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PHILADELPHIA
BIBLICAL
UNIVERSITY

INTRAMURAL SPORTS HANDBOOK

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Purpose

The purpose of the Philadelphia Biblical University Intramural Program is to provide an opportunity for all undergraduate students, faculty, and staff, regardless of skill level, to take place in a well-organized program of sporting activities.

All individuals are urged to participate in as many intramural sports as time, interest, and knowledge allow. The overall success of the program depends on each participant's full commitment to the activity by showing up for each scheduled contest and playing to the best of one's ability in a Christ-like and sportsmanlike manner.

Objectives

PBU Intramurals exist to...

- ...provide an opportunity to exercise and maintain physical fitness.
- ...provide an opportunity to develop friendships in a positive setting.
- ...provide an opportunity to relieve stress in a positive manner.
- ...provide an opportunity to develop leadership and teamwork/skills.
- ...teach students how to handle difficult situations in a Christ honoring manner.
- ...create a sense of belonging with a group, experiencing the excitement of healthy competition.
- ...provide an opportunity to have FUN!!! This is not meant to be an inter-collegiate competition.

Staff/Contact Information

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Assumption of Risk

Philadelphia Biblical University, Student Life, and the Intramural Program assume no responsibility for bodily injury or loss or damage to property received by any person during participation or involvement in any intramural sport or activity. Participants are reminded that involvement is totally voluntary. Each participant is responsible for his/her own well being. It is, therefore, highly recommended that all participants attain sufficient medical insurance prior to participation. Intramural sports supervisors and staff will respond to injuries and will call for necessary services when needed, but **will not** treat injuries.

Blood Policy

Players will be removed from competition if they are bleeding or are wearing blood soaked clothing, even if the blood is not their own. The player will be allowed to return when the bleeding is stopped, the blood soaked clothing has been removed, and any open wound has been covered. Players will not be allowed to participate if the clothing cannot be replaced. If, by removing the player who is bleeding, teams fall under the minimum number necessary to play, the following will apply: The game will stop and the player will be allowed a maximum of 5 minutes to stop the bleeding. An intramural staff member must authorize the player returning. If the bleeding cannot be stopped a forfeit will be declared.

Rule Changes

The Intramural Director reserves the right to put into effect any rules regarding intramural sports that it deems necessary. An attempt will be made to notify all participants and teams of such changes in a timely fashion.

Eligibility

All current Philadelphia Biblical University faculty, staff, and students (both undergraduate and graduate) are eligible to participate in Intramural Sports activities. PBU alumni will not be permitted to play.

Varsity Status: A player qualifies as a varsity player if he/she has participated in a college level varsity sports program. Players will continue to count as varsity status for two years after eligibility has been used up, or after the player is no longer playing on the team. If you are not sure about a player, please talk to the Intramural Director and he/she will try and help clarify the rules. The Intramural Director reserves the right to make the final judgment on questions of eligibility.

***Varsity players will not be permitted to participate in an Intramural sport in which they hold a varsity status (for example: a varsity soccer player is not permitted to play intramural soccer). Depending on the Intramural sport, different proportions are given as to how many ex-varsity status players are allowed.

Registration

Registration policies vary depending on the sport. Carefully read e-mails and signs regarding the process for the sport in which you are interested in participating.

Free Agents

Any eligible participant wishing to play an intramural sport who is not assigned to a roster may fill out a “Free Agent” form with which the intramural director will work to either place the free agent on an existing team, or form a new team with other free agents.

Team captain responsibilities

The success of the Intramural Program is dependent upon the representative who serves as captain of each participating team. Captains have the important function of serving as a direct line of communication between their team and the Intramural Director. Each team is encouraged to select the best possible person for the position. Duties of the captain include (but are not limited to) the following:

- a. Submitting the entry form to Intramural Department by required date.
- b. Attending captain meetings, or sending a team representative.
- c. Providing information to each teammate regarding dates of play, locations, times, rule interpretations, and playoff information.
- d. Being thoroughly familiar with the eligibility rules as laid out in the handbook and ensuring teams abide by them.
- e. Filling out roster sheets prior to each game.
- f. Making every effort to ensure that team members play according to the rules of the game.
- g. Checking posted results after each contest to make sure they are recorded properly.
- h. Submitting a protest, if necessary.
- i. Promoting and developing good sportsmanship to teammates and fans before, during, and after contests.
- j. Communicating to the Intramural Director any questions, problems, or ideas.

Rosters

Each team is allowed to place a set amount of people on the roster for substitution purposes. Rosters are closed after the first regular season game has been played by that team. A roster for each team with all registered players will be kept in the designated sport stat binder. The team captain must make sure the roster is correct and filled out before each game. No roster changes will be permitted after the first game is played.

Listed by sport are the maximum spots available on each roster:

<u>Sport</u>	<u>Roster Size</u>
Flag Football	10
Soccer	10
Basketball (Men's and Women's)	10
Ultimate Frisbee	12
Volleyball	10
Dodgeball	10
Softball	10

Equipment Policy

All necessary equipment is provided by the University. It is the responsibility of the referee to secure and set up all equipment prior to game time. At the end of the game the team captains and referee(s) are responsible for making sure all equipment is put away and locked. Stat binders for sports held in the gym are stored behind the bleachers. Stat binders for outdoor games are stored behind the RA desk in Heritage Hall.

***All equipment used for PBU Intramural Sports is specifically purchased for the Intramural program and belongs to the University. Respectful treatment of all equipment is a necessity. Abuse of equipment can result in ejection from a team or league.

Uniform Policy

All players must wear similar colored shirts; home teams wear white and away teams wear dark colors. Appropriate footwear must be worn; **players must wear non-marking rubber soled shoes.**

Scheduling Policies

All scheduling for intramural sports is posted outside the Office of Student Life and will be e-mailed to all team captains who are then responsible for relaying the information to the members of their team. Most games are scheduled Monday-Thursday. However, due to a large number of teams that may be registered, times and dates of games may be changed (to include Friday and Saturday) so that more teams may play. Sports that are identified as one-day tournaments are usually scheduled for a Friday or a Saturday. Make-up and playoff games may be scheduled during any day of the week; however, there will be no games played on Sundays.

Rescheduling

Rescheduling can only be done through the Intramural Director. In the event of inclement weather, all games not played will be rescheduled to a later date. Once a game is re-scheduled, the captains of each team will be notified via e-mail and are responsible for contacting the members of their team. Due to the fact that it is difficult to reschedule games without it affecting each team in the league, it cannot be guaranteed that games will be rescheduled at a team's request.

Postponements/ Cancellations/ Inclement Weather

Some intramural games may be postponed or canceled due to inclement weather, unsafe playing conditions, or unforeseeable scheduling emergencies. We will do everything in our power to play a scheduled game and avoid cancellations. We will also make every attempt to reschedule all postponed or cancelled games. Some games may not be rescheduled due to time and facility limitations. We will notify teams of cancellations and postponements by e-mailing team captains, who are then responsible for contacting the members of their teams. The Intramural Director will make decisions regarding inclement weather. A decision will be made, if possible, by 1:00pm.

Forfeits

If a team is aware of forfeiture prior to game time, the team captain must contact the Intramural Director, as well as the other team captain. Forfeiture penalties will stand as stated below.

*If both teams are short players, it will be a double forfeit. Both teams will be given a loss.

All intramural sports will follow the 5-minute rule. This rule states that at 5 minutes past the scheduled starting time, a game will be forfeited if the team does not have the minimum number of starting players signed in on the score sheet and ready to play. The opposing team will receive a win for the match.

First Forfeit

Warning

Second Forfeit

\$10 Fine

Third Forfeit

Ejection from league

Additional reasons for forfeit include any team:

- who fields an ineligible player.
- who conducts themselves in an unsportsmanlike manner.

Tournaments and League Play

The number of teams registered, as well as facility and time restrictions, will determine the kind of league play and tournament that will be used. Tournaments can be single or double elimination, or they could consist of pool play preceding an elimination type set-up. No team, regardless of their win-loss record, is assured to make the playoffs. The top teams in each sport will compete in the playoffs. This depends on the number of teams participating in that specific sport. The final decision will be made by the Intramural Director. Not all teams who compete in a regular season will be allowed to compete in the playoffs. In the event of league or division ties at the end of regular season play, the following measurement will be used to determine a team's seeding in the playoffs:

- Point differential- (total number of points given up will be subtracted from the number of points scored during the season. The team with the highest point differential will be given the higher seed.)
- Head to Head competition- If a tie remains after stats are calculated, teams will compete head to head for the higher seed.

