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## **Mission Statement**

The Intramural Sports Program is committed to providing Intramural Sports opportunities to meet the needs and interests of the students, faculty, and staff of Liberty University. Intramural Sports allows students to compete as well as fellowship with other Christians. To achieve this purpose facilities are available to provide opportunities for Christian/competitive play in game form; the enhancement of participant physical fitness; and a medium through which students can learn and practice leadership, management, program planning and interpersonal skills. The program also provides the opportunity to emphasize physical fitness. Cardio-respiratory endurance, muscular strength and endurance, flexibility, and body composition shall be increased during games. Stress relief from class is an important target for the program. The development of leisure time and recreational activities are an essential element in achieving our goals. A variety of intramural sports are available in the seasonal form as well as one and two day tournaments. These events are designed to contribute to the educational environment and the co-curricular learning of the students of Liberty University.

## **Contact Information**

Campus Recreation Office	592-3148
Intramural Sports Office	592-3145
Intramural Sports Website	<a href="http://www.liberty.edu/ims">www.liberty.edu/ims</a>

## **Intramural Sports Administrative Staff**

Ed Barnhouse Campus Recreation Director	<a href="mailto:ebarnhouse@liberty.edu">ebarnhouse@liberty.edu</a>
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Steve Chamberlin Associate Director of Intramural Sports	<a href="mailto:sdchamberlin@liberty.edu">sdchamberlin@liberty.edu</a>
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## **Intramural Sports Supervisors**

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## **Introduction**

The goal of Intramural Sports is to provide each person the opportunity to participate in recreational activity. These activities allow a person to relieve the everyday demands and stresses that college life brings. Students, staff, and faculty are invited and encouraged to participate in any of the recreational sports Liberty University offers.

## **Assumption of Risk**

Liberty University, Campus Recreation, and Intramural Sports assumes no responsibility for damage to property, bodily injury, or even death received by any person during participation or involvement in any intramural sport or activity. Participants are reminded that their involvement is totally voluntary, and they are responsible for their own well being. It is, therefore, highly recommended that all participants attain sufficient medical insurance prior to participation. Any student unsure of his or her physical condition should check with their family physician or Light Medical before participating in Intramural Sports. Intramural sports supervisors and staff will respond to injuries and call LUPD when necessary but **will not** treat injuries. Any player who is injured while participating in Intramural Sports must notify the Site Supervisor of their injury before he or she leaves the playing facility or venue.

## **Blood Policy**

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

## **Fees**

The fee for any team to play in a regular season sport is \$50. The fee for all tournaments is \$30 and individual sports are \$5. Registration fees must be paid by the scheduled deadline. Deadlines are announced online at [www.liberty.edu/ims](http://www.liberty.edu/ims), the Splash page, posted on fliers located throughout campus, and they are posted on the Intramural Sports bulletin board located in the LaHaye Student Union and outside the Tilley Student Center. Any team who does not pay their registration fee by the scheduled deadline, can still register their team but will be charged a late fee of \$5.00 per business day in order to register. This will go until the first day of scheduled games at which that point all opportunity to pay your registration will be forfeited.

## **Eligibility**

The Intramural Sports program here at Liberty University provides the opportunity for students who cannot, or choose not to participate in NCAA sports, to compete at a lower level of competition. An equal level of competition must be obtained, and in order to reach that level of equality the following are ineligible to compete in the Intramural Sports program:

- Anyone who has played a sport for Liberty University, or any other University, cannot play that same sport or similar sport in the Intramural program for one calendar year.
- Athletes who have been red-shirted (in the same sport or similar sport)

- Athletes who have been classified as Prop 48's (in the same sport or similar sport)
- Athletes who are academically ineligible (in the same sport or similar sport)
- Club Team members (in that same sport or similar sport)
- Professional athletes (in that same sport or similar sport or similar sport)
- Alumni of the university (unless considered Faculty/Staff or taking post graduate classes)
- Practice players will be decided upon by the discretion of the Campus Recreation Director.
- Any other association decided upon by the Campus Recreation Director or Associate Intramural Sports Director

In an effort to allow Faculty/Staff members, Graduate students, and Law School students to interact with Undergraduate students, they will be eligible to participate in the Intramural Sports program under the following conditions:

- If participation requires an open or more competitive division, any team with Faculty/Staff or Graduate students must participate in the open or top division.
- Set an example for the students. You are out there to fellowship, not just to win.
- Faculty/Staff, Graduate, and Law students will be held to a higher standard than that of undergraduate students. There are no exceptions to the rules because you are not an undergrad student. Any actions not fit for the program will result in that member losing his/her privilege of participating in the Intramural Sports program.

Any team caught with ineligible players will forfeit every game that the ineligible player participates in. They will also be subject to a fine.

### **Showing ID's**

All participants are required to have a Liberty University ID card in order to participate in Intramural Sports. The Intramural Sports program wants to provide the best opportunity for our students to participate. Players who are ineligible to participate put the program, the University, and the players at risk. Ineligible players also take away the opportunity for an eligible player to participate.

Before each game players must show their Liberty University ID card in order to sign in. Players will not be allowed to play in that game unless they sign in and they must show their ID card in order to sign in. Players who arrive late to a game must also sign in at the table by showing their Liberty ID before they will be allowed to play. There will be a table set up at each venue where players must sign in before they play.

### **Entry Procedures**

Liberty University Intramural Sports program uses an online system where players can register to participate in Intramural Sports. Students can register under their team name (Captains must create a team first online and then provide their password to their teammates) or if they do not have a team they can register on a Public Team (Password is not required). Signing up on a Public Team does not guarantee you a spot on that team. We will try to combine all players who sign up under a Public Team together or if there is not enough we will try and place you on a team in need of players. Players can only sign up under a team name after they have permission from that team's captain and have been provided the password for that team. Captains have the final say on who will be included on their final roster. Players who do not have a team to sign up under are encouraged to sign up under a Public Team.

Before players can sign up for their team, captains must create a team online for their players to sign up under. These are the steps a captain must use to create their team:

- Go to [www.liberty.edu/ims](http://www.liberty.edu/ims) and Click on Sign Up
- Click on Register a New Team (For individual sports please click on Register for Individual Sports)
- Fill out New Team Registration information: Choose Sport, Create Team Name and Password

- Provide Emergency Contact information
- Check that you have read and agree to the Terms and Conditions
- Click the Pay Now button or Save and Pay Later
- Your team members may sign up now under your Team Name using your team password provided by you.
- Your team schedule will be posted online at [www.liberty.edu/ims](http://www.liberty.edu/ims).

Once a captain has created a Team Name and has provided the Team Password to you, you may now Join a Private Team. Here are the steps to follow:

- Go to [www.liberty.edu/ims](http://www.liberty.edu/ims) and click on Sign Up.
- Click on Join Private Team
- Choose the sport you are signing up for and the Team Name you are signing up under. Enter password.
- Provide Emergency Contact information
- Check that you have read and agree to the Terms and Conditions
- Click the Sign Up Button
- Your team schedule will be posted online at [www.liberty.edu/ims](http://www.liberty.edu/ims).

If you do not have a team to sign up under please join a Public team. The steps to follow are the same as joining a Private Team except that you are joining a Public Team instead of Private.

### **Captain's/Free Agent's Meetings**

After each registration deadline a Captain's/Free Agent meeting will be held for each sport. Each captain or a representative from each team is expected to be there to receive information regarding the upcoming season. It is the captain's responsibility to give this information back to their team. Failure to attend this meeting could result in a loss of registration for your team.

Players who do not have a team to play for or cannot find a team to play for are considered free agents. Free Agents are encouraged to attend the Captain/Free Agent meeting in order to help them be placed on a team. Some teams might still be looking for players and have open roster spots so they would be able to sign free agents right there at the meeting. The Intramural Sports program can also put all the free agents on their own team right at the meeting. Intramural Sports will make every effort we can to provide you with the opportunity to get on a team but we cannot guarantee everyone a team or "playing time."

### **Captain's Responsibilities**

Each team competing in Intramural Sports here at Liberty University must have one person designated as the team captain. The captain will act as the official contact between their team and the Intramural Sports Department. Below is a list of the responsibilities a captain must assume:

- 1) Responsible for organizing their team of responsible individuals for competition prior to registering online.
- 2) Responsible for registering your team online following the entry procedures given in the handbook.
- 3) Responsible for attending all captain's meetings or tournament drawings to receive the proper information given by Intramural Sports.
- 4) Responsible for notifying players of scheduled game dates, times, and places to avoid forfeits.

- 5) Responsible for being familiar with the Intramural Handbook and familiar with rules associated with their sport in order to relay this information to their players.
- 6) Responsible for making sure players check in before each game as well as signing the score sheet after each game.
- 7) Responsible for making sure each player represents their team in a positive manner. This includes sportsmanship on and off the field or court and making sure players participate in the group prayer before and after each game.
- 8) Responsible for checking results posted online or on IMS bulletin boards for any discrepancies.
- 9) Responsible for submitting all protests when necessary.
- 10) Responsible for communicating to the Intramural Sports office all questions, problems, or ideas.

### **Team Rosters**

Each team is allowed to place a set amount of people on their roster for substitution purposes. Rosters are closed after the first regular season game has been played by that team. A player must play in at least one regular season game to be eligible for the Playoffs.

A roster for each team with all registered players will be available at the sign in table before each game. The team captain must make sure their roster is correct before their first game because after that game the roster we have will be set. Captains can let us know what changes need to be made prior to that first game.

Below is a list of the maximum number of roster spots available for each sport:

<u><b>Seasonal Sports</b></u>	<u><b>Roster Size</b></u>
Basketball	10
Broomball	14
Coed Volleyball	12
Flag Football	14
Indoor Flag Football (4 v 4)	8
Indoor Soccer	12
Outdoor Soccer	18
Softball	16
Ultimate Frisbee	14

<u><b>Tournaments</b></u>	<u><b>Roster Size</b></u>
Beach Volleyball	6
Dodge ball	10

Teams competing for the overall Campus championship, or **Founder's Cup**, are allowed up to 20 participants on their overall roster. Captains must choose which of those 20 players will be eligible to compete for each individual sport according to the above roster limits. Any roster additions can be added prior to the first scheduled game by your team. That player may sign up online under their team name. After the team's first game any roster additions must be approved through the Intramural Sports office. The only reason a roster addition will be approved will be if a current player is injured and cannot play the rest of the season. The only way a player can be removed or dropped from the roster is by the team captain going through the Intramural Sports office.

## Scheduling

All scheduling for Intramural Sports is posted online. You can access your schedule by going to [www.liberty.edu/ims](http://www.liberty.edu/ims). Most games are scheduled Monday-Thursday from 4:00 p.m. - Curfew. Nevertheless due to a large number of teams that can be registered, times and dates of games may be changed (to include Friday and Saturday) to allow more teams to play. Certain sports that are held as 2 day tournaments are usually held on a Friday and Saturday. Make-up and playoff games may be scheduled during any day of the week. There will be no games played on Sundays. There are no guarantees as to how many times you will play per week. This will depend on the number of teams registered and the availability of facilities. ***Starting Spring 2010 there will be no more schedule requests for teams that sign up. The new scheduling software that is being used does not offer a way to schedule games (taking requests) at this time. Due to the large amount of teams that we have sign up it has become too difficult to schedule games according to everyone's requests. There are only so many times and days that we available for our facilities so we have to use what we can. Thanks for your understanding.***

## Rescheduling

All rescheduling will be done by the Associate Intramural Director. In the event of inclement weather all games that are not played will be rescheduled at a later date. As stated earlier Fridays are usually reserved for make-up games. It is important to check your schedule online the day after a game is postponed. In the event a game is not able to be made up on that Friday the game will be rescheduled at a later date. Once the game is rescheduled each team captain will be notified via e-mail. It is not a guarantee that games will be rescheduled at a team's request. The entire league schedule is done at the beginning of the semester so it is very difficult for us to reschedule games without it affecting each team in the league.

## Postponements and Cancellations

Some Intramural games may be postponed or cancelled due to inclement weather, unsafe playing conditions, or unforeseeable scheduling emergencies. We will do everything in our power to play a scheduled game and avoid cancellations. We will try to reschedule all postponed or cancelled games. Some games might not be able to be rescheduled due to time and facility limitations. We will notify teams of cancellations and postponements through the Splash Page, Intramural Website, and through e-mailing team captains.

## Inclement Weather Policy

The Campus Recreation Director or Associate Intramural Director will make decisions regarding inclement weather. A decision will be made if possible by 1:00 p.m. and posted on the Splash page or Intramural Website. Teams will also be notified by email as soon as a decision is made. If inclement weather occurs during Intramural play then the situations below will go into effect:

### Flag Football & Soccer

All games stopped in the first 10 minutes of the first half will be restarted. Games stopped after the 10 minute mark of the first half and before the 10 minute mark of the second half will be completed from the point of interruption with the score as is. After the 10 minute mark of the second half all games will be ruled official contests.

## Softball

If a game is stopped and has been played through 3 ½ innings (with the home team winning), or the 4<sup>th</sup> inning (the visiting team winning), it is considered an official game. If a game is stopped and has been played past the 4<sup>th</sup> inning, the score will stand as it was in the last complete inning. (Example: rain in the middle of the 6<sup>th</sup> inning, score reverts to the end of the 5<sup>th</sup> inning.) Any game stopped prior to these scenarios will be restarted.

## **Tournament and League Play**

The number of teams registered as well as facility availability and time restrictions will determine the kind of league play and tournament that will be used. All playoffs will be single elimination. Weekend tournaments will usually consist of pool play preceding a single elimination type set-up. No team regardless of their won-loss record is assured to make the playoffs (see below). We try to allow all teams to compete in the Playoffs. The final decision as to who makes the playoffs is made by the Campus Recreation Director, Associate Intramural Director, and Sport Supervisor.

**All teams that have an average Sportsmanship rating below 3.0 will not make the playoffs despite their won-loss record.** In the event of league or division ties at the end of regular season play, the following measures will be used to determine a team's seeding in the playoffs:

- Teams with a forfeit will be given the lowest priority.
- Head to Head competition (Winner will be given higher seed)
- Division won-loss record (if applicable)
- Point, Goal, or Run differential. (The total number of points given up will be subtracted from the number of points scored during the year. The team with the highest point differential will be given the higher seed.)
- Coin toss (by Intramural Supervisor)

Some seasonal sports could consist of one or two preseason games before league play would start. All seasonal sports will have some type of playoff tournament.

\*\*\*Winning a season Championship or tournament does not automatically place a team in a NIRSA tournament or any other National Intramural tournament. The final decision for participation in a Regional or National tournament is left to the Campus Recreation Director. For more information regarding the travel qualifications to participate in a Regional or National tournament please click on the following link. ([LU IMS Travel Policies](#))

## **Results and Records**

All official won-loss records, participation records, sportsmanship ratings, and standings are maintained in the Intramural Sports office. Unofficial records will be posted online on the League websites and on the IMS bulletin boards located in the LaHaye Student Union. Captains should check records and standings periodically and notify the IMS office of any discrepancies.

## **Forfeit Policy**

Teams and individuals who fail to show up for their games deprive themselves and other participants the opportunity to participate in Intramural Sports. Officials are scheduled to work at that time and are still paid to be out there even during a forfeit. Due to this circumstance all forfeits without notification before 1:00 pm that day will result in a team being fined \$5. This fine must be paid before that team is allowed to play any more of their scheduled games. If they miss another game because of an unpaid fine, they will be assessed another \$5 fine. If those fines are not paid by the next scheduled game, then that team could be dropped from the schedule.

Three forfeits regardless of whether or not their fines have been paid could eliminate a team from participating in the playoffs. No forfeited games will be rescheduled. All Intramural Sports Supervisors have the authority to declare a game forfeited when:

- A team has not checked in by game time.
- A team does not have the minimum number of players to play at the scheduled starting time.
- An ineligible player is used in any game.
- A team or individual displays flagrant misconduct, is involved in a fight, or leaves the field or court prior to the completion of the game.

**Game Time is forfeit time!** All games will be forfeited by the team that is short players at the scheduled game time. If both teams are short players, it will be a double forfeit, and both teams will be given a loss, as well as a fine for forfeiture of a game.

### **Default Policy**

In order to avoid a forfeit and having to pay a \$5 fine teams will be given the opportunity to request a default for any game they will not be able to attend. In order to request a default, the team captain must notify the Intramural Sports office before 1:00 pm the day of the scheduled game. A default is recorded as a loss in the standings but is not considered a forfeit and the team is not charged a \$5 fine.

### **Player and Team Fines**

Fines may be assessed by the Intramural Sports Supervisor or upon review by the Campus Recreation Director or Associate Intramural Director. Fines can be given for disregard of rules, disrespect to officials, or disregard for opposing teams and players. Fines can be given to a team as a whole or to an individual. Fines are generally \$5.00, unless otherwise stated by the Campus Recreation Director, Associate Intramural Director, or Sport Supervisor.

\*\*\*Referees do not set fine amounts, so any questions concerning fines should be brought to the Sport Supervisor first, then to the Associate Director of Intramural Sports and then to the Campus Recreation Director if there still is a question.

Any player who is ejected from a game will automatically receive a fine. An ejection results in that player sitting out the remainder of that game as well as his or her team's next game. That player is also not eligible to play again until his fine has been paid. Depending on the severity of the action further discipline may be necessary. The Campus Recreation Director, Associate Intramural Director, and Sport Supervisor reserve the right to administer any discipline that they deem necessary. The amounts and/or lengths of fines and suspensions will be set according to their discretion. Any player ejected twice in a semester will be suspended from playing Intramural Sports for one year.

A team will be assessed a \$5 fine for forfeiture of any game as mentioned earlier. A team may also be assessed a \$5 fine for misrepresentation of roster information. This includes, but is not limited to:

- Participation in a game by someone who is not on your roster.
- A player playing for two different teams in the same sport. The team at fault as decided by the Intramural Sports Supervisor is responsible for paying the fine. A personal fine as well as a possible suspension will be handed out to the individual offender.
- Registration of a player who is ineligible to participate in the Intramural Sports program.

