

Intramural Sports Rules and Regulations

- Intramural Eligibility-page2
- Softball Rules- page 4
- Indoor Soccer Rules- page 6
- Flag Football Rules- page 7
- Indoor Volleyball Rules-page 18
- Basketball Rules-page 19
- Ultimate Frisbee Rules-page 21

Intramural Eligibility Rules

Overview

A. Each team and participant is responsible for abiding by the general rules and regulations contained herein.

B. Any questions concerning these rules should be referred to the intramural sports director.

Eligibility

Students – Any Shenandoah University student is eligible to participate in the intramural sports program. Upon request, the student participant will be required to show student and personal identification.

Faculty/Staff - Any SU faculty or staff member is eligible to participate in the Intramural Sports Program.

Varsity Status - Varsity or junior varsity athletes, including those red-shirted, are ineligible to participate in the same sport for the academic year in which they participated on the intercollegiate team, with the exception of one varsity player on each team. This category includes any player who leaves a varsity team after its third regular season intercollegiate game. Varsity letters earned at other institutions will render an athlete ineligible to participate in the sport in which the letter was earned if he/she competed intercollegiate during the previous academic year. All varsity players may or may not be eligible to participate at other tournaments held or sponsored by another organization other than Shenandoah.

Professionals - Any student, faculty, or staff member who is or has been a professional athlete is ineligible to compete in the sport in which he/she is a professional. A professional athlete is defined as one who has received monetary compensation for his/her athletic performance.

Penalty - Any team using an ineligible player shall forfeit all games in which that player participated. Competitors in individual sports who have been ruled ineligible will forfeit all contests played.

Aliases - Any participant who has been found to have played under an assumed name will forfeit his/her intramural sports eligibility for the rest of the academic year. Additional sanctions on participant and/or his/her team may be imposed.

Post-Season - To be eligible to participate in any play-off contests for which a team has qualified, a player must have competed in at least one regular season game for that team.

Team Transfer - A player may represent only one team in a sport regardless of league level (i.e., A-League vs. B-League) and must be on the roster prior to participation. Players in violation of this rule forfeit their eligibility for the rest of that sport's season. Team sanctions may also be imposed. Players may be added to a roster before two league games are played. Should a team disband or forfeit its league participation before its second scheduled league game, its players may join other teams in that league. It is the captain's responsibility to notify the intramural director of all roster changes in a timely manner.

Co-Ed Teams - If the same season features a co-ed and a single gender league in the same sport, individuals may compete on a team in each league, i.e., a male may play on a co-ed flag football team and a men's flag football team. Furthermore, women are permitted to play on a men's team even if a separate co-ed league exists in the same sport. However, if a men's league exists in a sport during a particular season, a male may not participate on a women's team in that sport during that season.

Please Note: Mutual agreements between team managers, captains, or others involved in the contest do not restore a participant's eligibility.

In All Cases: The Intramural Sports Office presumes that all participants have met eligibility requirements. It will, however, investigate any cases where eligibility has been brought into question in a proper manner (see protest procedures).

Softball Rules

NOTE: Intramural softball contests will be governed by the official rules of the Amateur Softball Association of America (A.S.A.) with the following modifications.

1. Metal cleats or not permitted
2. Teams must be ready to play at scheduled time with a minimum of 9 players. Penalty: Forfeit. Home team is determined by a pre-game coin toss.
3. Seven innings will constitute an official game, unless time limit, darkness, rain or run rule prevails. 5 innings (4 1/2 if the home team is ahead) is an official game. **If a game is postponed while in progress, it will be resumed at the point from which it was stopped.**
4. **No new inning will be started after 60 minutes.** Game time begins with the coin toss. At the end of the time limit (upon completion of inning started), the game will be called, unless darkness, rain, or run rule have been invoked.
5. A team leading by 15+ runs after three innings or 10+ runs after five innings (4 1/2 innings if home team is ahead) or any complete inning thereafter will be declared the winner and the game complete.
6. During the regular season, there will be no extra inning play.
7. A team may place a maximum of 11 and minimum of 9 players in the batting order. There are no restrictions concerning field substitution but, the batting order must remain the same.
8. If a team begins with only 9 players they may add players at the bottom of the batting order up until all players in the line-up have batted once.
9. Whenever a team is playing with only 9 players, an out will be taken when the 10th position in the batting order appears.
10. When the batter enters the batter's box he/she will have the count of one ball and one strike. After the batter has received a count of two strikes, he/she will be declared out on the second foul (the first foul will be called a "courtesy foul").