Stat Records

All official win-loss records, participation records, and standing are maintained in the Office of Student Life. Unofficial records may be posted on the bulletin board outside of the Office of Student Life. Captains should make sure to check records and standings and notify the Intramural Director of any discrepancies.

Championship Awards

The winner of each seasonal playoff tournament will get Intramural Sports Championship t-shirts for their accomplishments. The team captain should come to the Office of Student Life and collect the Champion t-shirts for their team. Each player on their roster will receive a Champion t-shirt. If a team wishes to order shirts beyond the number of players on a roster (including a team coach) t-shirts will need to be paid for. The cost will be determined by the Intramural Director.

Protest Policy

Only protests concerning player eligibility will be heard by the Intramural Director. No protests concerning official's calls or judgments will be heard. All other protests will be settled on the playing field. The officials' interpretation of the rules will be final. The only person allowed to

submit a protest is the team captain. All protests must be submitted following the day of the contest in question.

Code of Conduct

Sportsmanship Philosophy:

The philosophy of the PBU Intramural program is that good sportsmanship is expected in the conduct of every contest. A good sport is fair, courteous, has a positive attitude, accepts results gracefully, and acts in a Christ-honoring manner. All individuals and participating teams must comply with the written rules that govern all competitive situations. In order to encourage proper conduct during contests, the Intramural Director will make decisions whether to warn, penalize, or eject persons, teams, or spectators displaying poor sportsmanship. These student employees should be treated with respect at all times.

Colossians 3:17 “And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”

Philippians 2:5 “Your attitude should be the same as that of Christ Jesus.”

Ejection Policy

If an intramural participant is ejected from any activity, he/she is immediately ineligible for further participation in any intramural activity until the Intramural Director clears him or her.

It is the participant’s responsibility to schedule an appointment with the Intramural Director to review his/her behavior and subsequent eligibility in any intramural activity. Penalties are effective after the meeting with the Intramural Director (i.e. no self-imposed penalties). The minimum suspension for any ejected participant is one game. The Intramural Director will determine the length of suspension for each incident that occurs based on information obtained from the officials, supervisors, and ejected participant. Infractions that may result in ejection from intramural competition include the following:

- Unsportsmanlike behavior
- Verbal abuse
- Unnecessary physical contact
- Fighting (striking or attempting to strike)
- Threatening behavior (verbal) towards an official or supervisor
- Threatening behavior (physical) towards an official or supervisor
- Individual playing illegally on two teams
- Damage/destruction of facilities or equipment

Flag Football Rules

I. The Players

- A. Each team shall consist of eight players on the field. All players must wear flags on each side of their hip. No player shall wear dangerous equipment including casts or hard material such as a watch. No metal cleats permitted.
- B. Unsportsmanlike conduct or rough play will not be tolerated, resulting in the dismissal from a game at the discretion of the referee and may result in suspension from intramural activities. Any inappropriate language will result in immediate dismissal from the game.

II. The Game

- A. The game shall consist of two twenty minute halves. Overtime will consist of both teams being given four downs from the ten yard line.
 - B. Each team must arrive at the scheduled time. If a team is over five minutes late, or they have less than five players, they will forfeit the match.
 - C. Each team is allowed two time-outs per half. The clock shall stop for scores, time-outs, delay of game calls, and injuries at the discretion of the referee.
 - D. A team scores six points for a touchdown and two points for a run or pass conversion or safety.
 - E. To down the ball carrier, players must pull and deflag the ball carrier. If one of the flags has come off accidentally during play, downing must be accomplished by a two hand touch. The ball carrier is down if his knee touches the ground.
 - F. There will be four downs to reach the next yard line, score, or punt, or possession is changed.
- Yard lines will be indicated by cones.

III. Playing Regulations

- A. **Tackling:** Tackling under any circumstances is not permitted and will result in a fifteen yard penalty and an automatic first down. An intentional tackle with unnecessary roughness or misconduct during play will result in immediate ejection from the game.
- B. **Stiff Arming:** The ball carrier cannot place his hands in front of the flags nor slap or strike an opponent's hands to prevent deflagging. To do so shall result in the ball carrier being declared down. If the ball carrier stiff-arms an opponent, the carrier is down. If the stiff-arming is directed at an opponent's head, a fifteen yard penalty shall be assessed.
- C. **Forward Passing:** Only one forward pass shall be allowed per down and it must be from behind the line of scrimmage. The center is ineligible (may not touch the forward pass nor be downfield if the pass goes beyond the line of scrimmage). The penalty for violating any of these provisions is five yards and the loss of a down

Pass Interference: Pass Interference shall be known as pulling the flag before the receiver has caught the ball or playing the player instead of the ball. This results in an automatic first down at the spot of the foul.

- E. **Kickoffs:** Kickoffs are returned and kicked from the 40 yard line.
- F. Any ball that is fumbled is declared at the spot of the fumble. Possession is retained by the carrier's team.
- G. **Penalties:** The following is a list of calls which can be made and their penalties which will result.

Offside: five yard penalty, dead ball foul called from the line of scrimmage, repeat the down

Illegal Motion: five yards, dead ball foul called from the line of scrimmage, repeat the down

Delay of Game: five yards, dead ball foul called from the line of scrimmage, repeat the down

Offensive Pass Interference: ten yards, call from the line of scrimmage, loss of the down

Defensive Pass Interference: first down at the spot of the infraction, enforce from spot of foul

Illegal Forward Pass: five yards, enforce from spot of foul, loss of the down

Tackling or Tripping: fifteen yards from end of the run, an automatic first down, enforce from spot of foul

Offensive Holding: ten yards, enforce from spot of foul, loss of the down

Indoor Soccer Rules

I. Equipment

- A. A regulation soccer ball will be used.
- B. All players must wear non-marking, rubber-soled athletic shoes.
- C. Games will take place in the gym.

II. Number of players

- A. Five (5) field players and one(1) goalie shall constitute a team.
- B. Teams must have at least 2 women and 2 men on the field at all times.
- C. To avoid a forfeit, at least 4 players must be present within 5 minutes of the scheduled match time.
 - 1. If there are only 4 players present, teams may have only 1 male or female on court – don't need 2 of each.
- D. One (1) Ex-Varsity Status player is allowed on each team.
 - 1. Ex-Varsity Status: A player who has participated in a college level varsity program, but has been out for more than two years (after last semester played), and less than 10 years is considered to be ex-varsity status.

III. Substitutions

- A. A field player may change places with the goalie during the match only after the referee is notified of the requested change
- B. Substitutes may be made at any time, provided there is not an inappropriate number of players on the court.
- C. No substitute is permitted for a player ejected by the referee.

IV. Length of Game

- A. The game shall consist of two 20 minute halves with a 3 minute half time.

V. Referees

- A. Referee jurisdiction begins when the gym is opened. The referee may stop the match for any rule infringement and suspend or terminate the game whenever he/she deems necessary.
- B. Referees will make sure that each team captain fills out a roster prior to kick-off.
- C. Prior to kick-off, the referee will gather both teams at the center of the court, review any questions concerning rules, lead prayer, and determine which team starts with the ball.

VI. Start of Play

- A. A coin toss (or "choose a number" method) will be used by the referee to allow the captain winning the toss to choose either to kick-off or defend a goal in the first half.
- B. At the referee's signal, the match shall begin.
 - 1. The ball must travel at least the circumference of the ball before it can be touched again.
 - 2. The player who started the kick-off cannot touch the ball until someone else has.
 - 3. The ball may be played either forward or backward on the kick-off.
 - 4. Each team must be on their respective side of the court during a kickoff.
 - 5. The defending team must be at least 10 feet away until the ball is touched.
- C. A goal may not be scored directly off a kick-off. (It must touch someone else first)
- D. After a goal is scored, the team scored against shall restart the play by a kick-off.
- E. Teams will change ends of the court at the start of the second half. A kickoff will also start the second half.

VII. Ball in and out of play

- A. The ball is **out** of play when:
 - 1. It has completely crossed the goal line either on the ground or in the air.
 - 2. The ball strikes the backboard, ceiling, hits above the black line, or anything hanging from the ceiling (flag, etc).
- B. The ball is **in** play at all other times from the start of the game to the finish, including:

1. If it rebounds from a goal post or crossbar onto the court.
2. In the event of a supposed rule violation, until a whistle is blown.

