Policies and Rules
2016/2017
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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 a recreation 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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Intramural Policies

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

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

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 all ejections and determine whether any 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 Intramurals Coordinator must approve changes to the roster.

During all post-season tournaments the supervisors/officials will do an automatic roster check on all participating teams. 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.

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

Intramural teams may not seek sponsorship.
Ineligibility

1. Current varsity athletes: Individuals whose names appear on a team roster or eligibility list of an intercollegiate athletic team at UM or any other four year institution, including transfer students, may not participate in a similar Intramural sport during the academic year in which they are so listed.

2. Intercollegiate athletes (this year) who have been red shirted or who have become academically ineligible, or have been barred because of professionalism are not eligible to participate in a similar Intramural sport during the academic year in which they are so listed.

3. 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 sports supervisor or Intramural Management.

Team Captains

Each team must have a captain 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 create an IMLeagues.com account and add participants to the roster.
3. Take the Captain’s Quiz on IMLeagues.com for the sport you are registered for.
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 his/her team must default a contest.
8. Receive all correspondence from Campus Recreation concerning changes in rules, tournament structure, etc., ineligible players, team conduct at contests, etc. via email or phone call.
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

Team captains must pay the registration fee, if associated, in order to register their team. Participants can pay online at IMLeagues or at the front desk of the FRC where you will receive a code to enter when you register online. For more information, please visit the Registration Instructions found on the Campus Recreation website.

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 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 in judgment on 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 along with Campus Recreation administration and staff will rule on all formal protests after gathering as much information as possible. All protest decisions made by the Intramural Coordinator will be final.
Forfeits and Defaults
A team may 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 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 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 will be recorded as a forfeit. 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 as decided by both teams and IM staff.

A team from the wait list will replace teams who forfeit more than once. 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 captains 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 and 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 Sportmanship Rating System**

Intramural officials and supervisors will give sportmanship 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 no forfeits, and a “7” or better average sportmanship 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 that a “6” rating.**

**Rating 3-5: Below average conduct & sportsmanship:** Team constantly comments to officials and/or opposing teams from the field/court or sidelines. The captain/manager exhibits little or no control over teammates or him/herself. **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/herself. **Any team causing a game to be forfeited, based on conduct, or receives more than one ejection, may receive no higher that a “2” rating.**

The following actions automatically merit a “1” rating:
- A player or spectator clearly associated with a team, after being warned about unnecessary roughness jeopardizes the safety of a player or official.
- A player or spectator clearly associated with a team is in possession of alcohol or drugs at an intramural contest.
- A player or spectator clearly associated with a team uses abusive language, obscenities towards an individual or verbally threatens a player or official.

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

**A team that receives lower than a “6” in a playoff game** must talk to the Intramural Manager by 12:00 noon the next day. A decision will be made whether the team can continue in playoffs. If they continue in the playoffs any rating below “6” will automatically eliminate that team from playoffs.
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 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, at all 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. Ejected participants face a minimum one game suspension and must meet with IM Management before being eligible to participate again.

- Forfeits must be negotiated with the Intramural Manager (Zach Sherbo), not with supervisors or officials. Please contact IM Management with any scheduling conflicts at least 72 hours prior to a scheduled contest.

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 and Activity Rules

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 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 and sportsmanship rating.
7. Campus Recreation will supply basketballs so that each team may have one to warm up with along with a game ball.
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. 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 additional time-out, one minute in length.
4. Time-outs not used during regulation play can 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 2 men and 2 women to start the game.
3. Men and women may guard each other without restrictions.

**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**

All teams in each league, which have not forfeited and average a 7 or better sportsmanship rating, 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 must start all games with no more male players than female players unless approved by both teams. 2 men and 2 women a side.
3. Official dodge balls 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 a team must win 3 sets (best of five). To win a set a team must win 5 matches. So a set can have up to 9 games in order to be decided and the match can have up to 5 sets to be won.

Time: There is no time limit to a game 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: Three 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 and then when the supervisor blows their whistle, when teams will then race to the center and try to obtain possession of each ball. After gaining possession, participants with a ball must return and touch their wall before making 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 have been put out.

