



University Recreation + Wellness

INTRAMURAL SPORTS PARTICIPANT HANDBOOK 2026-2027

A program of University Recreation + Wellness

Participation in all University Recreation + Wellness facilities and programs, regardless of location, is voluntary on behalf of all participants. **All participants acknowledge and agree that the University of Arkansas does not provide insurance for any of its activities and shall not be liable for any injuries that occur at any of these locations or any of its programs.**

INTRAMURAL SPORTS MISSION

The University of Arkansas Intramural Sports Program offers programming and opportunities for everyone on the University of Arkansas campus. Intramural Sports is designed to provide opportunities for students, faculty, and staff to participate in recreational activities in a fun, competitive, and safe environment. Participation in Intramural Sports will afford the following opportunities:

- Provides enjoyable recreational experiences for the University community.
- Develops habits of participation that will carry over into everyday life.
- Promotes wholesome social relationships and sportsmanship through group and individual activities.
- Supports an opportunity for the development of a healthy body and mind.

PURPOSE OF THE HANDBOOK

The purpose of this handbook is to establish policies and procedures that govern participation in Intramural Sports. Rules are reviewed annually, and modifications may be made at the conclusion of each semester. Please note that it is the responsibility of each individual to adhere to these policies and procedures. If you have any questions, comments or suggestions concerning rules or the program itself please contact UREC staff.

****All 2026-2027 handbook updates are highlighted in yellow. ****

INTRAMURAL SPORTS PROFESSIONAL STAFF

Name	Position	Phone	Email
Vacant	Assistant Director		
Michael Pappan	Coordinator	479-575-6380	mpappan@uark.edu
Abby Bruner	Coordinator	479-575-5567	ab645@uark.edu

It is the goal of the intramural sports team to provide an comprehensive schedule of intramural activities. If there is a new and exciting sport that you would like to see incorporated into our schedule, email imsports@uark.edu.

CAPTAIN'S RESPONSIBILITIES

Captains will serve as the liaison between Intramural Sports and their team.

The team captain is responsible for team representatives at all times. "Team representatives" are defined as the following but are not limited to; a player, non-player, captain, coach, manager, spectator or anyone associated with a team. Team Representatives can affect the team's sportsmanship standing, playoff eligibility, and may be asked to leave the premises. These actions and disciplinary steps can happen at any time, before, during or after any intramural sports event.

Captain's duties include but are not limited to:

- [Create the team in Fusion Play](#)
 - Select a proper and appropriate team name.
 - Any team name deemed inappropriate will be changed immediately
 - Inappropriate team names include but are not limited to foul or vulgar language, sexual innuendos, political statements, or discrimination of any kind
- Ensure your team has the minimum number of players on the roster (not the pending roster list) in order for the team to be eligible and hold a spot in a division/league before the close of registration
- Ensure the eligibility of each player prior to competition (*See Participant Eligibility below*)
- Educate team members and maintain individuals' compliance on sport specific rules and regulations set forth in this handbook
- Inform team members of game times and dates to avoid forfeits, the forfeit fine and potential removal from the league
- Pay forfeit fine(s), if applicable, following the specified deadlines for payment set forth by Intramural Sports
- Check the UREC Instagram and Fusion Play Notification Tab for inclement weather updates, postponements, and rescheduled activities.
- The captain's meeting will be available in Blackboard for the captain. You will get 2 attempts to make an 80% on the video quiz. Failure to reach that score will make your team ineligible for playoffs. The deadline to complete the quiz will be the end of the second week of the regular season.
 - If another team representative is completing the captain's quiz please email their name and email to imsports@uark.edu

PARTICIPANT ELIGIBILITY

All participants must provide a valid University of Arkansas student ID, UREC membership card, or valid form of government issued **PHYSICAL PHOTO** ID to participate in intramural sports.

All participants must agree and sign the Intramural Participant Waiver prior to participation and are prompted to complete it when registering for a team. Participants must be 18 years or older to sign the waiver on their own behalf. A parent/guardian must sign the waiver if the

p participant is younger than 18 years of age.

Every individual is responsible for verifying their own eligibility for each sport they choose to participate in. The Intramural Sports Staff is not responsible for checking the eligibility of all participants. Any concerns that arise regarding opposing teams' eligibility should be reported to the Intramural Sports Supervisor by the captain prior to the start of the game.

The Intramural Sports Staff may suspend and/or forfeit any team, organization and/or individual that willfully uses or attempts to use ineligible player(s) or forfeit any games in which the individual(s) played.

If you become aware of potential ineligibility after your contest, report your protest of eligibility by emailing imsports@uark.edu. Protests must be submitted by 1:00 pm the business day following the contest.

Who can participate in Intramural Sports?

Students- All undergraduate and graduate students who are enrolled in at least one (1) credit hour at the University of Arkansas (Fayetteville campus) are eligible to participate in intramural sports.

Full-Time Faculty/Staff- All currently employed faculty and staff members **with a UREC membership** are eligible to participate in intramural sports.

Part-Time Faculty/Staff- Part-Time faculty and staff **members with UREC memberships must provide written documentation** from their department stating that they are currently employed by the University of Arkansas Fayetteville with a minimum of 20 hours per week.

- Affiliate or Hourly staff are not allowed to participate in Intramural Sports.
- Community and Alumni memberships are also not eligible to participate in Intramural Sports.

Spouses- Spouses/partners of any eligible participants are eligible to participate in intramural sports provided that they have a **current UREC membership and must be on the same team as their spouse/partner.**

Olympic and Professional Athletes- Olympic athletes are considered individuals who competed for their country in the Olympics or World Championships. An athlete will be deemed "professional" if at any point they received financial compensation for participating on a team in a professional or semi-professional league. Olympic and professional athletes are not eligible to participate in their related sports.

Club Sports Members- a UREC Club Sports member is defined as one who has:

- Paid membership dues
- Appears on the club's roster/travel roster

- Played in a competition
 - Practices/Scrimmages do count

****A person only needs to meet *one* of these qualifications to be considered a club sport member. Any player who starts their respective season as a club member and quits, or is removed from the team, for any reason will still be considered a club member for the remainder of the academic year.**

Each intramural sport has a club sport member restriction. The numbers are as follows:

Club Sports Member Limits

Intramural Sport	# of Club Members allowed per roster
Volleyball (6v6)	2 Club Volleyball members
Volleyball (4v4)	1 Club Volleyball member
Wallyball	1 Club Volleyball member
Tennis (Doubles)	1 Club Tennis member
Tennis (Singles)	Club Tennis members ineligible to compete
Pickleball (Doubles)	1 Club Pickleball member
Pickleball (Singles)	Club Pickleball members ineligible to compete
Soccer (indoor, outdoor and Futsal)	2 Club Soccer Members
Softball	2 Club Baseball members

Varsity Team Managers or Practice Team Players- Any student who assists the varsity team as a practice team member or a manager will follow the same restrictions as a club sport member. Since these participants are classified as club sport members, they will be considered part of the club sport count (i.e. 6 v 6 volleyball team has 1 Club Volleyball member and 1 Varsity Volleyball practice squad or manager, they have met their max).

Varsity Athletes- Any student practicing with (officially or unofficially), playing for or listed on the team roster after the first competition at any four-year or junior college institution will be considered a varsity athlete. This includes red shirt and walk-ons who are admitted to the University of Arkansas under NCAA guidelines. Any student who tried out for a varsity sport and was cut or dropped from the team before the first regular season varsity game will be eligible to participate in the related intramural sport. Varsity athletes are ineligible to participate in the related intramural sport which they received varsity status for 365 days from their removal from the official University roster or **the last game they played, whichever happened first**. Varsity athletes are eligible to participate in unrelated intramural sports.

If you have questions about eligibility, please email imsports@uark.edu.

Varsity Sport	Intramural Related Sport
Baseball/Softball	Softball
Basketball	Basketball (in any form)

Football	Flag Football (in any form)
Pickleball	Pickleball
Soccer	Soccer (in any form)
Tennis	Tennis
Volleyball	Volleyball (in any form)

“Greek” Leagues (Fraternity/Sorority): Greek organizations recognized by the Greek Life Office may participate in these leagues. Members of these teams must be active members of the organizations they are representing. Teams must have the name/letters of their organization in their intramural team's name.

Participants under 18 years of age- Students under 18 years of age wishing to participate in intramural sports must visit the main UREC office, located in HPER 225 and obtain a participation waiver. The participant and their parent/legal guardian must sign the waiver before the student is eligible to participate in any intramural sports. These forms need to be filled out for each intramural sport the participant would like to play.

Eligibility Protests will happen in the following order:

1. Before the start of the game, the team captain will notify the officials and/or supervisors to state they have reason to believe a participant is playing illegally.
2. If the eligibility issue can be corrected immediately, the supervisor will make the correction.
3. If the eligibility issue cannot be corrected immediately, the supervisor on duty will inform both team captains that the game will be “played under protest” until the participant’s eligibility can be confirmed.
 - a. The participant in question may continue to play at their/the teams own risk.
 - b. If the participant is found ineligible and participated in the game, the game will be forfeited by the opposing team no matter the outcome of the game.
 - c. If the participant is found eligible, the game results will stand.

This protest must be written and submitted to the imports@uark.edu by 1:00pm the following business day if not made at the time of the game.

ID POLICY

The Intramural Sports Program at the University of Arkansas is funded through tuition and is open only to members of the university community (i.e. students, faculty, staff and eligible spouses). In order to ensure that only eligible members participate in intramural activities, all participants must bring their University of Arkansas ID, UREC membership or valid government issued **PHOTO ID** to all activities. There are NO exceptions.

Any person who alters or intentionally mutilates a University ID card, or who allows another to use their ID card will be subject to disciplinary action.

An ID card is subject to confiscation by an agent of the university when acting in the performance of their duty if:

1. The ID card is in the possession of an individual other than the person to whom the ID was issued,
2. The ID card is presented by the person to whom it was issued but it is not valid for the current term of registration, and the individual uses the ID in an attempt to access university services for duly registered students.

Fraudulent Acts- Any individual or team who uses an illegal player during any time will forfeit all contests in which the ineligible individual participated, regardless of the outcome. Some examples of fraudulent acts include but are not limited to misrepresentation of a score, playing while ineligible or suspended, participation under an assumed name, playing on more than one team in the same league, violating any eligibility rules. The offending individual, team captain and/or representative must meet with the Assistant Director and Coordinator of UREC Sports for disciplinary actions and reinstatement.

LEAGUE PARTICIPATION

The “Big Five” intramural sports: Flag Football, Soccer/Futsal, Indoor Volleyball, Basketball and Softball will be organized into three (3) major leagues: CoEd, Women’s, and Men’s.

A player may play on only one (1) men’s/women’s team and one (1) coed team in the same sport.

Each of these larger leagues will then be divided into smaller divisions of play. These divisions are structured to better accommodate levels of play and competition. The divisions for each league are as follows:

Men’s	Men’s D1
	Men’s D2
	Fraternity
Women’s	Women’s
	Sorority
CoEd	CoEd
	Open

D1- this is the most competitive level of competition for intramural sports. Teams who are looking to play against other competitive people, have a background in the sport, or would like to challenge themselves are recommended to join a competitive division. Teams in this division who meet the sportsmanship and winning percentage will advance to the playoff bracket.

D2- this is the more casual/recreational league. Teams who are looking for fun, a way to try a new sport, or just stay connected with a sport they love without the pressures of competitiveness are recommended to join a recreational division. Teams in this division who meet the sportsmanship and winning percentage will advance to the playoff bracket.

**D1 and D2 will be utilized based on projected registration for leagues within a sport*

***Teams may be relegated or promoted for the playoffs, based on their performance in the regular season. Teams who exceed a predetermined +/- will be promoted*

“Greek” Leagues (Fraternity/Sorority): Greek organizations recognized by the Greek Life Office may participate in these leagues. Members of these teams must be ACTIVE members of the organizations they are representing. Teams must have the name/letters of their organization in their intramural team name.

Example: If a participant already plays on a Men’s Competitive team, they are NOT allowed to play on another Recreational or Fraternity team. If a participant plays on a Women’s team, they cannot play on another Sorority team.

Open: If a division/league is called Open, this means that there will be no gender restrictions. All genders can sign up and there will be no specified gender requirements. Division named CoEd, not Open, could have specific gender requirements (example: 2 males and 2 females).

ROSTER INFORMATION

Reminder: After playing/checking-in for one game with any team, a player may not transfer to another team in that sport or be removed from the roster.

League Regular Season- Players may be added to the roster throughout the regular season for team sports. Individuals must be listed on a team’s roster for them to be eligible to participate. Players may be added on-site at game times. These players must still have a government-issued photo I.D. to be added to the roster and check-in. By checking-in on-site, the player is locking themselves onto the team’s roster and they may not transfer to another team.

League Playoffs- Players may be added until the start of the first playoff game for their league. After that point, the roster will then be locked. Players must be added before that deadline to participate in a playoff game. (Exception: See FREE AGENTS below).

EX: The first game of the Co-Ed bracket begins on November 16, at 6:00pm. Your team receives a first-round bye and does not play until November 18. All roster additions must be made before November 16 at 6:00pm. Once the first game has begun, all rosters will be locked.

Tournaments- Player substitutions in individual, dual or team tournaments are not permitted after a team has played their first game in the tournament (Exception: See FREE AGENTS below). Players may be added on-site at game times. These players must still have a government-issued photo I.D. to be added to the roster and check-in. By checking-in on-site,

the player locks themselves onto the team's roster and they may not transfer to another team.

Free Agents- Individuals that don't have a team can sign up as individuals; this is known as signing up as a free agent. After registration closes, free agents could have one of the following events occur:

- If there are enough free agents registered to create a stand-alone team, the intramural coordinator will create a free agent team. A captain will be selected from the pool of free agents.
- If there are only a few free agents registered, the intramural coordinator will work with the free agents to find a team. Teams that select they are open to free agents, could have players added to their roster
- **Free Agents in Playoffs:** If a team that is competing in the playoffs or a tournament and needs an additional participant added to their roster in order to meet roster minimums, they are only able to add a free agent who meets the following criteria:
 - o Registered on Fusion Play by the sport registration deadline.
 - o Are NOT already listed on another team's roster.
- Once this free agent is added to a team's roster and checks in for a game, they are locked to that roster. This option is only available for teams who have not met the roster maximum yet.

Roster minimums and maximums will be listed in each individual sport's rules.

Sport	Roster size minimum for leagues	Max roster size
3v3 Basketball	3	10
4v4 Sand Volleyball	4	10
4v4 Flag Football	4	10
Basketball	5	15
Indoor Soccer	6	15
Indoor Volleyball	6	15
Flag Football	7	20
Outdoor Soccer	8	20
Softball	10	25
Kickball	10	25

PARTICIPANT CONDUCT POLICY

Intramural Sports prioritizes sportsmanship by all teams, spectators, and staff. The captain is responsible for the behavior of all its team members and representatives. Everyone is expected to conduct themselves in accordance with [The Code of Student Life](#), University conduct standards, and policies set forth by University Recreation + Wellness. Actions by team members and representatives during intramural activities that extend beyond the realm of decency will not be tolerated. Individuals violating will be suspended until meeting with the Assistant Director and/or Coordinator of Club and Intramural Sports.

We will be using a "2, 3, 4" method of determining eligibility for all leagues and major

tournaments. The following will be in effect for the activity's season:

- The accumulation of TWO (2) unsporting conduct fouls in a game will result in the ejection of the individual from the game, and procedures outlined in the "Ejections" section.
- The accumulation of THREE (3) total unsporting conducts fouls during an activity's season will result in the dismissal of the individual from the activity for the remainder of its season. The accumulation of Three (3) unsporting conducts by a team will result in the forfeiture of the contest
- The accumulation of FOUR (4) total unsporting conduct fouls by the team's individual participants during an activity's season will result in the dismissal of the team from the activity for the remainder of the season.

