

**MISSISSIPPI UNIVERSITY FOR WOMEN**

# **INTRAMURAL SPORTS RULES**

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## Mississippi University for Women

### Coed Kickball Rules

1. A team will consist of (8) players. A team may begin a game with 6 players but an automatic out will be awarded for the 7<sup>th</sup> and 8<sup>th</sup> spot in the line up. **\*\*No more than (4) men can be on the field at a time\*\***
2. Each team may bat up to (10) players. Any (8) players may play defense.
3. Games are (7) innings or 50 minutes. No new inning will begin after 45 minutes.
4. Mercy rule will be (10) runs after (3) or more innings.
5. Team captains must list the kicking order prior to the start of the game.
6. Kickers must remain in the same kicking order throughout the game.
7. Two men are not allowed to kick back to back in the lineup. There may be two women kicking back to back, however, there must be a woman in between each male batter.
8. Each team gets (3) outs per inning.
9. The batter is out in situations similar to softball (force-outs, pop-outs, etc.) In addition, a runner is out when he/she is hit by a thrown ball **Below The Waist.**
10. There will be no infield fly rule.
11. The ball is put in play when the pitcher rolls the ball toward home plate and the batter attempts to kick the ball.
12. The batter must wait for the ball to be within three feet of home plate before kicking the ball.
13. A batter gets only ONE attempt at kicking the ball. A missed attempt or foul ball is an out. If the batter does not like the pitch, he/she should not attempt to kick it and another pitch will be thrown.
14. There are no strikeouts or walks.
15. Leading off and stealing bases is NOT allowed. A runner who leaves the base before the ball is kicked will be called out and the ball will be dead.
16. A base runner will be called out if he/she deliberately runs over a defensive player who is holding the ball, waiting to apply a tag. If the act is determined flagrant, the offender will be ejected.
17. Bunting is NOT allowed. Attempting to bunt will result in a dead ball and an automatic out.
18. Intramural Kickball will be self officiated. In the event that both teams cannot come to an agreement on the ruling, the Intramural Sports Supervisor will flip a coin. The result of the flip will be the final decision.
19. Each team is responsible for keeping its own score.
20. If a team has less than 6 players at game time, a 10-minute grace period will begin. For every minute that expires, the opposing team is awarded one point.
21. On an overthrow by a defensive player that goes out of bounds, the base runner will be awarded the base they were going to plus one. Play will become dead when the ball crosses the out of bounds line.

\*\*\*Revised September 2006

## **MUW Intramural Sports Badminton Rules**

### **Coin Toss**

A coin will be tossed before the match to determine who will serve and who will receive.

### **Game and Match**

Each game is played until one player reaches 15 points, you do not have to win by two. A match is the best 2 out of 3 games.

### **Scoring**

The player that is serving can only win points.

The player continues to server until an error is committed (hitting it into, under the net or out of bounds on a serve.)

When the server commits an error then the serve alternates.

### **The Play**

The first serve is made from the right side of the court. The server has to be out of bounds behind the service box and he/she has to hit the shuttle into the diagonal box across the net.

### **Faults**

If the server's foot comes across the boundary line

If the shuttle is hit above the server's waist

If the shuttle lands out of bounds or in the net

If any player's racquet or hand or any article of clothing comes over the net

**When a fault is committed then it becomes the opponent's time to serve.**

If a player completely misses the shuttle on the server it is **NOT A FAULT.**

### **General**

A serve may not be delivered until the receiver is ready

A serve that touches and passes over the net and falls within the diagonal service box or if a shot during a rally does the same, they are both **GOOD.**

## **Flag Football Rule Book**

### **Playing Field and Equipment**

1. The field is divided into 4 zones of 20 yards each and 2 end zones of 10 yards each.
2. All jewelry must be removed including watches, earrings, bracelets, etc. before participating. Shoes must be worn; metal spikes are prohibited.
3. All players must wear two flags, one on each hip.
4. Shirttails that cover the flags must be tucked in.
5. Men will use the regular size football, while women will use the intermediate size football. Game balls will be provided but teams may choose to use their own footballs.

### **The Teams**

1. A team shall play with a maximum of 7 players and a minimum of 5 players.
2. Each team should designate a captain to act as the team spokesperson and make decisions. Only the captain may talk to the officials.
3. A player must be on the roster to participate.

### **The Game**

1. The game shall consist of two 20 minute halves with a five minute rest period between halves.
2. Each half shall start with a kick-off.
3. The captain who wins the coin toss prior to the game has the choice of starting the game as the kicking or receiving team. At the beginning of the second half the privileges shall be reversed. Goals shall also be exchanged at each half.

### **Time-Outs and Substitutes**

1. Each team shall be allowed two time-outs per half. Time-outs will not be carried over to the second half.
2. Each time-out will last one minute.

3. The referee may declare an official's time-out for any purpose he/she deems necessary. This time-out will not be charged to either team.
4. Substitutes may enter the game any time the ball is dead.

### **Time Factors**

1. The clock will run continuously, during the first 18 minutes of each half. During the last two minutes of each half, the clock will stop for: penalties, scoring plays, incomplete passes, out of bounds, injured players, and first downs (until the ball is set in play by referee's ready to play whistle).
2. The only time the clock will stop during the middle of a game will be:
  - a. for injury to a player
  - b. during team time-outs
  - c. during official's time-outs

### **Kickoff**

1. The ball will be kicked off to begin each half. All kickoffs will take place on the 20 yard line. The ball may be placed on a tee or on the ground.
2. The receiving team must remain behind the center line until the ball is kicked.
3. The ball must cross the center line on a kickoff.
4. If the ball doesn't cross the center line, the receiving team has the option of having the ball re-kicked or playing it at the center line.
5. If the ball is kicked out of bounds, the receiving team has the option of taking the ball where it went out of bounds, or taking the ball on the 30 yard line.
6. After every score, the ball will be placed on the new offensive team's 15 yard line with a first and five situation.

### **Offense**

1. The offensive team must have 4 players on the line of scrimmage until the ball is snapped. All players are eligible for a forward pass. The passer may pass from anywhere behind the line of scrimmage.
2. The offense has 25 seconds to snap the ball after the referee has declared the ball ready for play.
3. The ball may be snapped between the legs or to the side of the snapper, but must be in a continuous motion from the ground. The player receiving the snap must be 2 yards off the ball for a scrimmage play and for a punt.

4. If the ball touches the ground after it has been snapped, it is a dead ball. The next down starts from where the ball first touches the ground.
5. The player who receives the snap must be at least two yards behind the offensive line of scrimmage.
6. Fumbles are considered a dead ball and shall be played from the point where it first touched the ground.
7. The ball may be centered to any backfield player.

### **Downs**

1. Each team shall have four downs to advance the ball 20 yards.
2. When the ball has been advanced 20 yards, the team earns a first down.
3. If a team fails to move the ball 20 yards in four downs, they lose possession of the ball. The opposing team takes over from the point of the dead ball.
4. If any part of the ball carrier touches the ground, other than the feet and hands, he/she will be considered down. The ball may not touch the ground.
5. An incomplete pass will be considered a down.
6. When a flag is pulled to end a play, it will be considered a down.

### **Punts**

1. All punts must be announced to the referee before the ball is ready for play.
2. A team may punt on any down.
3. Defensive and offensive teams must have 4 players on the line of scrimmage until the punt is made. After receiving the ball the punter must put the ball in play within 5 seconds.
4. The offensive players may not move until the ball has been kicked.
5. Fake punts are illegal.
6. The ball may be run back if it touches the ground before hitting a player. A fumbled punt is dead where it touches the ground.
7. A punt that lands out of bounds shall be played from the point where it crossed the out of bounds line.

### **Blocking**

1. Offensive blocking shall take place **without contact**.
2. The blocker must have their hands and arms:
  - a. down at their sides
  - b. behind their back
  - c. crossed over their chest.
3. Any use of the arms, elbows, or legs during an offensive player's screen block is illegal.
4. Players may not use interlocked interference by grasping or encircling one another.

### **Ball Carrier**

1. The ball carrier must try to avoid a defensive player. Deliberate charging is illegal. This will be judged by the referee.
2. Helping the runner is illegal. The runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.
3. The ball carrier may not use a stiff arm.
4. The ball is down at the spot where the tackler pulls the flag. A player who removes the flag from the ball carrier should immediately hold the flag belt above his/her head to assist the official in locating the spot where the capture occurred.
5. The ball carrier may not pass the ball forward after crossing the line of scrimmage.