Line Violation: During play, if any 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. 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 a part of the body. A ball hitting a piece of clothing will result in that person being put out.
4. Players that modify the dodge ball in any way will be called 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 ruled 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 put out, enter the Player Return Area, and stand against the wall with their arms folded. Failure to leave the court immediately can result in a forfeit of the game by the offending team as determined by the official.

DODGE BALL DEFINITIONS

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

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

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.

Players 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 dodge balls that come near them in any way.

Ball Deflections: A player with a ball may use it to deflect on-coming balls. Once that ball is deflected, the original thrower can be put out if the deflected ball is caught. Fingers are considered part of the ball being held, the hand is not.
Flag Football – Men/Women 7v.7, Co-Rec 6v.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. Five players are required to start a game and avoid a forfeit. Co-Rec teams 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. All players are eligible to receive a pass and run with the football.
3. All games are played on the Riverbowl fields located North West of the Fitness and Recreation Center.
4. 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.
5. Players can compete for only one men’s or women’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 Women and 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 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. in 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 disqualified. 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.

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. Unfair act
   u. A non-player de-flags or interferes with a runner (disqualification and touchdown awarded)
   v. Down field blocking

NOTE: if any of the above infractions are deemed flagrant, the player will be disqualified.
Flag Football- 4 v. 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. Fewer than 2 people of one gender will result in a forfeit.
2. Teams’ not organized and ready to play by 10 minutes past the scheduled playing time will forfeit.
3. All players are eligible to receive a pass and run with the football.
4. All games are played in Washington Grizzly Stadium. Please enter through the visitor tunnel on the North West corner of the stadium.
5. The playing field consists of two 20 yard zones, totaling 40 yards and bordered by 10 yard end zones.
6. Players can compete for only one men’s team. In addition, players can compete for one Co-Rec 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 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, 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 period 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 turn over 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 flag 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 disqualified. 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 4v4 FLAG FOOTBALL**

1. 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 3 of any one gender on the field.

2. The regulation or junior football shall be used for Co-Rec play unless mutually decided by both teams.

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.
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. Unfair act
   s. A non-player de-flags or interferes with a runner (disqualification and touchdown awarded)
   t. Down field blocking

NOTE: if any of the above infractions are deemed flagrant, the player will be disqualified.
Inner Tube Water Polo – Co-Rec

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 casual players to enjoy water polo without undertaking the intense conditioning required for conventional water polo. All participants must know how to swim and are comfortable in the water.

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.
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 or are subject to pay the day use fee.
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 Campus Recreation and 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 cannot 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)
  o If a goal is scored inside the 10 foot mark, no point will be awarded and ball goes to goalie.
  o 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:
  o Using feet to “bumper” or push off an opponent who is trying to get the ball is a change of possession foul.
  o Splashing water in the face of an opponent or holding/interfering with the movement of the opponent when they do not possess the ball.
  o 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.
Kickball – Co-Rec

Intramural kickball will be governed by the World Adult Kickball Association rules with the following modifications:

**PLAYERS & EQUIPMENT:**

1. A team will consist of 8 players (4 women & 4 men). Six players are required to start a game and avoid a forfeit.
2. Any questions about proper female to male ratio, playing shorthanded, etc. need to be directed to the official who will make the final decision.
3. Substitutions: Unlimited. Each inning, any 8 players can play the field and any 8 may bat.
4. The team captain or player representative is responsible to check in with the officiating staff and verify the roster.
5. The team captain must also sign the score sheet following each contest to verify the score and sportsmanship rating.
6. Campus Recreation will supply the kickball for play.
7. 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 pitch of the game will be ejected.
8. 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.**
9. 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.
10. 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 six (6) innings or a 50-minute time limit, whichever comes first. No new inning will begin once the 50-minute time limit has expired. Any inning which has been started prior to the time limit expiring will be completed. Championship games will not have a time limit.
2. A pre-game paper, rock, scissors will determine home and away status. Game must begin as quickly as possible; teams are not permitted pre-game warm-ups
3. Ties will stand in regular season play after the 50-minute time limit. All post season games will be played until a definite winner has been determined.
4. In the event that the score remains tied after 6 complete innings and the 50-minute time limit has not been reached, extra innings will be played until the tie is broken. The team at bat will begin with a runner on second base.
5. **Mercy Rule:** If a team is ahead by 15 runs after 4 complete innings (3 1/2 if the home team is ahead), or 10 runs after 5 innings (4 1/2 if the home team is ahead), then the game will be considered complete. The run rule will apply to all games including championship games.
6. In the event of inclement weather or power failure of more than 15 minutes, the following will constitute a complete game:
   a. Four innings have been completed (3 1/2 if the home team is leading).
   b. The game has reached at least 25 minutes in elapsed time.
7. Scoring: A run is scored when a runner safely reaches home plate, prior to an inning or half inning ending.
   a. A team may score a maximum of eight runs per half inning.
   b. Scoring and kicking order is the responsibility of the teams, not the umpires. We require each team keep the box score for themselves to ensure that both teams are batting according to the order on the score sheet.
PITCHING:

1. Teams will pitch to their own kickers. A member of the defensive team will position themselves no closer than 3 feet from the pitcher to act as a fielder.
2. Pitchers (of the kicking team) will not be responsible for playing defense. When the pitcher is struck by a kicked ball before it passes a member of the defensive team, the kicker will be called out and runners must return to the base occupied at the time of the at bat. In all other situations, the pitcher must move clearly out of the way of a defender making a play or the potential path of a throw. If, in the umpire’s opinion, the pitcher interferes with any part of a defense’s play, the umpire may call out a runner or the kicker as appropriate.
3. The pitcher must be a member of the offensive team (i.e. legally signed in), but does not have to be one of the kickers in the line-up. All-time pitchers are permitted (must be signed in as a team member). If the pitcher is a kicker in the line-up, when it is the pitcher’s turn in the line-up, another player will be required to enter the game to pitch.
4. Only two pitching changes are permitted per half inning.
5. The pitcher may receive three warm-up pitches prior to the first inning. Warm-up pitches are prohibited at all other times. Infield practice is not permitted prior to any inning.
6. In the act of delivering the ball to the kicker, the pitcher shall stand with at least one foot in contact with the pitching rubber until the ball leaves the pitcher’s hand. A legal delivery shall be a ball that is delivered underhand and a slow to moderate speed. Bouncies are permitted.
7. Each kicker will receive a maximum of 3 pitchers. If a kicker allows three pitches to pass and has not kicked the ball, he/she will be out.

KICKING:

1. All players (maximum of eight) will kick each inning. Therefore, up to eight outs may be recorded during a team’s offensive half inning.
2. The kicking order may change each inning.
3. The offensive team (pitcher and kicker) is responsible for notifying the defensive team when the last kicker is preparing to kick. If the final kicker kicks without the offense notifying the defense that it is their last kicker, that kicker will be ruled out, no runs will be allowed, and the inning will be over.
4. The kicker must contact the ball behind the kicking line. If, at the umpire’s discretion, the kicker contacts the ball past the line, the kicker will be called out and runners will return to the base occupied at the pitch.
5. Foul balls on the 1st or 2nd pitch will be ruled foul. If a foul is kicked on the 3rd pitch, the batter will be out.
6. There are no walks.
7. A kicked ball must go past the buntline in front of home to be in play. Balls that come to rest inside this area or are fielded (touched by a defensive player with any part of the body above the waist) in this area are considered foul and if on the 3rd pitch, the kicker will be called out. Once foul or touched, the ball will be dead and runners must return to the base occupied at the time of the pitch. Fly balls caught in this area are also dead and runners do not have the chance to tag up.

BASE RUNNING:

1. Base runners may leave a base as soon as a ball is kicked.
2. There are two bases at first base, similar to softball, one for the runner to run through and the other for the fielding first baseman.
3. When the base slides away from its proper position (when a runner goes into it sliding feet first), the runner is assumed to be on the base and not in jeopardy to be put out unless they try to advance. If the player slides head first, they must hold on to the bag to avoid being called out.
4. If a base runner goes out of the base path to avoid being tagged, they are out. A player is not required to slide into a base, however, a player may not deliberately or otherwise crash into, or “takeout,” a fielder who is attempting to make or complete a play. - Penalty: the runner is out and the ball is dead. No runner shall advance because of the interference. If the umpire determines the act is flagrant the runner shall be ejected from the game.
5. If a kicked ball strikes a base runner, who is in fair territory and not in contact with a base, they will be called out. The ball will be dead, and the kicker will receive first base. All other runners will only move if forced.
6. **Out of Play - Overthrows:** All runner(s) will be awarded base they are going to plus one. The award will be governed by the position of the runner(s) when the ball left the throwers hand.