**Unsporting totals rollover to playoffs*

Participant Conduct Facts

- Any flagrant attempt to cause physical harm to another participant and/or staff member will result in immediate ejection and suspension from all UREC facilities and programming.

Any Participant Conduct will be reviewed by the Intramural Sports professional staff

Ejected Players/Teams: Intramural Sports officials and supervisors reserve the right to eject anyone, any team or team representative at any time. The Intramural Sports Staff's decision is final. Any time an individual/team or team representative is removed from a contest or playing area, an Ejection/Incident Report will be completed and placed on file in the University Recreation + Wellness office. Participants, teams and/or team representatives removed from a contest due to unsporting conduct or disruptive behavior must leave the facility immediately. Failure to comply with this policy will result in the notification of UAPD and may lead to further disciplinary actions being taken. If team representatives do not assist the intramural staff with the removal of the ejected participant and the participant must be escorted out by UAPD, the game will be forfeited.

The player(s)/team will additionally be suspended from Intramural sports until they schedule a meeting with the Coordinator of Club and Intramural Sports. A meeting must be scheduled by the ejected player(s)/team by emailing imsports@uark.edu. After this meeting UREC will make the final determination of eligibility in Intramural Sports.

Participants that are suspended from play in a sport may also lose their UREC membership privileges. Teams that use players who are suspended will forfeit all games in which they used suspended players and may be subject to further suspension. When necessary, cases may be referred to the Office of Student Accountability

Unsporting Conducts		
Sport	First Offense	Ejection
Flag Football	Unsportsmanlike Conduct Penalty	2 nd Unsportsmanlike Conduct Penalty
Volleyball	Conduct Yellow Card	Conduct Red Card or 2 nd Yellow Card

Soccer/Futsal	Conduct Yellow Card	Conduct Red Card or 2 nd Yellow Card
Basketball	Technical Foul (unsporting like)	2 nd Technical Foul (unsporting like)
Dodgeball	Technical Foul (unsporting like)	2 nd Technical Foul (unsporting like)
Non officiated Sports	Unsportsmanlike Conduct Penalty	2 nd Unsportsmanlike Conduct Penalty

FORFEITS AND DEFAULTS

Default- Any team knowing in advance that they will be unable to attend a scheduled contest should “Default” their game via [Fusion Play](#) by 1:00pm the day of their scheduled game. For games happening on Friday - Sunday, teams must complete this process by 1:00pm the Friday before their scheduled game. If you cannot default your game via Fusion Play, you must notify imsports@uark.edu by 1:00pm the day of your game for your default to be valid and avoid the Forfeit Fine. Defaults will result in:

- Waived forfeit fine
- Opposing team will be notified
- Opposing team awarded the win

****A second default will be considered a forfeit and will result in a Forfeit Fine being assessed.**

Forfeit – Any team or individual not ready to play a contest at the scheduled location and time shall forfeit the contest. Forfeit losses and fines may be assessed for the following reasons, but are not limited to:

- Use of "ineligible player"
- Non-appearance for event
- Failure to have the minimum number of players in attendance at the scheduled game time
 - Minimum player numbers vary by sport. *See table below.*
- Apparent use of alcohol/drugs/tobacco products

5-Minute Rule- If one or both teams have fewer than the minimum number of players ready to participate when the official/staff member indicates the start of the game, the 5-Minute Rule will come into effect:

***Note:** At least one (1) person from a team must be checked-in for this rule to apply. If no one is checked-in for a team, the game will be an automatic forfeit.

1. The game clock will start.
2. The captain/team that is not prepared to play with the minimum number of players will have 5 minutes to become ready to play.
3. For each minute that passes, the team with the minimum number of players will accrue points

Sport	Points Accrued Per Minute Late	Maximum Points that could be accrued
Flag Football (7v7 and 4v4)	3 points	12 points

Soccer (Indoor and Outdoor)	1 goal	4 goals
Volleyball (Indoor and Sand)	2 points	8 points
Basketball	3 points	12 points
Softball/Kickball	1 run	4 runs

4. If the 5-minute time limit expires and the team still does not have the minimum number of players, the game will be forfeited to the team that has the minimum number of players present.
5. If at any time, during the 5-minute limit, the team acquires the minimum number of players, the game will begin. The game clock will remain at the time that has passed and will continue in accordance with sport rules.

If a team forfeits a night, they will receive a “loss by forfeit” on their record. Forfeit fines are assessed for **officiated activities (\$50) and non-officiated activities (\$10)**. Forfeit fines will be assessed to the student account of the identified team captain, or participant at the conclusion of the season. In the case that more than one captain is listed, then the creator of the team will be assessed the fine. Team captains will have the opportunity to first pay the fine in the UREC Main Office, HPER 225. Captains will have a two (2) week window to pay the fine in the **UREC Business Office** (HPER 228) and to dispute the Forfeit Fine if they feel it should not be assessed. Failure to dispute the charge within the two (2) week window will result in the Forfeit Fine being permanent. All outstanding fines may be paid at the Student Accounts Office, located on the second floor of the Arkansas Union. Failure to pay the fine may result in a team/individual(s) being dropped from competition, or suspension from further participation in Intramural events.

Contests that are completed prior to a team being dropped from the league shall remain official. **Two forfeits will result in the team being dropped from the league.**

PLAYOFFS

League events will culminate into a single elimination playoff bracket. For a team to be eligible for the playoffs, they must meet all the following criteria:

- A winning percentage of .500 or above
- No forfeits during the season
- Team representative’s **complete virtual captain’s meeting quiz**

**UREC Sports reserves the right to change or modify the requirements for the playoffs.*

All eligible teams from each division will advance to the playoff bracket provided they meet the criteria listed above. The teams from each division will be combined into one playoff bracket. The brackets will be available for teams to view at the first possible opportunity after all regular season games have concluded and been recorded. Teams that are tied in their division will be further ranked on the following criteria:

- If a two-way tie exists, the decision will be determined based upon who beat whom in head-to-head competition. If a head-to-head is not sufficient, the three-way tie rules will come into effect.
- If a three-way tie exists, the decision will be determined as follows:
 1. Head-to-Head
 2. Point Differential
 3. Unsporting Act Total (fewer the better)
 4. Coin Toss to break the tie

It is the team's responsibility to check their eligibility for the playoffs. Teams should check both their team's record and their sportsmanship standing by the end of the last scheduled regular season games. If there is an error or question, you will need to email imsports@uark.edu before the conclusion of the regular season. After the playoff schedule is sent out to teams, bracket placement and teams included will be set.

Playoff Reschedules: It is the captain's responsibility to alert the UREC Intramural Sports Office by 1 pm the day of their scheduled game or by 1 pm Friday for games scheduled Saturday or Sunday, that they wish to reschedule a playoff game. As the Captain of your team, it will be your responsibility to arrange a reschedule with your opponent *after* contacting UREC Intramural Sports. Failure to alert UREC Intramural Sports by this time will result in the game not being rescheduled. UREC Intramurals reserves the right to not reschedule the game due to time/spacing or weather factors. As the opposing captain, you must try to find an alternative game time. Simply refusing to cooperate with the other team can result in your team forfeiting the game. If a consensus cannot be found between the captains, then the game will stay as scheduled.

PROTESTS

Protests may be filed based on eligibility or rules interpretations. An official's judgement, decisions, or official's accuracy will not be considered. To protest a participant's eligibility or rules interpretation, the team captain must immediately bring the issue to the attention of the official on their field/court. All rules protests must happen *before* the next live ball/play.

Notifying the official or supervisor after one or more plays have passed does not constitute a valid protest.

Rule Interpretation Protests will happen in the following order.

1. The team captain will calmly and immediately call for a "time out" and inform the official that they wish to have a ruling on the interpretation and then alert the supervisors on duty.
2. The supervisors on duty will reference sport rules, handbooks etc. to make the final decision on the rule interpretation.
3. If corrections are necessary, the supervisors on duty shall rule immediately and the team/participant will not be charged with a time out.
 - a. If the captain's interpretation is incorrect, the team/participant will be charged with a time out and play will resume.

Example: Rule- One foot in-bounds while in possession of the ball constitutes a legal catch in

flag football.

Case 1: An official rules a pass incomplete because the “player did not have two feet in-bounds.” This is a rule misinterpretation, which *is* protest worthy.

Case 2: An official rules a pass incomplete because the “player’s first foot landed on the sideline.” This is a judgement call which is *not* protest worthy.

For Eligibility Protests, see *Eligibility* on page 7.

EQUIPMENT

Intramural Sports provides some equipment for the sports provided. Individual participants are responsible, however, for supplying some necessary equipment for individual/dual sports. If an item is not referenced in the following list, please see each set of sport specific rules. Individual participants are responsible for use of the proper footwear/equipment for all intramural sport events.

- Regulation athletic, non-marking, close-toed shoes are required to be worn in the gymnasiums and all outdoor sports excluding Sand Volleyball.
- Rubber-cleated shoes may be worn on the intramural fields during outdoor programming. Metal cleats, spikes or bare feet are **not** allowed. All screw in/on cleats must be plastic tips.
- Personal athletic equipment may be used provided the equipment meets the approval of the officials and supervisor. The judgement of the Intramural Sports Staff will be final.
- Hoodies may be worn provided the hood is tucked in (flag football: front pocket must be covered)
- No hard-billed hats (except during softball), bandanas or anything with a knot or unyielding material will be allowed to be worn on the head during competition. Players may wear a one-piece elastic headband made of a soft, pliable material (i.e., sleeve, sweatband). Knit stocking caps will be allowed during cold weather. No other headwear will be allowed with exceptions for religious materials.
- The following jewelry and hair piece types are not allowed: exposed ear, nose, or body piercing(s) that are dangling in nature, watches, fitness trackers, rings, claw clips, or necklaces that cannot be tucked under the participants shirt. Individuals will be allowed to tape over any piercing.
 - Rubber, cloth, or elastic bands may be used to control hair. Hard items including, but not limited to, beads, barrettes, bobby pins, and other adornments in the hair that are securely fastened to the head and do not present an increased risk to the player, teammates, or opponents are allowed.
 - Medical Bracelets and religious medallions may be worn during intramural sports

All teams must have the same color jersey. For basketball, the jerseys must also be marked with permanent, legible numbers. Numbers may be sewn, ironed, or written in permanent

marker or paint (tape is prohibited). Number sizes must be easily seen with the naked eye and legible.

INCLEMENT WEATHER

In the event of inclement weather, Intramural Sports events may be postponed or cancelled. Information concerning the postponement or cancellation of Intramural Sports events is made available through email and the UREC Instagram announcements. In case of bad weather, please stay off the UREC Sports Complex fields and Tennis Center courts. Failure to comply with this request may result in suspension from Intramural Sports.

*Trespassing- If the UREC Sports Complex or Tennis Center is locked, please do not jump the fence. Those individuals caught trespassing will be suspended indefinitely and may face further disciplinary action.

ALCOHOL, DRUG, AND TOBACCO POLICY

Alcoholic beverages, drugs, vaping/e-cigarettes, nicotine pouches, and any other tobacco related products are not permitted on or around the playing areas. **Any person who is in the possession of drugs or alcohol or who appear to be under the influence of drugs or alcohol will be asked to leave the premises immediately.** The UAPD may be called. Any Intramural Sports Staff has the authority to make this decision.

Possession and use of intoxicants in public areas of university facilities and at official university functions and social events held on campus is prohibited. Any infraction could lead to the probation and/or dismissal of that individual and/or team. Furthermore, violations of the University of Arkansas and UREC policies could lead to submission to the **University's Office of Student Accountability.**

INJURIES AND LIABILITY

Participation in all activities in UREC Facilities, or any program sponsored by the Division of Student Affairs or the department of University Recreation + Wellness, regardless of location, is voluntary on behalf of all participants. All participants acknowledge and agree that the University of Arkansas does not provide insurance for any of its activities and shall not be liable for any injuries that occur at any of these locations or any of its programs.

BLOOD-BORNE PATHOGENS POLICY

Participants that are bleeding will be removed from play immediately. If blood is found on a participant's clothing, regardless of whose blood it is, they will be removed until the contaminated clothing has been removed. Prior to any participant re-entering an activity, bleeding must be stopped, and all cuts or open wounds must be covered. Participants will not be allowed to participate in any activity until all conditions stated above are met.

LOST AND FOUND

The University of Arkansas and University Recreation + Wellness are not responsible for lost, stolen, or unclaimed items. UREC strongly encourages all members and guests not to bring valuables to the facilities to prevent loss or theft. In the event of items becoming lost or misplaced, the UREC Staff will do the following to safeguard these items:

Valuables: Wallets, ID cards, credit cards, watches, Smart Devices, jewelry, etc.

These valuables and others not included in this list will be brought to the UREC Main Office located in HPER 225 and are kept with the front office staff. Items will be held for 30 days and then processed.

Less Valuable Items: Equipment, clothing, shoes, towels, etc.

These valuables and others not included in this list will be kept in the offices located on-site at the UREC Sports Complex for a period of ten (10) business days. After the ten (10) business days, the item(s) will be donated to charity.

Theft: If a theft is reported, an incident report will be filed with UREC. At the victim's request, UAPD will be called to complete a report and investigate the incident.

MEDIA PASSES

Photos and video are not permitted at the UREC Sports Complex or HPER Building. If you wish to take photos and/or video, a media pass must be obtained from the UREC Marketing department by requesting by email at urec@uark.edu.

CHAMPIONSHIP T-SHIRTS AND PHOTOS

In recognition of achieving championship status in intramural sports activities, a championship t-shirt will be awarded to the overall champion of each league. Shirts will be available immediately after the championship game(s) has concluded. Shirts will only be given to those who checked in for the championship game. Intramural Sports reserves the right to modify any awards for its programs.

In addition to receiving a championship t-shirt, teams and individuals may have their pictures taken and posted on the UREC Instagram.

EXTRAMURAL EVENTS

The Intramural Sports program provides opportunities for intramural teams to participate in tournaments against other intramural and club teams from other institutions. Extramural tournaments are available for the following sports: soccer, flag football, basketball, and tennis. Tournaments exist at regional and national levels. For more information concerning extramural events, please contact imsports@uark.edu. More information about extramural events can be

found at the following link on the NIRSA website: <http://play.nirsa.net/>

7v7 Flag Football

Players and Rosters

1. Men's and Women's: The game shall be played between two (2) teams of seven (7) players each.
 - a. Four (4) players are required to start the game. The game may be continued with less than four (4) players if the Intramural Sports Staff deems the game still competitive (ex: injury).
 - b. Roster limit is 20 players.
2. Co-Ed: The game shall be played between two (2) teams of eight (8) players each; four (4) men and four (4) women.
 - a. Five (5) players are required to start the game. Teams with five (5) players shall be; two (2) males and three (3) females or two (2) females and three (3) males.
 - b. Teams with seven (7) players shall be; four (4) men and three (3) women or four (4) women and three (3) men.
 - c. Six players; three (3) men and three (3) women, or four (4) women and two (2) men, and (2) women and (4) men.

Uniforms and Equipment

1. **Jerseys and Tops:** All teams are required to furnish their own jerseys.
 - a. Jerseys
 - i. All jerseys must be of the same color.
 - ii. Numbers are not required
 - b. Tops
 - i. Crop Tops: Are permitted provided that the bottom of the shirt is one hand length from the top of the flag belt
 1. Same rule applies for the bottom of a cut off shirt
 - ii. Hoodies/Jackets: Are permitted provided that all the pockets are covered and the hood is tucked in
 2. **Pants/Shorts:** Players are recommended to participate in shorts without pockets (zipped up pockets are the exception) so they may play with a flag belt. Players who elect to play with pockets will forfeit their right to a flag belt and will be downed (deflagged/tackled) by the one hand touch rule. Shorts or pants must also not match the color of the team's flag belts (commonly blue, green or yellow).
- *Inability to furnish the appropriate top or pants will result in you playing without a flag belt*
3. **Flag Belt:** Each player must wear a 1-piece quick release belt, which shall be provided by UREC Intramural Sports. The belt must contain 2 sides and 1 rear flag. The flag belt may not be covered by any clothing or accessories.
 - a. If your flag belt falls off during the play or you have elected to play without, you may be downed by one hand touch, provide the contact occurs between the knees and shoulders.
 - b. If you are found to have tied your flag belt by any UREC Staff member, you will be automatically ejected from the contest for cheating

c.