### **Passing**

1. Any player is eligible to receive a forward pass.
2. A pass must be thrown from behind the line of scrimmage.
3. If two opponents catch the ball simultaneously, the ball is dead and belongs to the team that put the ball in play.
4. To be **complete** a pass must be caught with **one foot** in bounds.

### **Dead Ball**

1. The ball is dead:
  - a. when it goes out of bounds
  - b. when the defense pulls the ball carrier's flag
  - c. if the ball carrier touches the ground with any part of his/her body other than the hands or feet
  - d. when a forward pass strikes the ground or is caught simultaneously by opposing players
  - e. when the ball hits the ground
  - f. on an incomplete pass
  - g. when a player does not have both flags attached during the start of the play
  - h. when an official sounds his/her whistle inadvertently during a down

## **Defense**

1. It does not matter how many players the defense has on the line of scrimmage.
2. A defensive player may not hold, push, or knock the ball carrier down in an attempt to remove the flag.
3. A defensive player may not remove an offensive player's flag when the offensive player does not have the ball.
4. A player may dive to remove a flag belt as long as no contact is made with the opposing team.
5. A team may rush as many players as they would like.
6. If the flag falls off the offensive player, the defense must touch the runner between the shoulder and the knee with one hand.
7. A defensive player must make an attempt to go around the offensive blocker. This will be judged by the referee.
8. No rushing on punts.

## **Scoring**

**Touchdowns** = 6 points

### **Extra Points**

3 yard line = 1 point

10 yard line = 2 points

Safety = 2 points

If the defense intercepts a try for an extra point and returns it for a touchdown, it will be worth 2 points, regardless of whether or not the attempt is for one or two points.

After a safety is scored, the team that is awarded 2 points will automatically gain possession at their own 15 yard line.

### **Mercy Rule**

If a team is leading by 19 or more points when the referee announces the two minute warning for the second half, the game will be over.

### **Tie Game**

1. Play will begin on the 10 yard line and teams will have 4 plays each.
2. A coin toss will determine which team goes first.
3. The object is to score a touchdown and extra point (1 or 2 points). After Team A scores, Team B then has 4 plays within which to score. If no team has scored after their respective plays, the process is repeated.
4. If the defense intercepts a pass and returns it for a touchdown, they win the game. If they do not return it for a touchdown, the series is over.
5. Extra point attempts will be held as in regulation play.

## **BASKETBALL RULES**

### **PLAYERS AND EQUIPMENT**

1. Each Men's and Women's team shall consist of 5 players. Each team must have a minimum of 4 players in order to begin a game.
2. Men shall use a regulation-sized basketball. The intermediate (women's) basketball shall be used for Women's play. A game ball will be provided for each game or teams may choose to provide their own.
3. **Shoes:** Tennis shoes are the recommended footwear. No black-soled shoes, which may mark the floor, are permitted. No street shoes, combat boots, or hiking boots may be worn. Barefoot and stocking feet are not allowed.
4. **Jewelry:** No jewelry or any other item deemed dangerous by the official may be worn during play. Any player wearing exposed permanent jewelry will not be permitted to play.
5. There will be no hats, bandanas, or hard barrettes worn during play. Cloth (elastic) bands may be used to control the hair.
6. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.

## **GAME**

1. A game will consist of two 15-minute halves with an intermission of 4 minutes after the conclusion of the first half. There will be a running clock, except for the last two (2) minutes of the second half, when the clock will stop for every dead-ball situation.
2. The clock will stop only on:
  1. Shooting fouls
  2. Time-outs
  3. The last two (2) minutes of the second half when a play is whistled dead.
3. **Forfeit time:** If a team fails to appear within 10 minutes of the scheduled time, the official will declare the contest a forfeit. For every minute that a team cannot take the court after the scheduled starting time, their opponents will be given two points plus loss of playing time. A team must have the minimum number of players to start a game.
4. **Time-outs:** Each team will be given two (2) time-outs per half. Time-outs do not carry over from half to half or from overtime to overtime. The clock stops during all time-outs. (one minute in duration)
5. **Overtime:** If the score remains tied at the end of regulation play, an overtime period of two (2) minutes will be played. A jump ball will be administered at center court to start the overtime period. The overtime period shall consist of a running clock for the first minute and will stop on every dead-ball situation for the last minute. This procedure will be repeated until a winner is determined.
6. **Mercy Rule:** If any team is ahead by 20 or more points with two minutes or less remaining in the game, the game will be over.
7. **Start of game:** To start the game, a jump ball will be administered at center court. Alternating possession will be in effect once control is obtained after the jump ball. The alternating possession arrow will determine possession of the ball at the start of the second half.
8. **Substitutions:** A substitute must report to the scorekeeper and be recognized by a game official before he/she may enter the game. A substitute can only enter the game during a dead-ball situation.

## COURT POLICIES

1. There will be no dunking or grabbing of the rim at any time. If a player dunks or attempts to dunk a ball (even in pre-game warm-ups) a technical foul will be assessed to that player, and he/she will be ejected from the game.
2. **Bench:** Only the players and two coaches are allowed in the bench area!! All others must be on the ends of the court.

## FOULS AND PENALTIES

1. A player will be disqualified (foul out) when he/she has accumulated 5 fouls (any combination of personal or technical).
2. One free throw will be awarded for a player fouled in the act of shooting and the two or three-point try is successful.
3. Two free throws will be awarded for a player fouled in the act of shooting whose two-point try is unsuccessful, and three free throws will be awarded for an unsuccessful attempt beyond the three-point line.
4. Bonus free throws (one-and-one) will begin on the seventh (7) team foul in each half.

5. Two free throws will be awarded for every foul on or after the 10<sup>th</sup> team foul of each half.
6. **Technical Fouls:** On all technical fouls, two (2) points will be awarded to the offended team and ball possession at half-court. **No Free-Throws!!**
7. **Flagrant Fouls:** On all flagrant fouls, the offended team will be awarded two (2) points and possession of the ball. The offending player will be ejected from the game.

## **SPORTSMANSHIP**

1. The captain shall be the only player to talk to any official on matters of rule interpretations. Excessive complaining by players or coaches will not be tolerated.
2. There will be no verbal or physical abuse toward the officials.
3. There will be no verbal or physical abuse toward the opposing team. No taunting, cursing or gesturing will be tolerated. (Revised 9/2006)

## **Soccer Playing Field and Equipment**

- 1) Playing field dimensions (70x40); regulation goal – 8x24
- 2) The Intramural Department will be responsible for providing jerseys for each team.
- 3) No metal spikes allowed. If a player chooses to wear cleats, they must NOT be “toe cleats”.
- 4) Team members are REQUIRED to wear shin guards and long socks.
- 5) No jewelry is allowed.

### **The Teams**

- 1) A team may play with a maximum of (7) players and a minimum of (5) players.
- 2) Goalkeepers must wear an odd-colored shirt to distinguish themselves from other players on the field.
- 3) Each team should designate a captain to act as the spokesperson and make decisions. Only the captain may talk to the officials.

### **The Game**

- 1) The game will consist of (2) 20-minute halves with a 5-minute rest period between halves.
- 2) The captain who wins the coin toss prior to the start of the game has a choice of the goal they wish to defend or to have the ball for the kickoff.
- 3) The clock will run continuously, except for injuries or official time-outs
- 4) The official on the field will keep the official game-time.

**\*\*There will be no offside violation.**

### **Time-Outs and Substitutions**

- 1) Each team gets one time-out per half that will last for only (1) minute.
- 2) Substitutions will be allowed on all dead balls.
- 3) Officials need to be notified of substitutions and players have to be beckoned in by an official.

### **Starting the Game**

- 1) The game will be started by a player taking a place kick (i.e. kick at the ball while it is stationary on the ground in the center of the field of play) into his/her opponents half of the field of play.
- 2) The kicker may not play the ball again on the kickoff until it has been touched or played by another player on either team. Penalty – indirect free kick at the spot of the foul.
- 3) Every player will be in his/her own half of the field and every player of the team opposing that of the kicker will be at least (10) yards away from the ball until it is kicked.