11. All players in the field (maximum of 10, minimum of 9) must appear in the batting order.
12. Any of the starting players may be substituted or replaced and re-entered once, provided players occupy the original positions whenever in the line-up. The starting player and his substitute may not be in the line-up at the same time. Non starting players may not re-enter.
13. **Courtesy runners will be allowed** for injured players. All courtesy runners must be the last player to have made an out.
14. A pitch delivered legally with the proper arc requirement that crosses the plate within the strike zone will be called a **strike**. The strike zone is that space over any part of home plate, between the batter's back shoulder and front knee, when s/he assumes a natural batting stance. The pitch, delivered with an underhand motion, must have a perceptible arc and reach a height of at least 6 feet from the ground, while not exceeding a maximum of 12 feet.
15. If the catcher in any way obstructs the umpire's view, the pitch shall be declared a ball.
16. Base runners must always slide if there is a play at the base.

Indoor Soccer

The Field, Players, and Equipment

1. The field of play will be a regulation size basketball court.
2. Each team shall designate to the officials a field captain. The captain will speak for the team in all dealings with the officials.
3. 15 players max on a roster. Games shall be played by **two teams of 4 players**. Teams must start and finish with a minimum of three players. There are no Goal Keepers in this game. At least 1 of the players must be a female.
4. Each team must wear common colored shirts or pennies will be assigned.
5. All players must wear soft-bottomed (or rubber-molded) shoes. Sandals & boots are prohibited.

Periods, Time Factors, and Substitutions

1. The game consists of two 12-minute halves (running time) with a 5-minute intermission.
2. Unlimited substitutions may be made at any time including during a "live" ball situation except during free kicks. **Substitutions must enter from their defensive side**. Violation of the substitution rule will result in an indirect kick from the spot of the dead ball and possibly a yellow card for unsportsmanlike conduct if this has been a persistent act throughout the course of the game by the offending team.

The Game

1. Ball does not have to go forward to kick-off game
2. Ball going out over the side line will result in a throw in.
3. Substitutions may be made at any time. Subs must enter from their defensive end line.
4. NO SLIDE TACKLING!
5. NO CONTACT! Doing so will result in a foul.
6. If the ball hits the basketball goals, ceiling, or goes out of bounds, it's considered a turnover from that spot.
7. **Captain's please observe all rules pertaining to sportsmanship in the captain's manual. Sportsmanship points can and will be deducted from the score as we see fit. You are**

responsible for your team. Any players that get out of control may be dismissed from the league and or future programs.

Flag Football

I. GENERAL INFORMATION

1. **The Players** –
 - The game shall be played between 2 teams of 7 players each.
 - 5 players must be checked in with scorekeeper prior to scheduled game time to avoid a forfeit.
 - If, due to injuries, a team drops below the minimum number of players (5) it may continue if the Referee feels they still have a chance to win.

2. **Persons Subject to the Rules** - Team representatives including: players, substitutes, replaced players, coaches, fans and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game.

II. THE FIELD

1. **Markings** - The field shall be a rectangular area 100 yards x 40 yards with lines and zones. Respective lines to gain (1st down) for each team in order are the 20, 40, and 20.

2. **Inbound/Out of Bounds** – Any portion of the sidelines, or end lines, is considered out of bounds. All areas inside the sidelines and end lines are considered inbounds. The entire width of each goal line shall be part of the end zone.

3. **Team Areas** - Players, coaches, and fans shall stay between the 20-yard lines at all times. Repeated warnings about this rule will result in an unsportsmanlike conduct penalty.

III. EQUIPMENT

1. **The Ball** - The official ball shall be leather or rubber covered and shall meet the recommendations of size and shape for a regulation football. There are no requirements regarding ball pressure and markings. Men

shall use the regular size ball while women shall use the intermediate size ball. Coed teams shall use the regular size ball.