Any team caught with ineligible players will forfeit every game that the ineligible player participates.

### **Championship Awards**

The winner of each seasonal playoff tournament or 2-day tournament will get Intramural Sports Championship T-shirts for their accomplishments. The team captain must come up to the office and collect the Champion t-shirts for their team. The number of t-shirts handed out will be according to the sports' roster limit. All League Sport Champions will also have their team name engraved on their sport's cup which will be placed in the LaHaye Student Union. The overall Campus Champion will have their name placed on the Founder's Cup which is located in the lobby of the LaHaye Student Union.

### **All Campus Championship (Founder's Cup)**

#### **Description:**

The goal of Intramural Sports at Liberty University is to provide each person the opportunity to participate in recreational activity. These activities allow a person to relieve the everyday demands and stresses that college life brings. In order to encourage more students, faculty/staff, and other university organizations to participate, the Intramural Sports Departments has created a point system that gives teams the chance to be crowned All-Campus Champions at the end of each academic year. This point system provides another incentive for individuals and groups to participate in the different activities and sports Liberty University Intramurals offers.

#### **General Guidelines:**

All-Campus Championship points will be awarded for both League and Tournament sports in the Fall and Spring semesters of an academic year. ***Teams and organizations must use the same team name for all activities registered for in order to earn points toward the All-Campus Championship.*** Each team may consist of up to 20 players. Only those players on the roster may compete for that team in the All-Campus Championship. A person may participate on only one Intramural All-Campus Championship team. All-Campus Championship points will be awarded in 3 different categories: participation, sportsmanship, and competition. An All-Campus Champion will be awarded for both Men and Women, assuming there are at least 3 teams competing. Points earned in co-recreational leagues will be given to both the men's team and women's team.

When you register your team for one of our fall sports you may indicate that you will be competing for the All-Campus championship. Once a participant plays on a team they are a member of that team. They may not participate on another Intramural All-Campus Championship Points Team.

The All-Campus Champion for both men and women will have their team name engraved on the Founder's Cup and will be displayed in the Intramural Sports trophy case in the entrance of the LaHaye Student Union.

### **All Campus Point System**

#### **Participation Points:**

**Season Sports (Basketball, Broomball, Coed Volleyball, Flag Football, Indoor Soccer, Outdoor Soccer, and Softball)**

Registering & Submitting Payment for a Team (team must finish the season)	50 pts
Attending Captain's Meeting (one player per team)	15 pts
Forfeiting a Game	-15 pts
Player Ejection	-10 pts
No Defaults or Forfeits	20 pts

**Tournament Sports (Beach V-ball, Dodgeball, Flag Football, Softball, Ultimate Frisbee)**

Registering & Submitting Payment for a Team	25 pts
Attending Captain's Meeting (if held)	10 pts
Forfeiting a Game	-10 pts
Player Ejection	-5 pts

**Individual/Dual Sports (3Pt Shootout, Slam Dunk, Video Game, Tennis, Fantasy Football, Billiards, Table Tennis,)**

Registering & Submitting Payment for a Team	10 pts
Attending Captain's Meeting (if held)	5 pts
Forfeiting a Game	-5 pts

**Sportsmanship Points:**

Teams will receive the same amount of Championship points as their sportsmanship score for each game played. Each team's sportsmanship score will be based on the scale below:

5 – Excellent – No complaining to officials. Team was in total cooperation with IMS staff.  
4 – Good –Minor questioning of an official's judgment. No unsportsmanlike incidents or ejections.

3 – Average – Some questioning of an official's judgment. One unsportsmanlike incident or ejection

2 – Poor – Constant questioning of an official. Two or more unsportsmanlike incidents or ejections

1 – Unacceptable – Completely uncooperative with IMS staff.

0 – Dismissal – Team should be dismissed from league.

**Sportsmanship Bonuses**

Perfect team sportsmanship (score of 5 for every game played)	100 pts
Average sportsmanship score of 4.5-4.9	80 pts
Average sportsmanship score of 4.0-4.4	60 pts
Average sportsmanship score of 3.5-3.9	40 pts
Average sportsmanship score of 3.0-3.4	20 pts

**Competition Points:**

**Season Sports (Basketball, Coed Volleyball, Flag Football, Soccer, Softball)**

Regular Season		Playoffs	
1 <sup>st</sup> place	100 pts	1 <sup>st</sup> place	75 pts

2 <sup>nd</sup> place	90 pts	2 <sup>nd</sup> place	65 pts
3 <sup>rd</sup> place	80 pts	3 <sup>rd</sup> place	55 pts
4 <sup>th</sup> place	70 pts	4 <sup>th</sup> place	45 pts
5 <sup>th</sup> place	60 pts	5 <sup>th</sup> place	35 pts
6 <sup>th</sup> place	50 pts	6 <sup>th</sup> place	25 pts
7 <sup>th</sup> place	40 pts	7 <sup>th</sup> place	15 pts
8 <sup>th</sup> place	30 pts	8 <sup>th</sup> place	5 pts
9 <sup>th</sup> place	20 pts		
10 <sup>th</sup> place	10 pts		
11 <sup>th</sup> -20 <sup>th</sup> place	5 pts		

\*\*\*Teams must have >.500 record to be awarded competition points.

\*\*\*Recreational divisions will use a system based on a 50 point scale.

#### **Tournament & Individual/Dual Sports:**

1st place	75 pts	5 <sup>th</sup> place	35 pts
2 <sup>nd</sup> place	65 pts	6 <sup>th</sup> place	25 pts
3 <sup>rd</sup> place	55 pts	7 <sup>th</sup> place	15 pts
4 <sup>th</sup> place	45 pts	8 <sup>th</sup> place	5 pts

#### **Protest Policy**

All rule interpretation protests must be given by the team captain/manager at the time the situation occurs. Rule interpretation protests will be settled at that time by the Sports Supervisor. Should the team captain believe that the decision was rendered in error, only he/she has the right to notify the officials and supervisor that the team wishes to play the game under protest. A written protest along with a \$10 protest fee must be submitted to the Associate Director of IMS no later than 1:00 p.m. the day following the game. A ruling will be made by the Associate Director of I or the Campus Recreation Director. A matter involving an official's judgment is not subject to protest. Player eligibility protests must also be made in writing along with a \$10 protest fee to the Associate Director of IMS. A protest regarding the eligibility of players must be made before either team plays its next scheduled game. Participants found ineligible will be penalized according to the policies in this handbook.

#### **Code of Conduct**

The purpose of this code is to insure safe and enjoyable recreational participation while encouraging individuals to exercise good sportsmanship. Any person, who commits, attempts to commit, incites or aids others in committing any of the following acts of misconduct shall be subject to disciplinary procedures. **(Clarification: Captains are responsible for the conduct of their players and are responsible to the same disciplinary actions as their players.)**

- A. Physical conduct in a threatening manner towards officials, timers, scorers, supervisors and players will result in a one game suspension and a fine. Players may be withheld from further games at the discretion of the Campus Recreation Director, Associate Director of Intramurals, and Sport Supervisor.
- B. Threatening behavior (verbal or physical intimidation toward an official or player) will result in a warning. The second offense will result in a one game suspension. The

official and the supervisor reserve the right to skip any warnings and give an immediate suspension for any action they deem worthy.

- C. Verbal abuse, including derogatory language, of an IMS staff member or a player will result in an immediate ejection and a one game suspension. Repeated violation of this by any individual will result in expulsion from the league.
- D. Ejection from any game will result in a minimum of a one game suspension. Anyone ejected must leave the facility immediately. Lengths of all suspensions are decided by the Campus Recreation Director, Associate Director of Intramurals, and Sport Supervisor.
- E. More than one ejection per semester in any sport will result in suspension from **all** IMS activities for one calendar year.
- F. The code of conduct as described in the **Liberty Way** is in effect at all times. Reprimands can and will be given out for all **Liberty Way** violations that occur at an IMS event. This includes players, coaches, and fans.

### **SPORTSMANSHIP**

1. The mission of Intramural Sports is to provide a recreational environment for the University community which is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of the intramural program.
2. The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the Intramural Sports league and playoff seasons. Behavior before, during, and after an intramural sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.
3. A team is responsible for the actions of the individual team members and spectators related to it. Additionally, Liberty University Intramural Sports does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc.) Furthermore, the team captain's efforts in assisting officials/staff to calm difficult situations and to restrain troubled teammates are necessary to controlling team conduct.
4. Sportsmanship is vital to the conduct of every Intramural contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize or eject players or teams for poor sportsmanship. These decisions are final. The Intramural Sports Directors will rule on further penalties as a result of unsportsmanlike conduct.
5. Each participant should choose his or her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the Intramural Sports staff against that team for violation of the Intramural rules and sportsmanship guidelines. Protest or appeals of sportsmanship ratings will not be recognized. The Intramural Sports administrative staff reserves the right to review any rating given to a team.

## **Team Sportsmanship Rating System**

Good sportsmanship is a necessity, not a choice, for involvement in Intramural Sports here at Liberty University. Bad attitudes, constant complaining, or abusive language toward officials, supervisors, players, fans, or any other IMS staff, and exploitation of the rules are not a part of the game as some people might think. Therefore in order to make certain each team portrays quality sportsmanship; the Team Sportsmanship Rating System has been implemented.

Each team will receive a "team sportsmanship rating" at the end of every game given by the game officials. Obviously a player or coach's behavior or attitude will greatly affect the team's sportsmanship rating. A team must maintain an average of 3.0 during the regular season in order to be eligible for the playoffs. Each team must maintain a rating of 3.0 for each game of the playoffs in order to advance despite the outcome of the game. Note: If the winning team is removed from the playoffs for a sportsmanship rating below 3.0, no team will advance in the tournament. The loser of the game will not move on.

Below is a copy of the scale each official will use in order to evaluate each team on their sportsmanship. A rating scale of 0-5 will be used for each team.

- 5= Excellent- No complaining to officials. Total cooperation with IMS staff
- 4= Good- Little complaining or minor questioning of an official's judgment. No unsportsmanlike incidents or ejections
- 3= Average- Some complaining or questioning an official's judgment. One unsportsmanlike incident or ejection
- 2= Poor- Constant complaining or questioning an official. Two or more unsportsmanlike incidents or ejections
- 1= Unacceptable- Completely uncooperative with IMS staff.
- 0= Dismissal- Problems requiring a team's dismissal from league.

## **Official's Ratings System**

In order to help keep our officials accountable and to help them do the best possible service for the students we will give each team's captain the opportunity to rate the officials after each game. It is important for the captain to honestly evaluate each official in order to improve our service to you.

Below is a copy of the scale each team captain will use in order to evaluate each official. A rating scale of 0-5 will be used to evaluate each official.

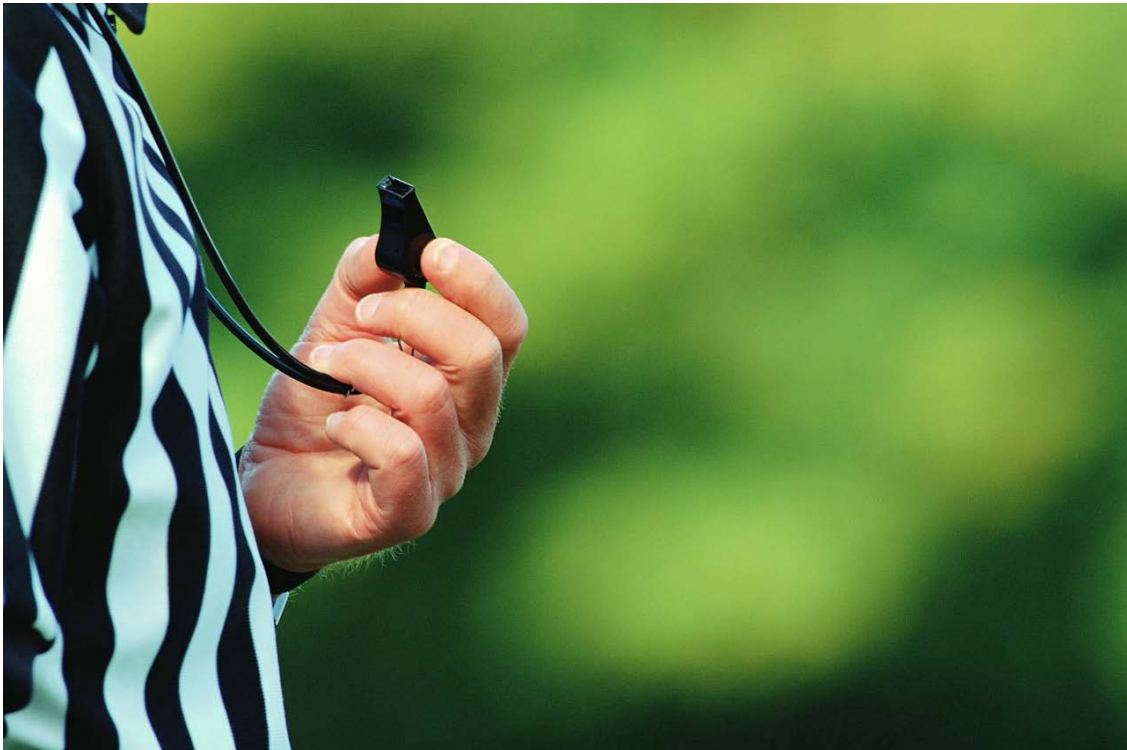
- 5= Excellent game control. Demonstrated thorough rule knowledge and showed excellent professionalism and effort
- 4= Good game control. Demonstrated acceptable rule knowledge and showed good professionalism and effort
- 3= Adequate game control. Demonstrated adequate rule knowledge and showed reasonable professionalism and effort
- 2= Poor game control. Demonstrated inadequate rule knowledge and showed a lack of professionalism and effort
- 1= Unacceptable game control. Displayed improper rule knowledge and showed unacceptable professionalism and effort
- 0= No game control. No rule knowledge. No professionalism and effort.

### **National Intramural-Recreational Sports Association (NIRSA)**

The National Intramural-Recreational Sports Association has a rich history as the pioneer of organized recreation, primarily for colleges and universities. NIRSA was founded in 1950 in New Orleans by 20 African-American men and women intramural directors from 11 colleges. Today, NIRSA is a non-profit membership organization serving a network of more than 4,000 highly trained professionals, students, and Associate Members in the recreational sports field throughout the United States, Canada, and other countries. It is the leading organization in many areas: training and professional development, intramural sports, sport clubs, recreation facilities, fitness programming, outdoor recreation, wellness programs, informal recreation and aquatic programs. Of NIRSA's 740 Institutional members, 94% come from college and university recreational sport programs. Liberty University has been an Institutional member of NIRSA for the past seven years. Most of our sport rules and regulations are through NIRSA.

LIBERTY UNIVERSITY  
CAMPUS RECREATION

Intramural Sports



# SPORT RULES

### **3-point Competition Rules**

1. Participants must be in athletic wear and on the roster of an IMS team (athletic shoes only, no boots, no jeans/dress slacks).
2. Preliminary rounds will be held during Intramural play on Monday and Tuesday evening the week of the contest.
3. The top 8 contestants after preliminary rounds will compete in the actual contest.
4. Participants will have 1 minute to complete all of the racks.
5. Each rack will have 5 balls. The first 4 balls being worth 1 point and the final ball being worth 2 points (Money ball). The Money Ball cannot be shot unless the whole rack has been emptied.
6. Participant can choose which corner to start from, but cannot start from the top of the key or either wing.
7. Participants feet cannot be on the line when he/she attempts shot. Spotter will notify shooter and official scorer if infraction occurs.
8. The top 4 Participants with the highest score advance (if there is a tie, the tie break will go to the participant that made the most Money Balls, if tie still persists there will be a 1 minute shoot-out where same rules apply).
9. The semifinal round will follow the same rules as above with the top two advancing to the Championship Round.
10. Championship Round will have same rules and highest score is the Champion.

### **Slam Dunk Competition Rules**

1. In the first round of competition, participants will be given two separate chances to dunk.
2. Each Participant will be given one minute to complete a dunk. As soon as the first dunk is completed, the dunk will be scored by our judges on a scale of 1-10. The participant will have a second dunk in the first round after all the other participants have attempted their dunks. The two scores will be averaged.
3. The top three will advance to the final round "Dunk Off." If there is a tie both participants will advance. Same rules apply in Dunk Off as in earlier rounds.
4. Judges will be chosen by the Campus Recreation Director, the Associate Director of Intramural Sports, and the Sport Supervisor.

## **Intramural 4 on 4 Flag Football Rules**

*All rules and regulations are derived from the 2007-2008 NIRSA Flag & Touch Football Rule Book. Modifications have been made to fit the LU Intramural 4 on 4 program.*

### **1. Team Requirements**

- a. A team shall consist of four players. A team must have at least three players to start, and must maintain three players to continue. The game will be considered a forfeit if there are less than 3 players.
- b. The field will be approximately 56 yards long and approximately 25 yards wide with two 23 yard zones and two 5 yard end zones. There will be a first down at midfield.

### **2. Equipment**

- a. No excess equipment (i.e. pads, helmets, etc.) All protective medical equipment (tape, braces, etc.) must be approved by head official.
- b. Running shoes or shoes made specifically for indoor soccer are the only footwear acceptable. There will be no cleats of any kind allowed on the field.
- c. Shirts or jerseys must be long enough to be tucked in or short enough to be a minimum of four inches above the belt.
- d. No belt loops or pockets are allowed on pants or shorts. Pants or shorts must be a different color than the flags.
- e. You can bring your own ball to use otherwise one will be provided for you. Ball must be approved by head official.
- f. Players may wear a stocking cap (no billed caps) or headband. No bandanas.
- g. No jewelry of any kind may be worn (including wedding bands).

