the following intramural modifications

THE GAME, FIELD, PLAYERS, AND EQUIPMENT

1. The game shall be played between 2 teams of 4 players each. Three players are required to start a game and avoid a forfeit. Co-Rec teams consist of 4 players, 2 men and 2 women. . A team may start with 3 players as long as there is no more than two of any one gender on the field.
1. Teams' not organized and ready to play by 10 minutes past the scheduled playing time will forfeit.
2. All players are eligible to receive a pass and run with the football.
3. All games are played in Washington Grizzly Stadium. Please enter through the visitor tunnel on the North West corner of the stadium.
4. The playing field consists of two 20 yard zones, totaling 40 yards and bordered by 10 yard end zones.
5. Players can compete for only one men's team. In addition, players can compete for one Co-Rec team during the same season.
6. Men shall use a regulation-sized football. The regulation or junior football shall be used for Co-Rec play. Campus Recreation will provide footballs, however the team on offense may choose to use their own ball. **It is up to the offensive team to provide the football during each offensive series, not the officials.**
7. Flag belts will be provided by Campus Recreation. Each team will wear either yellow or red flags as a team.
8. All members of each team must wear a shirt or jersey at all times. Jerseys must be long enough so they remain tucked in or short enough so there is a significant gap from the bottom of the jersey to the player's waistline. It is recommended to wear pants/shorts with no belt loops or pockets and shirts/jerseys that do not have sleeve openings greater than 4" under the armpit.
9. Each player must wear shoes. Regulation rubber soled cleats, plastic cleats, detachable rubber cleats that screw into the shoe, and tennis shoes are the only permissible footwear. Sandals, street shoes, hiking boots, combat boots, or metal spikes are not allowed. No steel cleats, metal tips or shoes with detachable steel cleats that screw onto the shoes may be worn
10. No casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. **All equipment decisions made by the Intramural Staff on duty shall be final.**
11. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.
12. Jewelry is prohibited. All earrings and other visible body piercings must be removed or taped prior to the start of the game. Religious or medical-alert medals are not considered jewelry, but must be taped down and worn under the jersey. Campus Recreation will not provide tape or band-aides to cover jewelry items.

TIME FACTORS & SUBSTITUTIONS

A game will consist of two 12 minute halves with a 3 minute half time. In all leagues, the clock will run continuously in the first half. In the second half, the clock will run continuously until the last minute, when we will proceed according to 1-minute mechanics.

1-Minute Policies and Mechanics- The clock will stop in the final minute of the second half for a:

- a. Team time-out – clock restarts on the snap
- b. Incomplete legal or incomplete illegal forward pass- starts on the snap
- c. Out-of-bounds- starts on the snap
- d. Safety- starts on the snap
- e. First down- depends on the previous play
- f. Touchdown- starts on the snap (after the Try)
- g. Penalty and administration- dependent on previous play (EXCEPTION: Delay of game ALWAYS starts on the snap)
- h. Referee's time-out- starts at his/her discretion
- i. Touchback- starts on the snap

- j. Team A is awarded a new series- dependent on previous play
- k. Team B is awarded a new series- starts on the snap
- l. Either team is awarded a new series after a legal punt- starts on the snap
- m. Team attempting to conserve time illegally- starts on the ready whistle
- n. Team attempting to consume time illegally- starts on the snap
- o. Inadvertent whistle- starts on the ready whistle

Timeouts: Each team is entitled 1 time-out per half. A charged timeout by any player will not exceed one minute. Timeouts from the first half will not carry over into the second half of play.

Substitutions: Substitutions are allowed at any time that the ball is dead, but games must not be delayed by them. Each substitute shall be in uniform and ready for play with flags in position.

Delay of Game: After a ball is declared ready for play, the offensive team has 25 seconds after the Referee has sounded the whistle to put the ball in play. Penalty: Delay of Game, 5 yards. The official may order the clock to be stopped/started when, in his/her opinion, either team is trying to conserve or consume playing time using tactics in his/her judgment to be unfair.

Tie Game:

If the score is tied at the end of regulation, an overtime period will be played. Paper, rock, scissors will determine the options. All overtime periods shall be played toward the same goal line.

- a. An overtime period consists of one possession by each team. Each team will retain possession until scoring or losing the ball on downs, pass interception, or fumble recovery.
- b. Unless moved by penalty, each team will start at the same yard line as regulation play.
- c. Try for points will be attempted and scored during overtime.
- d. Each team is entitled to one timeout for the entire overtime session, and time outs do not carry over from regulation.
- e. The team scoring the most points or gaining the greatest yardage wins the game.
- f. A team scoring a safety automatically wins the game.
- g. If the defensive team intercepts a pass or fumble and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the series is over, the ball will be placed at the 5-yard line and the defense will now receive their series of downs.
- h. The team, which loses the ball on a turnover, will be credited with total yardage to the point where the ball was put into play prior to the turnover.
- i. If the score is still tied after one overtime period, as many periods as necessary will be played to determine a winner.
- j. All penalties will be handled in the same manner as during regulation play.