C. The ball is put back into play, after having been put out of play, in the following ways:

1. When the ball crosses a goal line or hits the backboard, either a goal kick or corner kick is used to put it back into play.
2. When a game has been temporarily suspended for an injury, deflated ball, etc. play will begin with a drop ball. The ball

is in play when it hits the ground.

3. If the ball hits the ceiling, backboard, hits above the black line, or something hanging from the ceiling, the ball will be put into play with an **indirect** kick immediately under the object it hit (can be 1 foot away from wall).

VIII. Scoring:

A. A goal is scored when the ball has entirely and legally entered the goal (over the goal line, between the goal posts, and under the crossbar).

IX. Fouls and Misconduct

A. Direct Kicks: A player shall be penalized if he/she:

1. Handles the ball (i.e. carries, strikes, or propels it with the hand or arm).
NOTE: This does not apply to the goalkeeper within his/her own penalty area.
2. Trips an opponent, including throwing or attempting to throw an opponent by the use of the legs.
3. Pushes an opponent with his/her hand or with any part of the arm.
4. Holds an opponent.
5. Uses illegal blocking.
6. Plays dangerously.
7. Executes a slide tackle (No Slide Tackles).
8. Charges a player into the wall.
9. Conducts unsportsmanlike conduct.
10. Uses two hands on a wall to brace oneself (One-hand rule).

B. Indirect Kicks

1. A player touching the ball a second time before it has been touched by another player at the kick-off, on a throw-in, on a free kick, on a corner kick, or on a goal kick(if the ball has passed outside the penalty area).
2. A goalkeeper does not release the ball within 5 seconds.
3. Illegal obstruction (i.e. interfering with an opponent movement without intent of playing the ball).
4. Dangerous play.
5. A ball striking the ceiling, backboards, hit above the black line, or objects hanging from ceiling.

X. Penalty Kicks

A. We will be trying a modified version of the old MLS shootout for this season of intramural soccer. PK's will be taken from the half and shooter will be given 5 seconds to get a shot off. All other rules will be as followed, but may be modified:

The Workings of the Shootout

The shootout in the MLS follows a simple format. A coin toss decided which team will take the first kick. Then, the ball is placed 35 yards from the goal and that attacking playing has 5 seconds to place the ball in the goal. The goalkeeper starts from his line, and must be in contact with the line with at least one foot. On the sound of the whistle, the 5 second countdown clock commences and the ball is then in play. Unlike a penalty kick, a keeper may rush the offensive player, after the referee has blown the whistle, in order to narrow the angle.

The shootout can end for several reasons:

1. The player scores.
2. Time expires.
3. The ball crosses the endline (or if the shot is really bad the sideline).
4. The ball touched the goalkeeper and does not directly go into the goal (i.e. no rebounds from the goalkeeper).

5. The goalkeeper fouls the onrushing player (a penalty kick is then awarded).
6. The player fouls the goalkeeper.

This process repeats for 5 shooters on each team shooting alternately. However, all 5 shooters are not required if one team achieves an unbeatable lead (for example, if a team scores 3 goals from its first 3 attempts and the other team missed all 3). If the score is tied after 5 attempts, "sudden death" occurs with individual shooters alternating. The only players that can participate are those players remaining on the field at the end of the game, and no player may take an additional shootout until all the players, including the goalkeepers, have taken one.

XI. Goalie Passes and Throws

- A. A throw or pass from the goalie cannot carry over the mid court mark in the air.
 1. A violation of this rule results in an indirect free kick at mid-court.

XII. Tie Games

- A. During the regular season, tie games will be determined by a 3-minute sudden death time period.
 1. If the score is still tied after the 3 minute period the game will be ruled a tie.
- B. During playoffs ties will be broken by two 3 minute sudden-death time periods and a shootout (5shots each) if necessary.

XIII. Other

- A. The home team is required to provide a scorekeeper.
- B. All changes to roster must be made at least 1 day before game in which player is to be used in.
- C. No additional changes may be made after 45% of your games have been played (will be rounded up).
- D. Additional requests for after 45% of games have been completed will be considered by written request only.
- E. Discretion is left up to the Intramural Director.
- F. Players must stand 3 yards away for a direct/indirect kick.

Basketball Rules

I. General Guidelines

- A. The officiating will be done by referees who are in absolute control of the game.
- B. Referee jurisdiction begins when the gym is opened up.
- C. Teams are responsible for keeping their spectators under control. Misconduct of spectators or players can result in assessment of a technical foul, ejection or forfeiture of the game. Spectators must also remain in the area designated by the referee.
- D. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.
- E. It is the responsibility of the referee and the team captains to ensure the team roster is filled out before tip-off.

II. Players

- A. Each Men's and Women's team will consist of 5 players.
- B. To avoid a forfeit, at least 3 players must be present within 5 (five) minutes of the scheduled start time.
- C. Teams may play with 3 players if an individual cannot continue due to injury.
- D. In order for a team to win by forfeit, they must have 5 players checked in order to receive the win.

III. Identity

- A. Prior to start of play, each player present must put his/her name on the score sheet.
- B. An individual whose name appears on the official score sheet will be considered as having played in that contest.

IV. Player Equipment

- A. **All players must wear non-marking rubber-soled athletic shoes.**
- B. Jewelry of any kind (watches, chains, rubber bands, rings or earrings) may not be worn.
- C. Casts (plaster, metal or other hard substances in their final form) or any other item judged to be dangerous by the supervisor, official or athletic trainer may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed.
- D. Players will wear light and dark t-shirts to designate home or away.

V. Length of Game

- A. The game will consist of two 20-minute halves with a running clock.
*Clock will be stopped for team timeouts and official's timeouts
- B. Running clock is in effect until the last two minutes of the second half unless one team is winning by 20 points or more. The clock stops for every dead ball in the last two minutes only.
- C. If at any time a team is leading by 50 points or more in the second half, the game will be declared over.
- D. Halftime will be 3 minutes.

VI. Time Outs

- A. Each team is permitted two time-outs per half. Time-outs will NOT carry over to the second half or overtime.
- B. Time-outs may only be called by the team with possession of the ball or during a dead ball situation. Only players that are in the game may call a time-out. Bench personnel and coaches may not call time-out. After a time-out, the ball will be in-bounded closest to the spot where the ball was when the timeout was called.
- C. Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or during any overtime period at the expense of a technical foul. The technical foul must be given even if the official was unaware that the time-out was excessive.

VII. Overtime

- A. Overtime periods are 4 minutes with a running clock until the last minute of play.
- B. There will be a 1-minute intermission after each overtime period.
- C. Each team will have one timeout during overtime play. There is no carrying over from other halves.

VIII. Substitution

- A. Substitutions may occur when the ball is out of play or after a stoppage of play indicated by whistle blown.
- B. A player cannot enter the game during play.

IX. Fouls

- A. A player shall be allowed 5 personal fouls per game. On the fifth personal, that player shall be removed from the game. A personal foul is a player foul that involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
- B. Two technical fouls against a player or coach result in immediate ejection of that person from the game.
- C. Slapping either backboard or grabbing the rim is a technical foul.
- D. **Dunking is only allowed in warm ups and during play. Participants that violate this will be assessed a technical foul. Once the game is over, there are to be no dunking contests.**

X. Technical Fouls

- A. Any individual who has **two** technical fouls called against him/her during an intramural basketball game will automatically be barred from further participation in that game. The individual is also automatically suspended from the next game his/her team plays.
- B. **Any player who accumulates three technical fouls over the course of the season will be ineligible for further intramural basketball play and may be suspended from the regular season at the discretion of the Intramural Director.**

XI. Free Throws

- A. In each half, free throws will be awarded for each common foul (except player control) committed by a player of a team, beginning with that team's seventh foul.
 - 1. Personal fouls not in the act of shooting
 - * One and one after seven team fouls
 - * Two shots after ten team fouls
 - 2. Personal fouls in the act of shooting
 - * Two shots, unless shot is made (one), or a
 - * Three point shot has been attempted (three shots)
 - 3. Intentional fouls
 - * Two free throws plus the ball out of bounds to the offended team
 - 4. Flagrant fouls
 - * Two free throws, plus disqualification of the offending player
 - 5. Player control fouls
 - * No free throws, ball awarded to offended team out-of-bounds
 - 6. Technical fouls
 - * Two free throws, plus shooting team's possession at mid-court

XII. MISCELLANEOUS

- A. No dunking is allowed by any player! A technical foul will be given.
- B. The following are examples that will result in technical fouls (2 shots and the ball and maybe disqualified from the game):
 - 1. Abusive language or conduct towards opponents or referee.
 - 2. Delay of game (i.e. rolling or throwing the ball away from an opponent).