### **3. Game Timing**

- a. Games will consist of two 12 minute halves with a two minute halftime. Timing will be continuous for the first 11 minutes of each half. Only team and official timeouts can stop the clock. Each team will be notified at the one minute mark by the official and the clock will stop for the following reasons:
  1. Incomplete pass – clock restarts on the snap
  2. Out of bounds – clock restarts on the snap
  3. Penalties – clock restarts depending on the previous play
  4. Score – clock restarts on opponent's next snap from scrimmage
  5. Timeouts – clock restarts on the snap
  6. First Downs – clock restarts depending on the previous play
  7. Change of possession – clock restarts on the snap

- b. Two timeouts per game will be permitted for each team.
- c. Once the official whistles the ball ready for play, the offense will have 20 seconds to snap the ball.

#### 4. Scoring

- a. Touchdowns will be worth 6 points. A PAT try from 5 yards out is worth 1 point while one from 10 yards out is worth 2 points.
- b. The defensive team may return a PAT for two points regardless of whether it was a try for 1 or 2 points.

#### 5. Game Rules

- a. The game will start from scrimmage on a team's own 5 yard line.
- b. Teams will have 4 downs to advance to the mid-field stripe for a first down or to the end zone for the touchdown.
- c. The ball must be snapped in one continuous motion, not necessarily between the center's legs. A snap can be taken directly from under the center or from the shotgun position.
- d. The ball is put into play at the five yard line after a score.
- e. A team scoring a safety will receive two points and the ball on its own 5 yard line.
- f. There will be no punts. If the offense fails to convert on 4th down, the ball will be placed on the defense's own 5 yard line with a change of possession.
- g. The defensive rushers will line up 7 yards from the ball or marker, even if the offensive team is less than two yards away from the end zone or the zone line to gain. The remainder of the defense may play the line of scrimmage. *Penalty: Illegal rush, 3 yards, repeat the down.*
- h. The ball must be snapped from the spot designated by the ball marker.
- i. The quarterback CANNOT run the ball. The ball must be handed off or lateraled for the offensive team to run the ball past the line of scrimmage.
- j. Only one forward pass is allowed per play, no matter if it passed to a person that is behind or beyond the line of scrimmage. Once the ball is thrown forward, it must be advance by running. *Penalty: Illegal forward pass, 3 yards, loss of down.*
- k. The offensive team must have at least one player (besides center) on the line of scrimmage at the snap.
- l. Once the ball has been handed off, there is no longer a 7 yard rushing rule. Anyone lined up on the line of scrimmage can then attempt to de-flag the person with the ball.
- m. The quarterback has a 7-second clock to throw the football if he is not rushed, which the referee will count out loud. As soon as the referee says "Seven," the play is ruled dead if the ball is still in the quarterback's hands, and the offensive team loses that down and starts at the same line of scrimmage. If a rusher (that started the play 7 yards away) comes across the line of scrimmage at any time during the play, the 7-second clock is off. Also, if the QB hands the ball off, the 7-second clock is immediately stopped.

- n. There is a "No Run Zone" five yards before midfield and both end zones. When the ball is on the line of that zone, or inside of that zone, a team may not run the ball across the line of scrimmage (this includes forward passes completed behind the line of scrimmage). This prevents teams from doing power running plays for a first down or score. (One point tries after a score are considered to be in the "No Run Zone").
- o. Interceptions may be returned in a game. When the player's flag is pulled, the ball is spotted at the spot where the flags are pulled. On extra point attempts, interceptions may be returned for two points, but if the person does not run it all the way back to the other end zone, the ball will be spotted at the offensive team's 5 yard line.
- p. Only one person may be in motion when the ball is snapped. The person in motion cannot be moving towards the line of scrimmage.
- q. A player must have one foot in bounds when making a catch. All players are eligible receivers.
- r. There are no fumbles. The ball is dead where the ball hits the ground unless there is a gain in yardage which will then place the ball at the spot where the ball came loose.
- s. If a player's flag inadvertently comes off during a play, he or she must be touched with one hand between the shoulders and knees to be considered "down."

## **6. Overtime**

- a. There will be no overtime during the regular season. During the playoffs and tournaments, the overtime format will be repeated until a winner is decided. The winner of the toss shall be given the option of either offense or defense. If additional overtime periods are necessary, captains will alternate choices.
- b. Each team will be given 3 downs from the same 10 yard line to score a touchdown until the game is decided.
- c. Each team is entitled to one timeout per overtime period.

## **7. Summary of Fouls and Penalties**

- a. Loss of 3 yards
  - 1. Required equipment worn illegally
  - 2. Delay of game
  - 3. Quarterback running the ball (Loss of down, assessed from the line of scrimmage)
  - 4. False start
  - 5. Encroachment (illegal rush)
  - 6. Illegal procedure
  - 7. Illegal forward pass (3 yards from the point of the pass and the loss of down)
  - 8. Intentional grounding (3 yards from the point of the pass and the loss of down)
  - 9. Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.

b. Loss of 5 yards

1. Delaying the start of either half
2. Two or more consecutive encroachments during the same interval between downs. The initial encroachment 3 yards.
3. Illegal participation
4. Offensive pass interference (Loss of down)
5. Defensive pass interference (Automatic first down)
6. Illegally secured flag belt on touchdown (Touchdown nullified and loss of down)
7. Unsportsmanlike conduct
8. Spiking the ball or not returning the ball to the official during the dead ball
9. Attempt to steal the ball from the carrier
10. Hurdling
11. Unnecessary contact of any sort
12. Roughing the passer (Automatic first down)
13. Defensive illegal use of the hands
14. Guarding the flag belt and stiff arming
15. Illegal batting
16. Illegal flag belt removal
17. Personal foul
18. Flagrant unsportsmanlike conduct (Ejection)
19. Flagrant personal foul (Ejection)
20. Intentional tampering with the flag belt (Ejection)
21. Illegal Equipment

## **Intramural 5 on 5 Basketball Rules**

**ALL RULES ARE SUBJECT TO CHANGE AT THE DISCRETION OF THE INTRAMURAL DIRECTOR.**

Current **National Federation (High School) Basketball Rules** will govern 5-on-5 play except for the following modifications.

### **I. GENERAL ELIGIBILITY**

1. Participation is limited to currently enrolled students (Graduate and Law students included), members of the faculty and staff of Liberty University, and alumni students of Liberty University. All areas of eligibility are covered in the Intramural Handbook which is available online ([www.liberty.edu/IMS](http://www.liberty.edu/IMS)) and in the Campus Recreation Office.
2. In order to participate in an Intramural contest each player must present a current Liberty University ID.

### **II. TEAM COMPOSITION**

1. Players can compete on one, and only one, men's/women's team.
2. Each team consists of a minimum five (5) players, one of whom is captain. Only the captain may address an official on matters of interpretation or to obtain essential information if it is done in a courteous manner. All players must present their valid Liberty ID Card at the game site to sign-in to participate.
3. Four (4) players must be present for a game to begin. Players who arrive late must check in at the table and may enter the game during a dead-ball period.
4. Substitute players reporting into the game should move along the sideline of the court to the scorer's table. Substitutions are not to be made until acknowledged by one of the officials during a dead ball. Subs must wait by the scorer's table until summoned to come on the floor.
5. The benches for the players will be on opposite ends of the court. Teams shall warm up and shoot at the end of the court farthest from their own bench for the first half. All spectators must remain outside of the playing area, behind the divider wall. **NO EXCEPTIONS.**

### **III. EQUIPMENT**

1. All players must wear similar colored numbered jerseys or numbered pinnies. Pinnies are available at the court for each team. If one player does not have the team uniform on, all players will be required to wear pinnies. No numbers greater than double digits will be accepted. Taped on numbers are not allowed, must be written, painted, or sewn onto shirt.
2. Appropriate gym footwear must be worn.
3. No participants may wear caps or do-rags while playing.
4. Each team must use their own basketball for warm-up. Basketballs are available for check-out from the front desk attendant of the LaHaye Student Union. The game ball will be provided by Intramural Sports.

5. Jewelry, casts, or any items deemed dangerous by the official **MAY NOT BE WORN** during the game. This jewelry consists of any visible rings (including wedding bands), watches, necklaces, earrings, studs, bracelets, and any other such similar jewelry. Only medical alert bracelets are permitted. There will be no warnings! Any player in the game found to be wearing prohibited equipment (jewelry, etc) will be assessed a technical foul. The opposing team will shoot two free throws and be awarded the ball at midcourt for a throw-in.

#### **IV. GAME TIME & LENGTH**

1. Game time is forfeit time. A team needs at least four (4) legal players to begin the game. Any team that forfeits 3 regular season games can be ruled ineligible for the playoffs. (Protests will be heard by only the Campus Recreation Director and/or Associate Intramural Director)

2. Games are divided into two halves of 20 minutes each. The time between halves will be left to the discretion of the game officials/supervisors, but not to exceed five minutes. No shot clock will be used.

**(50 at half or 35 at 5 Mercy Rule)** If a team is leading by 50 points or more at halftime or reach that at any point of the second half; or by 35 points or more at or below the 5:00 mark of the 2nd half, the game will end.

3. Intramural basketball games will use "running time" which means the clock will not stop with one exception being "timeouts". The clock continues to run on fouls, violations, free throws, and out-of-bounds situations. After timeouts the clock will start when the ball is touched inbounds, or becomes alive on a free throw attempt (passed to the free throw shooter). The clock will stop and start as in high school basketball the last two minutes of each half. The clock continues to run after a made basket.

**(20 at 2 Clock Rule)** A running clock will be used during the final 2 minutes of both half's if a team is leading by at least 20 points.

4. Each team receives three (3) timeouts per game. All timeouts are 1 minute in length. Only the designated coach/captain or players on the court may call a timeout. Substitutes may not call timeouts.

5. Games that are tied at the end of regulation will proceed to an overtime period.

a. Overtime will last 3 minutes with the clock stopping on violations and fouls throughout the final minute of the overtime period.

b. A jump ball at center court will be used to start each overtime period. Teams will continue to shoot at the same basket as in the second half.

c. All timeouts and fouls will carry over from the second half and each overtime period. Each team receives an additional timeout for each overtime period.

#### **V. GENERAL RULES**

1. Two point field goals and three point field goals will be used.

2. A jump ball will occur only at the beginning of the game and any overtime periods. The team not gaining possession on the initial jump ball will be awarded the ball when the next held ball situation arises. The alternate possession will be used thereafter.

3. No dunking is permitted during pre-game warm-ups, at halftime, after the game, or during any other dead ball period. Dunking is permitted only during live ball game play. Hanging on the rim is prohibited at all times. Violators will be assessed a technical foul and are subject to immediate ejection.

## **VI. VIOLATIONS & THROW-INS**

1. Some violations include traveling, double dribble, carrying / palming the ball, intentionally kicking the ball with the leg, excessively elbow swinging (without contact), five-second closely guarded count in the frontcourt, ten seconds in the backcourt, three seconds in the lane, basket interference, and goaltending.
2. After any violation, the ball is awarded out of bounds for a throw-in at the spot nearest to where the violation occurred. Two or three points are also awarded on goaltending depending on the position of the shooter at the time of the shot.
3. After any called time-out, the ball is awarded out of bounds for a throw-in at the spot nearest where the ball was on the court at the time the time-out was called.
4. The throw-in count ends when the ball is released by the thrower. It is a violation if the thrower does not release the ball within 5 seconds.
5. It is a violation for any player to hit the backboard at any time. This will result in a goaltending call.

## **VII. COMMON FOULS & PENALTIES**

1. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders the opponent from performing normal offensive or defensive movements. A personal foul also includes contact by or on an airborne shooter when the ball is dead. Illegal use of the hands, holding, illegal blocking, illegal screening, pushing, and charging are examples of personal fouls. Hand checking is not permitted in intramural basketball. The penalty is a personal foul (illegal use of the hands or arms).
2. A player control foul (charging) occurs when a personal foul is committed by a player in possession of the ball or while in flight as an airborne shooter. There are no free throws for the offended team following a player control foul. Additionally, no basket will be scored when an airborne shooter is charged with a player control foul.
3. After a non-shooting foul (common foul before the bonus or any player control foul), the ball is awarded out of bounds for a throw-in at the spot nearest where the foul occurred. Simultaneous personal fouls (double fouls) against opposing players (1 against a player from each team) result in no free throws for both teams and a throw-in at midcourt for the team to be awarded the next alternating possession.
4. Fouls against the shooter will be shot throughout the game. Except in the final two minutes of the 2nd half and any overtime, the clock will not stop during free throw attempts.
  - A. An airborne shooter who is fouled by an opponent while in the air, but after the ball is released on a try, is considered to be in the act of shooting until both of the airborne shooter's feet return to the floor.
5. Bonus free throws are awarded to the offended team following common non-shooting personal fouls on and after the 7th team foul of the half. No bonus free throws are shot following a player control foul.
  - A. For 7th, 8th, and 9th team fouls committed in the half, the shooter will shoot the bonus (1-and-1).
  - B. For team fouls 10 and above, two shots will be awarded to the shooter for any common, non-player control foul.

6. During free throw attempts, a maximum of six (6) players are permitted to line up along the lane for rebounding.

A. The bottom spaces (below the block) will remain vacant at all times.

B. The defense must occupy the first space on each side above the block. Players may NOT position themselves on the block separating the lane spaces.

C. The offense has the option to occupy the next lane space on each side. In the event that the offense does not wish to occupy these lane spaces, the spaces will remain empty. The defense may NOT occupy the second space on either side.

D. The defense has the option to occupy the top lane space (closest to the shooter) on each side. In the event that the defense does not wish to occupy these lane spaces, the spaces will remain empty.

E. Thus, 2-4 members of the defense will line up along the lane while 0-2 members of the shooting team will take a lane space (not including the shooter).

F. No player, the shooter or those players lined up along the lane, may enter the lane until the free throw attempt has hit the rim. The remaining players from both teams not lined up along the lane must remain behind the free throw line extended and the three-point line until the ball hits the rim.

G. The ball becomes live when it is placed at the disposal of the free thrower.

7. During free throw attempts, all players may attempt a rebound when the ball has made contact with the rim.

#### **VIII. INTENTIONAL, FLAGRANT, & UNSPORTSMANLIKE FOULS**

1. An intentional foul at any time during the game results in two free throws and possession of the ball out-of-bounds at the spot nearest to where the foul occurred. Two free throws are awarded regardless of if a basket is scored on the play.

2. A technical foul at any time during the game results in two free throws and loss of possession. The opposing team will receive a throw-in at mid-court. Upon the 2nd technical foul charged to an offender, that same person is ejected from the game. If a player receives four technical fouls over the course of a semester, he/she will be suspended for the rest of the season immediately.

A. Simultaneous technical fouls against opposing players (1 against a player from each team) result in no free throws for both teams and a throw-in at midcourt for the team to be awarded the next alternating possession.

B. Unrelated technical fouls against opposing teams (1 against a player from each team not in the same incident) result in penalties assessed in order of occurrence with free throws shot for each foul.

3. Any profanity or degrading of the officials will result in a technical foul and immediate ejection. Anyone expelled from a game will be expected to leave the gym. Failure to comply will result in forfeiture of the game.

4. Altercations involving two or more players will result in flagrant technical fouls.

A. The offending players will be expelled from the game.

B. They must meet with the appropriate Intramural staff member before they may participate again. (The Sport Supervisor or the Associate Director of Intramural Sports)

C. Outright fighting will result in expulsion and suspension from further Intramural participation for one year and reps will be given out in accordance to the Liberty Way.

5. All unsporting and contact technical fouls count toward a player's five fouls for disqualification and toward team fouls in reaching bonus free-throw situations.

## IX. SPORTSMANSHIP

1. The mission of Intramural Sports is to provide a recreational environment for the University community which is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of the intramural program.
2. The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the intramural sports league and playoff seasons. Behavior before, during, and after an intramural sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.
3. A team is responsible for the actions of the individual team members and spectators related to it. Additionally, LU Intramural Sports does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc). Furthermore, the team captain's efforts in assisting officials/staff to calm difficult situations and to restrain troubled teammates are key to controlling team conduct.
4. Sportsmanship is vital to the conduct of every Intramural contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize or eject players or teams for poor sportsmanship. These decisions are final. The Intramural Sports Directors will rule on further penalties as a result of unsportsmanlike conduct.
5. Each participant should choose his or her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the Intramural Sports staff against that team for violation of the intramural rules and sportsmanship guidelines. Protests or appeals of sportsmanship ratings will not be recognized. The Intramural Sports administrative staff reserves the right to review any rating given to a team.
6. Additional information regarding team and participant sportsmanship including the rating method, factors, and scale is available in the Sportsmanship section of the Intramural Sports Handbook, available online [www.liberty.edu/ims](http://www.liberty.edu/ims).

**Call the IM Sports Office at 434-592-3145 or e-mail us at [intramuralsports@liberty.edu](mailto:intramuralsports@liberty.edu) if you have any questions or comments.**

## Intramural Beach Volleyball Rules

**ALL RULES ARE SUBJECT TO CHANGE AT THE DISCRETION OF THE INTRAMURAL DIRECTOR.**

Current **National Federation (High School) Volleyball Rules** will govern play except for the following modifications.

### **I. Subject:**

A. Players—4 on court at one time; Coed: 2 men & 2 women per team. A team may play with no fewer than 3 players and be short a man only.

B. Net Height—Coed: 8 feet

C. Matches—a match consists of the best 2 out of 3 eleven point games.

D. Starting Time—a match begins at designated starting times or 5 minutes after the completion of a preceding match on a court.

E. Forfeits—Game time is forfeit time.

F. Substitutions—May be made any time while ball is not in play.

G. Timeouts—Two per team per game. (One-half minute duration)

H. Conduct—Penalty or unsportsmanlike conduct:  
1. 1<sup>st</sup> offense- point or side out  
2. 2<sup>nd</sup> offense- removal from game and area

### **II. Clarification of Select Rules**

A. Ball hitting on line is in bounds.

B. Server must be behind line.

C. Teams rotate clockwise upon receiving serve.

D. Contact with ball must be a "clear" hit. No palming, lifting, pushing or carrying of the ball. Any palming or pushing of the ball will be called a lift.