BALL IN PLAY, SERIES OF DOWNS, & LIVE BALL/DEAD BALL

1. The ball will be placed on the offensive teams’ “5-yard line” to begin all offensive series. This includes following a touchdown, safety, or turnover on downs.
2. Teams will alternate offensive series going towards and scoring in the same neutral end zone.
3. All balls touching the ground are dead balls, this includes fumbles.
 - a. Lateral passes that are not caught are dead and marked where they hit the ground.
 - b. Fumbles are dead and marked where they hit the ground.
 - c. A ball can not be fumbled forward. The ball will be marked where the offensive player initially lost possession.
4. A team in possession of the ball will have three consecutive downs to advance to the next 20 yard zone to receive a first down. The zone line to gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line to gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.
5. **Legal and Illegal Forward Passing** - All players are eligible to touch or catch a forward pass. Only ONE forward pass may be thrown per down. A forward pass is Illegal:
 - a. if either of the passer’s feet are beyond the offensive line of scrimmage when the ball leaves his/her hand

- b. if thrown after team possession has changed during the down
 - c. if intentionally grounded to save loss of yardage
 - d. if a passer catches his/her untouched forward pass
 - e. if there is more than one forward pass per down
- 6. Backward Pass and Fumble -**
- a. A runner may pass the ball backward at anytime.
 - b. A backward pass or fumble may be caught or intercepted in flight inbounds by any player and advanced.
 - c. A backward pass or fumble which goes out of bounds between the goal lines belongs to the team last in possession at the out of bounds spot.
 - d. A backward pass or fumble which touches the ground between the goal lines is down at the spot where it touches the ground and belongs to the team last in possession unless lost on downs.
 - e. A backward pass or fumble by the offense that first hits the ground in:
 - i. the team's own end zone is a safety, or
 - ii. in the opponent's end zone is a touchback.
- 7. Ball declared dead:**
- a. When a forward pass strikes the ground.
 - b. When a backward pass or fumble by a player strikes the ground.
 - c. When a runner has a flag belt removed legally by a defensive player.
 - d. When a runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
 - e. When a snap hits the ground.
 - f. When the passer is de-flagged before releasing the ball.
8. The ball must be snapped between the legs of the center.
9. Once the ball leaves the ground the defense can rush.
10. All offensive players must be motionless for one second preceding the snap, except for a (one) player moving parallel to or away from the scrimmage line. Penalty: Illegal motion, 3 yards from the previous spot.
11. The quarterback will have 15 seconds to release the ball. This time will begin when the ball is snapped and will be monitored on the official's time piece. An official may give a 5 second warning as time is running out.
12. A receiver must have one foot inbounds for the pass to be a completion.

BLOCKING, RUSHING, & CONDUCT

1. Blocking is only allowed on the line of scrimmage.
2. Blocking on the line of scrimmage is legal as long as the blocker keeps both feet on the ground and only blocks above the waist and below the shoulders.
3. The defense has to line up within the outside shoulder of their offensive opponent on the line of scrimmage. All other players choosing to rush the quarterback must be at least 5 yards off of the line of scrimmage.
4. Three-point/four-point stances are illegal.
5. **Offensive Screen Blocking:** Screen blocking is permitted and shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, legs, elbows, or body to initiate contact by an offensive player is illegal. A player must be on his/her feet before, during, and after screen blocking.
6. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.
7. When the flag belt is clearly taken from the runner in possession of the ball, the ball is declared dead and the down shall end. In an attempt to remove the flag belt from a runner, an opponent may contact the body and shoulders, but not the face, neck, or any part of the head of the runner with their hands. An opponent may not hold, push, or knock the runner down in an attempt to remove the flag belt. If a flag belt inadvertently falls to the ground, a one-hand touch between the shoulders and knees constitutes a 'tackle'. A runner is also down if any part of that runner touches the ground other than the feet, hands or the ball while in the hand of the runner.
8. A defensive player may dive in an attempt at an offensive player's flag belt.
9. Player Restrictions:
 - a. No player shall make contact with an opponent which is deemed unnecessary.
 - b. There shall be no clipping or tripping.

- c. There shall be no bumping the receiver. The defensive player must play the ball and shall not interfere with a receiver. However, defensive and offensive players are equally entitled to a passed ball.
 - d. Pulling or removing the flag belt from an offensive player as the ball is snapped or before a pass reception with the obvious intent of confusing the offensive player as an eligible pass receiver or ball carrier is illegal. Penalty: Illegal Contact, 10 yds.
 - e. A defensive player may not bump or push a runner out of bounds.
 - f. Offensive charging is not permitted. The ball carrier may not run through a defensive player but must attempt to evade the defensive player. The runner is allowed to spin in order to avoid being de-flagged as long as he/she does not charge during the spin.
 - g. The ball carrier shall not guard his/her flags by blocking with hands or the ball, thereby denying an opponent the opportunity to pull or remove the flag belt. Penalty: Flag guarding, 5 yards from the spot of the foul.
 - h. Stiff arming by the ball carrier is illegal. Holding or swinging the arm near the flag to ward off attempts to seize the flag is illegal and results in flag guarding.
 - i. The flag belt is to be fastened around the waist by use of the end clip. Any tampering to secure the flags so as to make them more difficult to pull is illegal and will result in ejection from the game. Penalty: Unsportsmanlike conduct, 5 yards from the previous spot, loss of down, and player disqualification.
10. Scrimmage play via the run-advancement from behind the line of scrimmage to beyond the line of scrimmage is not allowed by any player unless there is a defensive rush.
- a. The quarterback is allowed to scramble but cannot advance the ball beyond the scrimmage line unless there is a defensive rush.
 - b. If the defensive team chooses to rush, the quarterback may advance the ball beyond the scrimmage line.