Timing

1. Games shall consist of two (2) twenty (20)-minute halves. The clock will run continuously in the first half and first 18 minutes of the second half
2. Halftime >3 minutes
3. Timeouts
 - d. Each team is allowed two one (1)-minute time-outs per half

Overtime

1. One coin toss will start overtime.
2. The winner of the toss shall be given options of offense, defense, or direction.
3. The loser of the toss shall make a choice of the remaining options.
4. Both teams will go the same direction in overtime.
5. Each team will be given four (4) downs from the 10-yard line to score.
6. If the first team which is awarded the ball scores, the second team will still have four (4) downs to attempt to win the game.
7. Points after touchdown conversions will still be attempted in a normal manner by any team who scores a touchdown.
8. If the defense intercepts the ball at any point during overtime the play is dead immediately and it is a turnover on downs.
9. 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.
10. Each team is entitled to one (1) timeout (1-minute) during the entire overtime.

Beginning the Game

All games shall begin with a coin toss.

1. Coin Toss

- a. The Referee shall toss a coin and offer the winning captain these options:
 - i. To defer their option until the second half.
 - ii. To receive the ball first or play defense first.
 - iii. To defend a specific goal.
- b. At the start of the second half, the loser of the first half coin toss shall have their option to be on offense or defense, or which goal to defend, unless the first half winner deferred their selection.

2. Mercy Rule

- a. At five (5) minutes left to play in the second half, until two (2) minutes left to play, if a team is up by 30 points or more, the mercy rule will be in effect and the game shall be ended.
- b. At two (2) minutes left to play in the second half, or any time thereafter, if a team is up by 19 points or more, the mercy rule will be in effect and the game shall ended.

3. Substitutions

- a. 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.

Ball in Play, Dead Ball, Out of Bounds

1. **Live Ball:** The offense must snap the ball within 25 seconds after the Referee has blown the whistle to put the ball in play. A ball becomes live when the ball is legally snapped before the 25-second count.
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 incomplete.
 - f. A backward pass or fumble by a player strikes the ground. 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 runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached from the belt.
 - h. A runner is legally touched with one hand between the shoulders and the knees, including the deflagging.
 - i. A passer is deflagged or legally touched before releasing the ball.
 - j. A muff of a protected scrimmage kick strikes the ground.
 - k. 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 their person contacts that area declared out-of-bounds. One foot inbounds is needed for a legal reception.

Series of Downs

1. **Number of Downs:** The team in possession of the ball shall have four (4) consecutive downs to advance to the next zone or 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

1. **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 14-yard line to begin each half and after each touchdown.
2. **Punt**
 - a. **Decision to Punt:** Prior to making the ball ready for play on fourth down, the Referee will ask the offensive captain if they want to punt the ball. The Referee will then communicate this decision to the defensive team captain.
 - i. 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.
 - b. **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.
 - c. **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.
 - d. **Out of Bounds and Ball at:** If a punted ball goes out of bounds any time 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 end zone it may be taken as a touchback and put in play at the receiving team's 14-yard line or the receiving team may advance it out of the end zone.
3. **Kick Catch Inference, First Touching, & Fair Catch**
 - a. **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.
 - b. **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.

- c. **Fair Catch:** NO Fair Catch in Intramural Sports Flag Football.

Snapping and Catching the Ball

1. **The Snap:** The snapper shall pass the ball back from its position on the ground behind the offensive puck with a quick and continuous motion of the hands. The ball does not have to be snapped between the legs.
 - a. Following the ready for play signal, no defensive player may break the plane of the neutral zone at any time until the ball is snapped.
 - 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.
 - c. The snapper must have both feet behind the scrimmage line. They may also not simulate the start of the snap.
 - d. The player receiving the snap must be at least 2 yards behind the scrimmage line at the time of the snap.
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.
 - b. During the snap, the offense must have at least one (1) player on their scrimmage line. Two, three, and four point stances are legal.
 - c. One (1) offensive player may be in motion at one time, but not in motion toward the opponent's goal line at the snap.
 - d. Following a huddle or shift, all offensive players must come to a complete stop and remain stationary for one (1) full second before the snap.
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.
4. **Handing the Ball:** Any player may hand the ball forward or backward at any time.
5. **Legal and Illegal Forward Passes** - All players are eligible to touch or catch a forward pass. Only one (1) forward pass may be thrown per down. A forward pass is illegal:
 - a. if one of the passer's feet are beyond the offensive line of scrimmage when the ball leaves their hand;
 - b. if thrown after team possession has changed during the down, i.e. an interception;
 - c. if intentionally grounded to save loss of yardage;
 - i. only called when it is an effort to not lose yardage.
 - d. if a passer catches their untouched forward pass;
 - e. if there is more than one [1] forward pass per down.
6. **Open-Closed Plays (Co-Ed Only).** During the offensive team's possession, there may not be two [2] consecutive legal forward pass completions, from a male passer to a male receiver. A male may only run the ball past the line of scrimmage after a female to male pass or female to female pass has occurred.
 - a. During an "open" play, any combination of passers or receivers, or a female runner may advance the ball beyond the line of scrimmage.
 - b. After a male-to-male completion, the play becomes "closed". This rule also applies to the try for extra point.

- c. During a "closed" play, the play must involve a female passer or a female receiver.
- d. The spot where the ball becomes dead, by rule, must be beyond the scrimmage line for the play to become "open."
- e. There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male.

Pass Penalty: Illegal Forward Pass, 5 yards from the spot where the second consecutive male-to-male completed legal forward pass is released, and a loss of down. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed"

Run Penalty: A male may not advance the ball by running across the line of scrimmage. With the expectation of a female participating in the pass that supersedes. Penalty: Illegal Advancement, 5 yards from the previous spot, replay the down. . Any foul, whether accepted or declined, shall have no effect on whether the next play is "open" or "closed".

7. Backward Pass and Fumble

- a. A runner may pass the ball backward at any time.
- 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 outside of outside of the end zones is down at the spot where it touches the ground and belongs to the team last in possession (unless lost on downs).
- e. A backward pass or fumble by the offense that first hits the ground in
 - i. the team's own end zone is a safety, or
 - ii. In the opponent's end zone is a touchback.

8. Pass Interference – Intramural Sports flag football is non-contact sport, however, incidental contact will occur.

- a. **Offensive Pass Interference, 10 yards from the previous spot.** Note: Offensive screen blocking beyond the line of scrimmage DURING a pass attempt is considered Offensive Pass Interference.
- b. **Defensive Pass Interference, 10 yards from the previous spot.** 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, early contact, arm barring, cutoffs or unnecessary contact with an opponent OR restricting a player from access to a pass while on offense or defense.
- d. Players may **NOT** "go through opponents" to get to a ball that is in flight. This could result in automatic ejection from the game.

9. 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.

Scoring and Touchbacks

1. **Touchdown** - All touchdowns are six (6) points.
2. **Extra Points** - Ball in play from the 3 yard line = 1 point, Ball in play from the 10 yard line = 2 points, Ball in play from the 20 yard line = 3 points
 - a. Once a selection for 1,2, or 3 is announced teams must take a timeout to change their option. If a penalty occurs during the try for extra point the succeeding try for extra point may not be changed.

Note: The try ends when Team B secures possession. Team B cannot score during the Try.

3. **Safety** - When a safety is scored (two [2] points) the ball belongs to the scoring team at their own 30-yard line
4. **General Information**- After any score, the ball shall be placed in play at the opposing team's 14-yard line, unless moved by penalty
 - a. To be ruled a touchdown; the ball must be on or over the goal line or in control of an offense player in the end zone.
 - b. The player scoring the touchdown must raise their arms so the nearest official can deflag the player if the officials determines the flag belt has been secured illegally, the touchdown will be disallowed and that player will be disqualified.
 - c. Once the captain makes the choice for one, two, or three points 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 their end zone.
5. **Onside Option** – in the second half following a try, teams will have the option to make an onside attempt. The onside attempt will be from the 20-yard line like 3-point try's. If the try is successful, the team who successfully completed the try will receive the ball at their own 30-yard line. If the try is unsuccessful the defense will receive the ball on their own 30-yard line
 - a. Exceptions: The onside option may not be given to a team who is leading by 19+ after their try

Player Conduct

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. Diving is allowed as long as there is no contact initiated.

- g. Unnecessary roughness.
 - h. Touching a player or ball carrier with undue force.
 - i. 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.
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.
3. **Unfair Acts:** No player, substitute, coach or others subject to the rules shall use disconcerting words or phrases or commit any act not in accordance with the spirit for the purpose of confusing the opponent. **Penalty: Personal Foul, Unfair Act, 10 yards.**

Blocking and Screening

1. Blocking, as in regulation football, is prohibited. A player may not use their hands or body to block or ward off an opponent.
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 is recommended to have their arms at their sides or 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. Players 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.
3. Defensive players must avoid the offensive player's screen block.
4. The runner may not stiff arm or lower a shoulder into an opponent.
5. Illegal contact between the blocker/rusher will be called against the player determined to have initiated contact (similar to "block/charge" in basketball). Repeated illegal contact could result in ejection from the game.
6. Splitting the defenders" is when a rusher creates contact with two blockers by running in between their two screens. If the rusher creates contact it is illegal contact on the defense. If the blockers create the contact it is illegal contact on the offense.

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 their 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.
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.

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.

Summary of Penalties

1. Loss of 5 yards

- a. Encroachment (Dead Ball)
- b. False start (Dead Ball)
- c. Illegal snap (Dead Ball)
- d. Delay of game (Dead Ball)
- e. Infraction of free kick formation (Dead Ball)
- f. Encroachment of free kick lines (Dead Ball)
- g. Illegal motion
- h. Illegal shift
- i. Intentional grounding (Loss of down)
- j. Illegal substitution
- k. Free kick out of bounds
- l. Required equipment worn illegally
- m. Player receiving snap within 2 yards of scrimmage line
- n. Helping the runner
- o. Illegal formation
- p. Illegal forward pass (Loss of down for offense)
- q. Illegal advancement (Co-Ed)

2. Loss of 10 yards

- a. Kick catch interference
- b. Two or more consecutive encroachments during same down interval
- c. Forward pass interference
- d. Illegally secured flag belt on touchdown, the score is no good (Loss of down) and disqualification
- e. Unsportsmanlike player, coach, or fan conduct
- f. Spiking, throwing, kicking, or not returning the ball to the official
- g. Steal, strike, or attempt to strip the ball
- h. Trip, hurdle, tackle, clip, stiff arm, or any unnecessary contact of any nature
- i. Roughing the passer (Automatic first down)
- j. Illegal offensive screen blocking
- k. Flag guarding by offense, illegal removal by defense
- l. Obstruction of runner
- m. Illegal participation
- n. Defensive illegal use of hands
- o. Illegal Equipment

3. **Note: Any flagrant activities associated with 5 or 10-yard penalties result in immediate disqualification**

4v4 Sand Volleyball

Equipment

1. Participants may play barefoot or in shoes
2. Participants must wear a top, covering their chest

Scoring and Timeouts

1. Match - A match shall consist of the best two (2) out of three (3) games, within a 45-minute time limit.
2. Game - A game is won by the first team to score 21 points with a two (2) point advantage. If the game count is tied at the conclusion of the second game, a third game shall be played. In the case of playing all three (3) games a team must be the first to score 15 points with a two (2) point advantage.
3. Time-Outs - Each team shall be allowed one (1) time-out per game limited to 30 seconds.

The Game

1. **At service:** All players, except the server, have both feet fully on the ground, in bounds, during the serve.
2. **Service faults:** Any of the following committed during a serve shall count as a fault.
 - a. A served ball contacts the net.
 - b. A served ball contacts a member of the serving team.
 - c. A service is delivered by the wrong server.
 - d. A serve is not executed from the designated service area.
 - e. A server touches the service line at the same time the serve is executed.
 - f. Any player on the serving team screens the server from the opposing team.
3. **Player Position**
 - a. **At service:** All players, except the server, have both feet fully on the ground during the serve.
 - b. **Service faults:** Any of the following committed during a serve shall count as a fault.
 1. A served ball contacts the net.
 2. A served ball contacts a member of the serving team.
 3. A service is delivered by the wrong server.
 4. A serve is not executed from the designated service area.
 5. A server touches the service line at the same time the serve is executed.
 6. Any player on the serving team screens the server from the opposing team.
4. **Play at the Net**
 - a. **Touching the net:** A ball that touches or rebounds off the net or net hardware may be played again provided it was not on the serve.
 - b. **Player contact with the net:** A player or any part of their body or clothing that touches the net while the ball is in play shall be charged with a fault, unless the contact was caused by the ball being hit into the net with enough force to cause the net to touch a player. If opposing players contact the net simultaneously, it shall be called a double fault and the ball replayed.
 - c. **Reaching over the net:** In returning a ball, a player may follow-through over the net, provided he first makes contact with the ball on his side of the net. Players

attempting to block may reach across the net but shall not contact the ball until an opponent strikes the ball in an attempt to send it back into the opponent's court.

- d. **Dead ball:** A ball becomes dead when:
 - 1. The ball hits the ground.
 - 2. A served ball hits the net.
 - 3. A player commits a fault.
 - 4. The ball leaves the designated playing area.
- e. **Honor call:** All players shall call out aloud when they hit or touch the net.
- f. **Playing the ball number of contacts with the ball:** Up to three (3) successive contacts of the ball are allowed each team in order to play the ball over the net and into the opponent's court. A player may not make two (2) consecutive contacts
- g. **Successive contact with the ball by a player:** It shall be declared a fault if a player makes successive contacts with the ball except:
 - 1. When 2 players attempt a block and contact the ball simultaneously, either one may make a successive contact with the ball; this second contact shall count as the first of three hits allowed on a team.
- h. **Holding the ball:** If a player holds, scoops, lifts, pushes or carries the ball momentarily, a "carry" shall be called.
- i. **Simultaneous contact by teammates:** If two (2) players on the same team contact the ball simultaneously, one (1) contact shall be called and either player may contact the ball on the next play.
- j. **Team assistance:** Teammates shall not hold or assist one another while making a play.
- k. **Blocking:** Any player may raise their hands above their shoulders close to the net in an attempt to block the ball from an opponent. The block does not count as one of the three successive contacts allowed a team and there may be multiple contacts during a block. Since a block does not count as a play, any player who participates in a block may legally make the next contact with the ball. Serves cannot be blocked.

3v3 Basketball Tournament

Timing

BEGINNING THE GAME AND LENGTH OF GAMES

1. UREC Intramural Sports will provide game balls, but teams may agree to use a ball other than the one supplied.
2. Teams will "Rock-Paper-Scissors" to determine which team will be entitled to the first possession.
3. Each game begins with teams "checking" the ball beyond the 3- point arc and at the top of the key.
4. Games will be played to twenty (20) points or to a twenty-four (24) minute time limit, running clock, whichever comes first.
5. If a UREC Sport supervisor is present, they will keep score and time.

- a. There are no timeouts.

GAMEPLAY AND SCORING

1. 3v3 Indoor Basketball will be ***self-officiated***.
 - a. Any rule discrepancies will be settled by the Intramural Sports Supervisor. They will not rule on judgement calls.
2. Games will not begin until the Intramural Sports Supervisor starts the game clock.
3. Shots made from inside the 3-point arc are worth 1 point.
4. Shots made from outside the 3-point arc are worth 2 points.

