Recreational Services
Rules and Regulations
Handbook
Student Affairs & Key University Staff
“Ready to Assist!”

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Mission Statement

We here at the Campus Recreation Department at Elizabeth City State University strive to be the most progressive Recreational Sports Program in the northeast. The intramural program includes all physical recreation activities sponsored by the Office of Student Activities and carried on within the institution. Participation in the intramural program is confined to those who are officially enrolled in the University. Our purpose is to encourage an active, healthy lifestyle and to enhance a sense of community and student centeredness within the university and their overall physical and mental wellness through various supervised and/or self directed programs and activities.
OBJECTIVES OF AN INTRAMURAL PROGRAM

Administrative Objectives:

1. To manage the Intramural Program in a way so as to boost participation.
2. To interest as many players as possible and to provide an alternative use of leisure time.
3. To promote physical and mental health through exercise.
4. To provide both group and individual competition.
5. To equalize competition.
6. To provide equal opportunity for all students.
7. To provide safety education.
8. To insure proper sanity conditions.
9. To provide necessary first aid and medical attention.
10. To promote the program to the students and administration.
11. To give students a sense of pride and attention.

Student Objectives:

1. To experience competition.
2. To have fun.
3. To learn cooperation and self-control.
4. To learn to use leisure time wisely.
5. To acquire the knowledge and appreciation of sports.
6. To develop physical grace and stamina.
7. To be physically fit.

Intramural Grievance Board

The Intramural Grievance Board at Elizabeth City State University is composed of staff and student representatives. The duties of the committee are:

A. To aid in the organization and promotion of intramural events.
B. To determine the eligibility rules and regulations that governs each intramural contest.
C. To be consulted on such problems as adding new activities, on concerns of the students.

All disputes will be handled by the Intramural Sports Grievance Board composed of persons appointed by the Director of Student Activities. The board’s final decision is subject to review by the Assistant Dean of Student Life.
Eligibility Rules and Regulations:

The following rules and regulations were established by the Intramural Sports Grievance Board in order to determine the eligibility of students who may participate in the intramural program, and the circumstances under which such eligibility is deemed permissible.

A. General Eligibility:
   a. A student must be registered at the University to be eligible for intramural competition. Staff personnel are also permitted to participate.
   b. No current varsity players are eligible in the sport which they participated.
   c. All Students participating in intramural activities must have the proper health certification on file in the Health Center.
   d. Failure to report for a game within 15 minutes after the schedule time will result in forfeiture of the game. The failure of an individual or team to make an honest effort in a contest shall result in forfeiture for that particular contest.
   e. No official will be approached by anyone other than the team coach.
   f. To be eligible to compete in a playoff or championship game in any sport a player must have represented the team in at least two (2) games prior to the playoff or championship contest.
   g. No fighting or profanity will be allowed. A team suspension or individual suspension will be enforced by the Assistant Director of Student Activities

B. Independent Teams
   a. Whenever a group of players enter intramural competition as independent teams in isolated sports, the number of individuals entitled to represent that team shall not exceed the sport quota of 15. This number does not include the coaches (up to 2).
   b. The names of new team members shall be submitted to the Office of Student Activities before the first schedule game is played or as advertised.
   c. No additional names shall be submitted after game one has been played.
   d. Greek Organizations are allowed to form teams, as well as Clubs and Organizations.

C. Penalties:

Penalties for the following infractions will be assessed accordingly;
   1. Participation by individuals not enrolled in the University:
      a. Forfeiture of games.
b. Games shall not be re-scheduled.

2. Participation by individuals for more than one team in the same sport:
   a. Team penalty – Forfeiture of contest with potential loss of trophy points.
   b. Participation penalty – Barred from further participation with any team in the sport concerned (length of penalty decided by current student judicial proceedings).

Special rulings may be made by the Intramural Sports Grievance Board or the Assistant Director of Student Activities whenever circumstances justify same. The ruling shall apply to the immediate happenings or circumstances which made the new rule necessary (profanity, fighting unsportsmanlike conduct by players.)

D. Championships:

Championships will be based on team won-lost records.
Intramural Softball Rules

- The game will consist of 5 innings with no inning starting after 7:15pm.
- Unlimited substitutions are permitted.
- Each batter will start with a 1 and 1 count (1 ball, 1 strike). Current ASA rules are in effect, with the exceptions of those outlined below.
- Members of the Varsity Baseball or Softball Teams are not eligible to participate in Intramural Softball.

Players and Substitutions

- Teams are composed of ten players. Each team must have a pitcher and a catcher.
- Teams must use one of the following ratios of players in the field.
  