SCORING PLAYS

1. **Touchdown Values:** All touchdowns are six (6) points. The player scoring the touchdown must raise his/her arms so the nearest official can de-flag the player. If the official determines that the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified and a penalty will result.
2. **Try for 1, 2, or 3 points:** An opportunity to score one (1) point from the 3-yard line. Two (2) points from the 10-yard line. Three (3) points from the 20 yards line.
 - a. Once the offensive captain has declared his/her choice (try for 1, 2, or 3), he may change the decision only when a charged timeout for either team is taken. A team's choice cannot be changed if a penalty should occur.
 - b. If the defensive team intercepts a pass or fumble during the try and returns it for a touchdown, they score 1, 2, or 3 points respectively.
 - c. There are no field goals or kicked points after touchdown.
3. **Safety:** A safety results when a runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team's possession. A safety results in two (2) points for the defensive team.

CO-REC MODIFICATIONS FOR 4 on 4 FLAG FOOTBALL

2. Co-Rec teams shall consist of 4 players, 2 men and 2 women. A team may start with 3 players as long as there are no more than two of any one gender on the field.
3. The regulation or junior football shall be used for Co-Rec play unless mutually decided by both teams.
4. In co-rec play, women can only block women and men can only block men. Likewise, a man may only line up on the line of scrimmage across from a man and vice-versa for women.

PENALTIES & YARDAGE

1. **Loss of 3 Yards**
 - a. Delay of game (dead ball foul)
 - b. False start (dead ball foul)
 - c. Encroachment (dead ball foul)
 - d. Illegal snap (dead ball foul)

- e. Offensive player leaving the field on the wrong side (dead ball foul)
- f. Illegal procedure
- g. Illegal formation
- h. Illegal motion
- i. Illegal shift
- j. Illegal forward pass (loss of down, if by Team A)
- k. Intentional grounding (loss of down)
- l. Illegal substitution
- m. Aiding runner by teammates
- n. Two consecutive forward pass completions (loss of down)
- o. Required equipment worn illegally
- p. Offensive player not momentarily 5 yards inbounds after ready for play and before snap
- q. Player out-of-bounds when ball is snapped
- r. Intentionally throwing a backward pass or fumble out-of-bounds (loss of down)

2. Loss of 5 Yards

- a. Illegal contact
- b. Eligibility lost by going out of bounds and participating in the play
- c. Offensive pass interference (loss of down)
- d. Defensive pass interference (automatic first down)
- e. Stiff arm
- f. Flag guarding
- g. Illegal flag belt removal
- h. Personal foul
- i. Roughing the passer (automatic first down)
- j. Illegally secured flag belt on touchdown (Team A - loss of down, Team B –automatic first down and player DQ)
- k. Illegal participation
- l. Illegal tripping
- m. Unsportsmanlike conduct (players, coaches, substitutes, or others)
- n. Illegal player equipment
- o. Spiking, kicking, or throwing ball during dead ball
- p. Receipt of an unsportsmanlike penalty
- q. Hurdle/dive over any player
- r. A non-player de-flags or interferes with a runner (disqualification and touchdown awarded)
- s. Down field blocking

NOTE: if any of the above infractions are deemed flagrant, the player will be disqualified.

Inner Tube Water Polo - Corec

Inner tube water polo is a variation of the sport water polo with the important difference that players are required to float in inflatable inner tubes. By floating in an inner tube, players experience less contact and expend less energy than traditional water polo players. This allows players to enjoy water polo without undertaking the intense conditioning required for conventional water polo.