### **Scoring**

- 1) A goal is worth (1) point.
- 2) A goal is scored when the ENTIRE BALL passes legally over the goal line, between the goal posts, and under the cross bar.
- 3) A goal will not count if it has been carried or propelled by the hand or arm.
- 4) A goal may be scored during play directly from a:
  - A. Kickoff
  - B. Direct free kick
  - C. Goal kick
  - D. Penalty kick
  - E. Corner kick
  - F. Throw-in
  - G. Goalkeeper's throw or punt
  
- 5) If a defensive player, other than the goalkeeper, intentionally stops the ball with his/her hands or arms to prevent a goal from being scored, then a goal is automatically awarded without a penalty kick. Both officials must agree on the call.
- 6) After a goal is scored, the team scored against will restart play by a kickoff.

### **Goalkeeper**

- 1) The goalkeeper is responsible for his/her own odd colored jersey.
- 2) The goalkeeper may not be charged.
- 3) No player can run into or kick into the goalkeeper while going for the ball.
- 4) When the goalkeeper has clear possession of the ball, he/she has (4) steps, or (5) seconds to get rid of the ball.
- 5) When a player deliberately kicks the ball into his/her own goalkeeper, the goalkeeper MAY NOT touch the ball with his/her hands.

### **Throw-ins**

- 1) A ball is out of bounds when the entire ball crosses the touch- line either in the air or on the ground.
- 2) All balls that go out of bounds on the sideline will be put back into play by throw-ins.
- 3) The player throwing the ball in must remain behind the touchline and be facing the field of play.
- 4) Both feet must be in contact with the ground, but do not have to be stationary (i.e. the feet may slide)
- 5) The player throwing the ball in must use both hands with equal force and will deliver the ball from behind and over the head in one continuous movement.
- 6) Illegal throw-ins result in a change of possession.

### **Free Kicks**

- 1) Free kicks shall be classified as:

- A. **Direct**—a goal may be scored directly by the kicker.
  - B. **Indirect**—the ball must touch another player before going into the goal.
- 2) When a free kick is being taken, a player of the opposite team shall not approach within 10 yards of the ball until it is in play unless one is standing in one's own goal line, between the goal posts.
  - 3) The following will result in a direct free kick:
    - A. Illegal slide tackling
    - B. charging an opponent violently or dangerously
    - C. handling the ball with the arms or hands
    - D. holding an opponent
    - E. striking or attempting to strike an opponent
    - F. pushing an opponent
    - G. tripping an opponent
    - H. kicking or attempting to kick an opponent
    - I. jumping at an opponent
    - J. using the knee on an opponent
  - 4) The following will result in an indirect free kick:
    - A. The goalkeeper delays in getting rid of the ball; the free kick will be taken from the top of the penalty box.
    - B. A player plays the ball a second time before it has been touched by another player at the kickoff, free kicks, corner kicks, goal kicks, or throw-ins
    - C. Unsportsmanlike conduct
    - D. Delay of game
    - E. High kicks

### **Penalty Kicks**

- 1) All direct free kick offenses that occur in the penalty area shall result in a penalty kick.
- 2) The player kicking the ball shall not attack the ball again if the ball bounces off the goal posts, cross bar, or the goalkeeper.
- 3) All players except the player taking the kick and the goalkeeper must stay outside the penalty area until the ball is kicked.

### **Goal Kicks**

- 1) A goal kick shall be awarded when the attacking team causes the ball to go out of bounds across their opponent's goal line, excluding the area between the goal posts and under the crossbar.
- 2) The defensive team is awarded a direct free kick from anywhere inside the goalkeeper's box.
- 3) The ball shall be kicked from the ground in a stationary position.

- 4) Players opposing the kick should be at least 10 yards away from the ball and cannot touch the ball until it clears the goalkeeper's box.

### **Corner Kicks**

- 1) A corner kick shall be awarded when a defensive player causes the ball to go out of bounds across their own goal line, excluding the area between the goal posts and under the crossbar.
- 2) The offensive team is awarded a direct free kick.
- 3) The ball shall be kicked from the corner nearest to where the ball went out of bounds.
- 4) Players of the defending team shall be at least 10 yards from the ball until it has been kicked.

### **Yellow Cards**

- 1) A player shall be cautioned with a yellow card for the following:
  - A. Persistently violating the rules
  - B. Verbal objection or action indicating dissent toward the official
  - C. Unsportsmanlike conduct (i.e. unnecessary delay of game, holding a shirt or shorts, intentional handball to stop an attack)
  - D. Leaving or entering the field of play without the permission of the official.
- 2) A player who receives (2) yellow card penalties will be ejected from the game, but may be replaced the next game.
- 3) If a team receives (4) yellow card penalties during a game, they will have to forfeit the game.

### **Red Cards**

- 1) A player will be ejected with a red card for the following:
  - A. Violent conduct or intentional dangerous play
  - B. Deliberately committing a foul on an opponent who has an obvious opportunity to score
  - C. Fighting
  - D. Using the knee on an opponent
  - E. Striking or attempting to strike an opponent
  - F. Persistent misconduct after receiving a warning(yellow card)
- 2) Any ejected player must leave the intramural facility immediately.
- 3) The ejected player will be suspended for a minimum of one game following a conference with the Intramural Director.
- 4) The ejected player may not be replaced for the rest of the game or the entire next game.
- 5) Two red cards on the same team will cause that team to forfeit the game.

### **Tie Game**

- 1) All games ending in a tie will result in a sudden death shoot-out.

- 2) Sudden death kicks will be played like a penalty kick, except the ball may be touched only once by the kicker.
- 3) The same player may not kick twice unless everyone else on the team, including the goalie, has kicked.
- 4) All players except the kicker and the goalie must be in the center circle during sudden death.

**Mercy Rule**

\*\* The game will be over if a team is leading by (7) points.

## **Indoor Volleyball Rules**

### **Players, Substitutes and Roster Size**

1. A regulation team is six; however, a team may start or continue with four. If a team has fewer than four players, it will forfeit the game, including injuries.
2. For C0-Rec play, when playing with six players, there must be three males and three females. When there are only five players on the court, there may be a combination of three males and two females or three females and two males. When playing with four, it must be two and two.
3. Players must have record of a signed intramural waiver at the game site. Players must be printed on the official score sheet.
4. Free substitution is allowed before each serve.

### **Playing Rules and Scoring**

1. A coin toss shall determine the serve for the first and third games. The winner shall choose either to serve/receive or pick a playing side. The loser of the toss is given the remaining choice. In game two, the serve and playing side are switched.
2. A match shall consist of the best two of three games.
3. A game will consist of 15 points using a rally-point system (win by two) A 21 point cap will be on games one and two. If a third game is necessary, will play to 11 points and have to win by two. The rally-point system awards points on each serve. For example, if the team serving has a side out and loses its serve, the opposing team not only obtains the serve, it is also awarded a point.
4. A ball landing on a line is good.
5. A team is allowed only three hits per side.
6. No player may contact a ball twice in succession, except during a block.

### **The Serve**

1. A server has five seconds to serve the ball after the whistle is blown.
2. The serve will be replayed when the player serves before the whistle is blown; an object comes onto the court; or the server doesn't like the toss and elects to re-serve (can only happen once per server).
3. A server may not step on or over the end line until the ball has been contacted on the serve. The serve can be executed anywhere along the serving line but within the sidelines.
4. All other serving team and receiving team members must be inside the court boundaries.
5. A served ball contacting and crossing the net shall remain in play provided that the ball is entirely within the antennas.

### **Attacking/Blocking**

1. Co-Rec men cannot spike in front of the 10-foot attack line-they must take off behind the line.
2. If one or more player(s) is attempting to block and contacts the ball, either player is eligible to participate in the next play which shall be considered the first contact of the three allowed the team.
3. Blocking a served ball is not permitted.

### **Net Play/Center Line**

1. A player may not touch the net with any body part.
2. A player may follow through over the net when executing a block or spike.
3. The centerline directly under the net is considered an extension of the net and may not be crossed. If crossed it is considered a loss of point.
4. A back row player cannot participate in any block or spike at the net.

### **Special Definitions- Co-Rec Volleyball Rules**

1. Men must always take off from behind the 10 foot attack line to spike the ball. They may spike and then land within the 10-foot line area.
2. There is no restriction on a female having to touch the ball before it is hit to the other side of the net.

## **Darts**

### **Mississippi University for Women Intramural Sports**

Divisions of play will be Men's and Women's. At least four entrants are required in each of these divisions to conduct separate contests. If less than four participants form a division, divisions will be combined as appropriate.

Division structure is as follows:

All participants will be entered into a single elimination tournament. The winner of each round will advance to the next round and the loser will be eliminated from the field.

We will play "Count Up" as the game format. The rules for "Count Up" are as follows.