**FIELDING:**

1. No more than six players may be positioned in the infield area prior to a pitch being kicked. Two players must begin in the outfield area.
2. Each team must provide a catcher. The catcher must field from behind the kicker and is considered one of the six infielders.
3. The catcher must remain at least 3 feet behind the kicker and may not cross home plate until the ball is kicked.
4. The “fielding” pitcher must remain 3 feet behind the pitching rubber until the ball is kicked.
5. All field players must stay behind the pitcher while the other team is kicking.
6. **The kicker is out when:**
   a. A base is touched by a player with the ball or by the ball when a player is in possession of the ball.
   b. Hit by a thrown ball below the shoulders by a defensive player.
   c. Tagged by the ball when a defensive player is in possession.
7. **A runner is out when:**
   a. The base they are advancing to is touched by a defensive player with the ball or by the ball when a defensive player is in possession during a force out.
   b. Hit by a thrown ball below the shoulders by a defensive player.
   c. Tagged by the ball when a defensive player is in possession
8. **A kicker/runner is NOT out when:**
   a. Hit above the shoulders (neck, head). In the case of a head shot, play continues but the runner who was hit above the shoulders in NOT liable to be put out until after they touch the next base. However, if the runner intentionally uses their head to block the ball or ducks and is hit above the shoulders, the runner will be called out (the ball is immediately dead and all runners return to the base they last touched).
   b. A thrown ball touches the ground or base prior to striking the kicker/runner.
   c. They are contacted by a ball that is kicked at them by the opposing team.
9. In the event a fielder intentionally throws and contacts a runner’s head, the play will be immediately dead and the fielder will be ejected. The runner will be awarded home and all runners on base in advance of the runner hit by the head shot will score.
10. There is no infield fly rule and all caught balls must have a tag up in order for runner to advance.
Soccer – Outdoor 8v.8

Intramural soccer will be governed by the National Federation of State High School Association (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 (CRA, Men’s, Women’s, CRB).
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 pennies will be provided for each team if necessary.
4. The field size is roughly 100 yards long by 39 yards 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 and sportsmanship rating.

START OF PLAY & TIMING

1. The official will facilitate rock-paper-scissors with team representatives to determine the kick-off and/or goal to defend.
2. 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.
3. The game will consist of two 20 minute halves with a 3 minute half time. Clock stops only for injuries.
4. The officials will be in charge of keeping time.
5. 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.

CO-REC MODIFICATIONS

1. Co-Rec teams consist of eight players. Four men and four women.
2. A Co-Rec 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.
Soccer - Indoor

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. Co-rec: ratio of 3:2, either 3 men and 2 women or 3 women and 2 men.
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. Pennies 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 any 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 that is overhanging 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 is not recorded toward the foul count.*
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 4v4

**Participants:** All teams consist of four players. A team can play short with three players as long as this is approved by participants and Intramural staff. Co-Rec teams consist of four players, two men and two women. A Co-Rec team can play short with three players but no more than two of any one gender on the field.

**Time:** The game will be 25-minute long without a half time. Clock stopped only for injuries.

**Rules:** NFHS rules of soccer are used with the exception of the following:

- There is no slide tackling.
- There are 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
1. All teams consist of ten players. Games may be played with eight or nine.
2. Co-Rec 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 co-rec team can play short with 9 players but no more than 5 of any one gender can be in the lineup.
3. Men and women may be placed defensively at the team's discretion.
4. During Co-Rec games if the pitcher walks a man the next batter (a woman) has the choice to bat or automatically walk. If the woman walks; the man preceding her advances to second; if the woman chooses to bat the man preceding her remains at first.
5. Teams’ not organized and ready to play by 10 minutes past the scheduled playing time will forfeit.