  10 players (in the field)
  
  5 Men   5 Women

- 9 players (in the field)
  
  4 Men   5 Women
  5 Men   4 Women

- 8 players (in the field)
  
  4 Men   4 Women
  3 Men   5 Women
  5 Men   3 Women

- A team may start with as few as 8 players and may continue with less than 8 players until the game becomes a farce as determined by the officials and supervisor.
- Unlimited substitutions are permitted. Unlimited substitutions is when everyone gets a turn at bat but only ten players are in the field. Pinch runner and hitter substitution are only allowed if a player becomes injured and has to leave the game.
Equipment

- All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets, and watches. Individuals are not permitted to tape jewelry down, as this does not provide any real protection for you or others. If you cannot remove the item then you cannot play. Once the game has begun, any player entering the field with jewelry on could receive a yellow card.
- Turf shoes, cleats, and soft pliable, rubber bottom shoes are permitted. Metal cleats, sandals, open-toed shoes, and bare feet are prohibited.
- All players must have a glove.
- Balls and bats will be supplied by the Campus Recreation Office.
- Teams may use their own bat, however, it must be "ASA Approved", and both teams will be allowed to use any bats brought by individuals.

Duration of Game and Grace Period

- Game length: Each game shall be 5 innings. A new inning will not begin after 7:15pm.
- Grace Period: There will be no Grace Period!! Game time is forfeit time.
  - Games in which one team is late:
    - The team that is signed in and ready to play at the scheduled starting time will be given two options.
      - They may take the forfeit immediately
      - OR give the team ten minutes to show up with the minimum amount of players to begin, if they still do not show a forfeit will then be rewarded
      - Once the decision is made it can not be change
- Mercy rule: If a team is ahead by 10 runs or more by the middle of the fourth inning the game will end. If a team goes ahead by 10 runs anytime after the middle of the fourth inning the game will end immediately.

Playing Rules

Current ASA rules are in effect, with the exceptions below.

- Each batter will begin with a 1 and 1 count (1 ball, 1 strike).
- Per ASA rules, when a batter fouls away with two strikes they will be declared out.
- Stealing: There is no stealing in slow pitch softball. If a player attempts to steal a base the ball shall be declared dead and the runner out.
- Leading off: There is no leading off in slow pitch softball. Players must remain in contact with the base until contact is made with the ball.
  - if a player leads off and the batted ball is fair, upon an appeal by the defense, the runner shall be declared out.
  - if a player leads off and the ball is swung at and missed or lands foul a warning shall be issued by the umpire.
• Missed base: If a runner misses a base the defense may appeal before the next legal pitch to the umpire who in return will give an "out" signal if true or a "safe" signal if false.

• Infield fly: A fair fly ball (not including a line drive) which can be caught by an infielder with ordinary effort when first and second base (or first, second and third) are occupied with less than two outs.

• Sliding: There is no sliding in Intramural Slow Pitch Softball. Players who slide in an attempt to reach a base will be declared out. Players may slide to avoid contact with the ball. When involved in a double play base runners are required to run out of the base path to avoid interference.

• If the ball is thrown into a Dead Ball Area play will stop and each runner is awarded two bases beyond the base already achieved.

• Flagrantly running into another player is prohibited. If in the judgment of the umpire the contact was flagrant the offending player will be ejected.

• Ghost runners: Ghost runners (pinch runners) are not permitted. Participants may not bat the ball and have someone else run for them.

• A game shall be declared completed if "called" after the bottom of the fourth inning or beyond for inclement weather.

**Pitching**

- The pitching arch is between 6 and 12 feet. That is, the ball must arch at least 6' above the ground but not more than 12'.
- The pitcher must have at least one foot on the pitching rubber during delivery.
- The pitcher must show the ball to the umpire and batter before pitching. No quick pitches.
- If the ball is pitched illegally the umpire shall shout "illegal pitch" at which time the batter may either swing at the pitch and take the result, or not swing and take an automatic ball.
- There are no balks.
- A batter hit by a pitch does not advance to first base.
- If a batter catches a pitch a strike shall be called.
5 on 5 Basketball Rules

General/Eligibility

- Current NFSHA (High School) rules are in effect with the exceptions outlined below.
- Members of the Varsity Basketball Teams are NOT eligible to participate in Intramural Basketball.
- Participants may only play on one same sex team and one co-rec team.
- Teams are comprised of five players. A team may start with as few as four. Co-Rec teams must have at least two players of each sex on the court at all times (the fifth player may be of either sex).
- Games are comprised of 2 - 20 minute halves with a running clock.

Players and Substitutions

- A team shall consist of five players. Co-rec teams must have 2 males and 2 females on the court at all times. The fifth player may be of either sex.
- A team may start with no less than 4 players. In the event a team is playing with the minimum number (4) of players, and a player becomes injured or has to leave (other than an ejection) the game will continue until it is deemed a farce as determined by the officials and supervisor.
- All players must sign in with the scorekeeper prior to playing. Late players may be added to the score sheet at anytime; although a new player will have to wait for a dead ball situation to enter the game. Any player who enters the game without checking in with the scorekeeper will be assessed a technical foul.
- Substitutions have to wait until a dead ball situation and may enter the game ONLY after the official "beckons" them in. NO substitutions may be made "on the fly", if so a technical foul shall be called.