THE GAME, VENUE, PLAYERS, AND EQUIPMENT

1. Teams will consist of 7 players. 3 female, 3 male, and one goalkeeper (male or female). A game may start with a minimum of 5 players, but no more than 3 of any one gender (not including the goal keeper)
2. Swimming attire only.
 - a. Shorts over suits are allowed.
 - b. Rash guards and shirts are allowed.
3. Inner tubes and ball will be provided by the Intramural department.
4. All games take place in the Grizzly Pool.
5. Participants must possess a valid Griz card to participate and gain access to the Grizzly pool.
6. Teams' not organized and ready to play by 10 minutes past the scheduled playing time will forfeit.
7. Games will consist of two 18 minute halves, running clock.
8. Half time will be 2 minutes.
9. Regular season games may end in a tie (no overtime).
10. **Overtime for playoffs** will consist of a golden goal opportunity allowing as much time as necessary for a team to score. The first team to score will win.
11. A guard, cast, or brace made of hard and unyielding leather, plaster, pliable plastic, metal or any other hard substance, even though covered with foam padding, is not permitted. **All equipment decisions made by the Intramural Staff on duty shall be final.**
12. Jewelry is prohibited. All earrings and other visible body piercings must be removed or taped prior to the start of the game. Religious or medical-alert medals are not considered jewelry, but must be taped down. Campus Recreation will not provide tape or band-aides to cover jewelry items.
13. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.
14. Knee and ankle braces that are unaltered from the manufacturer's original design/production shall be permitted and do not require additional padding.
15. Knee and ankle braces that are altered from the manufacturer's original design/production shall be permitted as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least ½-inch foam rubber (or ¼ inch closed cell, slow recovery foam rubber).
16. The team captain must sign the score sheet following each contest to verify the score.
17. All participants must follow Grizzly Pool guidelines.

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 the rest of their body must be in the tube. 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 prone 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 begin with the ball at goal and play will resume.
- Subs can only be made on a dead ball or after a goal has been scored, and only after the official has been notified.

Ball out of play and throw-ins:

- Ball out of play is thrown in by the other team at the spot it went out of bounds on the official's whistle. If the ball goes out of play over the 'end line,' the goalie will put the ball back into play.
- The ball can not be played by a player that is not in their tube correctly. If an ineligible player makes a play on the ball they will forfeit possession and the opposing team will gain possession.
- A goal cannot be scored directly from a throw-in.

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 10 feet from the goal. (Marked with cones)
 - If a goal is scored inside the 10 foot mark, no point will be awarded and ball goes to goalie.
 - Players from both teams may play within the 10 foot mark, but cannot score a goal from inside the mark.

Goalkeeper:

- Goalie cannot pass ball over the half mark line in the air. If the ball bounces or floats past the halfway 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.
- If the goalkeeper plays the ball while out of their tube the opposing team will be awarded the ball outside the 10 foot mark and put in play on the officials whistle when the goalie is back correctly in his/her tube.
- Goalkeepers may not hang on the goals or use the goals for support.

Offense and Defense:

- Can be positioned anywhere in the pool.
- Players cannot leave their inner-tube and touch the ball.
- Dumping and tipping of players is allowed only 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 hands.
- If at any point double possession happens with participants from opposing teams, the participant that initially maintained possession will retain possession.
- 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.

Penalties & Fouls

Penalties:

- When a penalty is called, 2 players on the team in possession must control the ball prior to scoring a goal. The ball will only be played after the official's whistle.
- 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 in 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 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.**

Soccer – Outdoor 8 v 8

Intramural soccer will be governed by the National Federation of State High School Associations (NFHS) rules with the following intramural modifications:

PLAYERS & EQUIPMENT

1. A team consists of eight players (including the goalie), but a team may start a game with six players present.
2. Participants may play for only one team in each league (CoRec A, Men's, Women's, CoRec B).
3. **All team members must wear jerseys/shirts that are the same color.** The goalie must wear a different color shirt than their teammates. Team pinnies will be provided for each team if necessary.
4. The field size is roughly 100 yards long by 110 feet wide.
5. Campus Recreation will supply the game balls. However, teams may bring their own ball and agree on the game ball.
6. All players must wear closed toe shoes. Players are permitted to use cleated soccer shoes provided that the rubber cleats are short and are molded into the sole of the shoe. Metal spikes are not permitted. Shin guards are optional. Open toed shoes, sandals, barefoot, boots, or dress shoes are not permitted.
7. No casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal or metal hinges altered from the manufacturer's original design/production are required to cover it. **All equipment decisions made by the Intramural Staff on duty shall be final.**
8. Jewelry is prohibited. All earrings and other visible body piercings must be removed or taped prior to the start of the game. Religious or medical-alert medals are not considered jewelry, but must be taped down and worn under the jersey. Campus Recreation will not provide tape or band-aides to cover jewelry items.
9. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.
10. The team captain must sign the score sheet following each contest to verify the score.

START OF PLAY & TIMING

- i. The official will facilitate rock-paper-scissors with team representatives to determine the kick-off and/or goal to defend.
- ii. During the kick off all players must be in their own half of the field and all defenders must be at least 10 yards from the ball.
- iii. The game will consist of two 20 minute halves with a 3 minute half time. Clock stops only for injuries.
- iv. The officials will be in charge of keeping time.
- v. Teams are not awarded any timeouts.