2. **Flag Belt** - Each player must wear a one piece belt that is free of any knots clipped at the waist line with three flags permanently attached, one flag on each side and one at the center of the back. Flags shall be of contrasting color to team jerseys and also their opponent's flags. Flags will be provided to each team on site. Shirts must be tucked in and flag belts must be worn on the outside of all clothing! No pants or shorts with pockets are allowed.
3. **Team Jerseys** - Teams shall wear shirts that are of the same color. Team jerseys must contrast with the jerseys of the opposing team. If teams are wearing the same color jersey, the official shall flip a coin to determine who will change.
4. **Shoes** - Players must wear shoes, either soft soled soccer/football cleats, tennis, or Astroturf shoes. No sandals, boots, or metal/sharp plastic cleats will be allowed. No screw in or detachable cleats will be allowed.
5. **Supports, Braces, Gloves, and Pads** - No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it with at least ½ inch of closed cell slow recovery rubber or other material of the same minimum thickness and physical properties. Players may also wear gloves, which consist of a soft, pliable non-abrasive material. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the IMRS staff and their decisions shall be final.
6. **Headwear** - Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps or helmets. Bandanas may be worn, but must be worn without a knot.
7. **Jewelry** - Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.

IV. PERIODS, TIME FACTORS, AND SUBSTITUTIONS

1. **Length of Game** - A legal game shall consist of four 10 min. quarters running clock with the clock stopping only the last two minutes of the second half and for all timeouts and injuries. Half time shall be 5 minutes. If the score is tied after the two halves, overtime shall be played.
2. **Coin Toss** - The Referee shall toss a coin and offer the winning Captain these options:
 - a. To defer his/her option until the second half.
 - b. To receive the ball first or play defense first.
 - c. To defend a specific goal.
3. At the start of the second half, the loser of the first half coin toss shall have his/her option to be on offense or defense, or which goal to defend, unless the first half winner deferred his/her selection.
4. **Mercy Rule** – if a team is ahead by 28 point (4 touch downs) or more by the end of the third quarter, the game is over.
5. **Overtime Procedure** - In case of a game ending with a tie score, the officials will bring both captains to the center of the field to explain the overtime procedure. There will be only one coin toss. The winner of the toss shall be given options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options. Both teams will go the same direction in overtime. Each team will be given a series of downs (4 downs) from the 10-yard line. The object is to score a touchdown. If the first team which is awarded the ball scores, the second team will still have a series of downs to attempt to win the game. Try for points will still be attempted in a normal manner by any team who scores a touchdown. If the defense intercepts the ball and returns it for a touchdown they will win the game. If they do not return the interception for a touchdown, the ball will be placed at the 10-yard line to begin their series of downs. If the score is tied after both teams have had their series of downs, the process will be repeated. However, the team that went second will now go first and the team that went first will now go second. The teams will rotate positions until a winner is declared.
6. **Time-outs** - Each team is allowed two one-minute time-outs per half. A 10 yd penalty for a time out violation.
7. **Substitutions** - Players may substitute at any time between downs. There shall be no limit to the number of substitutes. Substitutes must be within 15 yards of the ball before the play starts. Penalty: **Illegal Substitution, 10 yards.** Substitutes shall be ready for play and cause no delay in the game. Penalty: **Delay of Game, 10 yards.**

V. BALL IN PLAY, DEAD BALL, OUT OF BOUNDS

1. **Ball in Play** - The offense must snap the ball within 25 seconds after the Referee has blown the whistle to put the ball in play. Penalty: Delay of Game, 10 yards.
2. **Dead Ball** - A live ball becomes dead as provided in the rules, or when an official sounds the whistle, or otherwise declares the ball dead. The ball is declared dead when:

- a. It goes out of bounds.
- b. Any part of the runner's person other than hand or foot touches the ground. Ball in possession is considered part of the hand.
- c. A touchdown, touchback, safety, or successful try-for-point is made.
- d. Any punt comes to rest on the ground and no player attempts to secure it.
- e. A forward pass strikes the ground or is caught simultaneously by opposing players.
- f. A backward pass or fumble by a player strikes the ground, or is caught simultaneously by opposing players. A ball snapped from scrimmage, or other backward pass, that hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground.
- g. A forward pass is legally completed, or a loose ball is caught by a player on, above or behind the opponent's goal line.
- h. A runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached from the belt.
- i. A runner is legally touched with one hand between the shoulders and the knees, including the deflagging.
- j. A passer is deflagged or legally touched before releasing the ball.
- k. A muff of a protected scrimmage kick strikes the ground.
- l. The official sounds the whistle inadvertently during a down. Result: Team in possession at time of whistle may choose to take the play from the spot of the ball at the whistle or replay the down. Note: Any penalties that occur during this down will be accepted or declined.