Equipment

- All players must wear basketball or tennis shoes and gym clothes. Boots, open-toed shoes, and shoes that mark the floor are strictly prohibited. Participants are encouraged to carry in gym shoes to be worn during play. Snow, mud, and salt carried in on shoes can cause unnecessary floor damage. Players wearing any kind of gym shoe causing marking problems including salt scratches, slush, water, etc... will be asked to leave the facility. If there are any questions concerning footwear, contact the supervisor.
- The game ball shall be issued by the officials. Teams are encouraged to bring their own basketball(s) to practice (warm up) with (PLAYERS MAY NOT WARM UP WITH THE INTRAMURAL GAME BALLS).
- All players must have a visible number on their shirt. If teams do not have numbers the Intramural Sports program will provide, on loan, numbered pinnies that MUST be worn. Teams or players with no numbers will not be permitted to participate.
• All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets, and watches. If you cannot remove the item then you CANNOT play.

Duration of Game and Grace Period

• Game Length: Games will consist of two 20 minute halves (the clock will only stop for time-outs, protests, and injuries). During the last 2 minutes of the second half the clock will stop on all dead-ball situations.
• Grace Period: There will be no Grace Period!! Game time is forfeit time.
  o Games in which one team is late:
    ▪ The team that is signed in and ready to play at the scheduled starting time will be given two options.
      ▪ They may take the forfeit immediately
      ▪ OR give the team ten minutes to show up with the minimum amount of players to begin, if they still do not show a forfeit will then be rewarded
      ▪ Once the decision is made it can not be change
  o Reserve Clause: The IM Staff reserves the right to make time adjustments to accommodate scheduling conflicts.
• Time Outs: One time out per team per half - duration 1 minute in length. Unused time outs do not carry over. If a team has no time outs and calls for one, a two shot technical foul will be assessed, plus possession of the ball to the non-offending team at the division line (you "buy" a time out with a technical).
• Games that end in a tie during regular season will be recorded as such. There is NO overtime during regular season.
• Overtime: During the playoffs if a game ends in a tie then overtime periods will be played. A new jump ball will take place. Overtime periods will be 2 minutes in length, running time. The clock will stop in the last minutes on all whistles, as well as time-outs, injuries, and protests. Overtime periods shall be repeated until a winner is determined. Each team will given one additional time-out per overtime period. Time-outs do not "carry over" from one overtime period to another.

Playing Rules

• Dunking: There is NO dunking before, during, or after competition.
• Penalty: The basket will be disallowed. The offending player will be issued a technical foul and ejected.
  o if a player dunks before the game (during warm-ups) the player shall be ejected for that game AND/OR their next scheduled game.
  o if a player dunks after the game has started or before the supervisor and/or officials leave the visual confines of the court that player will be ejected from the game AND/OR their next scheduled game.
• All technical fouls are assessed as a team foul and a personal foul.
• If a team receives three (3) technical fouls during a game, the game will immediate end, and the offending team will receive a forfeit.
• Five second rule (closely guarding the player with ball) will be in affect.
• The alternate possession rule will be used.
• Three (3) point shots will be used for intramural play.
• Fouls occurring when a player attempts to gain an advantage offensively or defensively.
  o Illegal use of hands, arms, legs, feet, and/or torso.
  o Pushing, holding, grabbing, and/or hooking an opponent.
• Fouls and their infractions:
  o Personal Foul - A player foul which involves illegal contact with an opponent while the ball is alive.
  o Common Foul - A personal foul which is neither flagrant, intentional, nor committed against a player trying for a field goal, nor a part of a double or multiple foul.
  o Intentional Foul - A personal or technical foul designed to stop or keep the clock from starting, to neutralize an opponent's obvious advantageous position, contact away from the ball or when not playing the ball. It may or may not be premeditated and is not based on the severity of the act. A foul shall also be ruled intentional if while playing the ball a player causes excessive contact with an opponent.
  o Flagrant Foul - A personal or technical foul of a violent or savage nature, or a technical non-contact foul which displays unacceptable conduct. It may or may not be intentional. If personal, it involves violent contact such as striking, kicking, kneeling, etc. If technical, it involves dead ball contact or non-contact at any time which is extreme or persistent, vulgar, or abusive conduct. Fighting is a flagrant act.
  o Player Control Foul - A common foul committed by a player while he or she is in control of the ball, or by an airborne shooter.
• A player must leave the game upon her/his fifth personal foul. Technical and player control fouls will be counted as personal fouls and as team fouls. After two technical fouls a player is automatically ejected.
  o A one-and-one bonus shot begins on the seventh team foul.
  o A two shot bonus will begin on the tenth foul.
  o No foul shots for player control fouls.
• Flagrant and intentional fouls will result in 2 free throws for the non-offending team, plus possession. Flagrant fouls carry an ejection.
• The official/supervisor has the discretion to penalize any individual for unsportsmanlike conduct. A technical foul may be assessed.
• A technical foul will be issued to any player who swings their arms and elbows in excessive speed in relation to the rest of their body or pivot foot. This call will be made regardless of contact or proximity to other players.
• The scorekeepers record is official.
• Foul Shots: No player may move into the restricted area (the key) until the ball hits the rim. Players outside the lane area may not cross the foul line extended nor the three point arch until the ball hits the rim.
• Co-Rec Scoring will stay the same as any other game; men's and women's points are worth the same amount.
• Mercy Rule: A game will end if a team is ahead by 30 points or more anytime in the second half or being ahead by 15 points with 2 minutes left in the second half.