Rules

1. The “check line” is beyond the three-point arc, at the top of the key.
2. Ball possession changes after each made basket.
 - a. The ball must be returned to the “check line” and “checked” before play resumes
3. The defense must take the ball behind the “check line” on any play in which they gain possession. Whether or not the ball has been shot or has touched the rim does not affect this rule.
4. In the event that the defense obtains possession and does not take the ball behind the “check line” and then attempts to shoot, the shot and any related activity will be disregarded and result in a turnover. The “new defense” will be awarded the ball behind the “check line”.
5. Substitutions can be made after a basket, foul, stoppage of play or other dead ball instances

Fouls and Free Throws

1. All common, personal, and technical fouls shall be counted against the team total.
2. Common fouls (non-shooting) result in loss of possession for the offending team.
3. Offensive fouls shall result in disallowing any converted basket and loss of possession. No free-throws on player control fouls.
4. Shooting fouls with a missed basket shall result in an attempted free-throw for 1 point. Shooting fouls with a converted basket shall result in the basket counted and an attempted free-throw for 1 point.
5. Shooting fouls with a missed basket on a 3-point attempt shall result in an attempted free-throw for 2 points. A converted basket on a 3-point shot shall result in the basket counted and an attempted free-throw for 1 point.
6. Non-shooting team will gain possession after attempted free-throw(s).
7. Players will not line up on free throw line.

8v8 Outdoor Soccer

Players and Rosters

1. The game shall be played between two (2) teams of eight (8) players each. Five (5) players are required to begin a game.

- a. CoRec - Teams shall consist of eight (8) players, four (4) men and four (4) women, including the goalie.
 - b. A minimum of six (6) players is required to start a game. Co-Rec games may never start with less than two (2) females. The number of males may not be greater than the number of females by more than two (2) and there is a maximum of four (4) males on the field at a time.
 - c. Roster max is 20 players.
2. If, due to injuries, a team drops below the minimum number of players, four (4), it may continue if the Supervisor feels the game is still competitive.

Goalkeeper & Substitutions

Goalkeeper

One player from each team shall be designated as the goalkeeper.

1. The “goalie” shall be allowed to use their hands within the box to trap, catch, or hold the ball. The goalie is the only player permitted to take such actions.
2. Goalie must be wearing a distinct different color than their team and the opposing team.
3. Substitutions may be made for the goalie. The substitute must also have a distinct colored shirt. Game officials must be notified of the substitution of a goalie prior to the substitution. A goalie substitution may occur at any time regular substitutions are allowed.
4. The goalie is allowed to take six (6) seconds to hold the ball before a violation

Substitutions

Substitutions may be made on the fly. Before the substitute may enter the field, the teammate they are replacing must be completely off the playing surface before they enter the field, they must enter from midfield.

Scoring and Timeouts

1. The Game
 - a. A game will consist of two (2) 20-minute halves. Halftime shall last three (3) minutes. The clock shall not stop.
2. Timeouts
 - a. There are no timeouts.
3. Scoring
 - a. A goal shall be awarded to a team when the ball legally and fully crosses the plane of the goal line between the goal posts and under the crossbar. In the event that a team scores a goal on their own goal box the opponents will be awarded a goal.
4. Mercy Rule
 - a. If a team is trailing by ten (10) or more points at any point in the second half, the mercy rule will be in effect and the game shall end.
 - b. If a team is trailing by seven (7) or more points at any point within five (5) minutes left in the game, the mercy rule will be in effect and the game shall end.
 - c. If a team is trailing by five (5) or more points at any point within two (2) minutes left in the game, the mercy rule will be in effect and the game shall end.

Rules of Play

1. Starting the game

- a. A coin toss shall be used to determine which team shall kick-off or defend. The winner of the toss has the choice of deciding who shall kick-off or which goal their team shall defend. At the start of the second half, the team that did not kick-off shall kick and teams shall switch goals.

2. Kick-off

- a. The kickoff can be either forward or backwards. The ball must be touched by another player before the kicker plays the ball again.

3. Throw-in

- a. When the ball crosses completely over the sideline, a throw-in is awarded to the team that did not touch the ball last before it went out. The throw-in must be made with a two (2) handed, overhead throw, and both feet must be in contact with the ground. The throw-in should be made from where the ball went out of bounds.

4. Slide Tackling

- a. NO SLIDE TACKLING
- b. If a slide tackle occurs then:
 - a. Direct Free Kick –slide tackle within the visible plain of the dribbler without making contact
 - b. Automatic yellow card- slide tackle with contact within the visible plain of the dribbler
 - c. Automatic red card- a slide tackle from behind the player, cleats up, or when the player doesn't make contact with the ball. These players will be removed and must complete the [UREC Sports Slide Tackle Acknowledgement Form](#)

**Sliding to save a ball from going out of bounds, with no other players around will not result in a card. Differentiating between a slide and a slip will be left up to the judgement of the officials.

**Goalies can slide head/hands first in an attempt to block a ball. Normal contact with the opposing player will not result in a foul. Any contact that is excessive/unnecessary (official's judgement) could result in a red/yellow card based on severity.

5. Penalties

- a. Offsides
 - a. No offsides penalties will be called

6. Direct Kick

- a. A direct free kick or a penalty kick is awarded if any of the following occurs inside the penalty area:
 - b. Charging an opponent
 - c. Holding an opponent
 - d. Striking or attempting to strike an opponent
 - e. Attempting to or pushing an opponent
 - f. Attempting to or tripping an opponent
 - g. Attempting to or kicking an opponent
 - h. Jumping on or at an opponent
 - i. Touching the ball with your hands
 - j. Slide tackling – from the front, no contact

1. Indirect Kick
 - a. An indirect free kick shall be awarded:
 - a. If the ball is played back to the goalie by a teammate and the goalie uses their hands to control the ball
 - b. Double touch (player putting the ball in play touches it first after the ball has been put in play)
2. Sportsmanship Penalties
 - a. At any point in a game the game will end due to unsportsmanlike conduct if a team receives any of the following:
 - b. Two Conduct Red cards
 - c. One Conduct Red card and Two Conduct Yellow cards
 - d. Three Conduct Yellow cards.

Overtime

If at the end of regulation, the score is tied, a shoot-out will be used to determine a winner. This will take place from the PK spot. The following are shoot-out procedures:

1. The shoot-out shall start with a coin toss to decide which team shall shoot on goal first. The team that wins the coin toss will have choice of shooting first or second.
2. Three (3) players per team will be allowed one shot each for the overtime period(s).
 - a. If after three (3) shots the score is still tied, each team will be allowed one more shot. This process will be repeated until a winner is determined. A different player from the team will take each shot until all players on the roster and checked into the game have all kicked once. Once all players have been used the first player will shoot again. The shooting order will remain the same throughout the shoot-out.
3. The goalie may not be substituted for during the shoot-out, unless an injury occurs.
4. The goalie is not permitted to move forward until the ball is kicked.
5. All shots will be taken from the pk spot, designated by a yellow circle.

Terminology

1. Goal Kick: A kick given after an attacker has kicked the ball over the goal line, but outside the goal. The goal kick does NOT have to leave the box before another offensive player touches the ball. All defensive players must remain outside of the box.
2. Corner Kick: A kick made by an attacking team from within the quadrant marked by a corner flag after a defender last touched the ball before it went over the goal line.
3. Penalty Kick: A kick is awarded for fouls committed by the defending team within their penalty area. The kick is taken from ten (10) yards out. Only the kicker and the goalie are allowed in the penalty area at the time of the kick. The goalie must have both feet on the goal line and may not move until the ball has been kicked. Penalty shots may be attempted by any member of the offended team provided that member is the same gender as the player fouled
4. Direct Free Kick: Awarded for major fouls (see list above, "6. Direct Kick".) A goal can be scored by a direct kick.
 - a. The fouled team is entitled to freely kick the ball. The opponents are required to be 10 yards away from the ball.
 - b. If the opponents create a "wall" in defense of the goal, the attacking team may NOT be within 1 yard of the wall in any direction.
5. Indirect Free Kick: Awarded for minor fouls (see list above, 7. Indirect Kick.) A goal cannot be scored on an indirect free kick. The ball must be touched by another player, from either team, after the free kick before it may be counted as a goal.

Basketball

Players and Rosters

1. The game shall be played between two (2) teams of five (5) players each. Four (4) players required to begin a game.
 - a. Roster limit is twelve (12) players.
2. If, due to injuries, a team drops below the minimum number of layers, four (4), it may continue if the Intramural Sports staff deems the game still competitive.

Uniforms and Equipment

1. **All teams are required to furnish their own jerseys.**
 - a. All jerseys must be of the same color.
 - b. All jerseys must have numbers on the back.
 - i. Numbers 0-5 are preferred.
 - ii. No three digit numbers
 - iii. Numbers may NOT be taped.
 - a. Numbers that are painted, sharpie, marker, etc. are acceptable.
2. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met. If a participant's clothing has blood, the item must be removed or cleaned before reentry.
3. **Shoes:** Only non-marking shoes will be allowed. Basketball shoes are preferred.

Timing

1. Periods
 - a. Games will consist of four (4) quarters lasting 8 minutes each.
 - b. In the second half, if a team is behind 30 points or more with five (5) minutes or 20 points with two (2) minutes or less remaining the game will end.

Timeout

At half-time, if a team is behind by 50 points or more, the captain of the team who is behind can elect to end the game if their team wishes.

1. Each team is granted two (2) timeouts per half. Timeouts can only come from players on the court, captains, or designated coaches.
2. Captains and coaches need to be identified in the pre-game captains' meeting.
3. Officials, supervisors, and Intramural Sports staff have the right to suspend play of any game as deemed necessary.

Overtime (Playoffs Only)

1. Periods

- a. Overtime is two (2) minutes in length. If the score is still tied after the first overtime period, another overtime period will be played. Overtime periods will continue until a winner is determined.
- 2. Timing
 - a. The clock will run the same as the last two (2) minutes of the second half, stopping on all officials' whistles.
- 3. Time-outs
 - a. Teams will be awarded one (1) time-out during each overtime period.
 - b. Timeouts will not carry over from regulation play or from period to period.
- 4. Other General Rules
 - a. Each overtime period will start with a jump ball.
 - b. ALL fouls will carry over from regulation play.
 - i. Both personal and technical fouls.
 - ii. If a team is in the bonus at the end of the 2nd half, that carries over to overtime.

5. OVERTIME WILL ONLY BE PLAYED IN PLAYOFFS.

Free Throws

- 1. Two (2) free throws will be awarded to a player fouled in the act of shooting an unsuccessful anywhere within the three-point arc.
- 2. Three (3) free throws will be awarded to a player fouled in the act of shooting an unsuccessful three-point shot.
- 3. Bonus Free throws will begin on the fifth (5th) team foul in each quarter and will shoot two (2) FT, in accordance with the Highschool rule change.
- 4. Technical fouls will result in the other team shooting 2 free throws and getting possession of the ball.
- 5. During free throw attempts, players are allowed to occupy only marked lane spaces or are required to be behind the three-point line, and the free throw line extended to the sides of the court.
 - a. Players that are occupying a marked lane space shall not break the plane of the free throw lane until the ball is released by the shooter.
 - b. The shooter and players outside of the ark must wait until the ball touches the rim or backboard.
- 6. Personal and technical fouls are combined for player disqualification and to reach the bonus.

3v3 Wallyball Tournament

General Information

1. The Players

- a. The game shall be played between two [2] teams of three [3] players each. Three [3] players are required to begin a game.
 - i. **Co-Rec:** Each team shall be made up of four [4] people, two [2] men and two [2] women. Substitutions may be made only between games. A man may only substitute for a man. A woman may

substitute for either a man or a woman. There must always be at least two women per team on the court.

- b. No less than 50% of the number of players that are required to begin a game must be SIGNED IN by the games start time to avoid a forfeit fine.
- c. If, due to injuries, a team drops below the minimum number of players, three [3], it may continue if the Supervisor reviews and agrees.
- d. The roster limit will be five [5] players, six [6] for co-rec.

Scoring and Time-Outs

- 1. Match - A match shall consist of the best 2 out of 3 games, within a 45-minute time limit.
- 2. Game - A game is won by the first team to score 15 points in the first two games and 11 points in the third game of the match. Each game shall be won with a two [2] point advantage.
- 3. Time-Outs - Each team shall be allowed one [1] time-out per game limited to 30 seconds.

Rules of Play

- 1. PRE-GAME
 - a. Rock, Paper Scissors: Winner decides court or serve.
 - b. Out of Bounds: The ball shall be called out of bounds whenever it hits the ceiling or back wall on the opponent's side or 2 or more walls consecutively on a serve or volley.
 - c. Back wall and ceiling in play or in bounds: The back wall is in play only on the side of the team that is returning the serve or volley, provided a player on that team touches the ball first.
- 2. The Service
 - a. *Legal Service*: The player in the back position of the court shall put the ball in play by hitting it with one hand only or any part of his arm in an attempt to send the ball over the net and into the opponent's court. The serve is good if the ball passes over the net without touching any member of the serving team. A legal serve may hit the net as long as it goes over. A served ball may legally hit one side wall before landing in the opponent court. A legal serve *cannot* hit the back wall. The server may strike the ball with either an underhand or an overhand motion. Teams are allowed a second serve if the first is faulted.
 - b. *Length of Serve*: Service shall continue by a team, until (A) the serving team commits a fault and turns the ball over to the other team, side-out, or (B) the game is completed.
- 3. Player Position
 - a. **At service**: All players, except the server, have both feet fully on the ground during the serve.
 - b. **Service faults**: Any of the following committed during a serve shall count as a fault.
 - i) A served ball contacts the net and does not pass over it
 - ii) A serving ball contacts a member of the serving team.
 - iii) A service is delivered by the wrong server.
 - iv) A serve is not executed from the designated service area.
 - v) A server crosses the service line at the same time the serve is executed.
 - vi) The serve was executed improperly.

4. Play at the Net

- a) **Touching the net:** A ball that touches or rebounds off the net or net hardware may be played again provided it was not on the serve.
- b) **Ball contacting and crossing the net:** If only part of a ball crosses the net and is subsequently hit by an opponent, the ball is considered as having crossed the net.
- c) **Player contact with the net:** A player or any part of their body or clothing that touches the net while the ball is in play shall be charged with a fault, unless the contact was caused by the ball being hit into the net with enough force to cause the net to touch a player. If opposing players contact the net simultaneously, it shall be called a double fault and the ball replayed.
- d) **Reaching over the net:** In returning a ball, a player may follow-through over the net, provided they first makes contact with the ball on their side of the net. Players attempting to block may reach across the net but shall not contact the ball until an opponent strikes the ball in an attempt to send it back into the opponent's court.
- e) **Dead ball:** A ball becomes dead when:
 - a. The ball hits the floor.
 - b. The ball hits two or more walls consecutively on the receiving team's side.
 - c. The ball hits the ceiling on the opponent's side.
 - d. The ball hits the back wall on the fly on the receiving team's side.
 - e. A served ball hits the net.
 - f. A player commits a fault.
- f) **Honor call:** All players shall call out aloud when they hit or touch the net.
- g) **Playing the ball number of contacts with the ball:** Up to three [3] successive contacts of the ball are allowed each team in order to play the ball over the net and into the opponent's court. Contacting with the wall or the net does not count as a set or play.
- h) **Successive contact with the ball by a player:** It shall be declared a fault if a player makes successive contacts with the ball except:
 - a. When playing a hard driven spiked ball, a player may make consecutive incidental contacts with the ball and it shall count as one attempt to play the ball.
 - b. When 2 players attempt a block and contact the ball simultaneously, either one may make a successive contact with the ball; this second contact shall count as the first of three hits allowed by a team.
 - c. **Simultaneous body contact with the ball:** Any part of the body above and including the waist can hit the ball simultaneously so long as the ball rebounds quickly after each such contact.
 - d. **Playing with two or more walls:** Contacting two [2] or more walls with the ball is allowed only by the team in possession of the ball, provided a player on that team touches the ball first. If the ball crosses the net after contacting two [2] or more walls without first touching a player, a side out or loss of point will be declared.
 - e. **Holding the ball:** If a player holds, scoops, lifts, pushes or carries the ball momentarily, holding shall be called.
 - f. **Simultaneous contact by teammates:** If two [2] players on the same team

contact the ball simultaneously, one (1) contact shall be called, and either player may contact the ball on the next play.