3. **Out-of-Bounds** - A ball in player possession is out-of-bounds when the runner or the ball touches the ground or anything else which is on or outside a boundary line, except a player or game official. If the inbounds runner is touched by a player or an official on the sidelines out-of-bounds, the ball is still in play. A loose ball is out-of-bounds when it touches the ground, a player, or anything else, which is on or outside a boundary line. A player who is catching a forward pass is considered out-of-bounds when any part of his/her person contacts that area declared out-of-bounds. One foot inbounds is needed for a legal reception.

VI. SERIES OF DOWNS, NUMBER OF DOWNS

1. **Number of Downs** - The team in possession of the ball shall have four consecutive downs to advance to the next zone line-to-gain. A new series of downs shall be awarded when a team moves the ball into the next zone.
2. **Line to Gain** - The zone line-to-gain in any series shall be the zone in advance of the ball, unless the 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 if a line to gain has been achieved.

KICKING THE BALL

Free Kick - There will be no free kick to start the game or the second half. The ball will be put in play at the 15-yard line to begin each half and after each touchdown.

I. PROTECTED SCRIMMAGE KICK (PUNT)

1. **Decision to Punt** - Prior to making the ball ready for play on fourth down, the Referee will ask the offensive captain if he/she wants a protected scrimmage kick (Punt). The Referee will then communicate this decision to the defensive team captain. The offense may request a punt on any down. After such announcement, the ball must be kicked. Exception: If a) a team time-out is called, or b) a penalty occurs anytime during this down which results in the right of the kicking team to repeat the down again. The Referee must then again ask the offensive captain whether he/she wants a punt.
2. **Formation** - Neither the kicking team nor the receiving team may advance beyond their respective scrimmage lines until the ball is kicked. After receiving the snap, the kicker must immediately kick and in a continuous motion.
3. **Recovery** - If a punt touches a player on either team and then hits the ground it is dead and belongs to receiving team. If a punt hits a receiving player, and is then caught in the air by the receiving team, it can be advanced. If a punt hits a receiving player, and is caught in the air by the kicking team, it belongs to the kicking team at that spot. If the receiving team catches a punt and then fumbles, and the kicking team catches the fumble in the air before it hits the ground it can be advanced by the kicking team.
4. **Out of Bounds and Ball at Rest** - If a punted ball goes out of bounds anytime before being touched, or comes to rest between the goal lines, it shall belong to the receiving team at that spot. If the ball goes into the endzone it may be taken as a touchback and put in play at the receiving

team's 15-yard line or the receiving team may advance it out of the endzone.

II. KICK CATCH INTERFERENCE, FIRST TOUCHING, FAIR CATCH

1. **Kick Catch Interference** - No member of kicking team may interfere with the ability of the receiving team to catch a protected scrimmage kick. This includes anytime the kicking team touches the ball or any receiving player while the ball is in flight. Penalty: Kick Catch Interference. The receiving team may take the ball at the spot of the foul, or accept a 10-yard penalty from previous spot and replay the down. All receivers have a 5 foot radius around them.
2. **First Touching (ball not in flight)** - If any member of kicking team touches the kicked ball first, after it crosses the line of scrimmage, it is referred to as first touching and the receiving team may take the ball at that spot or at the spot determined by the action that follows first touching. The receiving team loses the right to take the spot of first touching if during the return a foul is committed by the receiving team, or any penalty is accepted by the receiving team.

SNAPPING, HANDING, AND PASSING THE BALL THE SCRIMMAGE AND SNAP

1. **The Snap** - The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hands. They do not have to pass the ball between the legs.
 - a. Following the ready for play signal, no defensive player may break the plane of the restraining line at any time until the ball is snapped. Penalty: Dead Ball Foul, offsides, 10 yards.
 - b. No offensive player shall make a false start, or any action that simulates the start of play. This penalty may be enforced regardless if the ball is snapped. Penalty: Dead Ball Foul, False Start, 10 yards.
 - c. The snapper must have both feet behind the scrimmage line. They may also not simulate the start of the snap. Penalty: Dead Ball Foul, False Start, 10 yards.
 - d. The player receiving the snap must be at least 2 yards behind the scrimmage line at the time of the snap. Penalty: Illegal Procedure, 10 yards.
2. **Legal Positions** - All players are subject to motion, position, and illegal procedure rules.