1. Each player will throw one dart. Closest dart to the center cork will begin the game.
2. Each player will throw three darts consecutively to finish their turn.
3. If a foot goes over the line, the throw counts as a toss, however the point totals for that throw does not count.
4. Darts must remain on the board for 5 seconds after each player throws the final dart for the score to count. A dart does not score if it falls off the board or sticks in another dart. Re-throws are not permitted.
5. A match consists of the best two of three games. A game consists of 200 points. The game ends when a player scores 200 or more points.
6. The dart board is hung on a wall with the center of the bull at 5 feet 8 inches. The toe line is 8 feet from the dart board.

## Coed Indoor Volleyball Rules

**All players must sign a waiver before participation. Each player shall also read and understand rules and the policies/procedures.**

**\*\*\*ELIGIBILITY is the responsibility of each team captain. MUW Students, Faculty and Staff Only.**

1. A team is composed of six players. The minimum number to begin play is four. A team may start a game with less than 6 players but at no time may the number of men exceed the number of women. Players that arrive late may be added to the roster and may enter the game at a dead-ball situation.
2. Substitutions must be made when the ball is dead. The substitute must check in with the scorekeeper and take the position and place in the serving order of the player for whom he/she is substituting. A man must substitute for a man, and a woman for a woman.
3. Each team is allowed two time-outs per game. Time-outs may not exceed one minute. A 3 minute rest period will be allowed between games.
4. Teams will play the best two out of three matches. A game is won when a team scores 15 points. A team must win by two points. A 21 point cap will be on games 1 and 2.
5. "Rally scoring" (a point is awarded on each serve to the team which wins the rally) if a third game is necessary, it will be played to 11 points (win by two).
6. **CO-ED RULES** require that on each play over the net, if the ball is contacted more than one time – then one of those contacts must be by a female.
7. A team is allowed only three hits per side.
8. No player may contact a ball twice in succession, except during a block.
9. The choice of serve or playing area shall be decided by a coin toss by the scorekeeper between the designated captains of each team before the first game. If more than one game is played, the team not serving the first of the previous game of the match shall serve first in the next game. A coin is tossed again if a third and deciding game is needed.
10. Teams shall exchange sides at the end of each game.
11. Serves may be over-hand or under-hand. A server may not step on or over the end line until the ball has been contacted on the serve. The serve can be executed anywhere along the serving line but within the sidelines.
12. A served ball contacting and crossing the net shall remain in play provided that the ball is entirely within the antennas.
13. The net may not be touched by a player while the ball is alive. If the ball is driven into the net with such force as to cause the net to contact an opponent, such contact shall not be considered a fault.

14. A ball landing on a line is good.
15. CENTER LINE- A player may be on the centerline AND OVER THE LINE SO LONG AS SOME part of his/her foot remains in contact with the line.
16. A BALL MAY NOT BE HELD, LIFTED, PUSHED, THROWN, OR CARRIED AT ANY TIME. Using an open hand to contact the ball in an underhand motion or to direct the ball forward from behind the head with an open hand usually constitutes a lift or carry.
17. A touch on a blocked ball is not considered a first hit; the team is still allowed three hits. A player in the act of blocking may reach over the net only after the ball has been spiked. Otherwise, it is a violation and results in a point or side-out. A spiked ball is a legally played ball (other than a serve) which is hit forcibly from a height greater than the top of the net.
18. If the server throws the ball into the air and lets it hit the ground or catches it in a non-serving motion, the ball is dead and a re-serve is called.
19. A back row player cannot participate in any block or spike at the net.
20. Men must always take off from behind the 10-foot attack line to spike the ball. They may spike and then land within the 10-foot line area.

## 8 Ball Rules

A match of billiards (pool) will consist of the best 2 out of 3 games.

**Object of the Game:** One player must pocket the solid numbered balls 1-7, while the opposing player pockets the striped numbered balls 9-15. The first one to pocket all of his/her group of balls can then legally pocket the "8-Ball." If the "8-Ball" is pocketed anytime before either player has pocketed his/her group of balls, then the game is over and the opposing player wins.

**Call Shot or "Gentlemen's Call"**- Is when you let your opponent know what ball you are going to hit into what pocket. Obvious shots do not need a call, but if it is a shot in which the ball is going to hit several rails of the table a call shot is needed. "Luck shots" do not count. If you hit a ball and towards one pocket and it falls in another pocket then the ball stays in the pocket and it is the opposing player's turn to shoot.

**A Call Shot is always needed when shooting at the 8-Ball.**

**Breaking-** the player that is seated higher in the bracket will initiate the first break of the match. In the second game the lower seated player will break. If a third game is played then the players will flip a coin to see who will break. The break will take place from the **Head Spot** that is marked on the table.

- ✓ If the player, who is breaking scratches on the break, it is, the opposing players turn to shoot behind the Head spot on the table. If other balls were pocketed then they stay pocketed.
- ✓ If one solid colored ball and one striped ball are pocketed on the break then the table is still open and it is the opposing players shot.
- ✓ The table is always open after the break; it is not until a player legally pockets a ball is a group determined.

**Legal Shot-** The player must hit his/her ball first and pocket the object ball. If the opposing player's ball is pocketed then it is the opposing player's turn to shoot. Even if both balls were pocketed, play is given to the opposing player.

If the cue ball is hit on purpose or by accident, it is still considered a shot.

**Spotting Balls-** if a player pockets an object ball and then the cue ball is pocketed on the same hit, and then the object ball is spotted on the foot spot. The opposing player then has the advantage of **ball in hand**, which means they can move the ball anywhere on the table before attempting their next shot.

No balls can be touched during the game unless they are being spotted from being pocketed, a ball comes off the table, or ball in hand is being used.

If a ball comes off the table then it is considered a foul and the opposing player then gets to invoke the ball in hand privilege.

If the 8-Ball is pocketed at anytime other than when called then it is an immediate loss. In addition, if the 8-Ball is pocketed in a pocket not called then the game is forfeited.

## **Sand Volleyball Rules**

1. **Teams shall be composed of FOUR players.** Teams may not begin or continue with less than three players. Two men and two women for Co-Rec teams. Teams may start with three players, either two men and one woman or two women and one man. **LIMIT OF 8 PLAYERS ON A ROSTER.**
2. **A MATCH consists of the best 2 of 3 games.** Games will be rally score, to 16 points- win by 2 points If a third game is necessary it will be played to 10 points and the two point rule is not in effect.
3. **TO START A GAME** a coin toss will be done between the two opposing captains. The winner has the choice of: serving the first game or choosing which court to start on. At the beginning of the second game the roles are reversed. The coin toss will be done at the beginning of the third game with the winner getting the same options as above.
4. **ROTATION is clockwise.** COED – serving order will alternate male-female-male-female- or vice versa.
5. **SERVICE:** The server must be behind the end line and all players must be in their proper positions before the serve. No assist is allowed on the serve. A ball touching the net and dropping over is illegal. If a player serves out of turn, side-out shall be called as soon as the mistake is discovered. Any points made by the illegal server shall be canceled. The serving order should then be corrected immediately. Players must stay in their respective serving order for the entire game. At the beginning of a new game the players may be rearranged. There will be no screening of the service.

### **Blocking or attacking a served ball is prohibited**

After the ball has been served players may change positions.

6. **VOLLEY:** One volley or contact with the ball is allowed per person in succession (for exception see Blocking). Three volleys are allowed per team.  
The ball may be hit with any part of the body, above or below the waist. (including feet)  
In Co-Rec: If three hits are used to hit the ball over the net, a female must be involved in the play or a side-out will result.  
A ball, except a service, striking the net and going over is still in play.
7. **BLOCKING:** In blocking the ball the team, which has affected an actual block, shall have the right to 3 more contacts. Any player participating in the block in which the ball is contacted shall have the right to make the next contact and it will be the first of the teams 3 hits.
8. **OUT OF BOUNDS:** The entire ball must always pass over the net at a point between the antennas. All balls that hit any boundary line are considered in bounds. A player must not catch or touch the ball and call it out of bounds. If touched it will be assumed that it was in bounds.