PLAYING RULES

1. Substitutions can be made on the fly, at any point during the game.
 - a. Substitutions must be made at the midline.
 - b. The official may forbid a substitution if they judge that the substitution allows one team to gain an un-fair advantage.
 - c. The official shall be notified when a goalkeeping change is made, either by another player on the field changing places or by substitution from the sideline.
2. Offside will be called when it is obvious to the official. Intramurals does not provide sideline judges for regular season games and will on a limited basis for tournament play.
3. Slide tackles are allowed in men's league only.
4. A player receiving a yellow card has been given a warning. Two yellow cards in the same contest are considered a red card. A player receiving a red card is ejected and cannot be substituted (unless otherwise signaled so by the official).

5. Any player receiving three red cards, totaled across all soccer leagues and divisions, in the same season, spring or fall semester, will be disqualified for the remainder of the season and subject to further disciplinary measures from Intramural Management.

COREC MODIFICATIONS

1. Corec teams consist of eight players. Four men and four women.
2. A corec team can play short with six or seven players but no more than four of any one gender on the field.
3. Slide tackles are not allowed in all co-rec leagues.

TIE GAME

1. Ties stand in regular season play.
2. During all post-season contests, the winning team will be determined with penalty kicks.
 - a. Only players on the field at the end of the game may shoot.
 - b. Rock-paper-scissors will determine which team shoots first.
 - c. Kicks will alternate between teams.
 - d. Initially 3 players from each team will take their shot on goal.
 - e. If tied after all 3 players have gone, there will be a sudden death shoot out with the 4 remaining players on the field, then through subs off field, and back through the rotation until one team scores and the other does not.

THE GAME, VENUE, PLAYERS, AND EQUIPMENT

1. All games will take place in Schreiber Gymnasium located on the south side of the Mansfield Library on the south east side of campus
2. Teams will consist of 5 players. 4 on the court plus the goalie. A game may start with a minimum of 4 players.
3. **Corec:** ratio of 3:2, either 3 men and 2 women or 3 women and 2 men. 2 men and 2 women on the court and gender of goal keeper does not matter.
4. Participants may play for only one team in each division. Participants playing for more than one team are illegal participants and the game may result in a forfeit unless approved by the official.
5. All substitutions need to be vocally expressed to the official prior to entering the playing field. The official may forbid a substitution if they judge that the substitution allows one team to gain an unfair advantage.
6. Team managers or a team representative must check their team in with the official and ensure that the roster is current and up to date. They also need to verify the score and team sportsmanship rating at the end of the match by signing the score sheet.
7. Regulation indoor soccer balls will be provided by Campus Recreation.
8. The soccer goals are 6'x10'.
9. All players must wear closed toe, non-marking, rubber soled court shoes. Open toed shoes, sandals, barefoot, boots, dress shoes, and all cleats are not permitted.
10. **Teams are required to wear the same color jersey/shirt.** Pinnies will be provided by Campus Recreation for teams that do not have matching colors.
11. Intramurals will not provide goalkeeper apparel and equipment. However, teams may bring acceptable goalkeeper materials to games.
12. No casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. **All equipment decisions made by the Intramural Staff on duty shall be final.**
13. Jewelry is prohibited. All earrings and other visible body piercings must be removed or taped prior to the start of the game. Religious or medical-alert medals are not considered jewelry, but must be taped down and worn under the jersey. Campus Recreation will not provide tape or band-aides to cover jewelry items.
14. If eyeglasses are worn, they must be unbreakable. Each player is responsible

START OF PLAY & TIMING

1. The official will facilitate rock-paper-scissors with team representatives to determine the kickoff and/or goal to defend.
2. At the start of each half and after every scored goal, play will begin with an indirect free kick from the center line. The ball may be played directly backwards.
3. During the kickoff all players must be in their own half of the court.
4. The game will consist of two 20 minute halves with a 3 minute half time. Clock stops only for injuries.
5. The officials will be in charge of keeping time.
6. Teams' not organized and ready to play by 10 minutes past the scheduled playing time will forfeit.
7. Teams are not awarded timeouts.
8. No overtime in the regular season.
9. Post-season overtime will be a golden goal. The first team to score wins.

BALL OUT OF PLAY

The ball will be in play at all times, including all walls, with the following exceptions:

1. Any time an official has blown the whistle.
2. After the ball has completely crossed the goal line either on the ground or in the air.
3. If the ball strikes anything overhanging in the gym. For example: any part of the basketball hoops, the overhanging running track, hanging lights, etc.
 - a. Once the ball has been deemed out of play an indirect free kick is awarded to the opposing team to that which touched the ball last.
 - b. If the ball goes out on either of the end lines, near the goal, a “friendly” will be awarded to the respective goalie. The goalie then has the choice to kick or throw the ball to resume play.

FOULS & MISCONDUCT

All NFHS soccer violations will be considered with the following modifications for playing indoors. **Fouls will be tallied by the official. At 5 fouls, throughout the match, including both the first and second half, the opposing team will then be awarded a PK for any further violations (see penalty kick procedure).**

1. The offensive team may not enter or play a ball in the goalies’ box.
2. It is permissible to pass the ball to your goalie and the goalie to pick the ball up while inside the box.
3. No offside.
4. No slide tackles.
5. Goal keeper cannot throw the ball over the half court line. The goalie may throw the ball past the center line as long as it touches the ground or another player before it crosses the line. The ball may be kicked, punted, or drop kicked over the center line. ***This will not be recorded towards the foul total.**
6. Unsafe and dangerous play near the walls will be called tightly.
7. Goalie may not possess the ball for more than 6 seconds. Officials will use a visual count to monitor.