Penalties for Fouls and Violations

• Missed basket = 2 shots awarded
• Made basket = 1 shot awarded
• Missed 3-point = 3 shots awarded
• Before 7th team foul = award possession of ball at nearest spot
• On or after 7th team foul = bonus 1 + 1 award
• On or after 10th team foul = 2 free throws
• Intentional fouls = 2 shots and possession
• Flagrant fouls = Ejection of player, 2 shots and possession
• Technical fouls = 2 shots and possession at half court
• Common violations = change of possession at the nearest spot
Racquet Ball Singles Rules

General/Eligibility

- All currently enrolled/employed ECSU students, faculty, and staff are eligible for play.

Match Agreements

- All scheduled intramural matches must be completed by the "play by" deadline date. If matches are not played by this date, both contestants will be forfeited from further competition. Contestants that have difficulty playing or getting in touch with their opponent must contact the Intramural Coordinator at 335-3372 immediately. It is the contestant's responsibility to find out their opponent's name, contact them, play their matches, and report their scores to the Intramural Coordinator (all before the deadline date). Up-to-date tournament brackets with, phone #'s and deadline dates will be available on the Web site.

Report Your Scores

- It is the winning player's responsibility to report the match scores. Contact Carlas White at 335-3372 to report the results of your match. Matches not reported will be ruled forfeits, and the next opponent will receive a bye.

Equipment

- Marking black soled shoes are not permitted on the courts. Please wear court shoes only.
- Players are required to supply their own racquets and balls. It is strongly recommended that all participants wear protective eye wear.

Rules and Regulations

- All Standard racquetball rules will be in effect unless both parties mutually agree to any rule changes prior to the match.
- Games are played to 15 points and must be won by two. Matches will consist of the best two out of three games. If mutually agreed upon participants may set a time limit to the match or play reduced point games.

The serve shall be determined by the toss of a coin or contestants can rebound the ball from the front wall with the player landing closest to the short line winning the serve. The server of the first game also serves the third game, if any. Prior to each serve, the server calls the score, giving the server's score first.
Indoor Soccer Rules

General Indoor Soccer Rules

- Participants may only play on one same sex team and one co-rec team.
- 3 Club Soccer players may participate on one team. Any more than 3 and the team will be deemed ineligible.

Players and Substitutions

- There shall be no more than 6 players per team on the floor at any given time (5 + the goalkeeper). Co-Rec teams must have 3 males and 3 women on the court at all times. There may never be more than a one player difference between the sexes. For example, if your team shows up with 6 males and 2 females, you can only play 3 males and 2 females.
- A team may start with as few as 5 players (4 + the goalkeeper). A team may continue with less than 5 players until the game becomes a farce as determined by the officials and supervisor.
- All substitutes must enter from their team box. Substitutions may be made on the fly as long as the player you are substituting for is close to the team box. Goalkeeper substitutions may only occur after the referee has been notified and the substitution approved. Any team may substitute on any dead ball.
- No substitutions are allowed for an ejected player (red card, 2 yellow cards). The team will play shorthanded for the remainder of the game.

Equipment

- All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercings, rings, bracelets, and watches. Individuals are not permitted to tape jewelry down, as this does not provide any real protection for you or others. If you cannot remove the item then you CANNOT play. Once the game has begun, any player entering the court with jewelry on could receive a yellow card.
- Sandals, open-toed shoes, and bare feet are prohibited. All players are encouraged to carry in gym shoes to be worn during play. Snow, mud and salt carried in on shoes can cause unnecessary floor damage. Players wearing any kind of gym shoe causing marking problems including salt scratches, slush, water, etc... will be asked to leave the facility, and clean or replace their shoes.

Duration of Game and Grace Period

- Game Length: Games will consist of two 15 minute halves (the clock will only stop for time-outs, protests, and injuries). During the last 2 minutes of the second half the clock will stop on all whistles.
- Grace Period: There will be no Grace Period!! Game time is forfeit time.
  - Games in which one team is late:
The team that is signed in and ready to play at the scheduled starting time will be given two options.