3. Intentionally slapping the backboard.
 4. Anyone but the team captain talking to the referee.
- C. Intentional fouls will be called. They will result in a technical foul.
- D. Hand-checking is not allowed and will result in a personal foul.
- E. Full court pressing will not be permitted if the team is ahead by twenty points.
- F. **NO HATS AND NO JEWELRY!!!!**

Ultimate Frisbee Rules

I. Equipment

- A. A standard Ultimate Frisbee disc is to be used.
- B. Games will take place on the Field Hockey field.

II. Number of Players

- A. Seven (7) players constitute one team.
- B. Teams must have at least 2 men and 2 women on the field at all times.
- C. To avoid a forfeit, teams must have at least five (5) players at game start.
 - 1. With only 5 players, teams must have at least one male and one female on the field.
- D. Teams may have 12 players total – Rosters are locked after first game is played.

III. Substitutions

- A. Substitutions may be made anytime the frisbee is out of play.
- B. A substitute may be brought on for an injured player.
 - 1. If one team replaces an injured player(s), the other team has the option to also sub in the same number of players.

IV. Length of Game

- A. The game shall consist of two 20-minute halves with a 3-minute half time.

V. Supervisors/Referees

- A. Referring to the “Spirit of the Game” that Ultimate is founded on, it is each player’s responsibility to uphold the spirit of the game and play fairly.
- B. A supervisor will be present to set up the game and preside over discrepancies. In general, a play should be called by those out on the field. Players may use personal judgment to make calls if necessary; however, the call must be agreed upon by both team captains (if the team captain is not present, the team must appoint someone to serve as captain for the duration of the game).
- C. Please make sure that there is someone to record the stats on the score sheet included in the binder. These sheets are to be placed into the binder at the conclusion of each game.

VI. Starts/Restarts

- A. Representatives of the two teams will play one round of “Rocks, Paper, Scissors”. The winner has the choice of:
 - 1. Receiving or throwing the initial throw-off; or,
 - 2. Selecting which goal they wish to initially defend.
 - B. The second half begins with an automatic reversal of the initial throw-off position.
 - C. In a tie game, if overtime periods are needed, the disc flipping procedure is repeated for the first overtime period. The initial throw-off position of subsequent overtime periods is the reverse of the throw-off position that started the previous overtime period.
1. Throw Off
- A. Play starts at the beginning of each period of play and after each goal with a throw-off.
 - B. Each time a goal is scored, the teams switch the direction of their attack and the team that scored throws off.
 - C. Positioning prior to the throw-off:
 - 1. The players on the throwing team are free to move anywhere in their defending end zone, but may not cross the goal line until the disc is released.
 - 2. The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.

- B. The throw-off may be made only after the thrower and a player on the receiving team raise a hand to signal that team's readiness to begin play.
- C. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
- D. As soon as the disc is released, all players may move in any direction.
- E. No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.

VII. Out of Bounds

- A. Any area not on the playing field is out-of-bounds. The perimeter lines are out-of bounds.
- B. A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything out-of-bounds.
- C. A player is out-of-bounds when s/he is contacting an out-of-bounds area. When a player is in the air, his/her in or out-of-bounds is determined by where the ground was last contacted by the player.
- D. 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 out-of-bounds.
- E. Should the momentum of a player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where s/he went out-of-bounds and puts the disc into play at that point.
- F. To start or re-start play after the disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the point of the playing field proper nearest where the disc last crossed the perimeter line, and put the disc into play at that point.

VIII. Scoring

- A. A goal is scored when an offensive player completes a pass to a teammate in the end zone, which his/her team is attacking.
- B. In order for the receiver to be considered in the end zone after gaining possession of the disc, his/her first point of contact with the ground must be completely in the end zone.
- C. A player cannot score by running into the end zone with the disc. Should a receiver's momentum carry him/her into the end zone after gaining possession, the receiver must carry the disc back to the closest point on the goal line and put the disc into play from there.
- D. A player must be completely in the end zone and acknowledge that s/he has scored a goal. If that player plays the disc unknowingly into a turnover, then no goal is awarded.

IX. Turnovers

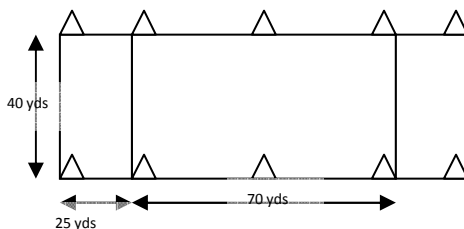
- A. An incomplete, intercepted, knocked down, or out-of-bounds pass results in a loss of possession.
- B. A pass is considered intercepted if a defensive player catches a pass. If a defensive player catches a pass and accidentally loses possession of it before or during ground contact related to that catch, the defender is considered to have blocked rather than intercepted the pass.

X. Play-Offs

- A. Classification of playoffs and those teams which will advance will be determined at a later date.

XI. Miscellaneous

- A. The blocker must be at least an arm's length from the thrower.
- B. Field Dimensions: See below.



VOLLEYBALL RULES

I. GENERAL

- A. A team consists of 6 players. However, teams are permitted to compete with no less than 4 players. Teams must have at least 2 females and 2 males on the court at all times.
1. 2 Ex-Varsity Athletes (1 Men's and 1 Women's) are permitted on each team. (Ex-Varsity = a member of collegiate volleyball program 2-10 years removed).
- B. If a team cannot field the minimum of 4 players 5 minutes after game time, the first game shall be forfeit. If a team cannot field the minimum of 4 players 10 minutes after game time (or during the match cannot continue to field at least 4 players) the match will be forfeit.
- C. The official will be in charge of all calls involving net violations and will oversee the score keeping. Line calls will be made by team members participating in the match according to the honor code. The net official will have the authority to overrule line calls if need be.
- D. All participants are responsible for knowing the rules outlined below before participating. Team captains are responsible for ensuring that team members are aware of the rules. No points will be replayed due to the ignorance of players. Additionally, all participants are expected to behave with the utmost honor and sportsmanship.
- E. Participants in the first game of the day and last game of the day are expected to help in set-up and tear-down of nets and equipment.

II. THE GAME

- A. A match will consist of the best two out of three games.
1. A non-deciding game (games 1 and 2) is won when a team scores 21 points and has at least a two point advantage over the opponent. No game shall exceed 27 points. If teams are tied 26-26, the first team to score the 27th point shall be the winner. When a fault is committed by the receiving or serving team, a point is awarded to the opposite team. When a fault is committed by the serving team, a point is awarded to the receiving team and the receiving team becomes the serving team.
 2. All games of a match shall use the "rally point" system with a point awarded on each service. For example, when a fault is committed by the receiving team, a point is awarded to the serving team and that team continues to serve. When a fault is committed by the serving team, a point is awarded to the receiving team and the receiving team becomes the serving team. The deciding game is won by the first team to score 21 points with at least a two point advantage. There is no point cap in the deciding game.
- B. Each team is permitted two team timeouts of 30 seconds per game.

III. THE SERVICE

- A. Each member of the team shall serve in turn and continue to serve until the server or member of the serving team commits a fault. The team receiving the ball for service must immediately rotate one position clockwise.
- B. Both feet of the server must remain behind the end line of the court and between the sidelines of the court.
- C. If the served ball touches a teammate or an object before touching an opponent or the opponent's court, or if the ball passes under the net or beyond the boundaries, a side-out is declared.
1. If the ball touches the net on a serve, it is considered playable.
- D. Teams shall change sides at the conclusion of each game. The sides for the 3rd game shall be decided by a coin toss.

IV. BOUNDARIES AND BOUNDARY VIOLATIONS

- A. The ball is out of bounds when it touches any surface, object, or ground outside of the court. A ball touching a line of the court is considered good.
- B. It is permissible to run out of bounds and play a ball before it contacts an object considered out of bounds. Once a ball contacts any object other than the ceiling or overhead obstructions other than a player out of bounds (outside of the playable area) it is considered dead.
- C. Any ball that hits the ceiling or overhead obstruction is alive. Any ball coming in contact with the baskets emanating from the walls is also good. A ball contacting a wall or the bleachers is considered dead.