- g. **Team assistance:** Teammates shall not hold or assist one another while making a play.
- h. **Blocking:** Any player may raise his hands above his shoulders close to the net in an attempt to intercept the ball from an opponent. The block does not count as one of the three successive contacts allowed for a team and there may be multiple contacts with the ball players during a block. Since a block does not count as a play, any player who participates in a block may legally make the next contact with the ball. A player may not climb the wall or net to block a serve or spike. A team may attempt a block if:
 - i. A player on the attacking team spikes the ball.
 - ii. The opponents have made three contacts with the ball.
 - iii. The ball falls near the net and no player on the attacking team can reasonably make a play on the ball.
- i. **Deflecting off the back wall:** If a player contacts the ball in such a manner that the ball deflects off the back wall and crosses the net, it shall be good.
- j. **Spiking the ball:** Any player may spike the ball.
- k. **Out of "Bounds":** If the ball enters the gap between the net and the wall, that is considered out of bounds
- l. Exceptions: A spiking fault on a serve
 - i. Point awarded to the opposing team.

Table Tennis Singles/Doubles

Players and Rosters

1. The game shall be played between two (2) teams of one (1) each for singles matches and two (2) for doubles.
2. If, due to injuries, a player or doubles partner can no longer participate, it may continue if the Supervisor feels the game is still competitive. The roster is limited to one (1) for singles and two (2) for doubles.
3. Players will act as their own referees. The UREC Sport Supervisor will make the final interpretation of all USA Table Tennis rules.
 - a. USA Table Tennis Rules: <https://www.teamusa.org/usa-table-tennis/rules>
2. Each participant must provide own official paddle and table tennis balls. The equipment is available to check out at the Service Center for FREE.
3. Matches are the best two (2) out of three (3) games. The first player/team to reach 15 points wins a game. The third game is first to 11 points.
4. The participants will determine who serves first in any agreed upon way.
 - a. Reverse the order for the second game. First serve for the third game will be the player or team with the highest point total in games 1 and 2. There will be a 30-minute time limit on matches.
5. No substitution of any players in singles or doubles once they have played in the tournament.

5v5 Indoor Soccer

Players and Rosters

1. The game shall be played between two (2) teams of five (5) players each. Four (4) players are required to begin a game.
 - a. **Co-Rec**
 - i. There must always be 2 females on the court.
 - ii. The goalkeeper may be of either gender
 - b. The roster max is fifteen (15) players.
2. If, due to injuries, a team drops below the minimum number of players, four (4), it may continue if the Supervisor feels the game is still competitive.
3. Shin guards are not required to play, but they are recommended.

Timing

1. The game will consist of two (2) 12-minute halves (running clock) separated by a 3-minute half-time.
2. NO TIMEOUTS
3. The team designated as “away” will begin with the ball at the beginning of the game. The home team will begin with the ball at the beginning of the second half.
4. Mercy Rule:
 - a. +10 goals any point in the 2nd half
 - b. +7 goals with 5 minutes left in the 2nd half
 - c. +5 goals with 2 minutes left in the 2nd half

Overtime

1. If after the period, neither team has scored, the winner shall be determined by a penalty-kick tiebreaker.
2. Each team will receive 3 kicks, taken alternately. The team that scores the greatest number will win. (CO-REC: The order of kickers must alternate male, female. In the instance of having 3 kickers, at least one [1] of them must be female.)
3. Penalty kicks are taken from the designated line. The kicker has the distance between the 3-point line and the mid-court line to kick the ball. The goalkeeper can move sideways but not forward until the ball is kicked.
4. A different player will take each kick, progressing through the entire roster of players who played in the game.
5. Once the entire roster of players is completed, the initial kicking order will be repeated.

Substitutions

1. Substitutions are unlimited and occur "on the fly". This should occur near the bench area, and the entering player may not enter onto the court until the player being replaced is off the court.
2. A keeper may be replaced only on a dead ball, and the official must be informed.

3. Any ball that contacts a referee and remains in play IS live.

Keeper Privileges

1. Keeper may use their hands in the taped trapezoid that defines the goal box
 - a. Contacting the ball with the hands outside of this area will result in a penalty kick
 - b. Deliberately handling outside of the box to prevent a goal scoring opportunity will result in the goal being scored and the goalie receiving a **red card ejection**
 - c. A goalie may possess the ball for 6 seconds before distributing the ball
 - i. The goalie may kick or under hand roll to distribute the ball
 1. If the goalie choses to roll the ball, it must be contacted before reaching halfcourt
 - a. If no one contacts the ball before it reaches half court, the defending team will assume possession with a Direct Free Kick (DFK) at the nearest area outside the goal box

Fouls

1. Direct Kick

- a) A direct free kick is awarded if any of the following occur (but not limited to this list):
 - i. Charging an opponent.
 - ii. Holding an opponent.
 - iii. Striking or attempting to strike an opponent.
 - iv. Pushing an opponent.
 - v. Tripping or attempting to trip an opponent.
 - vi. Kicking or attempting to kick an opponent.
 - vii. Jumping at or on an opponent.
 - viii. Touching the ball with your hands.
 - ix. Slide Tackling

2. Indirect Kick

- a. An indirect free kick shall be awarded if any of the following occur:
- b. The ball will be out of play and will be put back into play with a DIRECT kick:
- c. When the ball leaves the playing area
- d. When the ball strikes any object above the walls
 - i. Goalkeeper taking more than six (6) seconds while holding the ball.
 - ii. If the ball is played back to the goalie by a teammate and the goalie uses their hands to control the ball.
 - iii. If the goalkeeper touches the ball with their hands after they have received it directly from a kick-in taken by a teammate
 - iv. Attempts to take the ball out of the hands of the opposing goalkeeper
 - v. If the goalkeeper's release/throw/kick does NOT touch their half of the court before passing half
 - vi. If the goalkeeper punts/drop kicks the ball
 - vii. Intentionally obstructing an opponent – running between them and the ball

- viii. If a substitution infraction occurs during play
- ix. If at any point the officials deem a player's actions as particularly dangerous
- e. Indirect free kicks shall be taken anywhere on the half court line

3. Slide Tackling

- a. NO SLIDE TACKLING
 - i. Automatic yellow card- slide tackle with no contact or with marginal contact (you brush the players foot or indirectly displace them)
 - Automatic red card- a slide tackle that makes contact that directly displaces the player, from behind the player, "cleats" up, or when the player doesn't make contact with the ball. These players will be removed and must complete the [UREC Sports Slide Tackle Acknowledgement Form](#)

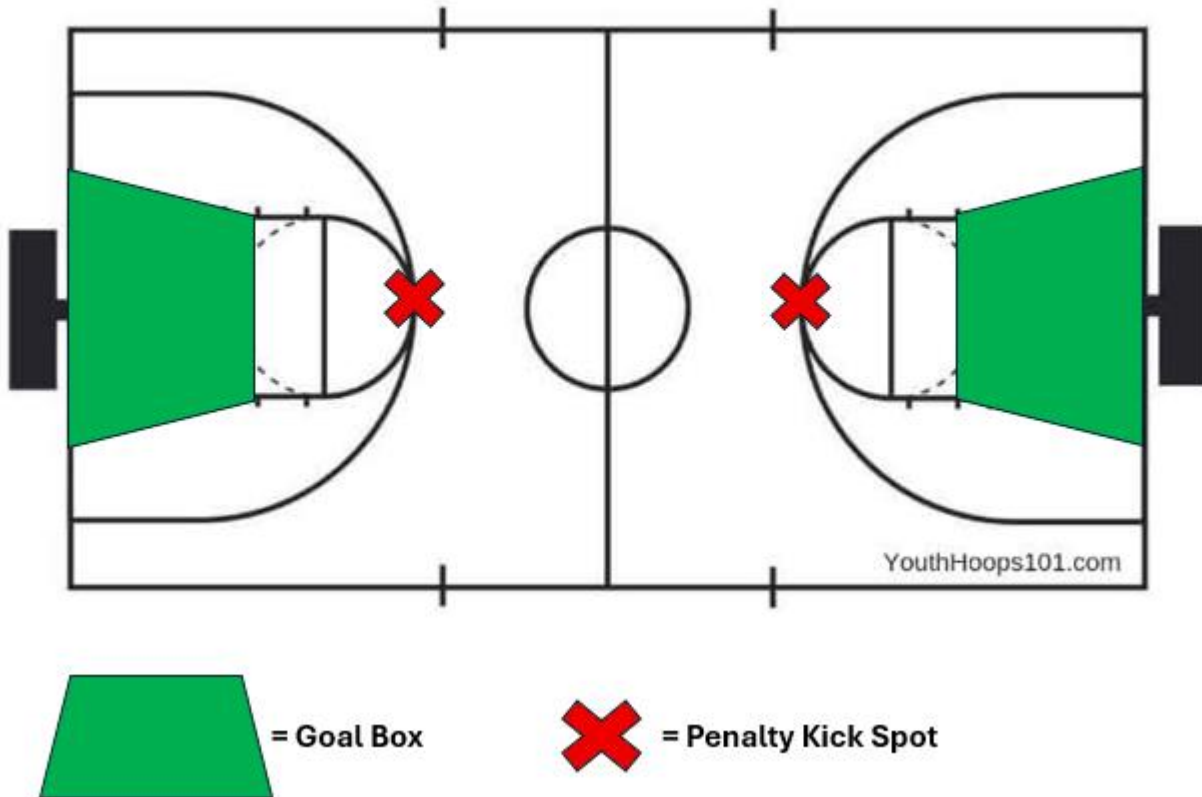
****Goalies can slide head/hands first in an attempt to block a ball. Normal contact with the opposing player will not result in a foul. Any contact that is excessive/unnecessary (official judgement) could result in a red/yellow card based on severity.**

4. Penalty Kick

- a. A penalty kick is awarded against a team that commits one of the offenses for which a direct free kick is awarded inside its own penalty area and while the ball is in play
- b. A goal may be scored directly from a penalty kick.
- c. Procedure:
 - i. The ball is placed on the penalty X mark
 - ii. The player taking the kick must be properly identified
 - iii. The goalkeeper must remain on their goal line facing the kicker between the goal posts until the ball is kicked
 - iv. All other players must be located behind the three-point arc
 - v. The player taking the penalty kick must kick the ball forward in one, fluid motion
 - vi. They must not play the ball again until it has touched another player
 - vii. The ball is in play when it is kicked and moves forward

Field of Play

The Field of Play



4v4 Flag Football

Timing

1. Games shall consist of two (2) twelve (12)-minute halves. The clock will run continuously in the first half and first 11 minutes of the second half
2. Halftime >3 minutes
3. Timeouts
 - a. Each team is allowed two one (1)-minute time-outs per half.

Overtime

1. One coin toss will start overtime.
2. The winner of the toss shall be given options of offense, defense, or direction.
3. The loser of the toss shall make a choice of the remaining options.
4. Both teams will go the same direction in overtime.
5. Each team will be given three downs from the 10-yard line to score.
6. If the first team which is awarded the ball scores, the second team will still have three downs to attempt to win the game.

7. Points after touchdown conversions will still be attempted in a normal manner by any team who scores a touchdown.
8. If the defense intercepts the ball at any point during overtime the play is dead immediately and it is a turnover on downs.
9. 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.
10. Each team is entitled to one (1) timeout (1-minute) during the entire overtime.

Beginning the Game

All games shall begin with a coin toss.

1. Coin Toss
 - a. The Referee shall toss a coin and offer the winning captain these options:
 - i. To defer their option until the second half.
 - ii. To receive the ball first or play defense first.
 - iii. To defend a specific goal.
 - b. At the start of the second half, the loser of the first half coin toss shall have their option to be on offense or defense, or which goal to defend, unless the first half winner deferred their selection.
2. 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.

Ball in Play, Dead Ball, Out of Bounds

1. **Live Ball:** The offense must snap the ball within 25 seconds after the Referee has blown the whistle to put the ball in play. A ball becomes live when the ball is legally snapped before the 25-second count.
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 incomplete.
 - f. A backward pass or fumble by a player strikes the ground. 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 runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached from the belt. A runner is legally touched with one hand between the shoulders and the knees, including the deflagging.
 - h. A passer is deflagged or legally touched before releasing the ball.
 - i. A muff of a protected scrimmage kick strikes the ground.
 - j. The offense does not throw the ball within the allotted 5 seconds

- k. 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 their person contacts that area declared out-of-bounds. One foot inbounds is needed for a legal reception.

Series of Downs

1. **Number of Downs:** The team in possession of the ball shall have three (3) consecutive downs to advance to the next zone or 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

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 30-yard line to begin each half and after each touchdown.

Snapping and Catching the Ball

1. **The Snap:** The snapper shall pass the ball back from its position on the ground behind the offensive puck with a quick and continuous motion of the hands. The ball does not have to be snapped between the legs.
 - a. Following the ready for play signal, no defensive player may break the plane of the neutral zone at any time until the ball is snapped.
 - b. Following the ready for play signal, no defensive player may break the plane of the neutral zone at any time until the ball is snapped.
 - c. 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.
 - d. The snapper must have both feet behind the scrimmage line. They may also not simulate the start of the snap.
 - e. The player receiving the snap must be at least 2 yards behind the scrimmage line at the time of the snap.
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.
- b. During the snap, the offense must have at least one (1) player on their scrimmage line. Two, three, and four point stances are legal.
- c. One (1) offensive player may be in motion at one time, but not in motion toward the opponent's goal line at the snap.
- d. Following a huddle or shift, all offensive players must come to a complete stop and remain stationary for one (1) full second before the snap.
- 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.
- 4. **Handing the Ball:** Any player may hand the ball forward or backward at any time.
- 5. **Legal and Illegal Forward Passes** - All players are eligible to touch or catch a forward pass. A forward pass must be beyond the line of scrimmage. Only one (1) forward pass may be thrown per down. A forward pass is illegal:
 - a. if one of the passer's feet are beyond the offensive line of scrimmage when the ball leaves their hand;
 - b. if thrown after team possession has changed during the down, i.e. an interception;
 - c. if intentionally grounded to save loss of yardage;
 - i. only called when it is an effort to not lose yardage.
 - d. if a passer catches their untouched forward pass;
 - e. if there is more than one [1] forward pass per down.

Pass Penalty: Illegal Forward Pass, 3 yards from the spot where the second consecutive male-to-male completed legal forward pass is released, and a loss of down. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed"

Run Penalty: A player may not advance the ball by running across the line of scrimmage, either before or after a catch. **Penalty: Illegal Advancement, 3 yards from the previous spot, loss of down.**

- 6. **Backward Pass and Fumble**
 - a. A runner may pass the ball backward at any time.
 - 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 outside of
- 7. A backward pass or fumble by the offense that first hits the ground in
 - a. the team's own end zone is a safety, or
 - b. In the opponent's end zone is a touchback.
- 8. **Pass Interference** – Intramural Sports flag football is non-contact sport, however, incidental contact will occur.
 - a. **Offensive Pass Interference, 5 yards from the previous spot.** Note: Offensive screen blocking beyond the line of scrimmage **DURING** a pass

attempt is considered Offensive Pass Interference.

- b. **Defensive Pass Interference, 5 yards from the previous spot.** 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, early contact, arm barring, cutoffs or unnecessary contact with an opponent OR restricting a player from access to a pass while on offense or defense.
 - d. Players may **NOT** "go through opponents" to get to a ball that is in flight. This could result in automatic ejection from the game.
9. 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.