9. **SUBSTITUTION:** Player substitution may be made when the ball is dead. The incoming player must take the position and place in the serving order of the player, which they are substituting. No change shall be made in the order of rotation. A team is allowed an unlimited number of subs on a player-for player basis, as long as the starter and the substitute replace each other in the same locations during the game.
10. Each team will be allowed **one time out per game.**
11. **ILLEGAL NET PLAY:** Holding or pushing the ball against the net. Touching the net with any part of the body while the ball is in play. If the ball is driven into the net with such it causes the net to contact a player on the opposing team, no foul shall be called and the ball shall continue to be in play. Reaching over the net. (If a player reaches over the net on the follow through a foul shall not be called.) If a player in an attempt to block reaches over the net on a follow-through, whether or not they touch the ball, a foul shall not be called. (provided some part of the ball has crossed the net on the blocker's side before the follow-through occurs.)
12. **LEGAL NET PLAY:** A ball other than a service may be recovered from the net provided the player avoids touching the net. If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play, which shall be considered the first of three contacts allowed to the team. Any part of the ball touching a boundary line is considered in bounds. Any ball striking an object over the court or outside the boundary line will be considered out of bounds unless stated otherwise in the rules.

### **CONDUCT OF PLAYERS, COACHES, AND SPECTATORS**

The Intramural Sports Program is for your benefit and enjoyment. You are expected to control your behavior and conduct yourself in a responsible and respectful manner with your peers. Good sportsmanship is vital to the conduct of every activity and unsportsmanlike conduct will not be permitted. Any participant that repeatedly exhibits a poor attitude and lack of sportsmanship and makes any physical and/or verbal against an intramural official or staff member may result in permanent banishment from the program.

## **Home Run Derby**

MUW's Home Run Derby will consist of two separate rounds that will be played on the same day that intramural softball games are scheduled. These Home Run Derbies will be held in between softball games that are to be played on that day.

Each participant will receive 15 pitches from the pitcher of his/her choice. From these 15 pitches the batter is only allowed to swing at 10. (Participants are responsible for getting their own pitcher)

Each competitor will try to hit the most balls over the fence out of the ten swings they are allowed to have.

If a pitch is not to the batter's liking he or she may let the pitch go, but that counts as one of their 15 total pitches. A foul ball is considered a swing.

If the batter hits a home run on what appears to be their last swing, then they are awarded an extra swing. (Limit 5) Only one pitch (ball or strike) per swing.

Once all ten swings are taken, the batter and the pitcher exit and the next batter and pitcher will begin to play.

Once on the field, the pitcher is allowed 3 warm up pitches.

All male participants will compete from the batter's box.

All female participants will compete from the pitching rubber.

The five competitors with the most home runs, from both male and female competitions, will advance to the second and final round.

## HORSESHOES

### Rule 1: Conduct of Players

- A. No contestant shall make any remarks or utter any sound within the hearing of his/her opponent, nor make any movement that does or might interfere with the opponents' playing.
- B. The penalty for violation of this rule shall be the declaring as foul both shoes pitched or to be pitched by the offender in the inning complained.
- C. No contestant shall walk across to the opposite stake and examine the position of his opponent's shoe before making his/her first or final pitch.

### Rule 2: The Foul Lines

- A. The outer edges of the pitcher's box shall be known as foul lines.

### Rule 3: Position of Players

- A. In delivering the shoe into the opposite pitcher's box a contestant may stand anywhere inside of the foul lines.
- B. Each player, when not pitching, must remain outside and back of the pitcher's box until his/her opponent has finished pitching.

### Rule 4: The First Pitch

- A. At the beginning of a game, the contestants shall decide who shall have the first pitch by the toss of a shoe or coin. The winner shall have the choice of first pitch or follow.
- B. At the beginning of successive games between the same players, the loser of the preceding game shall have the first pitch.

### Rule 5: Pitched Shoe

- A. The shoe is pitched when it leaves the player's hand.

### Rule 6: Broken Shoes

- A. When a shoe strikes in fair territory and is broken into separate parts, it shall be removed and the contestant entitled to pitch another shoe in its place.

### Rule 7: Foul Shoes

- A. A shoe pitched while the player is standing outside the foul line is foul.
- B. If a shoe first strikes outside of the foul lines before entering the pitcher's box, it is a foul.
- C. Foul shoes shall be removed from the pitcher's box at the request of the opponent.
- D. A foul shall not be scored or credited.

### Rule 8: Interfering with Pitched Shoes

- A. No contestant shall touch his/her own or his/her opponent's shoes after they have been pitched, until the final decision has been rendered as to the scoring values of the shoes.
- B. Failure to comply with this rule shall result in both shoes of the offender being declared foul and his/her opponent being entitled to as many points as the position of his/her shoes at the peg should warrant.

Rule 9: Definition of a “Ringer”

- A. A ringer shall be a shoe that encircles the stake far enough to permit a straight edge to touch both heel calks simultaneously without touching the stake.

Rule 10: Knocked off and Knocked on Ringers

- A. Whenever a player knocks off his/her own or opponent’s ringer, such knocked off ringers lose their scoring value.
- B. If a player knocks on one of his/her opponent’s shoes from a non-ringer position to a ringer position, the changed shoe has scoring value and credit for a ringer for its owner.

Rule 11: Moved Pitched Shoes

- A. When a thrown shoe moves a shoe already at the stake, all shoes are counted in their new positions.

Rule 12: Regulation Games

- A. The regulation games shall consist of 21 points.
- B. Each game is divided into innings and each inning constitutes the pitching of four shoes, the two players each pitching two shoes.
- C. An official contest between two players shall consist of best two (2) out of three (3) games.
- D. Shorter matches are allowed if both participants agree prior to starting.

Rule 13: Scoring Points

- A. All shoes shall be within six inches of the stake to score.
- B. Closest shoe to stake scores 1 point.
- C. Two shoes closer than opponent’s scores 2 points.
- D. One ringer score 3 points.
- E. Two ringers score 6 points.
- F. One ringer and closest shoe of same player scores 4 points.
- G. If a contestant shall have two ringers and his opponent one, the player having two ringers shall score 3 points.

Rule 14: Cancelled Points

- A. All equals count as ties and no points are scored.
- B. In case each contestant has a ringer the next closest shoe, in within six inches of stake, shall score.
- C. If each contestant has a double ringer both double ringers are cancelled and no points scored.
- D. In case there is a tie of all four shoes as four ringers or all four shoes are equal distances from the stake, no score shall be recorded and the contestant who pitched last is entitled to pitch first on the next throw.

- E. Any shoes leaning against the stake in a tilted position shall not have advantage over a shoe lying flat on the ground and against the stake. All such shoes are ties.

Rule 15: Announcing Scores

- A. All shoes shall be scored and announced only in their final position after all shoes have been pitched.
- B. In all games, the player scoring the points shall call the result.

**Poker**

## Texas Hold'Em

**Object of Game:** to make the best five cards a high hand using any combination from the two hold cards received, in conjunction with the five face-up “community” board cards.

**General Rules:** No limit bet. Each player will receive two hole cards. They may use one or both of their hole cards, or they can elect to only play the five community cards that the dealer will lay down. Rotation clockwise from dealer will determine betting position. After each player has received his/her two hole cards, the first round of betting will begin. The dealer will then lay down the “flop”, the first three community cards laid face-up in which the players are allowed to share. There is a betting round after the flop. The dealer will then lay a card facedown in which no one uses; it is just discarded. Another community card is dealt face-up for all to share (a.k.a. “turn card”). Another betting round will follow. The dealer will lay another card face down, and the “river card” or final community card is laid face-up, followed by the last betting round. The player with the highest hand wins the game.

**Game Format:** Each table will have a maximum of 5 players. Each player will begin the game with \$200 of poker currency. There will be a time limit of 1 hour per round. At the end of one hour, the top two players with the most poker currency will be declared the winners of each table and advance to the next round (number of rounds depend on the number of participants). In this round, the winners will use his/her winnings to play the winners of the other table(s) to determine the advancing players\champion.

### Poker Hands from Highest to Lowest:

**Straight Flush** (5 consecutive cards of the same suit)

**Four of a Kind** (4 ,4 ,4 ,4 ,7 )

**Full House** (3 of a kind and 1 pair; for example, 4 ,4 ,4 ,6 ,6 )

**Flush** (5 cards of the same unit; for example, 2 ,7 ,5 ,9 ,3 )

**Straight** (5 consecutive cards- Aces may be used before a 2 or after a King; for example, 2 ,3 ,4 ,5 ,6 )

**Three of a Kind** (4 ,4 ,4 ,7 ,2 )

**Two pairs** (4 ,4 ,5 ,5 ,9 )

**One pair** (2 ,2 ,5 ,7 ,3 )

**High Card** (Ace, King, Queen, Jack, 10, 9, 8, etc.)

\*\*Remember, when two or more players share a similar hand such as a full house, the player with the highest card wins.