- D. Crossing the center line within the court boundaries- It is a fault to contact the opponent team's court with any part of the body except the feet and hands. It is NOT a fault to cross the center line under the net when:
1. Some part of the encroaching foot, feet, or hands remains on or above the center line.
 2. The foot or hand completely crosses the center line, if the encroachment does not present a safety hazard to the opponents and does not interfere with the opponents. Contact with opponents occurring across the center line is NOT a fault if such contact does not hinder the opponent's ability to make the next play on the ball.
 3. The ball has been declared out of play.

V. BALL CONTACT

- A. The ball must be cleanly hit. When the ball comes to rest momentarily in the hands or arms of a player, it is considered to be held-a fault. Scooping, lifting, pushing, or carrying the ball shall be considered holding and declared a fault.
- B. The ball may be contacted with any part of the body including head and feet. The ball can contact any number of parts of the body providing the contacts are simultaneous and that the ball is not held.
- C. A player who contacts the ball or is contacted by the ball shall be considered to have played the ball.
- D. Each team is allowed a maximum of three successive team contacts of the ball in order to return the ball to the opponent's area (Exception: Blocking).
- E. No player may contact the ball twice in succession without another player having touched it in between these contacts (Exception: Blocking).

VI. BLOCKING

- A. Blocking may only be done by the three players who are in the front row positions of the service order at the time of service.
- B. Any player participating in a block shall have the right to make the next contact with the ball, such contact counting as the first of three contacts allowed by the team.
- C. The team which has effected a block shall have the right to three more contacts in order to return the ball to the opponent's area.
- D. Any blocker may reach over the net; **however**, the blocker shall not contact the ball over the opponent's area until after the completion of the opponent's action which sends the ball towards the blocker's side.
- E. It is illegal to attack or block a serve.

VII. SPIKING

- A. Any front row player of the service order at the time of service is eligible to spike the ball.
- B. Backline players of the service order at the time of service are eligible to spike the ball only if the player is behind the 3 meter attack line at the time of the spike or if the takeoff for the spike was clearly behind the attack line.
- C. Spikers may follow through over the net, but may not make contact with the net.

VIII. NET VIOLATIONS

- A. **Player contact with Net or Antennas**- It is a fault to touch any part of the net or the antennas, except by a player's hair and insignificant contact by a player not involved in the action of playing the ball (players attempting to fake a hit or attempting to block such a play are considered to be involved in the action of playing the ball).
1. If the ball is driven into the net such that it causes the net or antennas to contact a player, such contact is not a fault.
 2. A player may touch a post, rope or other object outside the total length of the net provided this contact does not interfere with the play and is not used as a means of support while playing the ball.
- B. A player may not reach under the net and touch the ball or a player on the opposing team when the ball is in play on that side. A player may not interfere with the play of the opposing team by entering their court while the ball is in play.
- C. A served ball touching the net is **NOT** a fault. At all other times, if the ball touches the net and goes over, it is considered good and play continues.
- Offside: five yard penalty, dead ball foul called from the line of scrimmage, repeat the down
 - Illegal Motion: five yards, dead ball foul called from the line of scrimmage, repeat the down
 - Delay of Game: five yards, dead ball foul called from the line of scrimmage, repeat the down

- Offensive Pass Interference: ten yards, call from the line of scrimmage, loss of the down
- Defensive Pass Interference: first down at the spot of the infraction, enforce from spot of foul
- Illegal Forward Pass: five yards, enforce from spot of foul, loss of the down
- Tackling or Tripping: fifteen yards from end of the run, an automatic first down, enforce from spot of foul
- Offensive Holding: ten yards, enforce from spot of foul, loss of the down.

Dodgeball Rules

I. The Court

- A. The official dimensions for a regulation court are as follows:
- B. The court is divided into two 30' X 30' areas, with a 4' X 30' neutral zone located at center court separating the two sides, an attack line located parallel and 10' from the center line, for a total court length of 60' from endline to endline, and a total width of 30' from sideline to sideline.
- C. Approximately 2'-3' should be allotted for an out of bound area, allowing officials to move freely along the sidelines.
- D. The queue for each team is a 3' X 12' area, and should be located 2'-3' from the sideline, leaving enough room for an official to move free along the sideline.
- E. Every effort should be made to obtain the correct dimensions. However, court size may be adjusted to best suit the available space.

II. Equipment

- A. 6 regulation size balls should be used: 4 Blockers™ (8.5") and 2 Stingers™ (5").
- B. Ball layout is as follows: Blocker, Stinger, Blocker, Blocker, Stinger, Blocker.

III. Players

- A. Teams consist of six players with up to four substitutes. All players must be in uniform.
- B. Coed teams may consist of either gender, however at least two players of each gender must participate at the start of each game.
- C. Open teams may consist of either gender. Any ratio of men and women may participate, including all male and all female teams.

IV. Substitutions

- A. Substitutions must be made prior to the start of the game. No substitutions can be made during a game, except in cases of injury.

V. Retrievers

- A. Retrievers are individuals designated to retrieve balls that go out of play. Teams are responsible for providing retrievers.
- B. The number of retrievers required will determined by the tournament director, or you may use players that are out as retrievers.
 - A. Retrievers may not enter the court at any time.
 - B. Retrievers may not wear jerseys of the same style as their team uniform.
 - C. Retrievers are only allowed to field balls from their side of the court.

VI. Matches

- A. A regulation match consists of a pre-determined odd number of games of a single game type. The number of games and/or the time allotted may be altered to best suit time and attendance.

VII. Game Types:

A. Elimination Game.

A game played until all opponents on one side have been eliminated. The first team to eliminate all its opponents is declared the winner.

B. Timed Game.

1. A game played until pre-determined time limit expires or all opponents are eliminated on one side. If time expires, all remaining players are counted. The team with most players remaining wins the game.

C. Scored Game.

1. A scored game is played as either an elimination or timed game with points awarded not for the win, but for the number of players remaining "in" at the end of each game.

VIII. Beginning Play

- A. Play begins with all players positioned behind their team's endline.

IX. The Rush

- A. The Rush occurs at the beginning of each game or reset.
- B. Upon the official's signal, both teams rush to center court and attempt to retrieve as many balls as possible.
- C. A team may rush with as many or as few players as it wants, but at least one person from each team has to rush.
- D. There is no limit to how many balls an individual player may retrieve.
- E. Players may not slide or dive head first into the neutral zone or they will be called out.
- F. Crossing over the neutral zone will result in an "out."
- G. Players may not physically grab and pull another player across the neutral zone or prevent them from returning to their side of the court.

X. Putting a Ball in Play

- A. The player and the ball must go completely behind the attack line. During the Rush, any ball retrieved from the neutral zone must be returned behind the attack line before it may be thrown at an opponent. A ball that hasn't crossed the attack line is considered a dead ball, any hits or catches are voided plays.

There are several ways to put a ball into play following a Rush.

1. A player carries the ball across the attack line.
2. A player passes the ball a teammate who is behind or carries it across the attack line.
3. A player rebounds the ball off the back wall of a closed court.

XI. Time Outs

- A. There are no team time outs.

XII. Outs

- A. Player shall be deemed "out" when a live ball hits any part of the player's body, clothing, or uniform.
- B. If a player is hit by a live ball rebounding off another player or ball lying on the court.
- C. A defending player catches a live ball they have thrown.
- D. Players shall return from the queue in the order they were put "out" (i.e. first "out," first "in").

XIII. Blocking

- A. Players can defend themselves by blocking the ball in flight with another ball but must retain control over the ball they are blocking with. A player dropping or losing possession of the blocking ball is deemed "out."
- B. Any blocked ball rebounding off another ball is considered live. Any player hit by the rebounding ball is deemed "out."

XIV. Pinching

- A. The act of squeezing the ball in order to alter the thrown or blocked ball is not allowed.

XV. Stalling

- A. The act of intentionally delaying the game.
- B. If a referee determines that a player or team is stalling, the referee will warn player or team. If the stalling continues, at the referees discretion, player or team will lose possession of all balls on their side.
- C. If both teams are stalling a reset should occur

XVI. Out of Bounds Rule

- A. If any part of the player's body touches the endlines or far neutral zone line, the player shall be deemed "out".
- B. Momentum may carry a player out of bounds while making a catch, provided control of the ball was established prior to going out of bounds.