YELLOW & RED CARDS

1. All yellow cards result in a 2 minute penalty for the respective player.
 - a. The team will play down a player until the 2 minutes are up or the opposing team scores a goal.
 - b. A team may not sub for a player receiving a yellow card.
2. Any player receiving two red cards, totaled across all indoor soccer leagues and divisions, in the same season, spring or fall semester, will be disqualified for the remainder of the season and subject to further disciplinary measures from Intramural Management.

PENALTY KICK PROCEDURE

1. A penalty kick shall be taken from the penalty mark (tape on the floor), which is approximately 12 yards from the goal line.
2. When it is being taken, all players with the exception of the player taking the kick and the opposing goalkeeper shall be within the field of play, but outside the penalty area, and at least 10 yards from the penalty mark.
3. It is the responsibility of the official to ask the goalkeeper if they are ready to defend their goal before the opposing player takes the kick.
4. The kick is taken upon the official’s whistle. The penalty kick will be ruled invalid if the kicking player advances before the whistle, no matter the result. In such an event, the kick will be replayed.
5. Should the ball hit the goalposts, crossbar, or walls and rebound into play, the player who shot the ball may not touch the ball until it comes in contact with another player. The penalty for such an offense is the awarding of an indirect free kick to the opposing team.
6. The ball shall be deemed in play directly after it is kicked, and a goal may be scored by any player after the initial shot.

Soccer – Outdoor 4 v 4

Participants: Men's teams consist of four players. A men's team can play short with three players. Co-Rec teams consist of four players, two men and two women. A corec team can play short with three players if need be, but no more than two of any one gender on the field.

Time: The game will consist of two 15-minute halves with a five minute halftime. The clock will only stop for injuries..

Rules: Rules of soccer are used with the exception of the following:

- No slide tackling.
- No corner kicks. When the ball goes over the end line (off of any player) it is put into play by the defending team, similar to a goal kick.
- At beginning of the game the ball is put into play as a goal kick by the team who wins rock/paper/scissors.
- There are no throw-ins, instead use kick-ins.
- All kick-ins and goal kicks are indirect; therefore, you cannot score directly off of them.
- Games are self officiated, use the honor code please.
- Substitutions can be made on all dead ball situations.
- No offside.

Softball

*****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 a minimum of 8 or 9.
- B. Corec teams will consist of 10 players, five men and five women. A game may be played with four men and four women. Men and women must bat alternately. A corec team can play short with 9 players but no more than 5 of any one gender can be in the lineup.
- C. Men and women may be placed defensively at the team's discretion.
- D. During Corec 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. 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 Corec ball the batting order must alternate: boy, girl, boy, girl. If there is an uneven ratio of male to female participants, the team must take an out at the bottom of their lineup.
- 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 Corec B 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. No stealing.
- 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.

Volleyball - Indoor

Intramural volleyball will be governed by the National Federation of State High School Associations (NFHS) rules with the following intramural modifications:

PLAYERS & EQUIPMENT

1. A team consists of six players, but a team may start a game with four players present. **Co rec:** 3 men and 3 women. A corec team may start with 4, but no more than 3 of any one gender.
2. The official will facilitate paper, rock, scissors to determine which team will serve and respective sides of the court.
3. The team captain or player representative is responsible to check in with the officiating staff and verify the roster.
4. The team captain must also sign the score sheet following each contest to verify the score.
5. Campus Recreation will supply volleyballs so that each team may have one to warm up with.
6. All players must wear closed toe, non-marking, rubber soled court shoes. Open toed shoes, sandals, barefoot, boots, or dress shoes are not permitted.
7. No casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal or metal hinges altered from the manufacturer's original design/production are required to cover it. **All equipment decisions made by the Intramural Staff on duty shall be final.**
8. Jewelry is prohibited. All earrings and other visible body piercings must be removed or taped prior to the start of the game. Religious or medical-alert medals are not considered jewelry, but must be taped down and worn under the jersey. Campus Recreation will not provide tape or band-aides to cover jewelry items.
9. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.

THE GAME

1. The team that has scored 21 points (quick score/rally score) first wins the game. A team must win by 2 points. Games will be capped at 25. The team that wins 2 games out of 3 wins a match.
2. There will be 3 minutes between games.
3. 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, or other, instead of 21; win by two and capped at 19.
4. There are two time outs per game per team, not exceeding 30 seconds. Time outs may be taken consecutively.
5. Substitutions shall be made when play is stopped. **Corec:** substitutions must be made on a male for male, and female for female basis.
6. A served ball may contact the net.
7. A serve may not be blocked. A serve may not be attacked with downward trajectory.