## **FREE THROW CONTEST RULES**

All participants are subject to Intramural Sports Eligibility Rules, which are listed in the current Intramural Sports Handbook.

1. All participants must sign the “Waiver Release Form” prior to the event.
2. The order of participation is determined by the order in which each person has signed in.
3. The free throw champion will be decided by the most free throws made out of 20 attempts. Also, we will have a second, third, and fourth place finish.
4. In case of a tie, an additional 10 free throws will determine the winner.

## **Dodgeball Rules**

### **Playing area**

1. The game may be played indoors or outdoors.
2. Games will be played inside the Pohl/Stark Recreation Center.
3. The play area will be played using the volleyball court lines. If we play outside the playing field will be 50 ft. long and at least 30 ft wide. IDEAL MEASUREMENTS: 60 x 30

### **Players/Substitutes**

1. A participant may play on one (1) team for the duration of the tournament.
2. Teams will consist of six (6) players.
3. A minimum of four (4) players is required to begin and continue a game.
4. Substitutes may only enter during injuries or between games.

### **Match**

1. Matches will begin with a coin flip. The team winning the coin flip, will have choice of sides to begin the match.
2. Teams will alternate sides following each game.
3. Each match will consist of the best 3 out of 5 games. The first team to win 3 games will be determined the match winner.
4. Each game (not match) will have a time limit of 5 minutes.
5. If the 5 minute time limit expires and neither team is eliminated, the team with more players left on the court wins the game. If the teams have an equal number of players remaining, a tiebreaker will occur. Each team will place 4 players on the court, and the first team to eliminate an opposing player will win the game.

### **Start of play**

1. At the beginning of each game, the 6 balls will be placed on the center line.
2. Each team will line up behind their respective end lines and wait for the official's whistle. Each player may only touch one ball.
3. The balls must then be taken back behind your team's end line before they can be thrown at the opposing team. If the ball is not taken back appropriately and an opponent is struck, they are not out of the game.

### **The Game**

1. A player is out when:
  - a player is hit with a live ball.
  - a defender catches a live thrown ball (thrower out).
  - a defender attempts to block a live ball and the blocking ball is dropped as a result of contact from the live ball.
  - a player leaves the playing field in order to avoid being hit or in an attempt to catch a ball.
  - a player crosses the dividing center court line.
  - a player holds a ball for more than 20 seconds.
  - a headshot occurs resulting from a high thrown ball (thrower out).
  - a player is hit in the head while ducking or dodging (dodger out). (NOTE: If a player ducks, and this clearly is the cause for the player being hit above the shoulders, the ducking player is out and the throw is legal.)
2. A ball is considered dead once it hits the floor. It must be a direct hit in order to eliminate an opponent. A player may also block a thrown ball with a ball currently in possession.
3. ONLY active players may leave the court to retrieve balls for their team. Once out-of-play actively retrieving the ball, the player is not eligible to be put out. Players shall return to the court immediately once they have retrieved the ball.  
Any delay deemed excessive by the scorekeeper can result in the player being called out.
4. Players must leave the court when knocked out. Knocked-out players may not retrieve balls for teammates or involve themselves in the game in any way. However, if a player has possession of a ball when knocked out, he/she may give it to a teammate.
5. It is illegal for the leading team to control all the balls for more than (5) seconds.  
A violation will result in the staff member stopping play, and the balls will be divided evenly.
6. Rules will be enforced primarily by the “honor system”. Players will be expected to rule whether or not a hit was legal.

## **Tennis**

### Intramural

**A match will consist of winning six games. Scoring will be ADD (15,30,40,game) and Deuce will be used. First one to six games will be the winner, winning by two games. If the two players tie a match (6-6) then one game will be played to break the tie. The Choice of sides and service will be repeated before the tie breaker game is played.**

**Players must keep their own score cards and turn them in to the Intramural worker at the courts, or in Reneau Hall room 112.**

**Server and Receiver:** The players stand on opposite sides of the net. The player who first delivers the ball is called the Server and the other is the Receiver. The ball is not to be served until the receiver is ready. The server always starts from the right side and after the first point is achieved he/she moves to the left side and serves.

**Choice of Sides and Service:** This determines who will serve the ball and who will receive it first. A coin toss, or spinning of racquet, will decide this. The winner of the toss will choose if he/she wants to serve/receive or which side of the court he/she wants.

**How Service is Delivered:** The player that is serving will stand behind the baseline between the centerline and the right sideline. He/she will then toss the ball and hit it (underhanded or over handed) across the net into the adjacent service box.

**Faults:** The service fault is when the serve does not land in the proper service box. Faults are also: missing the ball on a serve, if it hits a permanent fixture other than the net before it hits the ground, or if the server's feet cross the base line before the serve is delivered.

After a fault the server is to move to their next serving position (if he/she served from the right then he/she would move to the left).

**A Service Let:** During the service, if a ball that touches the net and then falls into the correct service box **or** touches the receiver it is deemed **"a let."** There is no limit to how many "lets" a server can have. **A Let** can also be called if there is interference on the court (a balls rolls on to the court.) If the ball hits the net and then falls in the wrong service box then it is deemed a fault.

**When Server wins a point:** The Server wins the point if the ball served touch the Receiver or anything which he wears or carries before it hits the ground, or if the Server otherwise lose the point by failing to keep the ball in play.

**When Receiver wins a point:** The Receiver wins the point if the Server serve two consecutive faults, or if the Server otherwise lose the point by failing to keep the ball in play.

**A Good Return:** Anytime a player returns the ball over the net and it strikes the ground and the opponent misses the ball or it bounces twice before it is returned. The point is still good if it hits the line, or hits the net and falls onto the opponent's side of the court.

**Scoring:**

The first point a player gets will be marked down as **15**. The second point will be noted as **30**, and the third point will be given as **40**. The last point of a game deems the winner so therefore it is written as **1 Game**. There are **6** games in one set. If both players are tied at 40, it is called **Deuce**. From deuce whoever wins the next point has **Advantage**. If the same player wins the next point after he/she has the advantage the game goes to that player. If the opposing player wins the point the score goes back to deuce.

## MUD VOLLEYBALL RULES

**Team Captains are responsible for notifying team members of all tournament rules and other information on this page.**

1. Teams are responsible for being at their court and ready to play for their first game and all subsequent games until they are eliminated from the tournament. "Ready to play" means that all team members have checked in with the tournament director, signed and returned their roster/waiver, made any other necessary preparations to play, and are ready to take the court.
2. Teams that are not present and ready to play will be penalized one point for each minute they are late. We will wait 10 minutes and then it will count as a forfeit.
3. All jewelry (watches, necklaces, bracelets, etc.) should be removed.
4. It is recommended that all team members **WEAR TENNIS SHOES. Shoes are optional.**
5. A coin toss shall determine order of service. The winner shall begin service in the first and third games. The loser of the coin toss shall begin service in the second game and have choice of side in the first game.
6. The game is played with 6 players. Co-ed teams must have at least three women on the court at all times. The minimum number of players needed to avoid a forfeit is 5.
7. Matches will be the best two of three games to 15 points. Teams do not have to win by two. First team to (15) wins. In case of a tie the third game will be played to (7) points.
8. Rally scoring will be in effect for the entire tournament
8. The ball must be served by the right back corner and may be hit in any manner with the hand.
9. Maximum of three hits per side. A player may not hit the ball twice in succession. A block is not considered a hit.
10. **A female does not have to hit the ball before it goes over the net.**
11. Any served ball touching the net and passing over is good.
12. Serves may not be blocked or attacked.
13. There is no center line. You may step under the net as long as there is no interference.

14. It is a foul for players to touch the net during play.
15. Only the front line is permitted to spike.
16. Each team is allowed one (1) one minute time out per game.
17. All teams will be responsible for refereeing their own games. The honor system will be expected. (Referees/scorekeepers will be assigned for semifinal and final games.)
- 18. HAVE FUN AND BRING PLENTY OF TOWELS!**

#### Helpful Hints

- Do not wear contact lenses.
- Swim goggles may be helpful
- Shoes are optional – duck tape helps.

### **3 ON 3 BASKETBALL RULES**

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

#### **General Information**

1. All participants must check in with the court monitor prior to scheduled start time to avoid a forfeit. No player may enter a contest without first establishing identity with the scorekeeper.
2. All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Handbook.
3. Players may only play on one team.