E. Teams change courts and serve at end of each game.

F. Any ball hitting the net on a serve and continues over is a live ball.

G. Ball may be contacted by any part of the body above the waist. Heading or fisting the ball is permissible.

H. Ball cannot be contacted twice in succession by the same player; however, simultaneous contacts by more than one player on same team are allowed and considered as one play. Players participating in such simultaneous contact may participate in the next play.

I. Simultaneous contacts by players on opposing teams also permit players involved to participate in next play; however, if this results in ball being momentarily held it is a double fault and played over.

J. When players on opposing teams commit fouls simultaneously it is a double foul and played over.

Points are not scored on a double foul.

K. Touching the net at anytime is a foul, except when a hard driven spike forces net into a player while he/she is on his/her side of the court.

L. A player may not reach over the net while blocking or in a follow-through of a hit ball and cannot reach over net in attempt to intercept ball until opponent has completed attack. Thus, a spiked ball cannot be blocked until it has been hit.

M. A player may step on the center line but cannot touch the net. Any part of a player's body may be in the air below the net and beyond the center line if he/she does not interfere with opponents play by either touching ball or opponent.

N. Three hits maximum each side; except when ball touches blockers hand(s); (3 more hits are legal).

O. In Coed, a girl must hit the ball at least once before it goes over the net. Exception to the rule: A girl does not have to hit if the ball is hit **less** than 3 times.

### III. SPORTSMANSHIP

1. The mission of Intramural Sports is to provide a recreational environment for the University community which is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of the intramural program.

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## Intramural Billiards (8 Ball) Rules

For general rules that apply to all IMS Billiard competitions please go to [http://www.bca-pool.com/play/tournaments/rules/rls\\_gen.shtml](http://www.bca-pool.com/play/tournaments/rules/rls_gen.shtml). The following rules apply to 8-Ball games only.

### I. Object of the Game

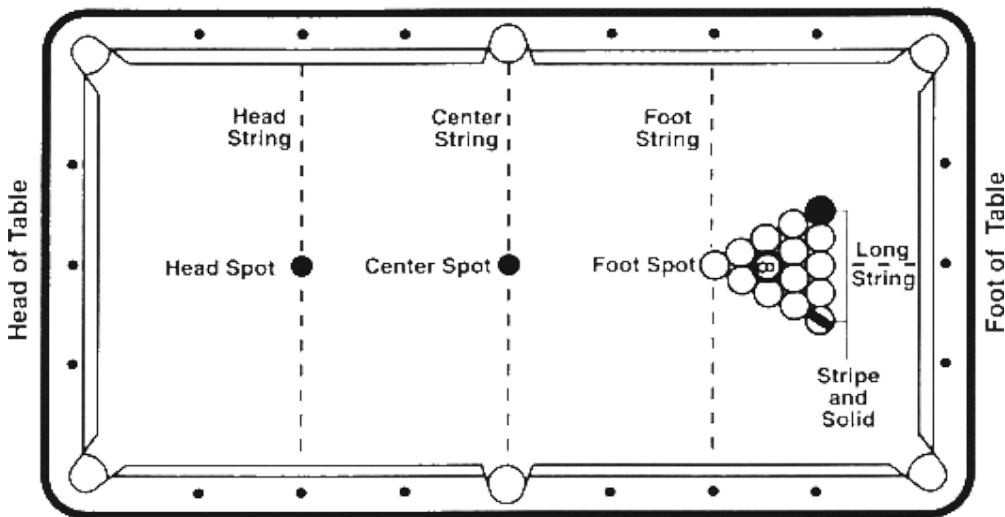
Eight ball is a call shot game played with a cue ball and 15 object balls, numbered 1 through 15. One player must pocket balls of the group numbered 1 through 7 (solid colors), while the other player has 9 through 15 (stripes). The player pocketing either group first and then legally pocketing the 8-ball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

### II. Call Shot

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

### III. Racking The Balls

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



### IV. Order Of Break

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

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

### V. Legal Break Shot

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

## **VI. Scratch On A Legal Break**

If a player scratches on a legal break shot, (1) all balls pocketed remain pocketed (exception, the 8-ball: see rule 8), (2) it is a foul, (3) the table is open. Please note: The incoming player has cue ball in hand behind the head string and may not shoot an object ball that is behind the head string, unless he first shoots the cue ball past the head string and causes the ball to come back behind the head string and hit the object ball.

## **VII. Object Balls Jumped Off Table On The Break**

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

## **VIII. 8-Ball Pocketed On The Break**

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

## **IX. Open Table**

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

## **X. Choice Of Group**

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

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

## **XI. Legal Shot**

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

## **XII. "Safety" Shot**

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

## **XIII. Scoring**

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

#### **XIV. Foul Penalty**

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

#### **XV. Combination Shots**

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

#### **XVI. Illegally Pocketed Balls**

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

#### **XVII. Object Balls Jumped Off The Table**

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

#### **XVIII. Jump and Masse Shot Foul**

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

#### **XIX. Playing The 8-Ball**

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

#### **XX. Loss Of Game**

A player loses the game by committing any of the following infractions:

- a. Fouls when pocketing the 8-ball (exception: see 8-Ball Pocketed On The Break)
- b. Pockets the 8-ball on the same stroke as the last of his group of balls.
- c. Jumps the 8-ball off the table at any time.
- d. Pockets the 8-ball in a pocket other than the one designated.
- e. Pockets the 8-ball when it is not the legal object ball.

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

## **Intramural Broomball Rules**

Broomball is a game very much like hockey. Most hockey rules apply except that the game is played with a regulation broomball stick (which is shaped like a broom) and a regulation broomball (which is a heavy plastic ball, slightly bigger than a softball). Helmets, sticks and balls will be provided by Intramural Sports. Games will be played at the LaHaye Ice Center. Players are not allowed to wear skates. Intramural Sports reserves the right to revise, or update, at any time, any rules related to intramural broomball.

### **I. Player's Equipment**

- A. Footwear: Rubber soled non-marking tennis or basketball type shoes suitable for running on ice are recommended. No spikes, cleats, heavy boots, street shoes, or similar footwear is allowed.
- B. Helmets are mandatory and will be provided by Intramural Sports.
- C. Gloves, shin pads, elbow pads, and mouth piece are optional, but recommended. Goalie pads/leggings are not allowed. Hand protection is limited to the use of mittens or gloves. Softball gloves can be used by goalies.
- D. Balls and sticks will be provided by Intramural Sports and must be used.
- E. No jewelry will be allowed.

### **II. Officials or Supervisor**

- A. The officials shall not permit any player to wear equipment which, in his/her judgment, is dangerous to other players. The supervisor will make the final decision on acceptable equipment.
- B. The supervisor shall have the power to make decisions on any points not specifically covered in the rules. The officials shall conduct the game in accordance to the rules.
- C. The officials shall penalize unsportsmanlike conduct by any player, coach, substitute, team attendant, or spectator by removing them from the game and the area.
- D. Teams consist of eight players, one being the goalie. A minimum of six players is required to start the game. In Co-Recreational play, if a team play with seven players, four must be women.
- E. Each team will designate one captain. He/she will be the only individual to discuss with the officials.
- F. The team captain will notify the officials when the team pulls their goalie, or subsequently, puts the goalie back into the game.
- G. If multiple penalties occur, a team can only play 2 people short of the number they have on ice at full strength.
- H. In a simultaneous minor penalty situation where both teams are at even strength and one team scores a goal, nobody returns to the ice. Therefore, a team cannot score and make themselves short-handed.
- I. If a team is playing two players short of full strength and a third penalty occurs, that offending team player's penalty time will not start until he/she reports to the box, and the individuals already in the box must wait for that person to report to the box before leaving the penalty box.

### **III. Timing and Scoring**

- A. Game time is forfeit time. Teams should report to the LaHaye Ice Center at least fifteen minutes prior to their scheduled game time.
- B. A coin toss at the beginning of the game will determine which goal will be defended. Broomball is played in two 15 minute periods of running time with one minute between periods, no timeouts. Teams shall switch ends at the end of the first period. The last two minutes of the second period will be stop time in all dead ball situations (i.e. violations, penalties, injuries, and when the ball leaves the playing area) if the difference in score is three goals or less.
- C. Tied games: There will be no shoot-out for tie games in the regular season. For playoff games, if the game is tied at the end of the second period, a shoot-out will take place. Five players from each team will attempt a penalty shot from the designated penalty shot line-5 yards in front of the goal line. In Co-Recreational play, shooters must be 3 of one gender, w of the other. Shooters must alternate gender when shooting. If still tied, the shoot-out procedure will continue in sudden

death fashion (i.e. one player from each team attempts a shot, and if still tied, one more from each team until the tie is broken).

#### D. Shoot-out Rules

1. Goalies can take shoot-out shots.
2. Every player on a team (both players on the ice and on the bench) must shoot before any player can shoot a second time. In Co-Recreational play, no person of the same gender may shoot a second time until each player of that gender has shot once.
3. No player in the penalty box at the end of regulation may participate in the shoot-out.
4. Shoot-out and penalty shots will be taken from 5 yards in front of the goal line with all other players behind and away from the shooter, except the goalie.
5. At the referee's instruction, the shooter may take the shot from the spot. A shoot-out or penalty shot may only be contacted once by the shooter. There are no rebounds. Shooters may not dribble the ball in toward the goal.
6. No faking of shoot-out or penalty shots. If done, either successful or unsuccessful, the goal does not count and there is no retry.
7. The backward and forward arc of the stick during the swing of his/her shot must be kept below the waist. If in violation, the shot is no good and no retry.
8. The goalie must remain in the crease until the ball is touched. The goalie may not throw his stick or glove. A goal shall be scored if he/she is in violation whether or not the shot is good.
9. If, during a penalty shot, any player on the opposing team causes a distraction or interference, a second penalty shot attempt shall be awarded (provided the first attempt was unsuccessful) and a misconduct penalty will be given.
10. If a penalty shot is awarded during the game, the following provisions apply:
  - a. If a goal is scored off a penalty shot, play will resume with a face-off at center ice.
  - b. If the penalty shot is unsuccessful, there will be a face-off at the nearest face-off circle.
  - c. The fouled player must take the penalty shot, unless he/she is physically incapable of doing so. In such a case, the captain will choose from a participating player on the ice.

#### IV. General Rules of Play

- A. **THERE IS ABSOLUTELY NO CHECKING!!!** Penalty: Ejection and 5-minute major penalty.
- B. Play begins with a face-off at center ice with players in their defensive zone. A face-off at center ice also occurs after a goal is scored and at the beginning of each period. Any face-off requires all players not facing off to be at least 6 feet from the face-off spot.
- C. The ball must be passed from player to player using the stick. **NO KICKING.** If kicked, indirect shot awarded to opponent at spot of infraction.
- D. To score, ball must be hit with the broomball stick into the goal. No goal for a ball diverted into the goal by an offensive player's foot. Entire ball must cross goal line.
- E. Players may not catch the ball. They may knock it down with their hand, but if this occurs, they must be the first to play it with their broom before it touches another team member. No hand passes.
- F. A broom may never be swung above waist height. This results in a minor violation-the ball being awarded to the opponent at the spot of the infraction for an indirect shot-or a two minute minor penalty.
- G. A ball knocked out of play will be put back in play with a face-off at the spot nearest where the ball was last touched by a player.
- H. Players must play the ball, and not the body, at all times.
  - i. After each penalty, a face-off will result at the face-off circle nearest the spot of the penalty. Face-offs will be made at the center circle when the penalty occurred in the attacking area of the player/team being penalized.

#### V. Substitution

- A. Players may substitute during live ball situations providing the following conditions:
  1. Players entering the game must wait until the player leaving the floor is completely off the ice before entering the playing area.
  2. Players leaving the ice must exit at the same place that the substitute is entering the ice.

3. Goalies must notify the referee when substituting.
  4. Players entering the ice after an expired penalty may not participate in a play until touching the center line along the sideline.
- B. Goalies
1. May use a broom.
  2. Can use their hands and may catch and/or freeze the ball as long as some part of their body is in the crease. If completely out of the crease and ball is frozen, an indirect shot is awarded to the opponent at the spot of the infraction.
  3. A goalie in possession of the ball has 5 seconds to get rid of it. Opponents must back off enough to allow the goalie to pass the ball.
  4. The goalie may not roll or throw the ball or of their own half of the ice. If this occurs, possession of the ball will be given to the opponent at center ice for an indirect shot.
  5. A goalie leaving the crease loses all goalie privileges.
  6. Goalie may not use goalie thigh/shin pads, but may wear a softball glove and dress similar to other players. A helmet/mask is required and will be provided.
  7. The goalie may be pulled or put back into goal at any time, as long as the officials have been notified.
  8. No player, offensive or defensive, except the goalie is allowed in the crease area. A goal scored by offensive player in the crease is disallowed, unless the player was pushed by a defensive player into the crease. A defensive player other than goalie stopping the ball in the crease will be penalized by awarding a penalty shot to the opponent. The goal crease is a 4 foot radius making a half-circle and extends from the center point of the goal line perpendicular from the front of the goal.
  9. Goalies will serve all penalties they receive.

**VI. Offside:** There will be no offside in broomball except during face-off situations.

**VII. Minor Violations/Indirect Shots:** The following violations will be penalized by awarding the ball to the opponent at the spot of the infraction for an indirect shot:

- A. Playing the ball with a high stick when others are not close and in a non-threatening manner.
- B. Hand passes or kicking the ball to another team member.
- C. Players other than goalie catching/freezing the ball.
- D. Goalie completely out of the crease freezes the ball.
- E. Goalie holding the ball longer than 5 seconds (ball awarded to opponent at nearest face-off spot).
- F. Goalie rolling/throwing the ball past center ice without it being touched by another player on either team (ball awarded at center ice).
- G. Offside on face-off situation.
- H. Player in the crease or breaking plane of crease with stick or body. When the offensive team breaks the rule, the official shall stop play immediately and award the indirect shot. When the defensive team violated this rule, the official will blow the whistle and award the indirect shot only when the ball has come into the possession of the defensive team. If defense stops a goal or ball in the crease, penalty shot awarded to attacking team. A goal may not be scored directly from an indirect shot. The ball must be touched first by a teammate or an opponent before going into the goal.

**VIII. Penalties** – Penalty time shall be kept by “stopped time”. Stopped time begins as soon as a penalty or violation occurs.

- A. Minor violations – indirect shot (clock does not stop).
- B. Minor penalty – penalized player removed for two (2) minutes during which time no substitute is permitted unless the penalized team is scored upon.
- C. Major penalty – penalized player removed for five (5) minutes during which time no substitute is permitted not even if the penalized team is scored upon.
- D. Misconduct penalty – penalized player is removed for ten (10) minutes during which time a substitute is permitted immediately.

- E. Game Penalty – penalized player is ejected for the remainder of the game and is fined and suspended from his/her next scheduled game.  
Note: For a second (2) major penalty to the same player in a game, the player shall be ejected from the game. He or she will be fined and suspended from their next scheduled game.
- F. After each penalty, a face-off will result at the face-off circle nearest the spot of the penalty. Face-offs will be made at the center circle when the penalty occurred in the attacking area of the player/team being penalized.

**IX. Two-Minute Minor Penalties**

- A. High sticking or brooms carried in a manner considered dangerous by the official.
- B. Too many players on ice.
- C. Deliberate delay of game. This shall include a player who deliberately or intentionally knocks or shoots the ball out of the reach of the official who is retrieving it or shoots the ball out of the playing area.
- D. Goalie who participates in a play in any manner beyond the center line.
- E. Cross-checking and pushing off with the hands.
- F. Slashing with the broom.
- G. Interference – imposed on a player who interferes with or impedes the progress of an opponent who is not in possession of the ball, who knocks a broom out of an opponent’s hand, or who prevents a player from regaining possession of a dropped stick.
- H. Holding, tripping and elbowing.
- I. Unnecessary roughness – a minor or major penalty may be imposed on any player.
- J. Slapping of brooms or any other equipment on the playing floor or in an inappropriate manner.
- K. Playing with a broken broom. Player must drop the broom to the floor immediately.
- L. Sliding into opponents (both intentional and unintentional).
- M. Removing helmet during play, including shoot-outs.

**X. Five-Minute Major Penalties**

- A. Checking and cross-checking a goalie (plus ejection).
- B. Charging
- C. Throwing broom or gloves at a ball.
- D. Boarding – shall be imposed on any player who body checks, cross checks, elbows, charges, trips, or throws an opponent into the boards or ice.

**XI. Penalties Resulting In A Penalty Shot**

- A. Defensive player other than the goalie stopping the ball in the crease or knocking the ball out of the crease with a chance of scoring.
- B. Offensive player has obvious breakaway when defensive player throws anything at the player, including the body or the broom, and makes him/her lose control.
- C. When defensive player catches up to the offensive player from behind and plays the body instead of the ball.
- D. Throwing a stick or helmet in frustration or anger.

**XII. Misconduct Penalties** – Violations which result in the penalized player receiving a ten (10) minute penalty with a substitute allowed:

- A. Verbal abuse to officials. Can result in immediate game penalty.
- B. Showing disrespect for an official. A game penalty may be levied if the player persists in disrespectful behavior.
- C. Any player who, after being warned by an official, persists in any action designed to delay the game or incite an opponent into an altercation or penalty.
- D. If, after the assessment of a misconduct penalty, a player persists in any course of conduct for which he/she has previously been assessed a misconduct penalty, a game penalty will be assessed.