XVII. Neutral Zone Rule

- A. The neutral zone is a 4' by 30' area centered around the centerline. A player may safely step into the neutral zone but not across. Any player crossing over the neutral zone is deemed "out."

XVIII. Sacrifice Fly

An airborne attack, where an attacking player may legally cross the neutral zone to hit an opponent. The ball must leave the attacker's hand before any part of the attacker's body touches the opponent's territory. If successful, the player hit is out and attacking player remains in.

XIX. Headshots

- A. A headshot occurs when a player is hit directly in the head by a high thrown ball.
- B. Any thrower committing a headshot will be deemed "out."

XX. Uniforms

- A. The NDJ does not allow players to wear gloves, baseball caps or bandanas during play.
- B. Each team must wear uniforms.

SOFTBALL RULES

I. PLAYING PROCEDURES

A. Number of Players

Teams shall consist of ten (10) players in the field. A minimum number of eight (8) players must be present to start a game.

B. Equipment

Athletic shoes are required at all times. Metal spikes are prohibited. Bats and balls will be provided by the Intramural Staff. Only bats clearly marked "Official Softball" are allowed. No double- or triple-walled bats are allowed.

C. Starting Time

At least eight (8) players must be ready to start at game time. Game time is forfeit time. Team Managers are encouraged to report early to complete the score sheet. Participants arriving late may be added to the bottom of the line-up.

D. Length of Game

A regulation game shall consist of seven innings or 50 minutes, whichever comes first. No new inning may start after 50 minutes. Tie games will remain a tie during the regular season. Extra innings will only take place in the playoffs.

E. 12-Run

A 12-run is in effect for all games, except playoff Championship games. If a team is ahead by 12 or more runs after 4 innings or 45 minutes, the game shall end.

F. Home Plate

Home plate will consist of a plate and plate extension. Any legal pitch not swung at that hits any part of the plate or the plate extension will be called a strike. A runner should touch any part of the plate extension when scoring a run, NOT home plate.

Failure to do so results in the risk of being called out.

G. Pitching

The pitching plate will be located 50 feet from home plate. Pitchers must start with at least one foot in contact with the pitcher's plate. One foot must remain in contact with the pitcher's plate until the ball is released.

II. THE GAME

A. Legal Pitch

1. A legal pitch is a pitch delivered in a continuous motion and at moderate speed. The ball must be delivered with perceptible arc and reach a height of at least 6 feet from the ground, while not exceeding a maximum height of 12 feet from the ground.

2. Pitches not meeting these requirements will be called illegal pitches. Illegal pitches remain live and all batters may swing at their own risk. Illegal pitches not swung at will be ruled automatic balls. Arguing the height requirement of pitches with the umpire is considered arguing balls and strikes and is cause for ejection from the game.

B. Balls and Strikes

1. Each batter will start with a 0-1 count. With one strike, a caught foul ball that does not exceed the height of the batter is a strike, NOT an out. With two strikes it is an out. Also, with two strikes, each batter is allowed one uncaught foul ball. A second uncaught foul ball with two strikes will result in a strikeout. Any caught foul ball that does exceed the height of the batter is an out.

2. If the pitcher desires to walk a batter intentionally, he/she may do so by notifying the plate umpire who will award the batter first base. If two batters are to be walked intentionally, the second walk may not be administered until the first batter reaches first base.

C. Batting Order and Substitutions

1. Teams may bat an unlimited number of players. If a player is injured and no legal substitute exists, the team will take an out each time it is that player's turn to bat. All starters may re-enter the game once, but only in their original batting position. Substitutes may not re-enter once substituted.

2. Unless a player is injured and cannot continue, pinch runners will not be allowed under any circumstance. In the event an injured runner is substituted, a player that is not at all a part of the game may take his or her place in the lineup. If there is no such player, a player who only hits will be able to take their place. If there is no extra player to be used, the last recorded out shall pinch run. An injured runner may not re-enter the game if replaced with a pinch runner.

3. Defensive substitutions are unlimited.

D. Bunts

The ball is dead and the batter is out when the batter bunts or chops down the ball at the discretion of the umpire.

E. Base Running

NO stealing is allowed whatsoever. Runners may not leave their base until the batter makes contact with the pitch. Violations of this will result in a dead ball and the runner being declared out.

F. Halfway/Commit Line

There is a marker placed halfway between third and home plate; any base runner passing the halfway point (marker) is committed to home plate. If a runner does pass the commit line and then returns to third base, he or she will only be declared out if contested by the other team. All plays at home plate are force plays. Sliding into home plate is not allowed and will result in an automatic out.

G. Infield Fly

An infield fly is a fair ball (not including a line drive) which can be caught by an infielder with ordinary effort with runners on first and second, or first, second, and third and less than two outs.

*On an apparent infield fly, the umpire will immediately call "infield fly, the batter is out" for the benefit of the runners. If the ball is near the foul line, the umpire shall declare, "infield fly, if fair". Runners may advance at their own risk.

H. Overthrows

When the ball is in play and is overthrown into a dead ball area, all runners are awarded two bases. The award will be governed by the position of the runners at the time of the throw. If two runners are between the same base, the award is based upon the position of the lead runner.

I. Catch and Carry

When a live ball is unintentionally carried by a fielder from live ball territory into dead ball territory, the ball is dead and each runner is awarded one base from the last base touched at the time the fielder entered dead ball territory.

*If, in the judgment of the umpire, a fielder intentionally carries, kicks, pushes or throws a live ball from playable territory into dead ball territory, the ball is dead and each runner is awarded two bases from the last base touched at the time the fielder entered or the ball was kicked, pushed, or thrown into dead ball territory.

III. GAME SITUATIONS

A. Appeal Play

1. An appeal play is a play on which an umpire may not make a decision until requested by a manager, coach, or player. The appeal may not be made after the next legal or illegal pitch, after the pitcher and all infielders have left fair territory, or after the umpires have left the field of play.
2. Appeals are either live ball appeals (taking the ball to the base or tagging the runner) or dead ball appeals (orally appealing to an umpire once all runners have completed their advancement and time has been called).

B. Batter's Box

There is no definitive batter's box, however, any exaggerated effort which results in a player hitting the ball while obviously out of the batter's box will result in a dead ball and the batter being declared out. A batter who steps on or across home plate while making contact with the ball will be declared out. In all instances, the umpire's judgment is final and may not be appealed.

C. Sliding

Sliding or diving toward bases is permitted. All sliding or diving must be done in an attempt to avoid a tag. No sliding will be allowed at home plate. Penalty: The runner is out.

D. Base Running

1. Base runners are not allowed to attempt to "break-up" a double play. Penalty: Umpire will declare interference and call one or more runners out. Runners are entitled to advance without liability to be put out when a fielder not in possession of the ball, not in the act of fielding a batted ball, or not about to receive a thrown ball impedes the progress of a runner or batter-runner who is legally running the bases.
2. If the runner is put out prior to reaching the base which would have been reached had there not been obstruction, the ball is dead and the obstructed runner and each other runner affected by the obstruction will always be awarded the base or bases they would have reached, in the umpire's judgment, had there not been obstruction. An obstructed runner may not be called out between the two bases where obstructed unless properly appealed for missing a base, leaving a base before a fly ball was touched, for an act of interference, or for passing another runner.

3. If the obstructed runner is put out after passing the base which would have been reached had there not been obstruction, the obstructed runner is out. The ball remains alive.

E. Intentional/Malicious Contact

The runner is out when a defensive player has the ball or is about to receive the ball and the runner remains on his feet and deliberately or maliciously crashes into the defensive player.

F. With less than two outs, if the runner deliberately crashes into a fielder holding the ball before he is put out, and in the umpires judgment it was an attempt to break up an obvious double-play, the immediate succeeding runner will also be declared out. If the deliberate crash occurs after the runner was called out, the runner closest to home plate will be declared out.

G. In all instances, if the act is determined to be malicious, the offender shall be ejected.

IV. ADDITIONAL RULES

A. No Designated Catchers

There are no designated catchers. All teams must supply their own catcher. If a team is short players, they must play short-handed in the field.

B. Over-running First Base

To be in jeopardy of being put out, the batter-runner crossing first base must make an effort to advance towards second (e.g. a feint towards second base is considered an effort). Merely turning to the left in returning to first base does not necessarily constitute an effort.