#### **EQUIPMENT**

1. Only non-marking shoes will be allowed. Basketball style shoes are preferred.
2. No jewelry may be worn. Exception: Medical alert tags may be worn.

#### **GAME RULES**

1. 3 on 3 Basketball is a half court game played by two teams of 3 players. Teams must begin the game with at least 2 players and may finish with a minimum of two players.
2. Teams are allowed to have as many players on their roster as they wish, but only play a maximum of 6 players per contest.
3. **Fouling:** Teams are responsible for the officiating of their own contests. The player fouled will be responsible for calling his or her own fouls. If a foul is called during the course of the game, the ball will be checked at the top of the key with the opponent and play shall continue. If a player is fouled in the act of shooting and the basket is made, the basket is good and the ball next belongs to the defense. If a player control foul occurs, the basket is always no good and the ball belongs to the defense. Off the ball fouls should rarely be called, just as violations such as traveling. Constant calling of trivial fouls will take away from game time and decrease the general enjoyment of the game. Fouls will be called on the honor system.
4. Players will not foul out of a contest. However, excessive or intentional fouling is not in the spirit of the game. The IM Staff may disqualify a player guilty of excessive, flagrant or intentional fouling.
5. A coin flip or “do-or-die” shot prior to the game will determine first possession of the ball.

6. **Scoring/Free Throws:** There are no free throws in 3 on 3 basketball. The offended team gets possession of the ball at the top of the key.
7. First team to reach 21 points wins. Each field goal will count 1 point (regular field goal) and 2 points for a (regular 3 point field goal). **Teams do not have to win by two. After scoring, the opposing team gains possession of the ball at the top of the key. Check the ball with the opponent after each score.**
8. No timeouts, except for injuries.
9. Substitutions may be made during dead ball periods only (after a basket, or any stoppage of play). The ball must always be rechecked after any substitution.
10. To begin the game or after a score, a player must pass the ball in play from beyond the check line (at the top of the key). The imaginary check line shall be the 3-point line. On defensive steals or rebounds, the ball must be returned to the check line, and the team in possession of the ball must maintain control and attempt to score. The player in possession of the ball on a rebound or steal does not have to pass the ball in play, they may retain possession, however on every change of possession, the ball must be taken back behind the check line with both feet of the player behind the check line. Failure to do this will result in loss of possession.
11. If a player causes the ball to go out of bounds or over the mid-court line, the opposing team receives possession at the top of the key.
12. Ball possession changes after each made basket (no make-it-take-it rule).
13. It is a violation to “stall” or attempt to “freeze” the ball during play. Teams are expected to develop their own pace of play and maintain this throughout the contest. Holding the ball or stalling will result in a turnover to the opposition.
14. **Teams are responsible for keeping their own score. Teams are also responsible for settling any disputed call. If teams are unable to settle their own calls, the Intramural Supervisor will make a decision, which will be the final decision.**
15. Tie breaker- There will be 3-minute overtime or the 1<sup>st</sup> team to score 5 points in the overtime period.

## **SOFTBALL RULES**

**General rules adopted for Intramural play. In other cases not covered here, rules of the ASA will be in effect. It is the responsibility of each team captain to inform all players about the information in the rules.**

### **PLAYERS AND SUBSTITUTES**

- 1. Teams will be composed of 10 players. A team may begin and end a game with 8 players. Men and women can play with an extra-hitter, meaning the team will bat 11 and any 10 can play defense. COED: May play with 5 males/ 5 females, and have to have a minimum of 4males/ 4 females to start the game. Extra-hitters can also be used in corec, meaning the team will bat 12 players.**
- 2. A team may begin a game with 8 players but an automatic out will be awarded for the 9 and 10 spots in the batting order. Players arriving late may be added to the roster and may enter the game.**

**COED defensive positioning shall be:**

**2 women and 2 men in the outfield – including short fielder**

**2 women and 2 men in the infield – any position**

**1 women and 1 man in the pitcher/catcher combination**

- 3. Substitutes**

### **THE GAME**

- 1. A regulation game shall consist of six innings for men and 5 innings for women. No new inning will start after the 50-minute time limit. If the score is tied play will continue until a winner is determined.**
- 2. The scheduled game time is forfeit time.**
- 3. Teams should report directly to the score table 10 minutes prior to scheduled game time to turn in batting orders and show ID'S.**
- 4. The home team will be determined by a coin toss prior to the start of the game.**
- 5. In the case of rain or lightning, a complete game will be declared after 3 complete innings.**
- 6. The 10 run rule will be in effect after the third innings for women and fourth inning for men.**
- 7. There is no throwing the ball around to fielders after outs.**
- 8. If a team must default due to scheduling conflicts, they may do so by contacting the Intramural office no later than 11:00a.m. the day of their scheduled game.**
- 9. A forfeit eliminates a team from further competition. However, a team may return to competition by paying a \$15.00 forfeit fee by 1:00p.m. the next day.**

## **THE TEAMS**

- 1. A team shall consist of no more than 11 players and no less than 8 players.**
- 2. A team may have 11 players on the batting line-up but only 10 players may play defense. The 11<sup>th</sup> player will be the EXTRA HITTER (EH). The use of an EH must be determined prior to the start of the game and may not be added once a game has started.**
- 3. A team may begin a game with 8 players but an automatic out will be awarded for the 9 and 10 spots in the batting order. Players arriving late may be added to the roster and may enter the game.**
- 4. Any starting player may be withdrawn and re-entered once, provided the player occupies their original spot in the batting order.**

## **PITCHING**

- 1. The ball must be delivered underhand at a moderate speed from below the hip, and with an arc between 6 feet from the ground but not exceeding 12 feet.**
- 2. The pitcher may take only one step before releasing the ball and the pivot foot must remain in contact with the rubber.**
- 3. The pitcher will be allowed 5 warm up pitches to start the game and then 3 warm up pitches between each inning. When a new pitcher enters the game, the new pitcher should be given 5 warm up pitches.**
- 4. The umpire will call “illegal pitch” loud enough for the batter and catcher to hear if the ball is not presented appropriately, delivered correctly, or within the arc limit. An illegally pitched ball is considered a “ball”. The batter may hit the pitch at their own risk, with the ball becoming alive when it is hit.**

## **BATTING**

- 1. COREC: The batting order must alternate male/female.**
- 2. Bunting or chopping at the ball is prohibited.**
- 3. Intentional walks must be announced to the umpire at which time the batter will be awarded first base.**
- 4. COREC: If a male batter walks, then the next female batter has her choice of taking a walk or batting. The female must let the umpire know what she is doing when she first steps into the batter bos.**
- 5. A batter will be called out if she/he fouls a pitch after having 2 strikes.**
- 6. A player will be called out for throwing the bat. This includes continuous “slips” from the hand. Any player intentionally throwing the bat will also be ejected from the game.**
- 7. Home run limit: Each team may hit up to 5 home runs in a single game, including extra innings. Any hit which leaves the field of play in fair**

**territory in excess of the limit shall be ruled a foul ball, and if the third strike the batter will be out.**

## **BASE RUNNING**

1. Leading off and stealing is prohibited. Base runners may not leave the base until the pitched ball is hit or the base runner will be called out.
2. **Runners approaching a base with hands raised in an attempt to disrupt the flight of the ball will be called out. If the umpire feels that a double play could have been turned, the batter may be called out also for interference on the base runner. Base runners must slide directly to the base, sliding to the side of the base to take out a fielder is considered interference.**
3. **Any runner deliberately colliding with a defensive player will be automatically out and ejected. The base runner must avoid contact with the defensive player.**
4. **A runner will be called out if she/he runs out of the baseline or is struck by a batted ball while in fair territory.**
5. **In the event of an over throw which enters the dead ball area, two bases will be awarded. Awarding of bases shall be governed by the position of the runners at the time of the throw.**

## **FAKE TAGS**

1. **Fake tags are strictly prohibited. The runner will automatically advance to the next base and the defensive player will receive a warning. If the action is repeated, the player applying the fake tag will be ejected.**

## **EQUIPMENT**

1. A game ball, bats and a catcher's mask will be provided. We suggest you bring your own glove, but if you do not have one we will let you check one out.
2. **NO METAL SPIKES** are to be worn. Molded rubber shoes are acceptable. All players must wear shoes at all times.
3. The pitching distance will be 50'.