**XIII. Game Penalties/Ejections** – Violations which result in the penalized player being ejected from the game:

- A. Fighting – a player shall also be ejected for joining in an altercation or fight.
- B. Deliberate roughing of an opponent – **CHECKING**

- C. Slashing, spearing, butting, or swinging stick at a player (hitting or missing).
- D. Attempt to injure an opponent.
- E. Unsportsmanlike conduct or repeated acts of abuse to officials.
- F. Player(s) using obscene gestures or language.
- G. Players leaving bench or sidelines to participate in an altercation.

**XIV. Other Policies**

- A. If fan abuse toward a team or any of the officials reaches an unacceptable level, those individuals will be ejected from the facility and a team penalty may be assessed to the team responsible for the fans.
- B. Participants should be aware that there is risk of injury in Intramural Broomball due to the inherent nature of the activities.

**XV. Sportsmanship**

A. The mission of Intramural Sports is to provide a recreational environment for the University community which is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of the intramural program.

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## **Intramural Coed Volleyball Rules**

**ALL RULES ARE SUBJECT TO CHANGE AT THE DISCRETION OF THE INTRAMURAL DIRECTOR.**

Current **National Federation (High School) Volleyball Rules** will govern play except for the following modifications.

**Subject:**

1. Players—Coed-3 men & 3 women per team on court. A team may play with no fewer than 5 players, and in coed there must be 3 women on court at all times. (If a team is short, it must be a man.)
2. Net Height—Coed: 8 feet;
3. Matches—a match consists of the best 2 out of 3 games to 25 by rally scoring. Game 3 will be to 15. \*\*\*Championship game of the playoffs will be best 3 games out of 5.
4. Forfeits—Game time is forfeit time.
5. Substitutions—May be made anytime while ball is not in play.
6. Timeouts—One per team per game. (One-half minute duration)
7. Conduct—Penalty for unsportsmanlike conduct:
  - 1<sup>st</sup> offense- point or side out
  - 2<sup>nd</sup> offense- removal from game and area

### **Clarification of Select Rules**

- A. Ball hitting on line is in bounds.
- B. Ball hitting overhead obstacle or basket support is in bounds if hit on your own team's side and if it is not the 3<sup>rd</sup> hit. However, if the ball hits the ceiling on your side on a hit and lands on the other team's court, the ball is then out.
- C. Ball hitting net on serve is a live ball.
- D. Server must be behind line.
- E. Teams rotate clockwise upon receiving serve.
- F. Contact with ball must be a "clear" hit. No palming, lifting, pushing or carrying of the ball allowed. Any palming or pushing of the ball will be called a lift.
- G. Teams change courts and serve at end of each game.
- H. Ball may be contacted by any part of the body. Use of head, fist, and feet are permissible.
- I. Ball cannot be contacted twice in succession by the same player; however, simultaneous contacts by more than one player on same team are allowed and are considered as one play. Players participating in such simultaneous contact may participate in the next play.
- J. Simultaneous contact by players on opposing teams also permit players involved to participate in next play; however, if this results in ball being momentarily held it is a double fault and played over.
- K. When players on opposing teams commit fouls simultaneously it is a double foul and played over. Points are not scored on a double foul.
- L. Touching net at anytime is a foul, except when a hard driven spike forces net into a player while he/she is on his/her side of the court. Any player that comes in contact with the net after spiking a ball, it will be whistled and called a side out.

- M. A player may reach over the net while blocking or in follow-through of a hit ball, but cannot reach over net in attempt to intercept ball until opponent has completed attack. Thus, a spiked ball cannot be blocked until it has been hit.
- N. A player may step on the center-line but not on the floor in opponents' court. Any part of a player's body may be in the air below the net and beyond center-line if he/she does not interfere with opponents play by either touching ball or opponent.
- O. Three hits maximum each side; except when ball touches blockers hand(s); (3 more hits are legal.)
- P. In Coed, a girl must hit the ball at least once before it goes over the net unless there are less than three total hits.
- Q. A player cannot attack the ball directly off the serve.
- R. A player rotating off the front row must wait three rotations before returning to the front row.

## **I. SPORTSMANSHIP**

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## Intramural Dodgeball Rules

**ALL RULES ARE SUBJECT TO CHANGE AT THE DISCRETION OF THE INTRAMURAL DIRECTOR.**

**Game Time is Forfeit Time!**

**All rules not mentioned in this packet will be governed by the Official NADA Rule Book.**

### **1. Team Requirements**

Teams will be made up of 6-10 players. Six (6) players will compete on a side; others will be available as substitutes. Substitutes may enter the game only during timeouts or in the case of injury.

### **2. The Field**

The playing field shall be a rectangle at least 50 ft long and at least 30 ft wide, divided into two (2) equal sections by a center line and attack lines 3m from, and parallel to the center line. Ideal measurements: 60' x 30' - identical to a volleyball court.

### **3. The Equipment**

The official ball used in tournament and league play will be an 8" rubber coated foam ball.

### **4. The Game**

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

- a) Hitting an opposing player with a LIVE thrown ball below the shoulders.
- b) Catching a LIVE ball thrown by your opponent before it touches the ground.

*Definition of LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc.)*

### **5. Boundaries**

During play, all players must remain within the boundary lines. Players may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end-line.

### **6. The Opening Rush**

Game begins by placing the dodge balls along the center line – three (3) on one side of the center hash and three (3) on the other. Players then take a position behind their end line. Following a signal by the official, teams may approach the center line to retrieve the balls. This signal officially starts the contest. Teams may only retrieve the three (3) balls to their right of the center hash. Once a ball is retrieved it must be taken back behind the attack line before it can be legally thrown.

## **7. Timing and Winning a Game**

The first team to legally eliminate all opposing players will be declared the winner. A 10 minute time limit has been established for each contest. If neither team has been eliminated at the end of 10 minutes, the team with the greater number of players remaining will be declared the winner. In the case of an equal number of players remaining after regulation, a sudden death overtime period will be played.

## **8. Timeouts and Substitutions**

Each team will be allowed one (1) 30 second timeout per game. At this time a team may substitute players into the game.

## **9. 5 seconds Violation**

In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds. 2 balls will be given to the other team.

## **Fantasy Football Rules**

We will be using the Yahoo Fantasy Sports website for our fantasy football league. Yahoo rules will apply except for a few modifications seen below.

### **Rules of the Game**

#### 1. Schedule

- a. The regular season will consist of 10 games.
- b. Each team will play 1 of the other teams twice.
- c. Play will start with NFL Week 1 and run through NFL Week 10.
- d. A four week playoff will be held during NFL weeks 11-14.

#### 2. Playoffs

- a. All 10 teams advance to the playoffs.
- b. Rankings for the playoffs will be based on win-loss records.
- c. 1<sup>st</sup> tiebreaker for playoff ranking will be head to head competition.
- d. 2<sup>nd</sup> tiebreaker will be points scored for season.
- e. The non-winning teams from the semifinal match-ups will play in a 3<sup>rd</sup> place game.
- f. Playoff brackets will be posted separately from Yahoo on the IMS Tournament website.
- g. IMS staff will calculate playoff scoring according to the league scoring system on Yahoo.

#### 3. The Draft

- a. The draft will be held at a TBD date before the 1<sup>st</sup> week of the NFL season.
- b. The draft will be conducted by an IMS supervisor in TBD location on campus.
- c. Owners will have one minute to make their draft selections.
- d. All teams will draft a 14 man roster.

#### 4. Scoring

a. The goal of your team is to score more points than your weekly opposition by having your starting line-up perform better in their NFL games than your opponents.

##### 1. Offensive

- |                                  |   |
|----------------------------------|---|
| a. Passing Touchdowns:           | 4 points  |
| b. Receiving/Rushing Touchdowns: | 6 points  |
| c. Rushing Yards:                | 1 point every 10 yards  |
| d. Receiving Yards:              | 1 point every 10 yards  |
| e. Passing Yards:                | 1 point every 30 yards  |
| f. PAT:                          | 1 point   |
| g. Two point conversion:         | 2 points  |
| h. Field Goals:                  | 3 points-39 yards or less<br>4 points-40 yards to 49 yards<br>5 points-50 yards or more |
| i. Interceptions:                | -2 points   |
| j. Fumbles Lost:                 | -2 points   |

##### 2. Defensive/Special Teams

- |                       |  |
|-----------------------|--|
| a. Interceptions:     | 2 points   |
| b. Sacks:             | 1 point  |
| c. Touchdown:         | 6 points   |
| d. Safety:            | 2 points   |
| e. Fumbles Recovered: | 2 points   |
| f. Blocked Kick/Punt  | 2 points   |
| g. Points Allowed:    | 10 points – 0 points allowed<br>7 points – 1-6 points allowed<br>4 points – 7-13 points allowed<br>1 point – 14-20 points allowed<br>0 points – 21-34 points allowed<br>-4 points – 35+ points allowed |

- b. During regular season play, ties are final.
- c. During playoffs any ties will be broken by order of player categories listed:
  - 1. Starting Quarterbacks
  - 2. Total Starting Running Backs (Flex position not included)
  - 3. Total Starting Wide Receivers (Flex position not included)
  - 4. Starting Tight Ends
  - 5. Starting Kickers
  - 6. Coin Flip
- 5. Weekly Rosters
  - a. All team rosters must be submitted online as restricted by Yahoo Fantasy Football
  - b. Each week's roster should consist of
    - 1. 1 quarterback
    - 2. 2 Running Backs
    - 3. 2 Wide Receivers
    - 4. 1 Tight End
    - 5. 1 Flex Position (Wide Receiver or Running Back)
    - 6. 1 Kicker
    - 7. 1 Defense
- 6. BYE Weeks – Throughout some weeks in the season each NFL team will have designated BYE weeks which are announced ahead of time. Please be aware when your team's players have BYE weeks.
- 7. Transactions – There is no limit to the number of transactions during the regular season.
- 8. Trades
  - a. The league participants will be able to vote on all trades.
  - b. All participating team captains will have 1 day to protest trade transactions according to Yahoo guidelines.
  - c. There are no trading back players from team to team.
  - d. The trade deadline will be announced on the Yahoo website.
- 9. Waiver Wire – Guidelines will be set on the Yahoo website.
- 10. Changes to rules/policies can be made at the commissioner's discretion based on situation and circumstances that are involving need for a change.

## **Intramural Flag Football Rules**

The NIRSA Flag Football Rules will govern play for any rules not mentioned in the following intramural rules. These rules are highlights or modifications of the rules used by NIRSA. A copy of the NIRSA rule book may be reviewed in the Intramural Sports Office. The head official and/or Intramural Supervisor will make final interpretations of any rule at the site of the contest.

**\*\*\*All rules are subject to change at the discretion of the Campus Recreation Director.**

### **Equipment**

- 1) No excess equipment (i.e. pads, helmets, etc.) All protective medical equipment (tape, braces, etc.) must be approved by head official.
- 2) Molded cleats or tennis shoes are the only footwear allowed. No metal cleats are to be worn. (1<sup>st</sup> offense: ejection from game; 2<sup>nd</sup> offense: ejection from league)
- 3) Shirts or jerseys must be long enough to be tucked in or short enough to be a minimum of four inches above the belt.
- 4) No belt loops or pockets are allowed on pants or shorts. Pants or shorts must be a different color than the flags.
- 5) You can bring your own ball to use otherwise one will be provided for you. Ball must be approved by head official.
- 6) Players may wear a stocking cap (no billed caps) or headband. No bandanas.
- 7) Sunglasses may be worn provided they are pliable and non-rigid.
- 8) No jewelry of any kind may be worn.
- 9) No towels may be worn from a player's waist.

### **Playing Field**

- 1) Field dimensions are 100 yards long ( 2 ten yard end zones and 4 twenty yard zones)
- 2) The lines bounding the sidelines and the end zones are out-of-bounds.
- 3) Players and spectators must stay between the 20 yard lines.

### **Players**

- 1) Only seven players per team are allowed on the field at one time.
- 2) Six players are required to start and finish a game.
- 3) The offense must have at least four players on the offensive line of scrimmage at all times before "line set" can be called.
- 4) All plays must originate with a snap to someone who is two yards behind the line of scrimmage.
- 5) Only one offensive player can be in motion when the ball is snapped. The motion must be parallel to or away from the line of scrimmage.
- 6) No defensive player may be closer than one yard to the line of scrimmage during all scrimmage downs. Defensive players may not break this buffer zone before the ball is snapped.
- 7) Offensive players are responsible for retrieving the ball after a down has ended. The snapper may have the ball spotted or carry it with him in order to keep it clean and dry. A towel may be used to help keep the ball dry and placed under the ball during inclement weather.
- 8) All substitutions must occur after a play has been stopped or during a timeout. Players may not substitute during a play. Players must enter the field directly from the team area and must be a yard off the sideline to be eligible to play.

## Timing

- 1) A game shall consist of two 22 minute halves with a running clock the first 20 minutes of each half.
- 2) The clock can only be stopped by a timeout or an injury during the first 20 minutes of each half.
- 3) During the last 2 minutes of each half the clock will be stopped at all whistles other than deflagging. Teams will be notified of the two minute warning.
- 4) Anytime during the game, the playing time of the remaining periods may be shortened by mutual agreement of captains and referees.
- 5) The clock will run during the point after touchdown (P.A.T.) attempt except during the last two minutes of each half.
- 6) During the last 2 minutes of each half the clock will stop for a:
  - a) Incomplete legal or illegal forward pass - starts on the snap.
  - b) Out-of-bounds – start on the snap.
  - c) Safety – starts on the snap.
  - d) Team timeout – starts on the snap.
  - e) First down – depends on the previous play.
  - f) Touchdown – starts on the next offensive snap (P.A.T.'s are untimed).
  - g) Penalty and administration – dependent on the previous play (except delay of game – starts on snap).
  - h) Referee's timeout – starts at his/her discretion.
  - i) Touchback – starts on snap.
  - j) Team attempting to conserve time illegally – starts on whistle.
  - k) Team attempting to consume time illegally – starts on snap.
- 7) Each team is allowed two sixty second timeouts per game.
- 8) After a stopped clock, time will begin at the snap of the ball, unless in the final two minutes as dictated by the previous play.
- 9) Once the ball has been marked, a team has 20 seconds to snap the ball.
- 10) Before a play can be run the official must announce "line set". Before the official can do so, 4 players must be on the line of scrimmage.
- 11) A team may defer its toss option to the second half. If not the team must choose whether or not to receive the ball or choose which goal to defend. The opposing team may choose if the option is deferred.
- 12) Once a team captain declares a punt, a field goal, or to go for a one or two point conversion, he or she may change the decision only by taking a charged timeout.
- 13) Mercy Rule- A game is complete if any team is ahead by 18 points with 2 minutes or less in the game.
- 14) A half may be extended using an untimed down if the half ends on a defensive penalty or a touchdown. If the touchdown occurs at the end of the 2<sup>nd</sup> half and the P.A.T. will not affect the outcome the game will be over.

## Overtime

- 1) During the regular season and playoffs, overtime will continue until a winner is determined. After the first overtime, teams must go for two points.
- 2) There will be only one coin flip in overtime.
- 3) All overtime periods are played toward the same goal.
- 4) Each team will start first down and goal from the 20-yard line. The team will have four downs to score, unless awarded first down automatically, or a penalty allows for repeating a down. If the defense intercepts a pass and returns it for a touchdown (except on a P.A.T.) the game is over.
- 5) Each team is entitled to one timeout per overtime period.

### **First Downs**

- 1) A first down is awarded to a team whenever they advance the ball across a 20-yard marker (zone line-to-gain). A team will be allowed four downs to achieve a first down.
- 2) Only one first down per series of possession can be obtained at each 20-yard marker.
- 3) A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the defense moves the ball into the next zone; or an accepted penalty against the defense involves an automatic first down; or either team has obtained legal possession of a ball as a result of a penalty, punt, touchback, pass interception or turnover on downs.

### **Carrying the Ball**

- 1) A ball carrier is down when flag is pulled off, when one knee touches the ground, or when the player is touched after the flag has inadvertently fallen off.
- 2) A ball carrier is not down if he/she maintains balance by placing a hand on the ground. The ball is considered part of the hand.
- 3) A player may not be pushed, blocked, or tackled (this results in a penalty).
- 4) NO "stiff arms".
- 5) NO "power sweeps".
- 6) NO teammates may precede the ball carrier as he/she runs. However, any # of teammates may position themselves ahead of the ball carrier's intended route and "screen" opponents as the ball carrier arrives in that area.
- 7) NO "guarding of flags" (i.e. any obstruction). Ball must be carried above the waist.
- 8) Ball carrier may not be "stripped" of the ball.
- 9) Ball carrier has unlimited spins.
- 10) Ball carrier may jump or dive to avoid deflagging. However, if player initiates contact with another player there will be a penalty.
- 11) If a player inadvertently loses his or her flag or if pulled by the opposition before gaining possession of the ball, the play will continue until the player is one-hand touched by a defensive player.
- 12) A fumbled ball is dead when it strikes the ground.
- 13) When an inadvertent whistle occurs, the offensive team will have the option of taking the play as whistled or running the play over.

### **Blocking and Rushing**

- 1) Blocker must have his/her hands by their sides or behind their back.
- 2) NO "shoving".
- 3) NO "dropping of the shoulder".
- 4) Blocker may not leave his/her feet.
- 5) NO blocking from behind or cross body.
- 6) Blocking will be by *screening* only. That is, a blocker must hinder a defender's movement through positioning rather than body contact.
- 7) While incidental contact will occur, blocking and rushing penalties will be called against the player who initiates the contact.
- 8) The defense may not use hands, arms, or legs to gain an advantage over a blocker.

### **Passing**

- 1) A forward pass may be thrown from any point behind the line of scrimmage.
- 2) All incomplete passes, lateral or backward, shall be marked at the point of ground contact.