The Game
1. A regulation game will consist of 5 innings. For league play only, a new inning may not begin 55 minutes after the start of the game has elapsed. Officials and captains are responsible for recording the time at which the game began.
2. 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.
3. In the case of a tie game, an extra inning may be played. The winner will be determined by the following priorities:
   a. Whichever team is leading at the end of the extra inning.
   b. Furthest bases in possession previous to last out.
   c. Total bases in possession previous to last out.
   d. 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
1. Only balls provided by Campus Recreation may be used (gray dot softballs).
2. 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. If you choose to bring your own bat, it is available to the opposing team as well.
3. 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:
1. Everyone will bat. All players in the batting order must have been in the field by the end of the third inning.
2. In Co-Rec 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.
3. 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.
4. Sliding is illegal in Co-Rec B games.
General:
1. Home team will be determined by rock, paper, scissors.
2. Teams must be ready to play within 10 minutes of scheduled starting time.
3. Ground rules will be discussed by umpires, captains and coaches before play begins.

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: Leading off is not 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 team may start with four: 2 men and 2 women.
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 along with the game ball.
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 then 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. **Co-Rec:** 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, 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 4. **Co-Rec:** 2 men and 2 women. A game may start with 3 players.
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 then 10 minutes to play before another regular scheduled game the official can decided 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. **Co-Rec:** 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**

All 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
Co-Rec 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 with a minimum of 2 women required to begin play. 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 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 occurs, 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.
GENERAL TOURNAMENT RULES:

- All matches will take place in the FRC Lounge – Jus Chillin’ area.
- Platform that will be used is the XBox One.
- The game that will be used is EA Sports FIFA 2014.
- Participants must use the controller(s) provided by the Intramural Staff.
- Memory cards may not be used.
- Any participant not present within 5 minutes of their scheduled start time will forfeit their match.
- The number of games and format of the tournament will be determined by the number of participants registered.

GAME RULES:

Half Duration
- 6 minute halves (up until semi-finals)
- 8 minute halves (semi-finals and championship game)
- Overtime: 4 – minute periods, then shootout

Game Settings:
- All settings will be pre-set by Intramural Staff and settings are open to discussion and modification.
- Please provide any and all feedback.
- If a glitch/freeze occurs in the system, the game will be restarted with the same setting and game situation.

TEAMS:

- All teams will be available (no special teams allowed).
- Participants will not be forced to keep the same team all tournament long.
- Home team will be chosen by Paper-Rock-Scissors between the two participants (first draw).
- Mercy Rule: If either player gains a lead of 6 or more goals in a game, the game is ended with the player leading declared the winner. This rule will not be in effect during semi-finals and the championship match.
Xbox Madden

GENERAL TOURNAMENT RULES:

- Tournament will take place October 13th – 23rd with play beginning after 6:00pm.
- The last day for registration is Thursday, October 9th.
- All games will take place in the FRC Lounge - Jus Chillin’ area.
- Platform that will be used is the XBox One – Madden 2014.
- Participants must use the controller(s) provided by the Intramural Staff.
- Memory cards may not be used.
- Participants must use the same team throughout the tournament. Each member will need to communicate with the IM staff member present the team that they have chosen to use.
- A schedule will be developed and posted by Friday, September 5th on IM Leagues. Any participant not present within 5 minutes of their scheduled start time will forfeit their match.
- The number of games and format of the tournament will be determined by the number of participants registered.

GAME SETTINGS

- Play Now Mode
- Rosters will be updated
- Skill Level: All-Madden
- Play Call Settings: Conventional
- Event Type: Exhibition
- Quarter: 5 Minutes
- Accel Clock – 20 seconds
- Weather: Clear

STADIUM

- If the players agree on a stadium it may be played, otherwise, the default stadium will be Cardinals (Closed)

SPECIAL RULES

- In the case of a tie; an overtime period will be played until an outright winner is determined. Players will have 2 minutes to set up controls, etc. at the start of a game. Custom teams, etc. are prohibited.
- Any action designed to disrupt the opposing players abilities, views, or controls is prohibited (e.g., shaking, jiggling, looking left to right in rapid succession to shake the screen, etc.).
- Breaking the rules or any form of misconduct will be grounds for forfeit and removal from the tournament.
Born on:
December 29, 2014