- a. Anytime at or after the ball is ready for play, each Team A player must momentarily be within 15 yards of the ball before the snap. Penalty: Illegal Procedure, 10 yards.
 - b. During the snap, the offense must have at least 5 players on their scrimmage line. Penalty: Illegal Procedure, 10 yards.
 - c. Two, three, and four point stances are legal.
 - d. One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Penalty: Illegal procedure, 10 yards.
 - e. Following a huddle or shift, all offensive players must come to a complete stop and remain stationary for one full second before the snap. Penalty: Illegal Shift, 10 yards.
3. **After the Play** - Offensive players are responsible for retrieving the ball after the scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line.

II. HANDING THE BALL

A. Handing

- 1. Any player may hand the ball forward or backward at any time, behind the line of scrimmage.

III. PASSING AND RECEIVING

- 1. **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.

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 a) the team's own endzone is a safety, or b) in the opponent's endzone is a touchback.

2. **Pass Interference** - Intramural Football is NOT a CONTACT sport, however, incidental contact will occur.
 - a. **Offensive Pass Interference, 15 yards from the previous spot and loss of down.** Note: Offensive screen blocking beyond the line of scrimmage **DURING** a pass attempt is considered Offensive Pass Interference.
 - b. **Defensive Pass Interference, 15 yards from the previous spot and an automatic first down.** Note: If contact is made on a receiver behind the line of scrimmage during a pass attempt, the penalty is Illegal Contact, not Defensive Pass Interference.
 - c. In a. and b. above, pass interference is defined as bumping, pushing, or unnecessary contact with an opponent OR restricting a player from access to a pass while on offense or defense.

 3. **General Information** -
 - a. A pass is any exchange of the ball that involves airtime. This can be a forward or backward, overhand pass, underhand pitch, or any other toss or flip of the ball.
 - b. The pass begins when the ball is released from the passer's hand. The ball is dead if the passer is deflagged or legally touched before the release.
 - c. The initial direction of a pass determines whether a pass is forward or backward.
 - d. If a forward or backward pass is caught simultaneously by opposing players, the ball becomes dead, is considered a completed pass, and belongs to the offensive team.
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SCORING PLAYS AND TOUCHBACK

I. SCORING

1. **Touchdown** - All touchdowns are 6 points.

2. **Try-for-point (extra point)** - Ball in play from the 3 yard line = 1 point
Ball in play from the 10 yard line = 2 points.

3. **Safety** - When a safety is scored (2 points) the ball belongs to the scoring team at their own 15-yard line.

4. **General Information** - After any score, the ball shall be placed in play at the opposing team's 15-yard line, unless moved by penalty.
 - a. To be ruled a touchdown; the ball must be on or over the goal line.
 - b. The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the official determines the flag belt has been secured illegally, the touchdown will be disallowed. Penalty: Unsportsmanlike Conduct, player automatically disqualified from the game, 15 yards from the previous spot.
 - c. Once the captain makes the choice for one, or two after a touchdown,

he/she may change the decision only after an offensive or defensive charged team time-out.

d. A team, which intercepts a pass in its own end zone, may advance the ball out of the end zone. It is a touchback if the interceptor is deflagged before leaving his/her end zone.

II. CONDUCT OF PLAYERS

1. **PERSONAL FOULS** - No player, substitute, or coach shall commit a personal foul. Personal fouls may include but are not limited to:
 - a. Using fist, foot, knee, or leg to contact an opponent.
 - b. Tackling the ball carrier (automatic ejection).
 - c. Steal, attempt to steal or strip, or bat the ball from a player in possession.
 - d. Illegal Contact.
 - e. Hurdling an upright player, tripping, clipping, etc.
 - f. Unnecessary roughness.
 - g. Touching a player or ball carrier with undue force.
 - h. Roughing the passer (automatic first down) - applies only to the player throwing a legal forward pass behind the offensive line of scrimmage. If a defender contacts the passer in any fashion, whether or not he/she touches the pass, it is roughing the passer. Penalty: All of the above: Personal Foul, 15 yards, flagrant offenders will be disqualified.