- 3) A forward pass is illegal:
  - a) If the passer's foot is beyond the line of scrimmage when the ball leaves the hand.
  - b) If thrown after team possession has changed during the down.
  - c) If intentionally thrown to the ground or out-of-bounds to save loss of yardage.
  - d) If a passer catches his/her untouched forward or backwards pass.
  - e) If there is more than one forward pass per down.
- 4) A forward pass is completed when caught by a member of the passing team inbounds (one foot constitutes being inbounds).
- 5) A forward pass is intercepted when caught by a member of the opposing team inbounds (one foot constitutes being inbounds).
- 6) If a forward pass is caught simultaneously by members of the opposing teams, the ball becomes dead and belongs to the offensive team at the spot of the catch.
- 7) All players except the passer are eligible to receive the pass.
- 8) A pass intercepted in the end zone may be advanced.
- 9) If the passer's flags are pulled prior to releasing the ball the ball is dead and the play has ended.
- 10) If an offensive player goes out of bounds on his/her own, that player loses eligibility to receive the ball until someone else has touched the ball.
- 11) Roughing the passer- Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown forward. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass.

### Kicking

1. No kickoff is used to begin a half. The ball will be placed at the 14 yard line.
2. On 4<sup>th</sup> down, the offense must announce whether or not it will punt. Once the decision has been made, it cannot be changed except after a timeout.
3. If kick is to be made the following procedures must be followed:
  - a) The offense must have a minimum of 4 players on the line of scrimmage.
  - b) The kick must be made immediately upon receiving the snap.
  - c) All offensive players must remain motionless until the kick is made.
- 4) Only the receiving team may advance a punt. A punt may contact the ground and then advanced. If the ball is touched and then comes in contact with the ground the ball is dead at the spot of contact with the ground.
- 5) A ball that goes into the end zone after it is kicked shall be a touchback.

### Scoring

- 1) Touchdown- 6 points
- 2) Safety- 2 points
- 3) P.A.T. from the three-yard line- one point
- 4) P.A.T. from the 10-yard line- two points
- 5) P.A.T. from the 20-yard line- three points

The player scoring the touchdown must raise his or her arms so the nearest official can deflag the player. If the player is not deflagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed, the player is ejected, and a penalty occurs. The ball must cross the line for a score to occur. The body does not count.

## Ejections

You will be ejected from the game for the following:

- a) Cursing
- b) Fighting
- c) Illegal equipment
- d) Unsportsmanlike conduct
- e) Anything else deemed necessary by the Intramural Sports Supervisor

## Penalties

	<u>Distance</u>	<u>Replay Down?</u>	<u>Where Marked</u>
<b>Offensive:</b>			
Offside	5 yards	Yes	Previous Spot
False Start	5 yards	Yes	Previous Spot
Delay of Game	5 yards	Yes	Previous Spot
Illegal Blocking	10 yards	Yes	Previous Spot
Holding	10 yards	Yes	Previous Spot
Clipping	10 yards	Yes	Previous Spot
Intentional Grounding	10 yards	No	Previous Spot
Pass Interference	10 yards	No	Previous Spot
Illegal Forward Pass	10 yards	No	Previous Spot
Guarding of Flag	10 yards	Yes	Spot of Foul
Initiating Contact	10 yards	Yes	Spot of Foul
Illegal Forward Pitch	NONE	No	Spot of Foul
<b>Defensive:</b>			
Offside	5 yards	Yes	Previous Spot
Illegal Contact	10 yards	Yes	Previous Spot
Holding	10 yards	Yes	Spot of Foul
Stripping	10 yards	Yes	Spot of Foul
Pass Interference	10 yards	Automatic 1 <sup>st</sup>	Spot of Foul
Roughing the Passer	10 yards	Automatic 1 <sup>st</sup>	Previous Spot
Unsportsmanlike Conduct (Flagrant-ejection)	10 yards	Automatic 1 <sup>st</sup>	from end of play.

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## Intramural Indoor Soccer Rules

*Any rule not specifically covered will be governed in accordance with the National Federation of High School soccer rules.*

*Note: There is no off side or out of bounds in Liberty Intramural Indoor Soccer*

### I. Number of Players

- a. A team can carry up to 12 players on their roster.
- b. Rosters are set once a team plays their first regular season game. Any changes must be approved by the Associate Director of IMS.
- c. Men's & Women's Leagues – Each team consists of 6 players on the field, including a goalie.
- d. To start a game, a team must have at least 5 players.
- e. If during a game a team has fewer than 4 eligible players due to injury or ejection, the game shall be terminated.

### II. The Officials

- a. An official shall enforce the rules and decide any disputed point. The official has the responsibility and authority of calling fouls.
- b. The official may stop the game for any rule infringement, and suspend or terminate the game whenever stoppage is deemed necessary.
- c. The official shall allow play to continue when the team against which an offense has been committed will benefit from such an advantage.
- d. The official may caution any player guilty of misconduct or unsportsmanlike conduct, and if the player persists, eject him/her from the game. **An ejected player may not be replaced!**
- e. Only the designated captain, in a sportsmanlike manner, may approach the official and question a call.

### III. Player Equipment

- a. All players must wear similar colored jerseys or pennies. Pennies are available at the field for each team.
- b. All players must wear rubber soled athletic shoes. No cleats will be allowed on the turf.
- c. Equipment which may be dangerous to another player (such as hats or bandanas) is not allowed.
- d. Players may not play with leg and/or arm braces that have exposed metal or hard unyielding materials.
- e. There is no jewelry to be worn at any time, including wedding bands. **Penalty: Yellow Card**
- f. Shin guards are not required but are strongly encouraged for each participant.

### IV. Substitution

- a. Substituting may occur at any time that a team has possession, during your team's kick-in, your team's goal kick/corner kick, on any goal kick, and any time that the opposing team is substituting a player.
- b. Substitutions may also occur after a goal.
- c. Substitutes shall go to their team entry position and cannot enter the game until the player they are replacing is completely off of the field.
- d. A player who receives a yellow card must be substituted, provided there are substitutions available.
- e. Any player may change places with the goalkeeper, provided that the Official is informed before the change is made and the change is made during a stoppage in play. **Penalty: Yellow Card**

## V. Duration of the Game

- a. Game time is considered forfeit time. There is no grace period.
- b. The duration of the game shall be two equal halves of 12 minutes. Halftime shall not exceed 3 minutes.
  1. (8 at halftime Mercy Rule) If a team is leading by 8 goals or more at halftime, or a team attains a lead of 8 goals during the 2<sup>nd</sup> half, the game will end.
  2. (6 at 5 Mercy Rule) If a team is leading by 6 goals or more at the 5:00 mark of the 2<sup>nd</sup> half, or a team attains a lead of 6 goals during the final 5 minutes of the game, the game will end.
  3. (4 at 2 Mercy Rule) If a team is leading by 4 goals or more at the 2:00 mark of the 2<sup>nd</sup> half, or a team attains a lead of 4 goals during the final 2 minutes of the game, the game will end.
- c. Indoor Soccer games will use running time which means the clock will not stop with one exception being timeouts. After timeouts the clock will start when the ball is touched.  
**Each team receives 2 one minute timeouts per game.**
- d. Time shall be extended to permit the taking of a penalty kick awarded before the sounding of the final whistle to end each half.
- e. A game shall be considered an official contest at the completion of the first half.
- f. Games that are tied at the end of regulation will proceed to an overtime "shootout" period.
  1. The shootout will consist of 3 players from each team.
  2. Each team will alternate with each player taking a penalty kick.
  3. If after three shots the score is still tied, each team will be allowed one more shot to be shot by a player that has not taken a shot during the overtime period. This process will be repeated until a winner is determined.

## VI. Start and Restart of Play

- a. Before play begins a coin is tossed and the team that wins the toss will have the choice of kicking off or deciding which goal to defend. The second half play will begin with a kickoff by the team that did not kickoff to start the game.
- b. After the Official has given a signal, the game shall be started. The ball is in play when it is kicked in any direction. If the ball is not properly touched, the ball will again be placed on the kickoff mark and the kickoff is retaken.
- c. All kickoffs are indirect. If a kickoff is directed straight into the opponent's goal, without a second player's touching, the result is a goal kick for the opposing team.
- d. The kicker may not touch the ball again until it has been touched by another player.  
Penalty: Indirect Free Kick
- e. A dropped ball is a way of restarting the match after a temporary stoppage. Play may also be restarted with an indirect free kick if in the opinion of the Official one team had clear possession of the ball when the stoppage occurred.

## VII. Ball In and Out of Play

- a. The ball is out of play when:
  1. It has completely crossed the goal line or touch line whether on the ground or in the air.
  2. The official sounds his/her whistle.
- b. The ball is in play at all other times, including when:
  1. The ball rebounds off the glass in the field of play.

2. The ball rebounds off of the official when he/she is in the field of play.
- c. There will be no whistle to restart play except:
  1. When a team asks the official for 5 yards.
  2. When a play has been stopped to caution or eject a player.
  3. For a penalty kick.
  4. When a goal is scored.
- d. The ball is out of play when it touches the ceiling or net. The restart will be an indirect kick for the opponent from the spot of the last touching.

**VIII. Method of Scoring**

- a. A goal is scored when the whole ball has passed over the goal line, between the goal posts and under the crossbar, provided that no infringement of the rules has been committed previously by the team scoring the goal. If the Officials whistle sounds before the ball passes fully into the goal, the goal shall not be allowed.
  1. A goal may be scored directly from a goal kick, but only against the opposing team.
  2. A goal may be scored directly from a corner kick, but only against the opposing team.
- b. A goal CANNOT be score directly from a kick in. It must touch a member of either team before crossing the goal line to be counted as a goal.

**IX. Fouls and Misconduct – Free Kicks**

- a. Free kicks shall be classified under two types:
  1. DIRECT – from which a goal can be scored directly against the offending side. All direct kicks awarded in the penalty area shall merit a penalty kick.
  2. INDIRECT – from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before passing into the goal.
- b. Offenses for which a DIRECT kick shall be given are:
  1. Kicking or attempting to kick an opponent.
  2. Tripping or attempting to trip an opponent.
  3. Jumping at an opponent.
  4. Charging an opponent (A fair charge is one in which a player makes non-violent shoulder-to-shoulder contact with an opponent, with the arms and elbows close to his/her body, at least one foot on the ground, and the ball within playing distance).
  5. Striking or attempting to strike an opponent.
  6. Boarding an opponent – a player charges an opponent into the wall or glass surrounding the field of play
  7. Pushing an opponent.
  8. Holding an opponent.
  9. Spitting at an opponent.
  10. Slide tackling an opponent.
    - a. Slide tackling from the side or front of the player with the ball will result in an automatic yellow card.
    - b. Slide tackling from behind the player with the ball will result in an automatic red card.
    - c. A slide tackle occurs when a player leaves his/her feet and leads with his/her feet to play the ball while the ball is in the proximity of another player.
    - d. A slide tackle does not require that any contact occur between players.
  11. Intentionally handling, carrying, striking, or propelling the ball with a hand or arm.
  12. Using foul or abusive language directed towards a player or an official.

13. Handling by the goalkeeper outside the penalty area.
  14. Kicking the ball so that it hits the ceiling will result in a direct kick for the opposing team from the location where the ball was originally kicked.
- c. Offenses for which an INDIRECT free kick shall be given are:
1. Playing the ball a second time before it has been touched by another player at the kickoff, a throw in/kick in, a drop kick, a free kick, a corner kick, or a goal kick.
  2. Obstructing the progress of an opponent.
  3. Playing in a dangerous manner (i.e. high kick, playing on the ground)
  4. If the goalkeeper takes more than 6 seconds while controlling the ball with their hands before releasing it into play.
  5. If the goalkeeper touches the ball with their hands after it has been deliberately kicked to him/her by a teammate.
  6. If the goalkeeper touches the ball with their hands after receiving it directly from a throw in/kick in taken by a teammate.
  7. A player prevents the goalkeeper from releasing the ball from his hands.
  8. A player commits any offense for which play is stopped to caution or dismiss a player.
- d. When a DIRECT or INDIRECT free kick is being taken, all opposing players shall be at least 5 yards from the ball until it is kicked unless they are standing on their own goal line.
- e. If a DIRECT or INDIRECT free kick is kicked directly into a team's own goal, a corner kick is awarded to the opposing team.
- f. Treat all free kicks to be taken in the goal area by the defense as a goal kick.
- g. An INDIRECT kick to be taken in the goal area by the offense shall be taken from the top of the goal area line.

**X. Fouls and Misconduct – Disciplinary Sanctions**

- a. Yellow card offenses (substitution for the offender must be made, the offender may not re-enter until the next free substitution period):
1. Unsportsmanlike behavior
  2. Dissent by word or action
  3. Boarding
  4. Persistent infringement of the rules of the game
  5. Delaying the restart of play
  6. Failing to respect the required distance when play is restarted with a corner or free kick
  7. Entering the field of play without the Official's permission
  8. Deliberately leaving the field of play without the Official's permission
- b. Red card offenses (substitutions may not be made, team must play a person down from opponent; if team is playing with the minimum number of players when red card occurs, the game will become a forfeit):
1. Serious foul play
  2. Violent conduct
  3. Spitting on opponent or any other person
  4. Denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball
  5. Denies an obvious goal scoring opportunity to an opponent moving towards the goal by an offense punishable by a free kick or penalty kick
  6. Using offensive, insulting, or abusive language and/or gestures
  7. Receiving a second yellow card caution in the same match

## **XI. Penalty Kick**

- a. Awarded for any infringement of the rules, within the penalty area, that would require a direct free kick (including kicking the ball so that it touches the ceiling).
- b. A penalty kick shall be taken from the penalty mark. While the kick is being taken, all players with the exception of the player taking the kick and the opposing goalkeeper, shall be within the field of play but outside the penalty area and at least 5 yards from the penalty mark.
- c. The opposing goalkeeper may ONLY move laterally on his/her own goal line between the goalposts, until the ball is kicked.
- d. The player taking the kick must kick the ball forward.
- e. Should the ball hit the wall or crossbar and rebound back into play, the player who kicked the ball must not play it again until it has been touched by another player. Penalty – Indirect free kick
- f. The ball shall be deemed in play directly after it is kicked.

## **XII. The Kick In/Throw In**

- a. When the ball passes COMPLETELY over a sideline, it shall be kicked in from the point where it crossed the line by a player of the team opposite to that of the player who it last touched.
- b. A player shall place the ball on the ground on or behind the sideline and proceed to take the kick following the rules of an indirect free kick. The ball shall be in play immediately after it has crossed over the line, and may be played by any player except the one who executes the kick in. Five yards shall be given, the same as all free kick situations.
- c. If the ball is improperly kicked into play, the restart shall be taken by a player of the opposing team.
- d. If the ball fails to enter the field of play, it shall be kicked again.
- e. If an opponent interferes with or in any way impedes the actions of the thrower/kicker while the kick in is being taken, the official will administer a yellow card for unsportsmanlike conduct.
- f. Goalkeepers cannot handle a ball that is kicked in directly to them by their own team.
- g. A goal CANNOT be scored directly from a kick in. It must touch a member of either team before crossing the goal line to be counted as a goal.

## **XIII. Drop Ball**

- a. Drop ball occurs:
  1. When the ball is caused to go out of bounds by two opponents simultaneously.
  2. Following a suspension of play for an injury or other situation in which no team has clear possession of the ball.
  3. A foul by both teams occurring simultaneously.
- b. The spot of the drop ball is where the ball becomes dead unless this is in the goal area, in which case the spot is the nearest point on the goal line in the field of play.

## **XIV. Goal Kick**

- a. A goal kick shall be awarded to the defending team when the ball crosses the goal line, having last been touched by the attacking team.
- b. Players opposing the kicker shall remain outside the penalty area until the ball moves out of the penalty area.

- c. A player of the defending team shall kick the ball from the ground at any point within the goal area. A goal kick must clear the penalty area and enter the field of play or the goal kick will be retaken.
- d. After the goal kick leaves the penalty area, any player except the one who executed the goal kick may play the ball.
- e. Goal kicks are direct free kicks.

**XV. Corner Kick**

- a. When the ball is last touched by the defending team and goes over the goal line, a member of the attacking team shall take a kick from the corner spot.
- b. Players of the team opposing that of the player taking the corner kick shall not approach within 5 yards of the ball until it is in play.
- c. After the corner kick is first touched, any player except the one who executes the corner kick may play the ball.
- d. Corner kicks are direct free kicks.

## Intramural Outdoor Soccer Rules

**ALL RULES ARE SUBJECT TO CHANGE AT THE DISCRETION OF THE INTRAMURAL DIRECTOR.**

National Federation (VHSA) rules apply with the following exceptions:

### Subject

1. Players—10 per team plus 1 goalkeeper; 11 total. You can start a game with as little as 8 people, but any fewer than that will result in a forfeit of the game
2. Length of Game—Two 20 minute halves with 3 minute halftime. Flip coin for possession at start of game. Change goals at halftime. Game time is forfeit time, NO EXCEPTIONS!
3. Substitutions—Unlimited during dead ball situations. No substitutions during a penalty.
4. Tie Game—Each team takes 5 alternating penalty kicks.
5. Shoes—Plastic or rubber soled soccer type shoes may be worn. NO metal spikes are allowed.
6. Scoring—Goal equals 1 point.
7. Player Privileges—Players may dribble, volley, block, trap or pass ball. Heading is a type of volley. Arms and hands may not be used.
8. Offside—When in opponents half of field and in possession of ball, player must be behind ball before playing it. If ahead of ball, there must be 2 opponents between player and the goal, otherwise it is offside.  
\*\*\*Player is not offside if:
  - A. There are 2 opponents nearer to the goal than he is (equal is offside).
  - B. In his own half of field.
  - C. Ball last touches opponent.
  - D. Ball is received direct from referee; on a goal kick, throw in, corner kick.
9. Out of Bounds—Ball is thrown in by team not causing ball to go out. Throw in at point where ball went out.
10. Throw In—Must be two-handed overhead throw, except at ends where it may be kicked. Opponents must be 10 yards from player throwing or kicking ball in.
11. Corner Kick—If defensive player last touches ball before it crosses the end line, the offensive team puts ball in play by a corner kick.
12. Penalties:  
Direct free kick from point of infraction for:
  - A. Holding opponent.
  - B. Placing hands or arms on opponent to reach ball.
  - C. Pushing opponent.
  - D. Striking or attempting to strike opponent.
  - E. Jumping at opponent.
  - F. Kicking, tripping or kneeing opponent.
  - G. Charging opponent dangerously or from behind.
  - H. Charging opponent heading the ball.