- They may take the forfeit immediately
- OR give the team ten minutes to show up with the minimum amount of players to begin, if they still do not show a forfeit will then be rewarded
- Once the decision is made it can not be change

- Reserve Clause: The IM Staff reserves the right to make time adjustments to accommodate scheduling conflicts.
- Time Outs: One per team per half - duration 1 minute in length. Time outs do carry over.
- Over time – Regular season games that end in a tie will be recorded as such. Over time will only be played for playoff games. Games that end in a tie will result in a sudden death overtime; a new coin toss will be used with the visiting team calling the toss. The sudden death overtime period will be five (5) minutes. The first goal scored will determine the winner. If the game is still tied a penalty kick (shoot out) tie breaker will be used in the following manner:
  - The home team will call the coin toss to determine the first team to kick, with winners electing to go first or second.
  - Each team shall take an initial series of 5 kicks alternating from the penalty mark. Each kick shall be taken by a different player. The team scoring the greater number of goals shall be declared the winner. If the score remains tied after each team kicks five times, they shall continue alternating in the same order until a team has one more goal in the same number of kicks.
  - If a team is playing short because of an ejected player then that team must have one player kick twice.
  - Once every member of a team has taken a penalty kick, that team can choose anyone to take the next shot. Co-Rec teams must alternate male-female. If there is not an equal number of males and females present, members of one sex will shoot again to maintain the alternating order.
- Mercy Rule: If a team is ahead by 4 goals or more at the two minute mark in the second half the game will end. If a team goes ahead by 4 goals within the last two minutes of the second half the game will end immediately.

Field of Play

- All games will be played in the Williams Hall Gym. The player check in area is Williams Hall. This will also serve as the waiting area until the previous games are over. DO NOT ENTER THROUGH THE FRONT ENTRANCE OF GYM!!
- Side Lines. The sidelines are defined by the natural boundaries of the courts.
- End Lines. One player is permitted to play the ball while it is in the taped off area. The first to enter the area must play the ball immediately with no contest from the opposing player. The entire ball has to be in the taped off area. If the ball comes to rest in the area and an opposing player violates this rule by playing the ball, one of the following will result:
If the end line (taped off area) violation takes place inside the goal box, a goal kick or corner kick will be awarded.

If the end line (taped off area) violation takes place outside the goal box, an indirect free kick will be awarded.

- **Team Bench.** Each team will be assigned a corner of the court. This area is designated as your Team Box. This area is limited to players who are on your roster, checked in, and currently not in the game (this area is not for spectators).
- **Curtains and the Ceiling.** The ball may be played off all curtains. The ball CANNOT be played off any part of the ceiling, overhead lights. A ball that hits the ceiling will become dead and the non offending team will receive an indirect kick from the spot of the infraction. If it cannot be determined who was to blame, a drop ball will occur at the spot of the infraction.

**Playing Rules**

Current NFSHA (High School rules) are in effect, with the exceptions below.

- There will be NO off-sides.
- Slide tackling is PROHIBITED!! Slide tackling is a penalty when in the immediate vicinity of another player and a direct free kick is awarded to the opposing team. Sliding to prevent a goal is not a penalty (as long as contact with an opponent is not made).
- The kickoff begins from the center of the field of play. Each half will start with a kickoff, with the teams switching sides and alternating taking the kick. The ball on the kickoff must travel forward one full circumference of the ball. Every player on the kicking team must be on his/her side of the field at the time of the kickoff.
- Opposing team players must be at least 10ft from the ball before it is kicked. A goal may not be scored directly from the kickoff.
- When a player is taking an indirect or direct free kick, all opposing players must be at least 10ft off the ball until it is kicked.
- On a goal kick, the ball must be touched by a field player, or touch the ground, before crossing the midfield line. Violation of this rule will result in an indirect kick awarded at the midfield line.
- Dangerous play will result in an indirect free kick in the following situations:
  - a) Raising a foot to the level that may endanger an opponent.
  - b) Scissor kicking, bicycle kicking, or high kicking that may result in injury.
  - c) Playing the ball while on the ground in the vicinity of another player.
  - d) Lowering the head to waist level in an effort to head the ball in the vicinity of another player.
  - e) Attempting to play the ball when it is in the possession of the goalkeeper.
  - f) This list is not inclusive.
  - A player will be penalized (indirect kick) for obstruction when he/she uses his/her body to block any opposing player without making any attempt to play the ball.
• If the ball is lodged between the back of the goal and the wall (on the carpet), a goal kick is awarded if last touched by the offense, or a corner kick if last touched by the defense.
• All corner kicks will be taken from the opposite side of the court from the team player's box.
• If a team has two different players ejected, for any reason, the game will end and a forfeit declared.