2. **The runner may not** -
 - a. Be aided by a teammate (grabbed, pushed, or pulled).
 - b. Stiff-arm an opponent.
 - c. Guard their flags by blocking with arms, hands, or the ball, and thereby denying an opponent the opportunity to pull or remove the flag belt. Penalty: Flag Guarding, 10 yards from the spot of the foul.

III. BLOCKING AND SCREENING

1. Blocking, as in regulation football, is prohibited. A player may not use his/her hands or body to block or ward off an opponent. Penalty: Personal Foul, 15 yards.

2. Offensive players may protect the runner by screening. The offensive screen block shall take place without contact and the screener may maintain a position (moving or stationary) between the defensive player and the runner. The screen blocker shall have his/her arms behind their back. Any use of arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use a hand or arm to break a fall or retain balance. Player's must remain on their feet before, during, and after screen blocking. No part of the screener's body, except their feet, may be in contact with the ground. Penalty: Illegal Contact, 15 yards.

3. Defensive players must avoid the offensive player's screen block. Penalty: Personal Foul, 15 yards.
4. The runner may not stiff arm or lower a shoulder into an opponent. Penalty: Personal Foul, 15 yards.
5. Illegal contact between the blocker/rusher will be called against the player determined to have initiated contact (similar to "block/charge" in basketball). Penalty: Personal Foul, 15 yards. Repeated illegal contact could result in ejection from the game.

IV. FLAG REMOVAL

1. Deflagging (removal of the flag by a player) or legal touching is allowed only under special circumstances similar to tackling in football in that players must have possession of the ball before they can be deflagged or touched legally.
 2. When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a one hand tag of the runner between the shoulders and the knees.
 3. In circumstances where the flag belt is removed illegally, play should continue with the option of the penalty or the result of the play. Penalty: Personal Foul, 15 yards.
 4. Pulling or removing a flag belt from an offensive player without the ball or intentionally touching an offensive player without the ball is a foul. Penalty: Personal Foul, 15 yards.
 5. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is a foul. Penalty: Unsportsmanlike Conduct, 15 yards from the previous spot, loss of down, and player disqualification.
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Penalties:

- A. All defensive penalties will result in yards loss and replay of down. Defensive penalties include but are not limited to: illegal contact, offsides, illegal flag pull, illegal rushing, delay of game.**
- B. All offensive penalties will result in yards loss and loss of down. Offensive penalties include but are not limited to: illegal motion, false start, illegal forward pass, pass interference, flag guarding, delay of game, illegal blocking, and illegal snap.**
- C. The referee shall determine all other penalties not listed above.**

Note: Any flagrant activities associated with penalties result in immediate disqualification

Offensive Penalties – minus yards and loss of down

- 1. Delay of game -10yds
- 2. False Start – 10yds
- 3. Illegal Procedure – 10yds
- 4. Flag Guard – 10yds
- 5. Illegal Forward Pass – 10yds
- 6. Intentional Grounding – 10yds
- 7. Illegal Contact/Personal Foul – **15Yds**
- 8. Offensive Pass Interference -**15yds** from prev. spot
- 9. Unsportsmanlike Conduct -**15yds** from prev. spot and ejection

Defensive Penalties – minus yards and replay of down

- 1. Off-sides – 10yds
- 2. Illegal Flag Pull – 10yds
- 3. Kick Catch Interference – 10yds
- 4. Roughing the passer – **15yds**
- 5. Defensive Pass interference – **15yds** from prev. spot and auto. 1st down
- 6. Illegal Contact/Personal Foul – **15yds**
- 7. Unsportsmanlike Conduct **15yds** from prev. spot and ejection

Indoor Volleyball

1. All teams will have no more than **six players** on the court at one time. Of those six players **at least one person** must be of the opposite sex.
2. Only the front row may attack the ball. Back row players may only attack from behind the ten feet. line.
3. Teams may start with a min. of four players (no back line-all players may attack the ball)
4. Matches will be won by winning a best two out of three games.
5. Games will be played fifteen points (side-out). Game three will be played rally point to 25. All games are on a win by two point system. Rally scoring means that a point is scored every side-out or service point.
6. No player at any time will be able to come into contact with the net.
7. Net serves are allowed.
8. Each team is allowed a MAXIMUM of three hits per side.
9. Blocks do not count as a one of your three hits.
10. All boundary lines are considered in-bounds.