C. Dugouts/Fans

All spectators must remain in the stands and are not permitted on the field or in the dugouts. All offensive players and coaches must remain in the dugout with the exception of the batter, on-deck batter, and base coaches.

V. UNSPORTSMANLIKE CONDUCT

A. Player Conduct

1. Actions that are potentially dangerous to participants, spectators, game Officials or Supervisors and/or conduct that is detrimental to the mission of the Intramural Sports Program will not be tolerated.

2. No player(s) may physically intimidate or verbally abuse Intramural Sports Staff. Violations of this nature are considered unsportsmanlike and at the discretion of the game Official or Supervisor may be ejected from the game. Any player ejected from a contest may not participate in his/her team's next two full games.

B. Aggressive Acts

Acts of aggression or physical violence will not be tolerated. These include but are not limited to throwing a punch, kicking an individual, or any other aggressive act. Any player guilty of such an act immediately before, during, or after an Intramural Sports contest shall be expelled from further participation in Intramural Sports for one calendar year (365 days).

C. Leaving the bench area or defensive position to participate in an altercation. A player, coach, or bench personnel shall be ejected if he/she leaves the bench or coaching area to participate in an altercation. In addition, any player who leaves his/her position to participate in an altercation, regardless of his/her intentions, shall be ejected. The penalty is an automatic two-game suspension.

Billiards Rules

I. OBJECT OF THE GAME

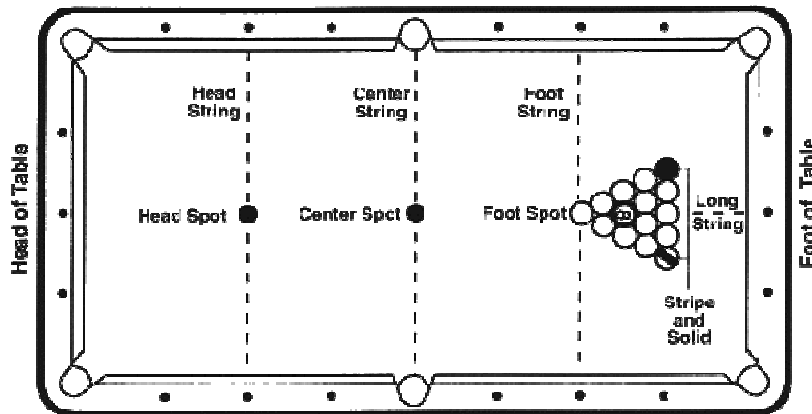
Eight-Ball is a call shot game played with a cue ball and 15 object balls, numbered 1 through 15. One player must pocket balls of the group numbered 1 through 7 (solid colors), while the other player has 9 through 15 (stripes). The player pocketing either group first, and then legally pocketing the 8-ball wins the game.

II. CALL SHOT

In Call Shot, obvious balls and pockets do not have to be indicated. It is the opponent's right to ask which ball and pocket if he is unsure of the shot. Bank shots and combination shots are not considered obvious, and care should be taken in calling both the object ball and the intended pocket. When calling the shot, it is never necessary to indicate details such as the number of cushions, banks, kisses, caroms, etc. Any balls pocketed on a foul remain pocketed, regardless of whether they belong to the shooter or the opponent. The opening break is not a "called shot." Any player performing a break shot in 8-Ball may continue to shoot so long as any object ball is legally pocketed on the break.

III. RACKING THE BALLS

The balls are racked in a triangle at the foot of the table with the 8-ball in the center of the triangle, the first ball of the rack on the foot spot, a stripe ball in one corner of the rack and a solid ball in the other corner.



IV. ORDER OF BREAK

The winner of the lag has the option to break. The winner of each game breaks in the next. The following are common options that may be designated by tournament officials in advance:

- A. Players alternate break
- B. Loser breaks
- C. Player trailing in game count breaks the next game

V. LEGAL BREAK SHOT

To execute a legal break, the breaker (with the cue ball behind the head string) must either (1) pocket a ball, or (2) drive at least four numbered balls to the rail. When the breaker fails to make a legal break, it is a foul and the incoming player has the option of (1) accepting the table in position and shooting, or (2) having the balls re-racked and having the option of shooting the opening break or allowing the offending player to re-break.

VI. SCRATCH ON A LEGAL BREAK

If a player scratches on a legal break shot (1) all balls pocketed remain pocketed (exception: the 8-ball, see rule 4.8), (2) it is a foul, and (3) the table is open. Please Note: The incoming player has cue ball in hand behind the head string and may not shoot

an object ball that is behind the head string, unless he first shoots the cue ball past the head string and causes the cue ball to come back behind the head string and hit the object ball.

VII. OBJECT BALLS JUMPED OFF TABLE ON THE BREAK

If a player jumps an object ball off the table on the break shot, it is a foul and the incoming player has the option of (1) accepting the table in position and shooting, or (2) taking cue ball in hand behind the head string and shooting.

VIII. 8-BALL POCKETED ON THE BREAK

If the 8-ball is pocketed on the break, breaker may ask for a re-rack or have the 8-ball spotted and continue shooting. If the breaker scratches while pocketing the 8-ball on the break, the incoming player has the option of a re-rack or having the 8-ball spotted and begin shooting with ball in hand behind the head string.

IX. OPEN TABLE

The table is “open” when the choice of groups (stripes or solids) has not yet been determined. When the table is open, it is legal to hit a solid first to make a stripe or vice-versa. Note: The table is always open immediately after the break shot. When the table is open, it is legal to hit any solid or stripe first in the process of pocketing the called stripe or solid. However, when the table is open and the 8-ball is the first ball contacted, it is a foul and no stripe or solid may be scored in favor of the shooter. The shooter loses his turn; the incoming player is awarded cue ball in hand; any balls pocketed remain pocketed; and, the incoming player addresses the balls with the table still open. On an open table, all illegally pocketed balls remain pocketed.

X. CHOICE OF GROUP

A. The choice of stripes or solids is not determined on the break even if balls are made from only one or both groups because the table is always open immediately after the break shot. The choice of group is determined only when a player legally pockets a called object ball after the break shot.

B. If the groups have been determined and the player mistakenly shoots at and pockets a ball of the group, the opponent must call a foul on him before he takes his next shot. If he fails to do so, the player automatically takes over the group of balls (solids or stripes) at which he has been shooting during this inning.

XI. LEGAL SHOT

On all shots (except on the break and when the table is open), the shooter must hit one of his group of balls first and (1) pocket a numbered ball, or (2) cause the cue ball or any numbered ball to contact a rail. Please Note: It is permissible for the shooter to bank the cue ball off a rail before contacting the object ball; however, after contact with the object ball, an object ball must be pocketed or the cue ball or any numbered ball must contact a rail. Failure to meet these requirements is a foul.

XII. “SAFETY” SHOT

For tactical reasons, a player may choose to pocket an obvious object ball and also discontinue a turn at the table by declaring “safety” in advance. A safety shot is defined as a legal shot. If the shooting player intends to play safe by pocketing an obvious object ball, then prior to the shot, the shooter must declare a “safety” to the opponent. It is the shooter’s responsibility to make the opponent aware of the intended safety shot. If this is not done, and one of the shooter’s object balls is pocketed, the shooter will be required to shoot again. Any ball pocketed on a safety shot remains pocketed.

XIII. SCORING

A player is entitled to continue shooting until failing to legally pocket a ball of his group. After a player has legally pocketed entire group of his balls, he shoots to pocket the 8-ball.

XIV. FOUL PENALTY

The opposing player gets cue ball in hand. This means that the player can place the cue ball anywhere on the table (does not have to be behind the headstring except on opening break). This rule prevents a player from making intentional fouls which would put an opponent at a disadvantage. With “cue ball in hand,” the player may use a hand or any part of a cue (including the tip) to position the cue ball. When placing the cue ball in position, any forward stroke motion contacting the cue ball will be a foul, if not a legal shot. (Also see Rule 3.39.)

XV. COMBINATION SHOTS

Combination shots are allowed; however, the 8-ball can not be used as a first ball in the combination unless it is the shooter’s only remaining legal object ball on the table. Otherwise, should such contact occur on the 8-ball, it is a foul.

XVI. ILLEGALLY POCKETED BALLS

An object ball is considered to be illegally pocketed when (1) that object ball is pocketed on the same shot a foul is committed, or (2) the called ball did not go in the designated pocket, or (3) a safety is called prior to the shot. Illegally pocketed balls remain pocketed and are scored in favor of the shooter controlling that specific group of balls, solids or stripes.