## **PROTESTS**

1. Judgment calls cannot be protested. If a team wishes to protest an umpire rule application or interpretation, he/she must do so before the next pitch (legal or illegal).
  2. The protesting captain shall notify the umpire to suspend play and request that the supervisor is brought to the field to make a ruling prior to continuation of play.
  3. If the team captain disagrees with the supervisor's protest ruling, then the team captain shall immediately inform the supervisor that the contest is being played under protest.
  4. It is the captain's responsibility to file a written protest for rule application, interpretation, or eligibility within 24 hours. The protest must be written on the formal protest form, which may be obtained from an intramural staff member. After a decision has been made, both captains will be notified of the decision.
- NOTE: NO PROTEST WILL BE CONSIDERED IF THE ABOVE PROCEDURES ARE NOT FOLLOWED.**

### **3 Point Shot Contest Rules**

#### **Eligibility**

1. All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Handbook.

#### **Competition Format**

The court will be marked behind the 3 point line in five places by tape for each shooting area. Each shooter will have the opportunity to shoot three shots from each of the designated five spots. Each basket made will be awarded 1 point. The participant will be responsible for getting someone to pass the ball to them. They need not rebound their own shot. The player must advance to the next area in a consistent manner. Players cannot skip areas to go on to another. Once a player makes it through all five areas and shoots all 15 balls they will continue through the opposite way until time is expired.

Participants will have one minute to complete all 15 shots. A tie-breaking round of 30 seconds will be used, if necessary.

If a player shoots out of order, they will be awarded no points for the baskets made after the violation occurred.

### *Punt, Pass, and Kick Contest*

Participants should allow enough time in order to get through the three stations. Punt, Pass, & Kick contest is an individual game of skill, strength, and accuracy. Participants may be expected to retrieve the footballs and help with the administration of the contest.

#### Equipment:

All equipment will be provided by the Intramural Sports office. Participants must use the balls and tees provided. Men will use a regular size football and women will be given the option to use the regular size or intermediate size football. Athletic shoes are allowed. Street shoes, boots, and shoes with metal spikes are not permitted.

1. Each participant will be allowed two punts, two passes, and two placekicks as part of his/her competition.
2. Contestants may not cross the starting line at any point (fault) during the kick or in the follow through after the kick. There is no violation if the kicking tee is kicked with the football during the kicking event.
3. Scores are base on both distance and accuracy. Example: If a participant passes the ball 100 feet, but the ball lands 30 feet to the right of the measuring tape, the final score would be  $100 - 30 = 70$ . Scores will be based on exact feet and inches (no partial inches, round to nearest inch). No participant will receive a negative score; instead their score will be "0".
4. A participant's final score is his/her cumulative total for the three individual events. If participant scores (40) for punting, (60) for passing, and (22) for kicking, the participant's final score is 122.
5. Scores will be determined from where a participant's punt/pass/kick first makes contact with the ground. Bounces or rolls do not add to the score.
6. If a participant tries to punt, pass, or kick and misses the ball completely, it DOES NOT count as an attempt and another attempt is allowed.
7. Participants will be able to punt or placekick barefoot.
8. Tie-Breaker- If there is a tie, the furthest punt will be the first scored evaluated to determine the winner. If the punts were tied, the longest pass will be used to determine the winner.

## Ultimate Frisbee Rules

Ultimate Frisbee is a non-contact sport played by two teams of (7) players. The object of the game is to gain points by scoring goals. The disc may only be moved by passing. The thrower is not allowed to take any steps. Any time a pass is incomplete, intercepted, knocked down, or goes out of bounds, a turnover occurs resulting in an immediate change of possession of the disc. A goal is scored when a player successfully passes the disc to a teammate in the end zone of the defending team.

### THE GAME

- 1) The playing field will be 60 yards long and 40 yards wide with 10 yard end zones. End zones may be larger depending on the amount of room.
- 2) Two teams of seven players each compete. Teams may begin with as few as four players.
- 3) The game shall be played in **two 20-minute halves**. The clock will run continuously except on player and official time-outs.
- 4) Each team will be allowed **two one-minute time-outs each half**. A team must be in possession of the disc in order to request a time-out during play. Either team may request a time-out after a goal and before a throw-off.
- 5) A team scores when a team member **catches the disc in the end zone**. Goals score one point.
- 6) **Substitutions** are allowed only after a score, during time-outs, or when the disc goes out of bounds.

### THE RULES

- 1) Winner of the pre-game coin toss shall have the choice of receiving the throw-off or defending a goal.
- 2) Play begins with a **throw-off**, likewise after each score. All players must be on or behind their own goal line until the disc is released. A member of the throwing team throws the disc toward the other team. As soon as the disc is released, all players may cross the goal lines. No player on the throwing team may touch the disc in the air before a member of the receiving team touches it. The receiving team may catch the disc or allow it to fall untouched to the ground. If a member of the receiving team successfully catches the throw-off, that player has possession at that point. If the receiving team touches the disc and fails to catch it, the throwing team gains possession at the point where it is stopped. If the disc is allowed to fall untouched to the ground, the receiving team has possession where it is stopped. If the disc goes out of bounds, the receiving team makes the immediate decision of having the disc thrown off again or gaining possession at the point the disc went out of bounds. After each goal, the scoring team shall put the disc into play by throwing-off to the team scored upon.
- 3) A player may propel the disc in any manner or direction he/she wishes. **The disc may never be handed from one player to another**. In order for the disc to go from one player to another, it must at some time be in the air.

- 4) Players may **not walk, run, or take steps while in possession of the disc**. A player catching a pass is, however, allowed **three momentum steps** before passing it on. The player in possession **may pivot** on one foot, as in basketball. Only one player may guard the person in possession of the disc (**no double-teaming**) and he/she may **not be closer than three feet** from the player in possession.
- 5) The disc may not be wrenched from the grasp of an opposing player or knocked from his/her hand. If the disc is dropped by the thrower without interference by a defender, a turnover results. If the disc is **simultaneously caught, the offense retains possession**.
- 6) The **defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out of bounds**. Any member of the team gaining possession of the disc may throw it. A player may catch his/her own throw only if the disc has been touched by another player during its flight. Bobbling to gain control is permitted, but **tipping to oneself is not allowed**.
- 7) Any one player may not be in possession of the disc for **more than 10 continuous seconds**.
- 8) Any time a team **gains possession in the end zone which they are defending, the player immediately chooses to resume play where the disc is stopped, or at the goal line**. A player may carry the disc up to the goal line. However, the player may not pass the disc during the approach to the goal line.
- 9) A **disc thrown out of bounds** will result in a turnover and will be marked at the point where the disc went out of bounds.
- 10) A player must have **at least one foot in bounds when making a catch** near the boundary line or end zone (**the line is out**). If momentum carries a player out of bounds on a successful catch, that player must return to the field of play (within one step from sideline) to put the disc back into play.
- 11) A goal is scored when an offensive player lands in bounds with either foot in the end zone after receiving a pass from a teammate. The goal line is not considered part of the end zone. A player in possession **may not score by running into the end zone (even momentum steps)**. The team that scores receives one point.
- 12) **Non- Contact**. No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- 13) **Fouls**- when a player initiates contact on another player a foul occurs.

### **FOULS**

- 1) **Fouls by offensive players result in a turnover; the offense retains possession on fouls by the defense**.
- 2) If a foul occurs during a pass attempt and the **pass is completed**, then the foul is **automatically declined** and play proceeds without stopping.
- 4) **Players must play the disc, not the opponent**. That is, they may not position themselves or move for the purpose of impeding other players. To do so is a foul. In playing the disc, players must respect the established positions of others. Low momentum contact during and after the catching attempt is often unavoidable and is not a foul; violent impact with legitimately positioned opponents constitutes harmful endangerment, is a foul, and must be strictly avoided.

### **TIE GAMES**

- 1) If a game is tied at the end of regulation play, there will be a **3-minute overtime** period. Time outs from the second half will carry over (no additional time-outs will be awarded).
- 2) A coin toss will determine possession of the ball.
- 3) If a game is still tied after the overtime period, a sudden death period will result.
- 4) A coin toss will determine possession of the ball.
- 5) During sudden death, the first team to score a goal shall be declared the winner.

### **OFFICIALS**

There will be no officials present to call the games. The games are to be **self-officiated**. If there are any questions about rule enforcement or interpretation the supervisor will make the final decision. The supervisor shall also make decisions on any points not specifically covered in these rules.

\*Unsportsmanlike conduct and excessive or flagrant contact will not be tolerated. A player may be ejected by the supervisor with or without warning.