- I. Slide Tackling
- J. Carrying by goalkeeper outside of playing area.
- K. Handling by goalkeeper who is playing position without notifying referee.
- L. Intentional ball handling by arms or hands.

Indirect free kick from the point of infraction for:

- A. Player plays ball a 2<sup>nd</sup> time before its been touched by another player at kickoff, free kick, corner kick, goal kick, if ball is outside penalty area.
- B. Ball not kicked forward from penalty area.
- C. Goalkeeper carries ball more than 6 seconds in penalty area.
- D. Improper substitution.
- E. Arguing, failure to heed to referee.
- F. Unsportsmanlike conduct.
- G. Offside (no penalty unless player is interfering or attempting to gain advantage.)
- H. Improper charging.
- I. Interfering with goalie.
- J. Obstruction other than holding.
- K. Player leaving field of play during game without referee's consent.

### 13. Cards—

- A. If a player receives a yellow card, the team must play a player short for two minutes or until the other team scores (whichever is first.)
- B. If a player receives a red card, the team will play short for the rest of the game and that player cannot play in the remainder of the game and will serve an additional 1 game suspension. A \$10 fine will be given to the individual which must be paid before they can resume playing in future games.
- C. When defending team commits a foul resulting in a direct kick in its own penalty area, opponents are awarded a penalty kick. This is a free direct kick taken directly in front of the goal and 12 yards away. All other players except goalie must be outside of penalty area and at least 10 yards from the ball. Goalie must stand on goal line between uprights and not move forward until ball is kicked. Goalie can move side to side. Kicker must kick ball forward and may not kick it again until touched by another player. Successful penalty kick equals 1 point. Unsuccessful penalty kick equals ball in play.

### 14. Sportsmanship

1. The mission of Intramural Sports is to provide a recreational environment for the University community which is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of the intramural program.

2. The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the intramural sports league and playoff seasons. Behavior before, during, and after an intramural sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.

3. A team is responsible for the actions of the individual team members and spectators related to it. Additionally, LU Intramural Sports does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc). Furthermore, the team captain's efforts in assisting officials/staff to calm difficult situations and to restrain troubled teammates are key to controlling team conduct.

4. Sportsmanship is vital to the conduct of every Intramural contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize or eject players or teams for poor sportsmanship. These decisions are final. The Intramural Sports Directors will rule on further penalties as a result of unsportsmanlike conduct.

5. Each participant should choose his or her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the Intramural Sports staff against that team for violation of the intramural rules and sportsmanship guidelines. Protests or appeals of sportsmanship ratings will not be recognized. The Intramural Sports administrative staff reserves the right to review any rating given to a team.

6. Additional information regarding team and participant sportsmanship including the rating method, factors, and scale is available in the Sportsmanship section of the Intramural Sports Handbook, available online [www.liberty.edu/ims](http://www.liberty.edu/ims).

**Call the IM Sports Office at 434-592-3145 or e-mail us at [intramuralsports@liberty.edu](mailto:intramuralsports@liberty.edu) if you have any questions or comments.**

## **Intramural Paintball Rules**

Paintball is among the fastest growing of all extreme sports. When using the proper equipment at regulated fields, paintball is safer than football, volleyball, soccer, and baseball.

This manual outlines the guidelines that are to be strictly adhered to in order to maintain a safe environment for paintball at Liberty University.

Although Paintball can be challenging and fun, the use of paintball equipment has certain inherent dangers. These dangers can be greatly reduced, if not eliminated, by following safety guidelines, using proper safety equipment, and the exercise of common sense.

Paintball guns and accessories are not toys and can be extremely dangerous if used improperly or without proper safety equipment.

Read, remember, and follow these guidelines and use common sense in order to insure the availability of paintball at Liberty University for years to come.

### **Field Usage**

1. **Assumption of Risk** forms must be completed and on file before participation. Participants under the age of 18 must have a signed form by a parent or legal guardian. No exceptions.
2. **Emergency contact sheet** must be completed and on file before participation.
3. **Field Use**—you must be on the schedule before usage. Approval must be given by Campus Recreation. Anyone using the venue without permission will be charged with **Trespassing**.
4. **Contact Information**—Call 434-592-3148.

### **Set Up Field**

*Currently With No Power:* When arriving at the field, the netting should already be raised to the top. The bottom of the netting has quick clip carabineers that need to be attached to the ground wire. Every carabineer needs to be connected to maintain safety and protection of the netting. All bunkers need to be inflated using the leaf blowers and plugged with the valve plugs. The bunkers should not be over-inflated. No bunkers should be moved without permission from Campus Recreation or the Paintball Team Coach.

*With Power:* When arriving at the field, the netting should be at half mast and the bottom of the net should be attached to the top wire. The netting needs to be lowered enough to reach the top wire. The netting then needs to be un-hooked from the top wire and attached to the ground wire. Every carabineer needs to be connected to maintain safety and protection of the netting. The netting then needs to be raised using the corner electric winches first, and then the remaining ropes. All bunkers need to be inflated using the leaf blowers and plugged with the valve plugs. The bunkers should not be over inflated. No bunkers should be moved without permission from Campus Recreation or the Paintball Team Coach.

### **Field Breakdown**

*Currently With No Power:* When preparing to leave the field, the bunkers need to be sprayed with water to remove all visible paint. Once a bunker is clean, the valve plug can then be removed and collected. All bunkers need to be washed, even if there is no visible paint. The netting should then be lowered far enough to be reached by hand. The bottom of the netting needs to be detached from the ground wire and attached to the top wire. The netting then needs to be raised so the bottom of the net is off of the ground. Raising the net should be done with the ropes.

*With Power:* When preparing to leave the field, the bunkers need to be sprayed with water to remove all visible paint. Once a bunker is clean, the valve plug can then be removed and collected. All bunkers need to be washed, even if there is no visible paint. The netting should then be lowered far enough to be reached by hand. The bottom of the netting needs to be detached from the ground wire and attached to the top wire. The netting then needs to be raised so the bottom of the net is off of the ground. Raising the net should be done with the ropes.

## **Safety**

1. Inspections – players are subject to inspections prior to each game.
2. Clothing – must wear pants, shirts, and closed toed shoes at all times. Long sleeves are recommended.
3. Safety Goggles must be worn by anyone in the playing field at all times. Only goggles specifically approved for paintball by facility management that provides full face and ear protection are allowed. Modifications are strictly prohibited.
4. Barrel Plugs or another blocking device must be in at all times when not on playing field.
5. Modifications are prohibited – Players are not allowed to modify safety goggles, rental markers, bunkers, or any other property on the premises.
6. No Unauthorized Equipment – All firearms, knives, etc. are prohibited at all times. Facility management must approve all equipment allowed on the premises.
7. Power Sources – All markers must be powered by carbon dioxide (CO<sub>2</sub>), nitrogen or compressed air.
8. Chronograph – All markers shall be set to fire no more than 300 (fps) feet per second regardless of caliber. You are subject to chronograph check before each game.
9. No Shooting in any areas other than designated playing field. No shooting into or out of registration area, building area, neutral zones, or parking lots. Markers can only be discharged on the active field of play.
10. No shooting at wildlife, airplanes, automobiles, spectators, etc.
11. No shooting anything from a paint gun other than the water soluble paintballs.
12. No blind shooting.
13. No physical contact.
14. Maintenance should be performed periodically to insure proper functioning and safety.
15. Spectators are required to wear safety goggles unless they remain a minimum of five feet behind the safety netting at all times.
16. LUPD – should be contacted at 592-3911 in the event of any injury or emergency.

## **Storage**

No paintball markers (guns) in the dorms. Guns must be stored in on campus storage facility or disassembled in the trunk of your vehicle.

## **Field Behavior**

1. No verbal abuse, profanity, name calling, or slurs against anyone's race, religion, or family members and friends will be tolerated.
2. No alcohol, smoking, or illegal drugs are allowed on the premises. Anyone engaging in these actions will be removed from the premises. Repeat offenders will be permanently banned from the facility.

## **Driving and Parking**

1. Speeding – The speed limit is 15 mph.

2. Illegal Parking – No parking in the grass
  - a. You will be subject to parking tickets by LUPD
  - b. You will be towed at the OWNER'S EXPENSE

### Disciplinary Action(s)

ALL VIOLATIONS ARE TO BE MET WITH THE FOLLOWING ACTIONS, UNLESS OTHERWISE NOTED.

1<sup>st</sup> time – 1 month suspension

2<sup>nd</sup> time – 3 month suspension

3<sup>rd</sup> time – administrative meeting with potential ban from venue

1. Assumption of Risk
2. Trespassing
3. Inspection
4. Clothing
5. Safety Goggles
6. Barrel Plugs
7. Modifications are prohibited
8. No unauthorized equipment
9. Power Sources
10. Chronograph
11. No Shooting in any areas other than designated playing field
12. No shooting at wildlife, airplanes, automobiles, spectators, etc.
13. No shooting anything from a paint gun other than the water soluble paintballs
14. No blind shooting
15. No physical contact
16. Spectators are required to wear safety goggles unless they remain a minimum of five feet behind the safety netting at all times.
17. No paintball markers (guns) in the dorms.
  - a. 1<sup>st</sup> time – 3 month suspension
  - b. 2<sup>nd</sup> time – administrative meeting with potential ban from venue
  - c. Subject to disciplinary action from LUPD and local authorities
18. No verbal abuse, profanity, name calling, or slurs against anyone's race, religion, or family members and friends will be tolerated.
19. No alcohol, smoking, or illegal drugs allowed on the premises.
  - a. Anyone engaging in these actions will be removed from the premises.
  - b. Repeat offenders will be permanently banned from the facility.
20. Speeding – You will be subject to speeding tickets from LUPD
21. Illegal Parking – No parking in the grass.
  - a. You will be subject to parking tickets from LUPD
  - b. You will be towed at the owner's expense.

**For more information call the Campus Recreation office at 434-592-3148.**

## Intramural Softball Rules

**ALL RULES ARE SUBJECT TO CHANGE AT THE DISCRETION OF THE INTRAMURAL DIRECTOR.**

Current **ASA softball rules** will govern play except for the following modifications.

### **Game time is forfeit time.**

Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in ejection or forfeiture of the game. Spectators must remain in the designated seating area. The officiating will be done by umpires who are in absolute control of the game. The umpires shall have the power to make decisions on any matters or questions not specifically covered in the rules. The winner of a coin toss between both team captains prior to the game has the choice of being the home or visiting team. Line-ups must be completed and issued to the scorekeeper at the time of the coin flip. All rules not mentioned in this packet will be governed by the ASA slow pitch softball rules.

### **1. Team Requirements**

Each team may have up to 10 players and as few as 8 in order to start a game. A team must have at least 8 players on the field to continue playing, if a team only has 8 players and a player is ejected or injured and unable to continue, then the team must take a default. **If a team starts a game with 8 or 9 players, they may add up to 10 players anytime during the game. Each additional player must be added to the bottom of the line-up.**

### **2. Equipment**

2.1 A regulation softball will be provided by the intramural program. Bats may be checked out with proper identification.

2.2 Athletic shoes must be worn by all participants. Rubber cleats on shoes will be allowed. Screw-in cleats will be allowed as long as the screw is part of the cleat. Metal cleats of any kind, open heel and/or toe shoes are prohibited.

2.3 A regulation softball bat (must say official softball on the bat) with handle tape, rubber or leather, is the only legal bat allowed (no baseball bats). If a metal bat is used, it must have a metal knob. As a result of numerous accidents and even deaths involving the newest technology in softball bats, the Intramural Sports Program has decided to follow the recommendations of the Amateur Softball Association and ban bats with a BPF rating beyond what is listed on the bat.

*Beginning January 1, 2004, all bats must pass the ASA 2004 bat standard. All bats having the 2004 certification mark will be allowed. Bats that have the 2000 certification mark will not be allowed unless they are listed on an approved bat list on the ASA website. For convenience, the ASA website has a listing of bats that pass and do not pass the ASA 2004 bat standard. Please visit the respective manufacturer's website for details on their ASA approved retrofit procedure for these bat models.*

*For more information please visit [http://www.asasoftball.com/about/certified\\_equipment.asp](http://www.asasoftball.com/about/certified_equipment.asp)*

**If caught using an illegal bat: Player will be ejected - the minimum length of suspension is that game plus one more.**

2.4 Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed. A player may remove a knee brace and continue to play.

### **3. Substitutions**

3.1 Free substitution is allowed provided such player occupies the same position in the batting order.

3.2 Any base runner that is injured may be replaced by a courtesy runner who made the last batted out. Any player who is injured while in the field will require normal substitution procedures (sec 3.1).

3.3 An automatic out will be awarded if a player who is listed in the batting order is unable to bat (assuming a substitute is not available).

### **4. Length of the Game**

4.1 A regulation game consists of a maximum of seven innings. No innings will be started after 60 minutes of playing time has elapsed. If an inning is started, it must be completed. Innings are considered started once the third out of the previous inning is made. There will be no warm-up time given to either team because of the time limit. Teams should warm up in the designated areas off the field before their game.

4.2 Mercy rules: 20 runs after 4 innings and 12 after 5 innings.

4.3 A game is considered official after four innings. (Example: rain in the middle of the 6th inning, score reverts to end of the 5th inning.)

4.4 No time limit will be in effect during championship games.

4.5 In regular season play there is no extra innings. Playoff games can go extra innings.

### **5. Sportsmanship**

5.1 At the umpire's discretion, a player may be called out or ejected from the game for swinging or throwing the bat in a dangerous manner. All runners must return to their original bases.

5.2 The offensive team is responsible for retrieving all foul balls and home runs.

5.3 During the game all equipment must remain in the designated areas.

### **6. Running**

6.1 No stealing is allowed. Runners may leave the base when the pitch is hit. If the runner is off the base before the pitch reaches the plate, the runner is out and no pitch is declared by the umpire.

6.2 The base distance is 65 feet.

6.3 When the ball is thrown over the fence or out of play, all runners will be awarded one or two bases and the award will be governed by the positions of the runners when the ball left the

fielder's hand. If two runners are between the same bases, the award is based on the position of the lead runner. The base to which the runner is running has no effect on the award. When the ball is thrown from the outfield goes out of play the runners get two extra bases. When the ball is thrown within the infield and goes out of play the runners get one extra base.

6.4 Any runner who deliberately runs into a fielder (waiting to make a tag or a force out) will be called out immediately and each runner will return to the last base occupied at the time of the collision. If the runner's act is flagrant, he/she will be ejected. Other runners involved in the play may be called out at the umpire's discretion.

6.5 Any runner who is not in contact with a base and is in fair territory when struck by a batted ball, and the ball had not passed a defensive player other than the pitcher, will be called out. An immediate dead ball should be called, the runner is out and the batter is awarded first base.

6.6 (Sliding rule) If there is a close play at any base (Including home plate) runner has to slide into that base. If the runner does not slide he/she maybe called out. A close play is decided by the umpire's discretion.

6.7 In the case of a possible double play, the base runner must slide directly into the base (rather than the fielder) or get out of the way of the thrown ball or both he/she and the batter-base runner may be called out.

6.8 A defensive player cannot stand in the base path or obstruct the path of a base runner unless he/she is making a play on the ball. In the event of an obstruction, the umpire shall award the obstructed runner and each other runner affected by the obstruction the bases they would have, in his/her opinion, reached had there been no obstruction.

6.9 Fake tags by any fielder are illegal. Penalty for a fake tag is ejection from the game.

## **7. Batting**

**7.1 The batter starts with a count of one ball and one strike.**

7.2 Chopping and bunting are not allowed. The batter must take a full swing. Penalty: batter is called out and base runners must return to their original bases.

7.3 The batter has 10 seconds to enter the batter's box. If the batter does not enter the box, the umpire shall call a strike on the batter.

7.4 Once the batter has 2 strikes, he/she is declared out if he/she hits a foul ball. Runners may still tag if a ball is caught in foul territory.

7.5 An extra hitter (EH) may be used. He/she is an eleventh hitter in the lineup. This person can not be added once the game has started. If an EH is used, the position cannot be terminated during the game. An EH may substitute in the field, however, they must maintain the same position in the batting order.

## **8. Pitching (Distance= 50 feet)**

8.1 Preliminary to pitching, the pitcher shall come to a full and complete stop with both feet firmly on the ground, and with one or both feet in contact with the pitching rubber. The ball must be held in the pitching hand or both hands in front of the body. This position must be maintained at least one second but not more than 10 seconds before starting the delivery. The pitcher has 20 seconds to pitch the ball and this time starts when the previous pitch ends.

8.2 In the act of delivering the ball to the batter, the pivot foot must remain in contact with the pitcher's rubber until the ball leaves the hand. There are no fake pitches. A ball will be called.

8.3 A legal delivery shall be a ball that is delivered to the batter underhand. The pitch shall be what is commonly known as a slow pitch.

8.4 The ball must be pitched with a minimum arc of at least 6 feet from the ground and must not reach a height of more than 12 feet at its highest point from the ground.

Penalty: Illegal pitch. The batter has the option to swing at an illegal pitch. Umpire will declare illegal pitch at time of the incident.

**9. Infield Fly Rule** An infield fly is a fair fly (not including a line drive) which can be caught by an infielder with ordinary effort provided there are runners on first and second, or first, second and third with less than 2 outs. The umpire will declare the infield fly rule and the batter is immediately out. Base runners cannot be forced out and may advance at their own risk.