Goalkeepers

• On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not allowed to touch the ball with his/her hands. Players may not use trickery to circumvent this rule. For example – Players may not flick the ball with their feet to their own head, chest, knee and then pass it to their own goalkeeper who plays the ball with their hands. (NFSHA, Sec. 7, Art. 3)
• A goalkeeper in possession of the ball shall not indulge in tactics which, in the opinion of the referee, are designed to waste time, thus giving an unfair advantage to his/her own team.
• The goalkeeper has 5 seconds to release the ball after making a save. If the goalkeeper maintains possession of the ball longer than 5 seconds, an indirect kick will be awarded to the opposing team.
• The goalkeeper may handle the ball outside of the box provided that he/she has at least one foot inside the box. However, the goalkeeper is not allowed to play the ball with his/her hands outside of the box. The goalkeeper may leave the box at anytime and become a regular player.
• The goalkeeper may NOT punt or drop kick the ball. Penalty: indirect kick from outside of the goal box.
• The goalkeeper may NOT kick or throw the ball across the midfield line. If the ball is airborne and does not touch any player before crossing the midfield line, the defending team will receive a indirect kick from the midfield line.

Fouls and Misconduct

• A player shall be ejected if he/she intentionally kicks, strikes, spits, pushes, trips, attempt to kick-strike-or jump at an opponent, teammate, and/or official. Penalty: offending player will be ejected and a direct free kick will result for the non-offending team (if both teams are involved a midfield drop kick).
• The following infractions will result in a direct free kick:
  o Holding, pushing, striking and/or tripping that is “accidental” in nature.
  o Fouling the goalkeeper while he/she is in possession of the ball or jumping to receive the ball inside the penalty area (possible ejection).
  o The goalkeeper intentionally elbowing or kneeing a player as they go up for the ball.
  o Hand ball, if intention an automatic yellow card.
  o Slide tackling.
  o Please Note: Be aware that any flagrant foul by a player is cause for an immediate ejection.
• The following infractions will result in an indirect free kick:
  o One player touching the ball twice in succession on the kick-off, corner kick, or goal kick (i.e.: the player may not kick to him/herself).
  o Obstruction, other than holding.
  o Goalkeeper kicking the ball across the midfield line.
  o Goalkeeper playing the ball with his/her hands when it is passed back by a teammate.
  o Unsportsmanlike conduct/delay of game.
  o Dangerous play (e.g. bicycle kick, playing the ball while on the ground)
• Red Card Violation - Player is ejected from the game and their team must play shorthanded for the duration of the game.
• Yellow Card Violation - Player must sit out for four (4) minutes. The team can substitute for that player. If a player receives a second yellow card, he/she will be ejected and their team must play shorthanded.
• Hanging on the Goal. Players/Goalkeepers are not permitted to hang on the goals. Penalty: 2 minute major for offending player (offending team must play short-handed for two minutes). NO WARNINGS!

Penalty Kick

• Penalty kicks are rewarded for any infraction by the defending team within the penalty area that would normally be penalized by a direct free kick. The penalty kick shall be taken at a distance of 12 yards from the goal line.
• A penalty kick can be called when a deliberate foul is committed by the defending team within the penalty area.
• A penalty kick shall be taken only from the “penalty spot”. All players except for the kicker and opposing goalkeeper shall be outside the penalty area and at least 10 yds from the spot of the kick.
• Interrupting a penalty kick: The NFSHA rules now state that once a player who is taking a penalty kick begins his/her approach toward the ball, he/she may not interrupt his/her movement. While the kicking player is approaching the ball, he/she may NOT; fake a kick, stop to hesitate and then proceed to kick the ball. As with the other situations addressed in this rule, failure to kick the ball as specified results in a re-kick.
• The goal keeper must stand on his/her own goal line until the ball is kicked. The player kicking the ball must kick the ball forward. He/she is NOT allowed to play the ball a second time, until it has been touched by another player (e.g. the kicker would have to wait for another player to touch the ball if it were to go untouched by the goalie and deflect into play off the goal post).
• If there is an infringement during a penalty kick:
  o By the defending team, the kick is to be retaken if a goal has not resulted (the infringement is ignored if a goal is scored).
  o By the attacking team other than the player taking the kick, the kick is not permitted if a goal resulted (the defending team is awarded an indirect free kick from the spot of infringement).
By the player taking the kick, a goal may not be scored and the kicker’s opponents are awarded an indirect free kick from the spot of the infringement.

Definitions

- **Direct Free Kick**: a free kick from which a goal may be scored against an opponent without a second player touching the ball.
- **Indirect Free Kick (or spot kick)**: a free kick from which a goal may not be scored unless the ball is played or touched by another player of either team (excluding the goalkeeper).
- **Drop Ball**: a method by which a dead ball becomes live. An official drops the ball to the ground. After the ball touches the ground it becomes live and may be played by anyone.
- **Penalty Kick**: a kick awarded to a team because an opponent was charged with one of the major offenses, within his/her own penalty area, which requires a direct free kick.
- **Goal Kick**: a goal kick shall be awarded to the defending team when the offensive team violates the end line rule. Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area. If the kick does not clear the penalty area, the kick shall be repeated. The ball may be played by anyone except the person who kicked it and the goalkeeper.
- **Corner Kick**: a corner kick shall be awarded to the attacking (offensive) team when the defensive team violates the end line rule. Players of the defending team shall be at least 10 yds. from the ball until it has been kicked (the ball must travel at least one full circumference or it results in a rekick). The ball may be played by anyone except the person who kicked it initially.