Scoring and Touchbacks

1. **Touchdown** - All touchdowns are six (6) points.
2. **Extra Points** - Ball in play from the 3-yard line = 1 point
Ball in play from the 10-yard line = 2 points, Ball in play from the 20-yard line = 3 points. Once a selection for 1,2, or 3 is announced teams must take a timeout to change their option. If a penalty occurs during the try the succeeding try may not be changed
Note: The try for extra points ends when Team B secures possession. Team B cannot score during the Try.
3. **General Information**- After any score, the ball shall be placed in play at the 30-yard line, unless moved by penalty
4. To be ruled a touchdown; the ball must be on or over the goal line or in control of an offense player in the end zone.
5. The player scoring the touchdown must raise their arms so the nearest official can deflag the player if the officials determines the flag belt has been secured illegally, the touchdown will be disallowed and that player will be disqualified.
6. Once the captain makes the choice for one, two, or three points after a touchdown, he/she may change the decision only after an offensive or defensive charged team time-out.
7. 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 their end zone.

Player Conduct

1. **Personal Fouls:** No player, substitute, or coach shall commit a personal foul. Personal fouls may include but are not limited to:
 - a. Using a 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. Diving is allowed as long as there is no contact initiated.
 - g. Unnecessary roughness.
 - h. Touching a player or ball carrier with undue force.
 - i. 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.
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.
3. **Unfair Acts:** No player, substitute, coach or others subject to the rules shall use disconcerting words or phrases or commit any act not in accordance with the spirit for the purpose of confusing the opponent. **Penalty: Personal Foul, Unfair Act, 5 yards.**

Blocking and Screening

1. 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 is recommended to have their arms at their sides or 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.
2. Defensive players must avoid the offensive player's screen block.
3. The runner may not stiff arm or lower a shoulder into an opponent.

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 their 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.
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.

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.

Summary of Penalties

1. Loss of 3 yards
 - a. Encroachment (Dead Ball)
 - b. False start (Dead Ball)
 - c. Illegal snap (Dead Ball)
 - d. Delay of game (Dead Ball)
 - e. Infraction of free kick formation (Dead Ball)
 - f. Encroachment of free kick lines (Dead Ball)
 - g. Illegal motion
 - h. Illegal shift
 - i. Intentional grounding (Loss of down)
 - j. Illegal substitution
 - k. Free kick out of bounds
 - l. Required equipment worn illegally
 - m. Player receiving snap within 2 yards of scrimmage line
 - n. Helping the runner
 - o. Illegal formation
 - p. Illegal forward pass (Loss of down for offense)
 - q. Illegal advancement (Co-Ed)
2. Loss of 5 yards
 - a. Kick catch interference
 - b. Two or more consecutive encroachments during same down interval
 - c. Forward pass interference
 - d. Illegally secured flag belt on touchdown, the score is no good (Loss of down) and disqualification
 - e. Unsportsmanlike player, coach, or fan conduct
 - f. Spiking, throwing, kicking, or not returning the ball to the official
 - g. Steal, strike, or attempt to strip the ball
 - h. Trip, hurdle, tackle, clip, stiff arm, or any unnecessary contact of any nature
 - i. Roughing the passer (Automatic first down)
 - j. Illegal offensive screen blocking
 - k. Flag guarding by offense, illegal removal by defense
 - l. Obstruction of runner
 - m. Illegal participation
 - n. Defensive illegal use of hands
 - o. Illegal Equipment

Note: Any flagrant activities associated with 3 or 5-yard penalties result in immediate disqualification

Canoe Battleship will be conducted under the rules of the National Intramural and Recreational Sports Association published rule book. A review of these rules, along with the Intramural Sports modifications are as follows:

Players and Rosters

1. The game shall be played between teams of three (3) players each in a battleship canoe. With a minimum of 2 to begin play.
2. Players MUST meet the eligibility requirements to participate.

Restrictions

1. Participants shall not:
 - a. Remove water from inside of their canoe out into the pool or into an opposing team's canoe with their body or bucket.
 - b. Throw any equipment.
 - c. Stand in the canoe or jumping out of the canoe at any time.
 - d. Throw water out of the pool.
 - e. Penalty: The team committing these infractions must pour three buckets of water into their canoe.
 - f. Physically contact any member or equipment from another team to keep them from attacking or defending.
 - i. Penalty: Disqualification
 - g. Attempt to hinder another team after your canoe has been sunk.
 - i. Penalty: ejection/ possible dismissal from the event
2. Teams shall not:
 - a. Ram an opponent's canoe
 - i. Penalty: if deliberate, the offending team will be eliminated from the competition and may be dismissed from the event

Uniforms and Equipment

1. Proper swimwear is required.
2. No shoes or footwear are permitted.
3. Goggles are recommended, but not required (not provided)
4. All players MUST be able to swim.
5. Knee and ankle braces that are unaltered from the manufacturer's original design/production are permitted and do not require any additional padding or covering. Sharp edges from wear and tear or any other defection would be considered as an alteration even if unintentional.
6. A guard, case, or brace made of hard and unyielding substance, such as, but not limited to, leather, plaster, plastic, or metal shall not be worn on the elbow, hand, finger/thumb, wrist or forearm, even if it is covered with soft padding.
7. Life jackets are not required during play but will be provided.
8. No hard-billed hats, bandanas or anything with a knot or unyielding material are to be worn on the head during competition. Players may wear a one-piece elastic headband made of soft, pliable material (i.e., sleeve, sweatband). Knit stocking caps will be allowed during cold weather. Rubber or cloth bands may be used to control hair. No other headwear will be allowed with exceptions for religious materials.

Rules of Play

1. There are no timeouts.
2. Canoes and buckets are provided by UREC Sports.
3. The object of battleship is to eliminate all other canoes by using a bucket to throw water into their canoes before your own team's canoe sinks.
4. Once a canoe has sunk, that team is eliminated from competition and may no longer throw water into the opposing team's canoes.
5. A game is won when a team completely eliminates all of the other canoes by sinking them.
6. Each round will start with 2-4 canoes spread evenly throughout the battle zone.
7. Teams may engage only after the official whistle has sounded.
8. If a team capsizes their canoe, before it sinks, they are eliminated.
9. The battle zone may decrease as time goes on.
10. Participants may use the buckets or their arms to paddle and navigate their canoe.

Tournament Structure

1. Canoe Battleship will be ran in tournament structure with a pool play to begin.
2. 2 Rounds of pool play will be played.
3. Teams will be awarded points for their finish within their pool play.
 - a. 1st: 5 Points
 - b. 2nd: 3 Points
 - c. 3rd: 1 Point
 - d. 4th: 0 Points
4. The four teams with the highest point totals will be placed in the championship round.
5. If time permits, teams that did not qualify for the championship round may be put into one final round.

DISCLAIMER: UREC Sports staff reserved the right to alter the tournament structure on sight if there is a need to do so.

Pickleball

Players and Rosters

1. The game shall be played between two (2) teams of one (1) each for singles matches and two (2) teams of two (2) for doubles matches.
2. If, due to injuries, a team drops below the minimum number of players, four (4), it may continue if the Supervisor feels the game is still competitive.

General Rules

1. Games will be decided by best two (2) out of three (3) games. A winner must score 11 points and win by two.
 - a. Games are set to a hard cap of 35 minutes.
 - i. At the end of the 35, sets that have been completed will be scored
 1. Any incomplete set will not be scored during the regular season
2. Only the serving team can score.

Rules- Doubles Matches

1. The service shall be delivered so it touches first the server's right half court or the center line on their side of the net, and then, passing directly over the net, touching the receiver's right half court or center line on their side of the net.
2. Once the first server loses or commits a fault, the second server begins serving until they lose or commit a fault.
 - a. After the serving team has retired both serve attempts the opposing team will begin their services rounds

Rules- Singles Matches

The winner of a coin toss has the option of selecting one of the following: serving, receiving, or choosing the side of the court. The loser of the toss shall have a choice of the remaining alternatives.

The Serve

1. The serve must be made underhand.
2. Paddle contact with the ball must be below the server's waist (navel level).
3. The serve is initiated with at least one foot behind the baseline;
4. Neither foot may contact the baseline or court until after the ball is struck.
5. The serve is made diagonally crosscourt and must land within the confines of the opposite diagonal court.
6. Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve and lands on the proper service court; let serves are replayed).

Service Sequence

1. Both players on the serving doubles team can serve and score points until they commit a fault.
2. The first serve of each side-out is made from the right/even court.
3. If a point is scored, the server switches sides and the server initiates the next serve from the left/odd court.
4. As subsequent points are scored, the server continues switching back and forth until a fault is committed, and the first server loses the serve.
5. When the first server loses the serve the partner then serves from their correct side of the court (except for the first service sequence of the game*).
6. The second server continues serving until his team commits a fault and loses the serve to the opposing team.
 - a. Doubles only
7. Once the service goes to the opposition (at side out), the first serve is from the right/even court and both players on that team have the opportunity to serve and score points until their team commits two faults.

Two-Bounce Rule

1. When the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning, thus two bounces.
2. After the ball has bounced once in each team's court, both teams may either volley the ball (hit the ball before it bounces) or play it off a bounce (ground stroke).
3. The two-bounce rule eliminates the serve and volley advantage and extends rallies.

Non-Volley Zone

1. The non-volley zone is the court area within 7 feet on both sides of the net.
2. Volleying is prohibited within the non-volley zone. This rule prevents players from executing smashes from a position within the zone.
3. It is a fault if, when volleying a ball, the player steps on the non-volley zone, including the line and/or when the player's momentum causes them or anything they are wearing or carrying to touch the non-volley zone including the associated lines.
4. It is a fault if, after volleying, a player is carried by momentum into or touches the non-volley zone, even if the volleyed ball is declared dead before this happens.
5. A player may legally be in the non-volley zone any time other than when volleying a ball.
6. The non-volley zone is commonly referred to as "the kitchen."

Line Calls

1. A ball contacting any line, except the non-volley zone line on a serve, is considered "in."
2. A serve contacting the non-volley zone line is short and a fault.

Faults

1. A fault is any action that stops play because of a rule violation.
2. A fault by the receiving team results in a point for the serving team.
3. A fault by the serving team results in the server's loss of serve or side out.

Dodgeball Tournament

Players and Rosters

1. The game shall be played between two (2) teams of five (5) players each. At least three (3) players for each team are required to begin a game.
 - a. Co-Ed Only: The game shall be played between two (2) teams of six (6) players each; at least four (4) players for each team are required to begin a game. A minimum of two (2) males and two (2) females are required to begin a game.
2. If, due to injuries, a team drops below the minimum number of players, five (5), it may continue if the Supervisor deems the game is still competitive.
3. The roster limit will be twelve (12) players.

The Game

1. Each match will be played as a best of two (2) out of three (3) games.
2. Each game has a five (5) minute time limit.
3. A floating off-sides line will be used. This line will be marked with cones at the end of each line. When throwing the ball, a player must not have either foot **completely** across the line when **throwing**. After the ball has been released, it is permitted for a player's **momentum** to carry them over the boundary line, so long as they immediately return to their side of the court and do not attempt to pick up a ball while on the other side of the boundary line.
4. Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. The Supervisor will rule on any situation that teams cannot agree upon and for rule interpretations. **The Supervisor's decision is final.**

Outs

For an out to occur, the ball must hit a player **below the shoulders**. If a player is hit in the head, **no player** will be considered out.

Exception: if a player ducks or is on the ground and is hit in the head, the player hit will be called out.

An out is scored when:

1. A thrown ball, not a kicked ball hits a player on the fly.
2. NO DEFLECTION OUTS
3. Players will be called out if a ball they throw is caught on the fly. If a thrown ball is deflected off of a player's body, and caught by a teammate, the thrower is out and the first person hit remains in.
4. If a player catches a ball, the thrower is out and a teammate of the person that caught the ball is allowed to come back into the game.
5. If a ball is dropped as a result of contact from a thrown ball, then the player who drops the ball is out.
6. If a thrown ball hits another ball, which a player has in their possession, and the deflected ball is caught by a teammate, the person who threw the ball is NOT out.
7. If a thrown ball hits another ball, which a player has in their possession, and the deflected ball hits a teammate, the person who the deflected ball hit is NOT out.
8. Once a player is out, they must immediately leave the floor with both hands raised to inform the opposing team you are out, and you may exit in a safe manner. **Players who have been called out cannot retrieve stray balls for their teammates, or that ball will be given to the other team.**
9. Deflections off the floor, wall, court dividers, rafters, bleachers, hoop, and official do not count as an out if caught. Deflections off a teammate do not count.
10. The 15-minute time limit will end all games in the tournament season. The team with the most players at the end of the game is considered the winner.

Leaving the playing area

1. All players are confined to the out of bounds cones.
2. Players may leave the sidelines and end-lines to retrieve balls but **MUST** re-enter through the end-line. A player may not be hit while he/she is retrieving a ball.

3. A player cannot make a catch outside the boundary lines and get an opponent out.
4. If a player goes out of bounds to avoid getting out, they will be called out.
5. If a ball is thrown into the bleachers, it must be given to the team that is on that side.

Stalling

1. If a player is stalling, or making no attempt to play a ball, they will be ordered to roll the ball to the other side by the official/supervisor. A player may be called out at the supervisor's discretion for continuously stalling to avoid an outcome of the game.

Xtreme Dodgeball Rules

1. Xtreme Dodgeball games will be played in the HPER Racquetball courts.
2. Each team will be composed of 3 players.
3. Once a player is out, they must stay in the racquetball courts' corner.

6v6 Indoor Volleyball

Players and Rosters

1. The game shall be played between two (2) teams of six (6) players each. Four (4) players are required to begin a game.
2. If, due to injuries, a team drops below the minimum number of players, four (4), it may continue if the Intramural Sports Staff deems the match is still competitive.
3. Roster limit is fourteen (14).
4. Men's volleyball is played at men's net height. Women's volleyball is played at women's net height. CoEd volleyball is played at men's net height.

Timing, Scoring and Timeouts

1. Timing
 - a. All matches will have a running clock of 45 minutes.
 - i. Score will stand when the time runs out.
 - b. One (minute) is allowed between sets as teams switch sides of the court.
2. Scoring
 - a. Games are played best two (2) out of three (3) sets.
 - b. A third set can and will be played if necessary.
 - c. Sets are played to 25 points
 - i. Rally Scoring
 - ii. Win by two (2) points
 - iii. Hard Cap 30
 - d. If a third set is necessary, the set will be played to 15 points
 - i. Hard cap of 20
3. Timeouts
 - a. Teams are allowed two (2) 30-second time out for the entire game.
 - b. Time outs may only be requested by the team captain during a dead ball.

- c. Clock does NOT stop during these timeouts, just play stops.

Serving

1. Winner of the coin toss in the Captain's Meeting will have the choice of service first or choose their side.
 - a. If a third game is necessary, this process will be repeated.
2. The server shall serve within the serving area and not touch the boundary lines or the floor outside it at the instant the ball is contacted on the serve. A part of the server's body may be in the air, over, or beyond these lines.
3. The server may:
 - a. Hit the ball directly off the holding hand.
 - b. Hit the ball after tossing it from the holding hand.
 - c. Hit the ball with the arms.
 - d. The legal ball may hit the net but must go over and land in-bounds.
4. When serving, the server must wait for the referee's whistle before striking the ball. If they serve before the whistle a side-out shall be called.
5. If a player serves out of turn, a side-out shall be called as soon as the mistake is discovered. Any points made by the illegal server shall be canceled. The serving order should then be corrected immediately.
6. Players must stay in their respective serving order for the entire game. At the beginning of a set the players may be rearranged.