XVII. OBJECT BALLS JUMPED OFF THE TABLE

If any object ball is jumped off the table, it is a foul and loss of turn, unless it is the 8-ball, which is a loss of game. Any jumped object balls are not re-spotted.

XVIII. JUMP AND MASSÉ SHOT FOUL

While “cue ball fouls only” is the rule of play when a match is not presided over by a referee, a player should be aware that it will be considered a cue ball foul if during an attempt to jump, curve or massé the cue ball over or around an impeding numbered ball that is not a legal object ball, the impeding ball moves (regardless of whether it was moved by a hand, cue stick follow-through or bridge).

XIX. PLAYING THE 8-BALL

When the 8-ball is the legal object ball, a scratch or foul is not loss of game if the 8-ball is not pocketed or jumped from the table. Incoming player has cue ball in hand. Note: A combination shot can never be used to legally pocket the 8-ball, except when the 8-ball is the first ball contacted in the shot sequence.

XX. LOSS OF GAME

- A. A player loses the game by committing any of the following infractions:
1. Fouls when pocketing the 8-ball (exception: see 8-Ball Pocketed On The Break)
 2. Pockets the 8-ball on the same stroke as the last of his group of balls
 3. Jumps the 8-ball off the table at any time
 4. Pockets the 8-ball in a pocket other than the one designated
 5. Pockets the 8-ball when it is not the legal object ball

Note: All infractions must be called before another shot is taken, or else it will be deemed that no infraction occurred.

XXI. STALEMATED GAME

If, after 3 consecutive turns at the table by each player (6 turns total) the referee judges that attempting to pocket or move an object ball will result in loss of game, the balls will be re-racked with the original breaker of the stalemated game breaking again. The stalemate rule may be applied regard-less of the number of balls on the table. **Please Note:** Three consecutive fouls by one player in 8-ball is not a loss of game.

Ping-Pong Rules

I. The Table

- A. The playing surface shall not include the vertical sides of the tabletop.
- B. For doubles, each court shall be divided into 2 equal halfcourts by a white centre line, 3mm wide, running parallel with the side lines; the centre line shall be regarded as part of each right half-court.

II. The Net Assembly

- A. The top of the net, along its whole length, shall be 15.25cm above the playing surface.
- B. The bottom of the net, along its whole length, shall be as close as possible to the playing surface and the ends of the net shall be as close as possible to the supporting posts.

III. The Ball

- A. The ball shall be spherical, with a diameter of 40mm.
- B. The ball shall weigh 2.7g.

IV. The Racket

- A. The racket may be of any size, shape or weight but the blade shall be flat and rigid.

V. Definitions

- A. The ball is *in play* from the last moment at which it is stationary on the palm of the free hand before being intentionally projected in service until the rally is decided as a let or a point.
- B. A player strikes the ball if he touches it in play with his racket, held in the hand, or with his racket hand below the wrist.
- C. A player obstructs the ball if he, or anything he wears or carries, touches it in play when it is above or traveling towards the playing surface, not having touched his court since last being struck by his opponent.
- D. The *end line* shall be regarded as extending indefinitely in both directions.

VI. The Service

- A. Service shall start with the ball resting freely on the open palm of the server's stationary free hand.
- B. The server shall then project the ball near vertically upwards, without imparting spin, so that it rises at least 16cm(6.3in) after leaving the palm of the free hand and then falls without touching anything before being struck.
- C. As the ball is falling the server shall strike it so that it touches first his court and then, after passing over or around the net assembly, touches directly the receiver's court; in doubles, the ball shall touch successively the right half court of server and receiver.
- D. From the start of service until it is struck, the ball shall be above the level of the playing surface and behind the server's end line, and it shall not be hidden from the receiver by the server or his doubles partner and by anything they wear or carry.
- E. Whenever there is a clear failure to comply with the requirements for a good service, no warning shall be given and the receiver shall score a point.

VIII. The Order of Play

- A. In doubles, the server shall first make a service, the receiver shall then make a return, the partner of the server shall then make a return, the partner of the receiver shall then make a return, and thereafter each player in turn in that sequence shall make a return.

IX. A Let

The rally shall be a let:

- A. If in service the ball, in passing over or around the net assembly, touches the net, provided the service is otherwise good or the ball is obstructed by the receiver or his partner.
- B. If the service is delivered when the receiving player or pair is not ready, provided that neither the receiver nor his partner attempts to strike the ball.
- C. If the ball comes to rest on the receiver's half.

X. A Point is given:

- A. If his opponent, or anything his opponent wears or carries, moves the playing surface.

- B. If his opponent's free hand touches the playing surface.
- C. If a doubles opponent strikes the ball out of the sequence established by the first server and first receiver.

XI. A Game

- A. A game shall be won by the player or pair first scoring 11 points unless both players or pairs score 10 points, when the game shall be won by the first player or pair subsequently gaining a lead of 2 points.

XII. A Match

- A. A match shall consist of the best of any odd number of games. Most likely a 5 game series.

XIII. The Order of Serving, Receiving, and Ends

- A. The right to choose the initial order of serving, receiving, and ends shall be decided by lot and the winner may choose to serve or to receive first, or to start at a particular end.
- B. In each game of a doubles match, the pair having the right to serve first shall choose which of them will do so and in the first game of a match the receiving pair shall decide which of them will receive first; in subsequent games of the match, the first server having been chosen, the first receiver shall be the player who served to him in the preceding game.
- C. In doubles, at each change of service the previous receiver shall become the server and the partner of the previous server shall become the receiver.
- D. The player or pair starting at one end in a game shall start at the other end in the next game of the match and in the last possible game of a match the players or pairs shall change ends when first one player or pair scores 5 points.

XIV. Out of Order of Serving, Receiving or Ends

- A. In any circumstances, all points scored before the discovery of an error shall be reckoned.

XIX. Practice

- A. Players are entitled to practice on the match table for up to 2 minutes immediately before the start of a match but not during normal intervals; the specified practice period may be extended only with the permission of the referee.

PBU Intramural Sport Free Agent Form

Name: _____

Sport Applying for: _____

Email: _____

Phone Number: _____

Flag Football Stat Sheet

Date:	
Time:	
Referee:	

Final Score	Home Team	Away Team

Player's Name	TD	2 pt conv.	safety

Player's Name	TD	2 pt conv.	safety

Time outs taken:

Cautions:

Ejections:

Time outs taken:

Cautions:

Ejections:

Indoor Soccer Stat Sheet

Date:	
Time:	
Referee:	

Score	1 st half	2 nd half	Final Score
Home:			
Away:			

Home Team

Away Team:

Player's Name	Goals	Assists	Saves
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
Total:			

Player's Name	Goals	Assists	Saves
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
Total:			

Cautions:

Ejection:

Cautions:

Ejections:

Basketball Stat Sheet

Team: _____

Date:		Opponent:		Final Score:	Your Team	Opposing Team
Time:						
Referee:						

Name:	Fouls	Field Goals	Free Throws	Rebounds	Total Points	Total Rebounds	Ejected Y/N
	1 2 3 4 5						
	1 2 3 4 5						
	1 2 3 4 5						
	1 2 3 4 5						
	1 2 3 4 5						
	1 2 3 4 5						
	1 2 3 4 5						
	1 2 3 4 5						
	1 2 3 4 5						
	1 2 3 4 5						

Team Fouls:	1 st Half	2 nd Half

Scorekeeper/Statistician(s): _____

Ultimate Frisbee Stat Sheet

Date:	
Time:	
Referee:	

Final Score	Away Team	Home Team

Away Team Name:

Last, First		Assist
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
Totals:		

Home Team Name:

Last, First	Goal	Assist
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
Totals:		

Cautions:

Ejections:

Cautions:

Ejections:

Volleyball Stat Sheet

Date _____

	Games											
	1				2				3			
Name	Kills	Ace	Asst	Blocks	Kills	Ace	Asst	Blocks	Kills	Ace	Asst	Blocks
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

Opponent

Game 1 Game 2 Game 3 Final Score

Team:			
Team:			

Official Signature _____

Dodgeball Stat Sheet

Date	
Time	
Referee	

Indicate Win/Loss	Game 1	Game 2	Game 3
Home Team			
Away Team			

Team Name	Games					
	1		2		3	
Players' Names	Kills	Catches	Kills	Catches	Kills	Catches
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						