Yellow/Red Card System

- This system will be sued to control player, coach, and bench personnel in regards to unsportsmanlike conduct, rough play, and improper behavior.
- When cautioning a player, coach, bench, or other personnel, an official OR supervisor shall display a yellow card and indicate the person concerned. Please note that in some cases an actual yellow or red card may be physically displayed but rather a verbal indication the card given.
- A player receiving a yellow card will be subject to a “cooling off period”, the player will be removed from the game and replaced with a legal available player.
- If the original player refuses to leave the field/court, then the official OR supervisor may issue a red card and eject the player from the game.

If after the red card has been displayed and the player still has refused to leave the field/court, then the team may forfeit the contest. The cooling off period for Indoor Soccer shall be four minutes game time.
Ultimate Frisbee Tournament Rules

General/Eligibility

- At the beginning of the game the supervisor shall toss a coin to determine possession. One captain will make the call prior to the coin toss. The winner of the toss shall have the option of either 1) receiving the disc, or 2) choice of goal. At the start of the second half, goals automatically change.
- The beginning of each half (and after every score) begins with both teams lining up on the front of their respective end zone lines. The defense throws ("pulls") the disc to the offense. All players must have one foot on the end zone line, or be in the end zone, of the end zone they are defending.
- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has 10-seconds to throw the disc. The defender guarding the thrower counts out the stall count.
- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
- Players not in the game may replace players in the game after a score or during a time out.
- Scoring – each time the offense completes a pass in the defense’s end zone, the offense scores a point. Teams will switch direction after every score.
- A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything out-of-bounds.
- For a receiver to be considered in-bounds after gaining possession of the disc, the first point of contact with the ground must be completely in-bounds. If any portion of the first point of contact is out-of-bounds, the player is considered out-of-bounds. A player that lands in-bounds but is carried out-of-bounds by their momentum will be considered in-bounds and is allowed to put the disc into play at the point where he/she went out-of-bounds.
- The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
- Only one defensive player ("marker") may guard the thrower at any one time.
- There must be at least one disc's diameter between the upper bodies of the thrower and the marker at all times. The marker can only play the disc. Any contact made on the arm of the thrower will be considered a foul.
- 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.
- If the disc is caught simultaneously by the offensive and defensive players, the offense retains possession.
- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made. All players have the right to the space immediately above them. Thus, a player cannot prevent an opponent from making an attempt on a pass by placing his/her arms above or around an opponent. A player who jumped is entitled to land at the same spot without hindrance by opponents.
Players and Substitutions

- Six players constitute a team. Co-Rec teams must have at least 3 males and 3 females on the field at all times. There may never be more than a one player difference between the sexes. For example, if your team shows up with 6 males and 2 females, you can only play 3 males and 2 females.
- A team may start with no less than 5 players.
- Unlimited substitutions. Substitutes can enter the field after a score or after a timeout.

Equipment

- Turf shoes, cleats, and soft pliable, rubber bottom shoes are permitted. METAL CLEATS, SANDALS, & OPEN TOED SHOES ARE STRICTLY PROHIBITED. Shoes must be worn. If there are any questions concerning footwear, contact the supervisor.
- The game disc shall be issued by the officials (unless both teams agree on a particular disc provided by one of the teams). Teams are encouraged to bring their own discs to practice (warm up) with.
- All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercings, rings, bracelets, and watches. Individuals are not permitted to tape jewelry down, as this does not provide any real protection for you or others. If you cannot remove the item then you CANNOT play. Once the game has begun, any player entering the field with jewelry on could receive a yellow card.

Duration of Game and Grace Period

- Grace Period – The Grace Period rule is in place to deter and/or punish teams that show up after the scheduled start time. All intramural events are tightly scheduled to allow for maximum participation so keeping the games on schedule is very important.
  - Teams are allowed a maximum five (5) minute late grace period. If a team is not present and ready to play after 10 minutes they will receive a forfeit.
  - Games in which one team is late:
    - The team that is signed in and ready to play at the scheduled starting time will be awarded four (4) points, and the options as if they had won the coin toss.
    - Due to tight field schedules and fair play, five (5) minutes will be deducted from the first half when the game is started late.
  - If both teams are late there will be NO late points awarded to either team.
  - Reserve Clause: The IM Staff reserves the right to make time adjustments to accommodate scheduling conflicts.
- Game: Each half lasts for 15-minutes. There is a 2-minute halftime period. The clock will run continuously.
- **Overtime:** In case of a tie, an overtime period will be played. It shall be played under a 3-minute running clock. If after one overtime period, the score is still tied, another overtime period will be played and play will continue in this way until we have a winner.

- **Time outs:** 1 per team per half (2 minutes in length). Unused time outs do not carry over into the 2nd half or into any overtime period.