## **10. Appeal Play**

10.1 An appeal play is a play in which an umpire cannot make a decision until requested by a coach or player. The appeal must be made before the next legal or illegal pitch, or before the defensive team has left the field. The defensive team has left the field when the pitcher and all the infielders have left fair territory.

10.2 There are 3 types of appeal plays:

- a. missing a base
- b. leaving a base on a caught fly ball before the ball is first touched
- c. batting out of order

10.3 Once a dead ball has been called, any infielder (including the pitcher and catcher), with or without possession of the ball, may make a verbal appeal on a runner missing a base or leaving a base too soon. The plate umpire should acknowledge the appeal, and the administering umpire should make a decision on the play. Base runners cannot leave their bases during the appeal.

## **11. Rule Clarification**

11.1 A ball slips from the pitcher's hand during the back swing, is dead and no pitch is declared. All subsequent action on that pitch is canceled.

11.2 Any runner who is physically assisted by a coach or anyone except another base runner is to be declared out. The ball is dead and runners must return to the last base they touched.

11.3 A missed base must be appealed. An umpire cannot call a player out unless the offended team appeals.

### 13. Game Cancellations - due to weather

If a game is stopped and has been played through 3 ½ innings (with the home team winning), or the 4<sup>th</sup> inning (the visiting team winning), it is considered an official game. If a game is stopped and has been played past the 4<sup>th</sup> inning, the score will stand as it was in the last complete inning. (Example: rain in the middle of the 6<sup>th</sup> inning, score reverts to the end of the 5<sup>th</sup> inning.) Any game stopped prior to these scenarios will be restarted.

### SPORTSMANSHIP

1. The mission of Intramural Sports is to provide a recreational environment for the University community which is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of the intramural program.

2. The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the intramural sports league and playoff seasons. Behavior before, during, and after an intramural sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.

3. A team is responsible for the actions of the individual team members and spectators related to it. Additionally, LU Intramural Sports does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc). Furthermore, the team captain's efforts in assisting officials/staff to calm difficult situations and to restrain troubled teammates are key to controlling team conduct.

4. Sportsmanship is vital to the conduct of every Intramural contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize or eject players or teams for poor sportsmanship. These decisions are final. The Intramural Sports Directors will rule on further penalties as a result of unsportsmanlike conduct.

5. Each participant should choose his or her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the Intramural Sports staff against that team for violation of the intramural rules and sportsmanship guidelines. Protests or appeals of sportsmanship ratings will not be recognized. The Intramural Sports administrative staff reserves the right to review any rating given to a team.

6. Additional information regarding team and participant sportsmanship including the rating method, factors, and scale is available in the Sportsmanship section of the Intramural Sports Handbook, available online at [www.liberty.edu/ims](http://www.liberty.edu/ims).

**Call the IM Sports Office at 434-592-3145 or e-mail us at [intramuralsports@liberty.edu](mailto:intramuralsports@liberty.edu) if you have any questions or comments.**

## Intramural Table Tennis Rules

### Singles Rules

#### **I. General Rules**

- A. The choice of playing position at the table and order of service are determined by the toss of a coin. If the winner of the toss prefers to have first choice of playing positions, the opponent then has the choice of whether to serve first or receive first, and vice versa.
- B. The change of service takes place after 5 points have been scored. A point is normally awarded when the play of a service is concluded. The receiver then becomes the server and the server becomes receiver, and so on, after each 5 points until the end of the game or the score is 20-all. Whenever the score becomes 20-all, the receiver becomes the server and the server the receiver, and so on after each point until the end of the game.
- C. At the start of a new game, the player who served first in the previous game becomes receiver and the receiver becomes server and so on, alternating after each game.
- D. The players exchange ends after each game, and if play consists of more than one game, in the deciding game of the match the players change ends when one player reaches a score of 10 points.
- E. A game is won by the player who first scores 21 points with a 2-point margin.
- F. A match consists of the best 2 of 3 games.

#### **II. Service**

- A. A good service is delivered by projecting the ball from the free hand, which must start from above the playing surface. The ball must be resting in the palm of the free hand. The ball is tossed into the air.
- B. As it starts to descend, the ball is struck so that it touches the server's court first and then, passing directly over or around the net, touches the receiver's court. At the instant of contact of the racquet on the ball in service, both handle and ball must be behind the end line of the server's court.
- C. A good return of a served ball must be struck by the receiver on the first bounce so that it passes directly over or around the net and touches directly on top of the opponent's court.

#### **III. Points** – A point is awarded to the opponent in the following circumstances:

- A. Failure to make a good service, unless a let is declared.
- B. Failure to make a good return of a good service or a good return made by the opponent, unless a let is declared.
- C. If the player, the racquet, or anything that the player wears or carries touches the net or its supports while the ball is in play.
- D. If the player, the racquet, or any wearing apparel moves the playing surface while the ball is in play or touches the net or its supports.
- E. If the player's free hand touches the playing surface while the ball is in play.
- F. If, after being struck by the opponent, the ball comes in contact with the player or anything the player wears or carries before it has passed over the end lines or sidelines, not yet having touched the playing surface on the player's side of the table.
- G. If at any time the player volleys the ball – that is before the ball hits the table top – except as provided in Rule A under "Let" (below).

#### **IV. Let** – A let ball, which is then replayed, is called in the following cases:

- A. If the served ball, in passing over the net, touches it or its supports, provided that the service would otherwise have been good or volleyed by the receiver.
- B. If a service is delivered when the receiver is not ready, provided always that the receiver may not be deemed unready if an attempt to strike the ball is made.
- C. If either player is prevented by an accident not under his/her control from serving a good service or making a good return.

- D. If either player gives up a point, as provided in Rules C-G under "Points", owing to an accident not within his/her control.
- V. **Scoring** – A point is scored by the side that makes the last successful return prior to the end of a rally. An unsuccessful return occurs whenever the ball is missed, is hit off the table, sent into the net, or hit onto the player's own half of the court on the return. Failure to make a good serve also scores a point for the opponent unless it is a let.
- VI. **In Play** – The ball is in play from the moment it is projected from the hand in service until one of the following has occurred:
  - A. It has touched one court twice consecutively.
  - B. It has, except in service, touched each court alternately without having been struck by the racquet immediately.
  - C. It has been struck by either player more than once consecutively.
  - D. It has touched either player or anything that the player wears or carries.
  - E. It has touched any object other than the net and supports.

### **Doubles**

- I. **Good Service** – The service is delivered as previously described, except that it must touch first the right half of the server's court or the center line on the server's side of the net and then, passing directly over or around the net, touch the right half of the receiver's court or the center line on the receiver's side of the table.
- II. **Choice of Order of Play** – The team winning a coin toss has the option of choosing:
  - A. The choice of ends.
  - B. The right to receive or serve first.
  - C. The right to require the losing team to make the first choice.
  - D. After choice A & B have been made, the other team makes the remaining choice.
- III. **Order of Service**
  - A. The first five services must be delivered by the serving partner (Player 1) of the pair who have the right to do so and must be received by the receiving partner (Player 3) of the opposing pair.
  - B. The second five services must be delivered by the receiver of the first five services (Player 3) and received by the partner of the server (Player 2) of the first five services.
  - C. The third five services must be delivered by the partner of the first five services (Player 2) and received by the partner of the server (Player 4) of the first five services.
  - D. The fourth five services must be delivered by the partner of the receiver (Player 4) of the first five services and received by the server (Player 1) of the first five services.
  - E. The next five services start over as in Rule A of "Order of Service"

## Intramural Tennis Rules

**ALL RULES ARE SUBJECT TO CHANGE AT THE DISCRETION OF THE INTRAMURAL DIRECTOR.**

### Rules

- 1) \$5 entry fee per person
- 2) All matches are two out of three sets to six with a tie breaker in effect at 6-6.
- 3) Tie breaker format: "A" serves to "B" for the first point in the right court. "B" serves to "A" for the second point from the left court and the third point from the right court, alternating like this until one player gets to seven points. If the score is tied at 6-6, it is "win by two".
- 4) Judge your own shots.
- 5) If ball hits line (any part), it is in.
- 6) Players must bring own racquets and tennis balls.
- 7) Players will switch sides after every odd numbered game.
- 8) Pace game accordingly.

### Scoring

#### **A Game**

If a player wins a point, the score is called 15 for that player. On winning his/her second point, his/her score is called 30. On winning his/her third point, his/her score is called 40; and the fourth point won by a player is scored Game for that player. If both players are at 40, it is called deuce. The game is won when, at deuce, a player wins two points in a row.

#### **A Set**

A player who first wins six games wins the match. You must win by two games unless the score is 6-6, at which time you would play a tie-breaker.

#### **How to Play:**

1. The service is delivered in the following manner. Immediately before beginning to serve, the Server stands with both feet at rest behind the baseline and within the imaginary continuations of the center mark and the sideline. He cannot serve until the receiver is ready. The Server then throws the ball into the air in any direction and strikes it with his racket before it hits the ground. To be in, it must land in the "service box" on the opposite side of the court, diagonal from the Server. The Server always begins on the right side of the court in every game.
2. The Receiver may stand wherever he/she pleases on his/her side of the net. However, he/she must allow the ball to hit the ground in the service court before returning it.
3. The service is a fault if the Server misses the ball attempting to serve it, if the ball does not land in the proper service court, or if the ball served touches a permanent fixture other than the net before it hits the ground. A foot fault is called when the Server touches the baseline of the imaginary continuation of either the sideline or the center line while he/she is in the process of serving. However, having his/her foot in the air over one of these lines is not a fault. If the first serve is a fault, the Server gets another serve. If the second serve is a fault, it is the Receivers point.
4. During the service, a ball that touches the net but lands in the proper court is termed a "let" and counts for nothing. That one service is replayed. There is no

limit to the number of let balls that may be made on the service; the Server continues serving into the same court until a good service is delivered or two faults are made.

5. At the end of the first game, the Receiver becomes the Server, and the Server the Receiver; and so on alternately in all subsequent games of a match. The players change ends on every odd numbered game.

### **Player Loses Point**

A player loses the point if:

- he/she fails to return the ball directly over the net before it has hit the ground twice consecutively
- he/she returns the ball in play so that it hits the ground, a permanent fixture (other than the net, posts, cord or metal cable), or other object outside any of the lines which bound his/her opponents court
- he/she volleys the ball and fails to make a good return even when standing outside the court
- he/she deliberately carries the ball in play on his/her racket or deliberately touches it with his/her racket more than once
- if the player or any part of his/her racket, clothes, etc. touches the net, post or ground within his/her opponent's court at any time while the ball is in play
- he/she volleys the ball before it has passed the net
- the ball in play touches him/her or anything that he/she wears or carries other than the racket in his/her hand
- he/she throws his/her racket at and hits the ball
- he/she deliberately commits any act which hinders his/her opponent in making a stroke.

### **A Good Return**

It is a good return if:

- the ball touches the net, posts, etc. provided that it passes over any of them and hits the ground within the court
- the ball, served or returned, hits the ground within proper court and rebounds or is blown back over the net, and the player whose turn it is to strike reaches over the net and plays the ball, provided that neither he/she nor any part of his/her clothes or racket touches the net, post, etc. or the ground within his/her opponent's court, and that the stroke is otherwise good
- the ball is returned outside the posts, either above or below the level of the top of the net, even though it touches the posts, provided that it hits the ground within the proper court
- a player's racket passes over the net after he/she has returned the ball, provided that ball passes the net before being played and is properly returned
- a player succeeds in returning the ball served or in play, which strikes another ball lying on the court
- the ball touches any other permanent fixture after it has hit the ground within the proper court

**NOTE:** Names and numbers are given for your aid. It would be beneficial to call ahead of time to make sure your opponent will be there on time.

## Ultimate Frisbee Rules

**ALL RULES ARE SUBJECT TO CHANGE AT THE DISCRETION OF THE INTRAMURAL DIRECTOR.**

### Equipment

- a. Rubber and molded cleats or sneakers may be worn. No metal cleats or screws are allowed.
- b. Players must remove ALL jewelry prior to participating.
- c. Teams must wear matching jerseys, or pennies checked out from the Intramural Sports Supervisor on duty. (No "shirts/skins")

### Field

Dimensions – 40 yards wide and 60 yards long with two 10 yard end zones.

### Players

- A. A team will consist of seven players.
- B. A team may start and play a game with as few as five players.

### Play

- A. The Game: Ultimate Frisbee is a no-contact sport. Contact will not be tolerated. Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of the play.
  1. The game will consist of two 20-minute halves (running clock).
  2. Each team will receive one (2) minute timeout per half.
  3. Timeouts must be called when the team calling it is in possession of the disc, or after a goal prior to the ensuing throw-off.
  4. Scoring – Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
  5. The team with the most goals at the end of the game is declared the winner.
  6. If the score is tied at the end of regulation play, three-minute sudden-death overtime period will be played until a winner is declared. In regular season play, if no one has scored after the three-minute sudden-death period the contest will be determined a tie. For playoffs, the overtime sudden-death periods will continue until the first team to score wins.
- B. Substitutions
  1. Substitutions can be made: after a goal and prior to the ensuing throw-off, before the beginning of a period, or to replace an injured player.
  2. An ejected player may not be replaced.
- C. Starting and restarting the play
  1. Start of Game
    - a. To start the game, a coin toss will be conducted. The winner will have the choice of: receiving the initial throw-off, or selecting which goal they wish to defend initially.
    - b. The team losing the flip is given the remaining choice.
    - c. The second half begins with an automatic reversal of the first choice of options.
    - d. When time is up, if overtime periods are needed, the coin toss is repeated for the first overtime period. Each subsequent overtime period begins with an automatic reversal of the first choice of options.
  2. Throw-off
    - a. Play starts at the beginning of each period of play and after each goal with a throw-off.
    - b. Each time a goal is scored, the teams switch the direction of their attack and the team which scored throws-off.
    - c. Positioning prior to throw-off: (1) The players on the throwing team are free to move anywhere in their defending end-zone, but may not cross the goal line until the disc is released. (2) The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.

- d. The throw-off may be made only after the thrower and a player on the receiving team raise a hand signifying that team's readiness to play.
  - e. The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.
  - f. As soon as the disc is released, all players may move in any direction.
  - g. No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.
  - h. If a member of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play from that spot.
  - i. If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in bounds, the receiving team gains possession of the disc where it stops.
  - j. If the throw-off lands out-of-bounds the receiving team makes a choice of: (1) Putting the disc into play at the point where it crossed the line, or (2) Requesting a re-throw.
- D. Change of Possession:
- 1. Occurs when a pass is not completed (dropped, hits the ground, falls out of bounds, blocked, intercepted).
  - 2. When play stops the player who was in possession retains possession.
  - 3. All players must come to a stop as quickly as possible when play is halted, and remain in their respective locations until play is restarted.
  - 4. The marker restarts play by handing the disc to the thrower.

#### **Out-of-Bounds**

- A. The perimeter lines themselves are out-of-bounds.
- B. A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything which is out-of-bounds.
- C. For a receiver to be considered in-bounds after gaining possession of the disc, he or she must have one part of the body out-of-bounds, the player is considered to be out-of-bounds.
- D. Should the momentum of a player carry him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where he/she went out-of-bounds and puts the disc into play at that point.
- E. To restart play after the disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field where the disc went out-of-bounds, and put the disc into play at that point.
- F. The thrower may pivot in and out-of-bounds, providing that some part of the pivot foot contacts the playing field.

#### **The Thrower**

- A. The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
- B. The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into him/her.
- C. If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.
- D. The thrower may throw the disc in anyway he/she wishes.

#### **The Marker**

- A. Only one player may guard the thrower at any one time; that player is the marker.
- B. The marker may not straddle the pivot foot of the thrower.
- C. There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times.
- D. The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
- E. Stalling

1. Once a marker has established a set-guarding stance on the thrower, he/she may initiate the count.
2. The count consists of the marker calling "Counting" and counting at on-second intervals from 1 to 10, loudly enough for the thrower to hear.
3. If the thrower has not released the disc at the first utterance of the word ten (10), a turnover results.
4. If the defense decides to switch markers, he/she must start again from one.

### **The Receiver**

- A. Bobbling to gain control of the disc is permitted.
- B. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot.
- C. If the receiver is running as he/she catches the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop.

### **Fouls**

- A. Fouls are the result of physical contact between opposing players.
- B. The offending player calls the foul.
- C. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.
- D. If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.
- E. Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent.
- F. Fouls and violations result in a change of possession.

### **Positioning**

- A. Picks:
  1. No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team: to do so is a pick.
  2. A pick is considered a violation.
- B. When the disc is in the air, players must play the disc, not the opponent.
- C. The principle of verticality: all players have the right to the space in-immediately above them.
- D. A player who has jumped is entitled to land at the same spot without hindrance by opponents.

### **Protests**

- A. Rule interpretations and player eligibility are the only protests that will be considered.
- B. Rules protests
  1. Rules protests must be filed at the time a question occurs and will be settled at that time by the Supervisor.
  2. No contests or portions thereof will be replayed due to improper rules' enforcement. If you have a question, ASK IT.
  3. SUPERVISORS' JUDGEMENT IS NOT PROTESTABLE.
- C. Player eligibility protests
  1. Should be filed as soon as you have a question, but MUST be submitted in writing to the Intramural Office within 48 hours
  2. Eligibility protests will be decided at the time the question is raised whenever possible.
  3. Players found to be ineligible after the contest will result in that contest being forfeited and/or that player being suspended.

### **Player Conduct**

- A. Team captains [you] and manager/coaches are responsible for the conduct of their players and fans.
- B. Only the Captain or designated Coach is allowed to question the officials during play.
- C. Coaches must stay at the team bench area during play.

- D. Acts of unsportsmanlike conduct including: unnecessary roughness, arguing with official (supervisor), fighting, abusive language directed towards officials/opponents will result a player(s) being ejected from the game.
- E. Any player ejected from a game will be ineligible to participate in their team's next game and must pay a \$5 fee.
- F. Ejected players must leave the playing area for the remainder of that contest and any other contests that day.