Basketball

Intramural Basketball Rules

A.) Game Time

All games will be limited to two 15-minute halves (running clock) with one five-minute half time. **The clock will stop on each whistle during the last two minutes of the second half only.** Any team that is not ready to play (minimum players and non playing scorekeeper present) five minutes after game time will receive a forfeit.

B.) Number of Players

Maximum per roster is 15 players. Game play will be five on five. A team may start play with four players. Play must start if four players are present. A team can play with three players only if others have been injured or have fouled out. Ejections that reduce a team to three players will result in a forfeit loss.

C.) Forfeits

- 1) A forfeit shall be when a team fails to be present with the required number of participants (4) or is found guilty of illegal players.
- 2) Should a game be stopped at some point due to a violation of intramural rules on fighting or sportsmanship.
- 3) Two forfeits result in dropping the team from the schedule.

D.) Request to Cancel

A team that has a regular season conflict in scheduling may have the game canceled and take a loss instead of a forfeit by having a team representative contact Intramurals Supervisor.

E.) Time-outs

Each team shall be allowed 2 time-outs per half, each lasting 45 seconds. There will be one time-out for each overtime period. Time-outs do not carry over into the second half or overtime periods.

F.) Substitutions

Substitutions follow NCAA guidelines. Substitutions are allowed only on a dead ball. Exceptions include injured players, players who foul out, or players who are ejected.

G.) Team Area

One non-playing coach will be allowed on the bench and a scorekeeper from each team. All other non-players must be on the sidelines. Coaches must remain in the immediate area of

the bench; they cannot walk the entire length of the sideline. Team captains are responsible for their team's as well as fan's behavior.

H.) Overtime Games (playoffs only)

Play-off Games ending in a tie shall play one two – minute overtime to determine a winner. If game is still in a tie, we will play two-minute periods until winner is determined. Overtimes will be run the same way as the last two minutes of the second half. The clock will stop after every whistle.

I.) Equipment

- a) Blue or Red jerseys will be provided if a team doesn't have a team jersey or if there are conflicting colors.
- b) The intramural office will provide game balls. If an agreement is reached by both teams, another ball may be used.
- c) All jewelry is illegal. Only elastic headbands will be permitted during the course of the game. Officials should advise team captains to inform their teams to move all jewelry before the game.

J.) Sportsmanship

- a) Each team captain is responsible for the sportsmanship of his/her teammates. Bench and team technicals will be assessed to the team captain. A player may receive only two technical fouls, two flagrant or a combination of the two and he or she will be ejected. However, a team receiving three technical fouls in any combination in one game shall result in a forfeit.
- b) If at any time a team member's conduct is unsportsmanlike, they are subject to ejection from the game and if flagrant, ejection from the league or program. The intramural program may default the game of the opponent if a team or members of a team display unsportsmanlike conduct.
- c) Any contact deemed intentional and unsportsmanlike, as well as any verbal threats directed toward a game official or intramural staff member will result in a minimum suspension of 365 days from intramural activities.
- d) Any player receiving three technical fouls during the whole season will no longer be allowed to play for the rest of the season.
- e) **Very Important:** Each team will start with 10 sportsmanship points. During the course of the game points will be deducted as needed for flagrant fouls or bad sportsmanship toward other players or staff.

K.) Personal Fouls

After the seventh personal foul, each subsequent foul will result in a one and one situation. If the first shot is successful, a bonus free throw will be awarded. After the tenth personal foul, each subsequent foul will be awarded two free throws.

L.) Blood Borne Pathogen Policies

Any player who sustains an injury where bleeding or oozing occurs or where blood has saturated the uniform must leave or be removed from the field. The bleeding must be stopped and the area completely covered before the individual is allowed to reenter the game. An intramural member must clear the individual before he resumes

play. If the uniform has become contaminated with blood, it must be changed before the player reenters the game.

GAME

1. Game play will be 7 on 7. Max is 10 players on a roster. A team may start and play a game with as few as five (5) players. At least 1 player on the field must be female.
2. Initiate Play - Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. Scoring - Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
4. Movement of the Disc - The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. Change of Possession - When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. Substitutions - Players not in the game may replace players in the game after a score and during an injury timeout
7. Non Contact - No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. Fouls - When a player initiates contact with another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained.

Playoffs

- a) Top four teams will make the playoffs.
- b) Playoffs are single elimination

Ultimate Frisbee

9. Spirit of the Game - Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.