The Game

1. A player may not hit the ball twice in succession.
 - a. On the first ball over the net, a player can make contact with the ball if it is during one motion.
2. The ball may be contacted a maximum of three times by a team before it is sent over the net.
3. If two or more players of the same team contact the ball simultaneously, it is considered one play. The players involved may participate in the next play. This next play should be counted as an additional contact.
4. Ball crossing the net:
 - a. The ball must cross the net completely between the net antennas or their indefinite extension. The ball is dead if it hits the net antenna, point and loss of rally to the other team.
 - b. If the ball touches the net on the return, it must touch the net between the antennas and go over into the opponent's court.
 - c. A ball striking the net and going over is still in play.
 - d. The ball may be played when any part of it has crossed the top of the net. It is not essential for the entire ball to be on a player's side of the net before played.
 - e. The only legal double hit allowed is if when executing a block, the ball comes through the hands and hits another part of the player's body above the waist.
5. **Illegal Net Play**
 - a. Holding or pushing the ball against the net.
 - b. Touching the net with any part of the body while the ball is in play. If the ball is driven into the net with such it causes the net to contact a player on the

opposing team, no foul shall be called and the ball shall continue to be in play.

c. Reaching over the net:

i. If a player reaches over the net on the follow through a foul shall not be called. The player's arms cannot be than 45 degrees over the net.

ii. If a player in an attempt to block reaches over the net on a follow-through, whether or not they touch the ball, a foul shall not be called. (Provided some part of the ball has crossed the net on the blocker's side before the follow-through occurs.)

d. If during an attempt to block a ball, the ball is hit against the net with such force that it causes the net to move under the fingers or hand of the blocker, no fouls shall be called.

e. Reaching under the net:

i. 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 the opponent's side of the court.

f. If a player touches the opponent's court in completing a play, it shall be called a foul even if they do not touch the floor until after the ball has hit the floor.

g. A back row player, those positioned behind the 10-foot spiking line, in executing a spike or block may not play a ball that is above the height of the net. In either case, it is okay to hit the ball to a teammate.

6. Legal Net Play

a. A ball other than a service may be recovered from the net provided the player avoids touching the net.

b. If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play, which shall be considered the first of three contacts allowed to the team. When both teams contact a ball simultaneously and it becomes motionless, a replay is ruled.

c. If one or more players is attempting to block and is contacted by the ball, this player is eligible to participate in the next play, which shall be considered the first contact for that team.

7. Boundaries

a. Any part of the ball touching a boundary line is considered inbounds.

b. If the ball touches any surrounding walls, basketball hoops, or track the play shall be out of bounds.

c. If a player hits the ball up and it hits the ceiling and comes back down on their side of the net, the ball can still be played.

i. If they hit it off the ceiling and goes on the other team's side, the ball will be called out of bounds.

d. If a ball from another court rolls in the middle of the game, the play will immediately be declared dead and the play will be replayed.

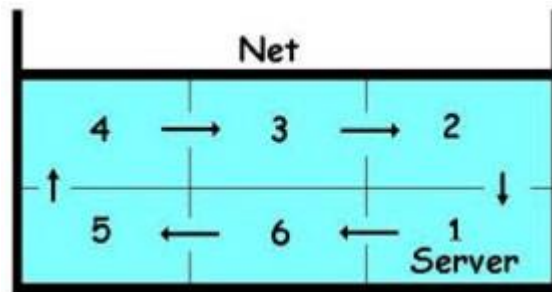
8. Substitutions

a. Those subbing out will step out of position 2 and enter the back of the substitution line, before their team serves.

b. Those checked in and waiting to sub will be positioned outside of the playing court adjacent

to the server.

- i. Players will sub into the server position during all rotations provided there are more than 6 players, unless replacing an injured player



c. All players checked into the game must be part of the service rotation

CoEd Modifications

NOTE: All standard Intramural Sports Volleyball rules will govern CoEd play, with the following modifications:

1. The game shall be played between two (2) teams of six (6) players each, three (3) males and (3) females. Four (4) players are required to begin a game. A team must have a minimum of two (2) males and two (2) females to begin a game
 - a. A team cannot have more than +1 of one gender than the other.
 - b. Ex. 2 females and 3 males is allowed, but 1 female and 3 males is not allowed.
2. A substitute shall take the position of the player whom they are replacing and must replace for the same gender.
3. Serving order must alternate genders (i.e. male, female, male, female)
 - a. In the case of playing with an odd number of players, players of the same gender may end up positioned next to each other in order to maintain the alternating gender serve
4. CoEd volleyball is played at Men's Height, 8'.

10v10 Slow Pitch Softball

Equipment

1. Shoes: Athletic style shoes are preferred. Cleats are allowed, but metal cleats are not allowed.
2. Headwear: Players may wear a one-piece elastic headband made of soft, pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. For Softball ONLY, baseball caps/hats are permitted.
3. Bats- All bats must be ASA/USA Softball Certified. UREC Intramural Sports will provide bats for teams. Teams may bring their own personal bats. Players have the right to choose if they want to allow the opposing team to use their bat or not.
4. Balls- UREC Intramural Sports will provide all game balls.
5. Gloves- ALL defensive players must provide their own glove.

Players and Substitutions

1. A team consists of 10 players, all of which must bat and play defense
 - a. Co-Rec: five (5) males and five (5) females with the batting order alternating between male and female.
2. Co-Rec modifications: Field positioning must include two (2) females in the infield; Pitcher and Catcher will count as infield positions.
3. Shorthanded Rule:
 - a. Teams in all division may begin the game with eight (8) players.
4. Co-Rec: 4 males and 4 Females
5. Co-Rec: 5 males and 4 females, or 5 females and 4 males.
 - a. Once a player arrives, he/she can be added to the bottom of the batting order.
6. Extra Player Rule:
 - a. A team may have as many extra player(s) within the roster limit.
7. All players must bat and any 10 can play defense
8. All players must bat and any 10 can play defense
9. Co-Rec: all players MUST bat and any five (5) males and five (5) females can play defense. See Batting: Batting Order for more information.
 - a. A substitute may take the place of any player in the batting order of the team. When a substitute is announced, after the substitute enters the game, any play that the substitute makes is legal. A substitute may take the place of any other player in between innings
10. Co-Rec: Substitutes must be of the same gender that they are replacing.

The Game

1. A regulation game consists of seven (7) innings or 45 minutes, whichever comes first. If an inning has started before the time limit has expired, then the inning will be completed. Teams need not play seven full innings if:
 - a. The home team scores more runs in six- and one-half innings;
 - b. The home team scores more runs before the third out in the last half of the seventh inning; or
 - c. The mercy rule can be applied:
 - i. If a team is up 20 or more runs at the conclusion of the 4th inning; or
 - ii. If a team is up 12 or more runs at the conclusion of the 5th inning or later.
2. If the visiting team reaches the run-ahead limit in the top half of the inning, the home team still has the opportunity to reduce the deficit below the limit in the bottom half of the inning. If the home team reaches the run- ahead limit while at bat, the game ends and the home team is declared the winner.
3. If the game is tied at the end of seven (7) innings or after time expires, the teams continue to play until one team has scored more runs than the other team at the end of a complete inning or until the home team has scored more runs. EXTRA INNINGS ARE ONLY PLAYED IN THE PLAYOFFS.

Pitching

Preliminaries: The pitcher must begin with both feet firmly on the ground, and with one foot or both feet touching the pitcher's rubber. The pitcher's pivot foot must stay in contact with the pitcher's rubber throughout the delivery. The pitcher must not perform any motion to pitch while not touching the pitcher's rubber. No walkthrough pitching. The pitcher must be at rest, in contact with the rubber, before starting their pitching motion.

Start of Pitch: Before the delivery, the pitcher may hold or grip the softball in any manner. The pitcher must use a definite underhand motion in delivering the pitch. The pitcher may release the softball in any type of manner using any type of motion.

Legal Delivery: After making any motion to pitch, the pitcher must immediately deliver the ball to the batter. The pitcher must perform the delivery in continuous motion. In delivering the pitch, the pitcher must not stop or reverse the pitching motion. The pitcher may not pitch the ball through the legs or behind the back. The pitcher must deliver the ball with a perceptible arc. The ball must reach a height of at least six (6) feet from the ground and cannot exceed a height of 12 feet from the ground. If the ball does not reach the height range, an illegal pitch will be called. For illegal pitches, a ball will be awarded if the batter does not swing at the pitch. If the batter swings at the pitch, the batter will take the result of the play.

Batting

1. Batting Order

- a. All players checked into the game will be placed in the batting order, if a team checks in 15 but fields 10, all 15 will be in the order.
- b. The official score sheet must list the batting order of each team. The captain must fill out the batting order before the start of the game.
- c. Players must bat in the order that they are listed on the score sheet unless a substitute enters the game. The substitute must appear in the batting order.

2. Ball and Strike Count

- a. The batter starts with a one (1) ball and one (1) strike count.

3. Extra Foul Ball Rule

- a. After a batter has two strikes, he or she is allowed one free foul ball on the first foul ball. The second foul ball is strike three, and the batter is out.
- b. *Example:* The count is one and one. The batter hits a foul ball on the first pitch. The umpire calls "foul ball, strike two, courtesy open!" The batter then hits a foul ball on the second pitch. The batter has two strikes, the extra foul ball rule applies, and the umpire should verbalize "foul ball, Courtesy Closed!" On the third pitch, the batter hits a foul ball; the result is strike three, and the batter is out.

4. Strike

- a. The umpire calls a strike:
 - i. For a legally pitched ball between six (6) and 12 feet from the ground that

strikes any part of the plate or the strike zone and is not swung at by the batter.

- ii. For a legally pitched ball that the batter swings at and misses.
 - iii. For a foul ball not caught by a fielder when the batter has one strike.
 - iv. For a pitched ball that the batter swings at and misses and touches any part of the batter.
5. Ball
- a. The umpire calls a ball:
 - i. For a pitched ball that does not hit any part of the plate or the strike zone.
 - ii. For an illegally pitched ball (not between 6 and 12 feet from the ground) not swung at by the batter.
 - iii. For a pitched ball that hits the batter when he/she is outside of the strike zone.
6. CoRec walk:
- a. Anytime a male is walked, they automatically get advanced to 2nd base.
 - b. When there are two outs and a male is walked, the following female has the option to walk or attempt an at bat.
 - i. As soon as the female batter gets one pitch, she cannot change her mind
7. Homeruns
- a. A team can only hit 7 out of the park homeruns per game. Any additional homeruns will result in an out.
 - b. Teams can have unlimited in the park homeruns.

Outs

1. The batter is out in the following circumstances:
 - a. When the batter enters the batter's box with an altered or illegal bat or is found using an altered or illegal bat. If the batter hits the ball with an altered or illegal bat, the batter is out, and base runners return to the bases that they occupied before the batter hit the ball. Alternatively, the defense may accept the results of the play. (Note: once the next pitch legal pitch has occurred, all plays before are legal and cannot be appealed)
 - b. When the batter bunts or chops at the ball.
 - c. When the batter's entire foot touches the ground completely outside the batter's box when the batter hits the ball.
 - d. When the batter hits the ball and any part of their foot is touching home plate.
 - e. When a member of the team at bat interferes with a defensive player who is attempting to field a batted ball (individual will be ejected).
 - f. When the batter hits a fair ball with the bat a second time in fair territory, no matter if it is an accident.
 - g. When the batter's own batted ball hits him or her outside the batter's box in fair territory.
 - h. When a batter hits a fly ball in the infield that can be caught with ordinary effort with less than 2 outs and runners on first and second or bases loaded.
 - i. When the batter inadvertently or intentionally throws a bat. *Procedure:* The umpire should give the delayed dead ball signal and allow the play to continue. At the conclusion of the play, they announce that the batter is being called out.
 - j. *Intentional/inadvertent:* If the player intentionally throws a bat in anger, that player is ejected. If it

is an inadvertent act, the player should receive a warning. If the warned player throws his bat after being warned, that player is ejected.

Baserunning

1. **Advancement:** A base runner can advance or return only by touching the bases in legal order, from first base to second base, to third base, to home plate. A base runner advances to the next base by touching it before being put out. The player may hold a base until they legally touches the next base or until the batter becomes a base runner and forces the player to leave the base.
2. **Batter Awarded First Base:** The batter-runner is awarded first base in the following circumstances:
 - a. When the umpire calls four (4) balls
 - b. When the catcher or other defensive players interferes with the batter's attempt to hit a legal or illegal pitched ball
 - c. Any walk to a male batter will result in a two (2) base reward. The next batter (a female) will bat. With two outs the next batter (a female) has the option to walk or bat and must notify the umpire BEFORE she enters the batter's box.
3. **Batter- Runner Call Out:** The batter-runner is called out in the following circumstances:
 - a. When the batter-runner's own batted ball hits him or her when the batter-runner is in fair territory and out of the batter's box
 - b. When the batter-runner drops the bat in fair territory and the bat makes contact with a fair ball
 - c. When the fielder catches a fly ball with their feet within the boundaries of the field
 - d. When after the batter hits a fair ball, a fielder holds the ball on first base before the batter-runner touches first base
 - e. When after reaching first base, the batter-runner attempts to go to second base and is tagged or put out
 - f. When the batter-runner runs out of the three (3) foot running lane and interferes with a fielder taking a throw or attempting to make a play
4. **Base Runner Called Out:** A base runner is called out in the following circumstances:
 - a. When a base runner leaves the base before a pitched ball contacts the bat
 - b. When the base runner interferes with a thrown ball or interferes with a fielder who is attempting to field a batter ball, catch a ball, or throw a ball
 - c. When a fair batted ball hits a base runner or a base runner intentionally interferes with a ball
 - d. When a base runner intentionally kicks a ball that is in play
 - e. When a coach intentionally interferes with a live ball
 - f. When a base runner is attempting to score and the next batter or another teammate interferes with the play
 - g. When a fielder touches a base runner with the ball when the base runner is

not on a base and the ball is in play

- h. When a fielder tags or holds a ball on a base to which the base runner is forced to advance before the base runner reaches that base (force play)
- i. When the base runner runs more than 3 feet outside the path between the bases to avoid being tagged
- j. When a base runner passes the base runner ahead of him or her before that runner is put out
- k. When a base runner does not return to a base after a suspension in play caused by a dead ball situation
- l. If a base runner leaves a base before a caught fly ball and a fielder holds the ball on the base and correctly appeals the play, or if a fielder tags a base runner before he or she returns to the base.
- m. If a base runner fails to touch a base and a fielder tags or holds the ball on the base before the base runner returns to the base
- n. If a base runner intentionally and forcefully makes contact with a defensive player who is clearly holding the ball. The base runner is called out. The ball becomes dead, the base runner is ejected, and other base runners return to the last bases that they occupied at the time of the collision.
- o. Base stealing is NOT permitted in Intramural Sports Softball.
- p. A base runner must stay in contact with a base until the ball crosses the plate or the batter hits the ball.
- q. A pitch that the batter does not hit is dead. Base runners must return to their bases. They cannot leave again until the ball crosses the plate or the batter hits the ball.

5. Courtesy Runner

- a. A courtesy runner may run for any batter who is injured and is unable to run the bases safely. The injury may be an existing injury or occur during the game or play.
- b. The batter must reach the base legally and be ruled safe before the courtesy runner can take the batter's place.
- c. When no eligible substitutes are available, the courtesy runner must be the player who made the last out of the previous inning.
- d. The umpire must be notified before a courtesy runner replaces a teammate. This replacement can occur only during a dead ball and before the first pitch to the next batter.

6. Over Throw Rule

- a. If a fielder throws the ball past the "out of play" line each base runner will be awarded the base they are running towards plus a base from the last legally touched base when the throw was made.
 - i. Ex: Base runner is running to first base when the over throw occurs, the base runner would be awarded 2nd base.

7. Out Field Line Rule

- a. If the ball rolls over the outfield line, the outfielder must throw their hands up. Once their hands are

- thrown up, the umpire will call time. Ground Rule Double will be called.
- b. All baserunners will be awarded 2 bases from the base they were on when the ball was pitched.
 - c. If the ball is touched by a defensive player then rolls over the line, the ball will remain live.
 - d. Anytime that the umpire rules that the outfielder threw their hands up early:
 - i. The first offense is a warning and the runner gets the base they were running toward.
 - ii. The second offense is an ejection, and the runner gets the base they were running towards.