TOURNAMENT PLAY

The top teams in each league, which have not forfeited and have an average sportsmanship rating of at least 7, will advance to tournament play. The number of teams depends on the size of the division and the number of leagues. The tournament is a single elimination tournament with teams assigned based on win/loss percentage and then total points scored. The tournament bracket can be found at the conclusion of the regular season online at IMLeagues.com

Volleyball – Grass or Sand

The following rules are based on the National Federation of State High School Associations (NFHS) indoor volleyball rules with the following outdoor intramural modifications:

PLAYERS & EQUIPMENT

1. A team consists of 4 players and may start with no less than 3. **Corec:** 2 men and 2 women. A game may start with 3 players, but no more than 2 of any one gender.
2. The official will facilitate paper, rock, scissors to determine which team will serve and respective sides of the court.
3. The team captain or player representative is responsible to check in with the officiating staff and verify the roster.
4. The team captain must also sign the score sheet following each contest to verify the score.
5. Campus Recreation will supply volleyballs so that each team may have one to warm up with.
6. All players must wear closed toe, non-marking, rubber soled court shoes. Open toed shoes, sandals, barefoot, boots, or dress shoes are not permitted.
7. No casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal or metal hinges altered from the manufacturer's original design/production are required to cover it. **All equipment decisions made by the Intramural Staff on duty shall be final.**
8. Jewelry is prohibited. All earrings and other visible body piercings must be removed or taped prior to the start of the game. Religious or medical-alert medals are not considered jewelry, but must be taped down and worn under the jersey. Campus Recreation will not provide tape or band-aides to cover jewelry items.
9. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.

THE GAME

1. The team that has scored 21 points (quick score/rally score) first wins the game. A team must win by 2 points. Games will be capped at 25. The team that wins 2 games out of 3 wins a match.
2. There will be 3 minutes between games.
3. 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, or other, instead of 21; win by two and capped at 19.
4. There are two time outs per game per team, not exceeding 30 seconds. Time outs may be taken consecutively.
5. Substitutions shall be made when play is stopped. **Corec:** substitutions must be made on a male for male, and female for female basis.
6. A served ball may contact the net.
7. A serve may not be blocked. A serve may not be attacked with downward trajectory.
8. After hitting a ball, player may touch posts, rope, or any object outside the total length of net, provided action does not interfere with play.
9. There is no center line. A violation occurs only if a player impedes the playing ability of opponent through contact beneath the net.
10. The ball must cross between the two poles of the net system.
11. Players do not have to "rotate" positions on the court, but they must rotate the server.

TOURNAMENT PLAY

The top teams in each league, which have not forfeited and have an average sportsmanship rating of at least 7, will advance to tournament play. The number of teams depends on the size of the division and the number of leagues. The tournament is a single elimination tournament with teams assigned based on win/loss percentage and then total points scored. The tournament bracket can be found at the conclusion of the regular season online at IMLeagues.com

Ultimate

Intramural Ultimate will be governed by the USA Ultimate rules with the following modifications:

PLAYERS & EQUIPMENT

1. A team will consist of 7 players. A minimum of 2 women required to begin play in the Corec division.. Fewer than 2 women will result in a forfeit. Six players are required to start a game.
2. Any questions about proper female to male ratio, playing shorthanded, etc. need to be directed to the supervisor who will make the final decision.
3. The team captain or player representative is responsible to check in with the officiating staff and verify the roster.
4. The team captain must also sign the score sheet following each contest to verify the score and sportsmanship rating.
5. Campus Recreation will supply Frisbees but teams may bring their own and agree on the game disc.
6. Regulation rubber-soled cleats, plastic cleats, detachable rubber cleats that screw into the shoe, and tennis shoes are the only permissible footwear. Sandals, street shoes, hiking boots, combat boots, or metal spikes are not allowed. No player will be allowed to participate in bare feet. Any player seen wearing metal spikes after the first pull of the game will be ejected.
7. No casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal or metal hinges altered from the manufacturer's original design/production are required to cover it. **All equipment decisions made by the Intramural Staff on duty shall be final.**
8. Jewelry is prohibited. All earrings and other visible body piercings must be removed or taped prior to the start of the game. Religious or medical-alert medals are not considered jewelry, but must be taped down and worn under the jersey. Campus Recreation will not provide tape or band-aides to cover jewelry items.
9. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.

GAME FORMAT:

1. A game will consist of two 20-minute halves with a 5-minute half time. Time is continuous for each half, except when there is an injury time-out.
2. A pre-game paper, rock, scissors or disc toss will be conducted by representatives of the two teams. The winner chooses to either receive the initial pull, or select the end zone they wish to defend. The other team is given the remaining choice.
3. After a point ends, it is recommended that players begin the next point within 90 seconds.
4. 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.
5. The second half begins with an automatic reversal of the initial choices.
6. **Time-outs:** Each team has one 2-minute time-out per half.
 - a. Time-out may be called only by the team in possession of the disc, except that either team may call time-out between points (after a goal, but before the ensuing pull).
 - b. No time-outs during overtime.
7. **Substitutions:** May be made after a goal and prior to the ensuing pull, before the beginning of a half, or to replace an injured or ejected player.