8. Outfield Fence Rule - WHEN THERE ARE FENCES

- e. A ball that is hit over the fence is considered a homerun.
(Exception: see homerun rule).
- f. If the ball rolls under or between the fence, and does not go over the fence, outfielders should put their hands in the air. All baserunners will be awarded two bases from the base they were on when the ball was pitched.
- g. All defensive players should avoid contact with the fence AND should not attempt to jump over the fence. If either happen and the umpire deems that it was avoidable, it will result in an automatic ejection

Spikeball Tournament

Players and Rosters

1. Spikeball is played between two (2) teams of two (2) players each.
2. Both players must be checked in at their scheduled game time to avoid the Forfeit Fine.
3. Opposing players are across the net from one another

Overview

Spikeball is a team sport played by two teams of two players. Opposing teams' line up across from each other with the Spikeball net in the center. The ball is put in play with a serve—a hit by the server from behind the service boundary into the net to an opposing player. Once the ball is served, players can move anywhere necessary to play the ball. The object of the game is to hit the ball into the net so that the opposing team cannot return it. A team is allowed up to three touches to return the ball. The rally continues until the ball is not returned properly.

Serving

1. The receiving team sets their position first. Server stands directly across from the receiving player. Only the designated receiver can field the serve.
2. The ball must be tossed up from the server's hand before it is hit. The ball cannot be hit out of the server's hand. If the server does not like the toss, the ball must drop to the ground. They will have one more opportunity to toss and serve the ball.
3. Server's feet must be behind the service line (at least 6 feet away from the net)

when the ball is hit. They can lean over the service line, but their feet may not cross the service line until after the ball is hit.

4. The server is allowed to take a pivot step or approach steps but is not allowed to move laterally beyond a pivot.
5. Serves can be as hard or as soft as the server likes, and drop shots are allowed.
6. Serves must be below the receiver's raised hand. If the ball can be caught by the receiver, it has to be played. If the ball is too high, the receiver must call "let" before their teammate touches the ball. The serving team has one more try to serve. If the serving team cannot hit a legal serve on the second try, they lose the point. If the receiver does not call "let", play continues.
7. The ball must come cleanly off the net on a serve. If the ball takes an unpredictable bounce (commonly known as "pocket"), the receiver must call "let" before their teammate touches the ball. The serving team has one more try to give a clean serve. If the serving team cannot hit a legal serve on the second try, they lose the point. If the receiver does not call "let", continue play.
8. If the ball takes an unpredicted bounce, and lands back on the net or the rim, it's the other team's point and a change of possession.
9. If the ball contacts the rim at any time, a point is awarded to the other team and a change of possession.
10. After a server wins the point, they change positions with their teammate, so they are directly across from the other member of the receiving team.
11. The four players serve in the same sequence throughout the match, changing the server each time a rally is won by the receiving team

Contacting the Ball

1. Hits must alternate between teammates.
2. The ball must be hit, not be caught, lifted, or thrown. You cannot hit the ball with two hands (this includes putting both hands together while contacting the ball with your hands).
3. You can use any part of your body to hit the ball, and it counts as your hit. (You cannot contact the ball twice in a row regardless of what part of your body it touches)
4. If the ball hits any part of the ground or rim, it is no good. There are only "lets" on the serve. After the serve, if the ball does not hit the rim, play it regardless of how it bounces.
5. If teams cannot determine if the ball hit the rim, replay the point; no questions asked.
6. Once the ball hits the net, it must bounce off in a single bounce. It must clear the rim to be good.

Scoring

1. Rally scoring will be in effect (points can be won by the serving or receiving team)
2. Games are played to 21. You must win by two points. (unless otherwise specified by a UREC Sport Supervisor)
3. Switch sides after one team reaches 11 points.
4. Points are scored when:
 - a. The ball isn't hit back into the net within 3 hits
 - b. The ball hits the ground

- c. The ball hits the rim (including clips) (Even during a serve-- rim shots don't count as a "let")
- d. The ball does not bounce off the net in a single bounce. (It must clear the rim to be good)
- e. Illegal serve or other infractions.

Infractions

1. Defensive players must try to get out of the offensive team's way. If a member of the defensive team is in the way of a play on the ball, the player being blocked must call "hinder" and replay the point. The offensive team must have a legitimate play on the ball to call "hinder."
2. If the defensive team gets hit with the ball, call "hinder" and replay the point. The offensive team must have a legitimate play on the pass to call "hinder."
3. If a defensive player attempts to play a ball when it is not their turn, they lose the point.
4. If a player hits a shot off the net, then the ball hits their teammate; they lose the point. If a player hits a shot off the net, then the ball hits them, they lose the point.
5. If any player makes contact with the Spikeball set that moves the set or affects the trajectory of the ball, they lose the point. If the contact with the Spikeball set does not move the set or affect the trajectory of the ball, play on.

10v10 Kickball Tournament

Players and Rosters

1. The game shall be played between two (2) teams of 10 players each. Eight (8) players are required to begin a game.
2. If, due to injuries, a team drops below the minimum number of players, eight (8), it may continue if the Intramural Sports staff deems the game still competitive.
 - a. In co-rec the team MUST maintain the plus one (+1) ratio for males to females (See Players and Substitutions)

CoEd Modifications and Substitutions

CoEd Modifications

1. CoEd modifications: Field positioning must include two (2) males and two (2) females in both the infield and outfield, and one (1) male and one (1) female as pitcher or catcher.
 - a. Shorthanded Rule:
 - i. Teams in all divisions may begin the game with eight (8) players.
 1. Co-Rec Combinations:
 - a. Four (4) males and four (4) females
 - b. Three (3) males and five (5) females
 - ii. Once a player arrives, he/she can be added to the bottom of the batting order.
 - b. Extra Player Rule:
 - i. A team may have as many extra player(s) within the roster limit.
 1. All players must bat and any 10 can play defense
 2. CoEd: all players must bat and any five (5) males and five (5) females can play defense.

See Batting: Batting Order for more information

Substitution

1. A substitute may take the place of any player in the batting order of the team. When a substitute is announced, after the substitute enters the game, any play that the substitute makes is legal. A substitute may take the place of any other player during a dead ball situation.
 - a. CoEd: Substitutes must be of the same gender that they are replacing.

The Game

1. A regulation game consists of Five (5) innings or 30 minutes, whichever comes first. If an inning has started before the time limit has expired, then the inning will be completed. Teams need not play seven full innings if:
 - a. The home team scores more runs in six and one half innings;
 - b. The home team scores more runs before the third out in the last half of the fifth inning; or
 - c. The mercy rule can be applied:
 - i. If a team is up 12 or more runs at the conclusion of the 4th inning or later.

Note: If the visiting team reaches the run-ahead limit in the top half of the inning, the home team still has the opportunity to reduce the deficit below the limit in the bottom half of the inning. If the home team reaches the run- ahead limit while at bat, the game ends and the home team is declared the winner.

If the game is tied at the end of seven (7) innings or after time expires, the teams continue to play until one team has scored more runs than the other team at the end of a complete inning or until the home team has scored more runs. EXTRA INNINGS ARE ONLY PLAYED IN THE PLAYOFFS OR TOURNAMENT.

Pitching (Bowling)

Preliminaries: The pitcher must begin with both feet firmly on the ground, and with one foot or both feet touching the pitcher's rubber. The pitcher's pivot foot must stay in contact with the pitcher's rubber throughout the delivery. The pitcher must not perform any motion to bowl while not touching the pitcher's rubber. NO walkthrough bowling. The pitcher must be at rest, in contact with the rubber, before starting their bowling motion.

Start of Pitch: Before the delivery, the pitcher may hold or grip the kickball in any manner. The pitcher must use a definite underhand motion in delivering the pitch.

Legal Delivery: After making any motion to bowl, the pitcher must immediately deliver the ball to the kicker. The pitcher must perform the delivery in a continuous motion. In delivering the bowl, the pitcher must not stop or reverse the bowling motion. The pitcher may not bowl the ball through the legs or behind the back. The pitcher must deliver the ball to the ground towards the plate. The ball must bounce three times before the plate and the ball may not pass the plate over the height of the cones marking the strike zone. For illegal pitches, a ball will be awarded if the batter does not swing at the pitch. If the batter swings at the pitch, the batter

will take the result of the play.

Kicking

1. Kicking Order

- a. The official score sheet must list the kicking order of each team. The captain must fill out the kicking order before the start of the game.
- b. Players must kick in the order that they are listed on the score sheet unless a substitute enters the game. The substitute must appear in the kicking order in the place of the player that they are replacing.
- c. The first player who kicks in each inning shall be the player whose name follows the last player who completed a turn at bat in the previous inning. When the 3rd out of an inning occurs before a batter has completed their turn at kicking, that player will be the 1st kicker in the next inning and will start with a count of one ball and one strike

2. Ball and Strike Count

- a. The batter starts with a one (1) ball and one (1) strike count.

3. Extra Foul Ball Rule

- a. After a batter has two strikes, they are allowed one free foul ball on the first foul ball. The second foul ball is strike three, and the batter is out.
- b. Example: The count is one and one. The batter hits a foul ball on the first pitch. The umpire calls "foul ball, strike two!" The batter then hits a foul ball on the second pitch. The batter has two strikes, the extra foul ball rule applies, and the umpire should verbalize "first foul ball!" On the third pitch, the batter hits a foul ball; the result is strike three, and the batter is out.

4. Strike

- a. The umpire calls a strike:
 - i. For a legally pitched ball towards the plate, between either batter's box that has bounced 3 times before the plate
 - ii. For a legally pitched ball that the kicker, kicks at and misses.
 - iii. For a foul ball not caught by a fielder when the kicker has one strike.
 - iv. For a pitched ball that the kicker swings at and misses and that touches any part of the kicker.
 - v. For a pitched ball that hits the kicker when the ball is in the strike zone.
 - vi. When the kicker makes contact with the ball above their knee

5. Ball

- a. The umpire calls a ball:
 - i. For a pitched ball that does not reach the plate
 - ii. For a ball pitched outside the cones
 - iii. For a pitched ball that hits the batter when he/she is outside of the strike zone.
 - iv. For a pitched ball that does not bounce 3 times before the plate
- b. CoEd walk
 - i. Anytime a male is walked, they automatically get awarded 2nd base.
 - ii. When there are two outs and a male is walked, the following female has

the option to walk or attempt an at bat.

1. As soon as the female batter gets one pitch, she cannot change her mind.

6. Homeruns

- a. A team can only hit 7 out of the park homerun per game. Any additional homeruns will result in an out.
- b. Teams can have unlimited in the park homeruns.

Outs

1. The batter is out in the following circumstances:
 - a. When the Kicker's entire foot touches the ground completely passed the strike zone line
 - b. When a member of the team at kick interferes with a defensive player who is attempting to field a kicked ball (individual will be ejected).
 - c. When the kicker kicks a fair ball a second time in fair territory no matter if it is on accident.
 - d. When the kicker's own kicked ball hits him or her outside the batter's boxes in fair territory.
 - e. When a kicker kicks a fly ball in the infield that can be caught with ordinary effort with less than 2 outs and runners on first and second or bases loaded (Infield Fly Rule).

Fielding

1. Catchers may not cross the catcher's box until the ball is kicked.
 - a. This box is located just to the third baseline side of the right-hand batter's box.
2. Infielders may not cross their line until the ball is kicked.
 - a. Defined by an arc, even with the pitcher's mound.
3. Outfielders may not cross their arc until the ball is kicked
 - a. Defined by an arc, 100 ft from home plate

Base Running

1. **Advancement:** A base runner can advance or return only by touching the bases in legal order, from first base to second base, to third base, to home plate. A base runner advances to the next base by touching it before being put out. The player may hold a base until he/she legally touches the next base or until the batter becomes a base runner and forces the player to leave the base.
2. **Kicker Awarded First Base:** The kicker-runner is awarded first base in the following circumstances:
 - a. When the umpire calls four (4) balls
 - b. When the catcher or other defensive players interferes with the batter's attempt to hit a legal or illegal pitched ball
 - c. Any walk to a male kicker will result in a two (2) base reward. The next kicker (a female) will bat. With two outs the next batter (a female) has the option to walk or bat and must notify the umpire BEFORE she enters the batter's box.
3. **Kicker- Runner Call Out:** The kicker-runner is called out in the following circumstances:

- a. When the kicker-runner's own batted ball hits him or her when the kicker-runner is in fair territory and out of the batter's box
 - b. When the fielder catches a fly ball with their feet within the boundaries of the field
 - c. When after the kicker hits a fair ball, a fielder holds the ball on first base before the kicker-runner touches first base (Force out)
 - d. When after reaching first base, the kicker-runner attempts to go to second base and is tagged or put out
 - e. When the kicker-runner runs out of the three (3) foot running lane (the far side of the baseline) and interferes with a fielder taking a throw or attempting to make a play
4. **Base Runner Called Out:** A base runner is called out in the following circumstances:
- a. When a base runner leaves the base before a pitched ball contacts the bat
 - b. When the base runner interferes with a thrown ball or interferes with a fielder who is attempting to field a kicked ball, catch a ball, or throw a ball
 - c. When a fair kicked ball hits a base runner or a base runner intentionally interferes with a ball
 - d. When a base runner intentionally kicks a ball that is in play
 - e. When a coach intentionally interferes with a live ball
 - f. When a base runner is attempting to score and the next batter or another teammate interferes with the play
 - g. When a fielder touches a base runner with the ball when the base runner is not on a base and the ball is in play
 - h. When a fielder tags or holds a ball on a base to which the base runner is forced to advance before the base runner reaches that base (force play)
 - i. When the base runner runs more than 3 feet outside the path between the bases to avoid being tagged
 - j. When a base runner passes the base runner ahead of him or her before that runner is put out
 - k. When a base runner does not return to a base after a suspension in play caused by a dead ball situation
 - l. If a base runner leaves a base before a caught fly ball and a fielder holds the ball on the base and correctly appeals the play, or if a fielder tags a base runner before he or she returns to the base.
 - m. If a base runner fails to touch a base and a fielder tags or holds the ball on the base before the base runner returns to the base
 - n. If a base runner intentionally and forcefully makes contact with a defensive player who is clearly holding the ball. The base runner is called out. The ball becomes dead, the base runner is ejected, and other base runners return to the last bases that they occupied at the time of the collision.
5. Base stealing is NOT permitted in Intramural Sports Softball.
6. A base runner must stay in contact with a base until the ball crosses the plate or the batter hits the ball.
7. A pitch that the batter does not hit is dead. Base runners must return to their bases. They cannot leave again until the ball crosses the plate or the batter hits the ball.

8. Courtesy Runner

- a. A courtesy runner may run for any kicker who is injured and is unable to run the bases safely. The injury may be an existing injury or occur during the game or play.
- b. The kicker must reach the base legally and be ruled safe before the courtesy runner can take the batter's place.
- c. When no eligible substitutes are available, the courtesy runner must be the player who made the last out of the previous inning.
- d. The umpire must be notified before a courtesy runner replaces a teammate. This replacement can occur only during a dead ball and before the first pitch to the next batter.

9. Overthrow Rule

- a. If a fielder throws the ball past the "out of play" line each base runner will be awarded the base they are running towards plus a base from the last legally touched base when the throw was made.
 - i. Ex: Base runner is running to first base when the over throw occurs, the base runner would be awarded 2nd base.

10. Out Field Line Rule

- a. If the ball rolls over the outfield line, the outfielder must throw their hands up. Once their hands are thrown up, the umpire will call time. Ground Rule Double will be called.
- b. All baserunners will be awarded 2 bases from the base they were on when the ball was pitched.
- c. If the ball is touched by a defensive player then rolls over the line, the ball will remain live.
- d. Anytime that the umpire rules that the outfielder threw their hands up early:
 - i. The first offense is a warning and the runner gets the base they were running toward.
 - ii. The second offense is an ejection and the runner gets the base they were running towards.

11. Outfield Fence Rule - WHEN THERE ARE FENCES

- a. A ball that is hit over the fence is considered a homerun. (Exception: see homerun rule).
- b. If the ball rolls under or between the fence, and does not go over the fence, outfielders should put their hands in the air. All baserunners will be awarded two bases from the base they were on when the ball was pitched.
- c. All defensive players should avoid contact with the fence AND should not attempt to jump over the fence. If either happen and the umpire deems that it was avoidable, it will result in an automatic ejection.