SCORING:

1. A goal is scored when an in-bounds player catches a pass in the end zone of attack.
2. The team with the most goals at the end of the game is declared the winner.
3. If the score is tied at the end of regulation, play stops and overtime procedures are as follows:
 - a. Regular Season Games: A 3-minute overtime period is played with a sudden death format. To begin an overtime period, teams must follow the rules for Restarting Play. If no one has scored after the overtime, the game will be determined a tie.
 - b. Playoffs: The overtime sudden-death period will continue until the first team scores.

PULL:

1. 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.
2. Each time a goal is scored, the teams switch their direction of attack and the team that scored pulls to the opposing team.
3. On a pull, players must remain in their end zone (not cross the goal line) until the disc is released.
4. A pull may not be made until a player on the receiving team indicates readiness to play by raising a hand.
5. After the disc is released, all players may move in any direction.
6. No player on the pulling team may touch the pull in the air before a member of the receiving team touches it.
7. 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.
8. 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.
9. If the pull lands out-of-bounds the receiving team puts the disc into play at the point on the playing field, excluding the end zone, nearest to where it crossed the out-of-bounds line.

IN & OUT-OF-BOUNDS:

1. The perimeter lines themselves are out-of-bounds.
2. A disc is out-of-bounds when it first contacts an out-of-bounds area or anything which is out-of-bounds.
3. For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. If any portion of the first point of contact is out-of-bounds, the player is considered to be out-of-bounds.
4. If a player makes a catch in-bounds and momentum then carries him/her out-of-bounds, the player is considered in-bounds (to continue play, the player carries the disc to the point where s/he went out-of-bounds and puts the disc into play at that point).
5. The thrower may pivot in and out-of-bounds, provided that the pivot foot is in-bounds.

TURNOVERS:

1. A turnover occurs when:
 - a. A pass is incomplete (dropped, hits the ground, is caught out of bounds, blocked, intercepted). A receiver must retain possession of the disc throughout all ground contact related to the catch (if a player falls to the ground during a catch and drops the disc, it is incomplete).
 - b. The marker’s count reaches the maximum number (10) before the throw is released.
 - c. When a turnover has occurred, any member of the team becoming offense may take possession of the disc.
 - d. To initiate play after a turnover, the person picking up 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.

ESSENTIALS:

1. *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 any direction, but once the marker has established a legal defensive position, the thrower may not pivot into him/her.
2. *The Marker:*
 - a. Only one player may guard the thrower at any one time; that player is the “marker.”
 - b. The marker may not straddle the pivot foot of the thrower.
 - c. There must be at least one disc's diameter between the bodies of the thrower and the marker at all times.
 - d. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.

- e. Stall count: The period of time within which a thrower must release a throw.
 - i. A player in possession of the disc has 10 seconds to release a throw.
 - ii. The marker must be within 10 feet of the person with the disc before beginning the stall count.
 - iii. The stall count consists of the marker counting to 10 audibly at one second intervals (e.g. “stalling one, two, three . . .”).
 - iv. If the thrower has not released the disc by the count of 10, a turnover results. If this call is disputed, the thrower gets the disc back with the stall count coming in at “stalling 8.”
 - v. If the defense switches markers, the new marker must restart the count at one.
- 3. The Receiver:
 - a. After catching a pass, the receiver may take only the fewest number of steps required to come to a stop and establish a pivot foot.
 - b. Exception: If the receiver catches the disc while running, s/he may throw a pass without coming to a stop, but only so long as s/he releases the disc before the third ground contact after catching the disc.
 - c. If offensive and defensive players catch the disc simultaneously, the offense retains possession.

FOULS & VIOLATIONS:

A foul is the result of physical contact between opposing players; a violation generally is any other infraction of the rules. When an infraction (a foul or violation) occurs:

1. The offending player loudly calls out the infraction (e.g., “Travel,” “Foul,” etc.).
2. A player called for an infraction may contest that call (by loudly calling “contest”), if that player believes that s/he did not commit the infraction.
3. After a call, play stops and players remain stationary until the parties involved have resolved the call.
4. If a call is not disputed, play resumes in a way simulating what most likely would have occurred without the infraction. E.g., 1) If a thrower was fouled while throwing and the pass was incomplete, the thrower gets the disc back with a new stall count, or 2) 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.
5. If a call is disputed and the players cannot come to a resolution, the play is redone with each player returning to the position s/he occupied when the disputed infraction allegedly occurred.
6. Infractions include:
 - a. Foul: Contact between opposing players.
 - 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.

POSITIONING:

1. Each player is entitled to occupy any position on the field not occupied by another player.
2. Picks: No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team; to do so is a pick.
3. When the disc is in the air, players must play the disc, not the opponent.
4. Each player has the right to the space immediately above him/her. A player who has jumped is entitled to land at the same point of take off without hindrance by opponents.

Notes:

Notes:

Born on:
August 28, 2017