- **Mercy Rule:** Upon the two-minute warning of the second half if a team is out scoring their opponent by 10 or more points the game shall end. If a team scores DURING the last two minutes of the second half and that score creates a point differential of 10 or more the game shall end at that point.

- **Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players**
Flag Football Rules

General/Eligibility

- Current NIRSA Flag and Touch Football rules will be in effect with the exceptions of those listed below.
- Players may only play on one same sex team and one co-rec team.

Players and Substitutions

- Seven players constitute a team. Co-Rec Teams must have at least 4 men and 4 women on the field at all times. There may never be more than a one player difference between the sexes. For example, if your team shows up with 6 males and 3 females, you can only play 4 males and 3 females.
- A team may start with no less than 5 players. In the event a team is playing with the minimum number (5) of players, and a player becomes injured or has to leave (other than ejection) the game will continue until it is deemed a farce as determined by the officials and supervisor.
- Unlimited substitutions. Substitutes can enter on any dead ball situation. The substitution must be completed before the ball is put in play (when ball is dead). Exiting players must go directly to their sideline.
- Team managers are the only individuals permitted to speak with officials regarding calls or questions. If another player attempts to dispute, a warning may be issued. Subsequently, an unsportsmanlike conduct penalty may be called followed by a possible ejection.

Duration of Game

- Before the game, team managers will meet with game officials at least 5 minutes before game time to check player eligibility with the roster/score sheet, sign out belts, and determine the options of kicking, receiving, or defending a particular goal. Home team calls toss (team listed first on schedule, if overtime then opposite team). The team winning the toss shall have choice of options for the first half or shall defer their option to the second half. The options for each half shall be:
  - To choose whether his/her team will kick or receive OR to choose the goal his/her team will defend.
  - The Manager not having the first choice of options for a half shall exercise the remaining option.
- Grace Period: The Grace Period rule is in place to deter and/or punish teams that show up after the scheduled start time. All intramural events are tightly scheduled to allow for maximum participation so keeping the games on schedule is very important.
  - Teams are allowed a maximum ten (10) minute late grace period. If a team is not present and ready to play after 10 minutes they will receive a forfeit/default.
  - Games in which one team is late:
• The team that is signed in and ready to play at the scheduled starting time will be awarded one (6) points, and the options as if they had won the coin toss.
• Due to tight field schedules and fair play, five (5) minutes will be deducted from the first half when the game is started late.
  o If both teams are late there will be NO late points awarded to either team.
  o Reserve Clause: The IM Staff reserves the right to make time adjustments to accommodate scheduling conflicts.
• Game: Two twenty (20) minute halves with a running clock. During the final two (2) minutes of the second half, the clock will stop for:
  o Incomplete pass - starts on the snap.
  o Out of bounds - starts on the snap.
  o Score - touchdown - starts on the snap
  o Safety - starts when the kick is legally touched.
  o Team time-out - starts on the snap.
  o Fair catch - starts on the snap.
  o Penalty - starts on the snap.
  o Officials time-out - starts on the ready.
  o Touchback - starts on the snap.
  o 1st Down - starts on snap
• Time outs: 1 per team per half (1 minute in length). Unused time outs do not carry over into the 2nd half or into any overtime period.
• Mercy Rule: Upon the two-minute warning of the second half if a team is out scoring their opponent by 17 or more points the game shall end. If a team scores DURING the last two minutes of the second half and that score creates a point differential of 17 or more the game shall end at that point.

Equipment

• Turf shoes, cleats, and soft pliable, rubber bottom shoes are permitted. METAL CLEATS, SANDALS, & OPEN TOED SHOES ARE STRICTLY PROHIBITED. Shoes must be worn. If there are any questions concerning footwear, contact the supervisor.
• The game ball shall be issued by the officials. Teams are encouraged to bring their own football(s) to practice (warm up) with. A regular size football will be used for all Men's games. An intermediate size football will be used for all Women's and Co-Rec games.
• All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets, and watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item then you CANNOT play.

Playing Rules

• The ball is dead on ALL running plays & passing plays as soon as the ball touches the ground…teams cannot recover a fumble. On kick-offs and punts players may
advance the ball after it hits the ground, but not after it hits a player then the
ground.

- If a ball is muffed (does not touch the ground) - during a running or passing play
or similar loose ball situation - the ball is live and may be gained by the defense
(as long as the ball remains in the air). During a punt, if the ball is muffed and
caught by the kicking team the ball is DEAD at the spot and the kicking team
gains possession.
- Offense has 25 seconds to put the ball in play after the official declares it ready.
Penalty: 5 yards.
- The offense has FOUR (4) consecutive downs to advance to the next zone line.
- Only one forward pass is allowed per play (down). All players are eligible
receivers.
- Direct snaps are not permitted. Snaps must be through the legs. However, the ball
must remain on the ground and motionless until the actual snap. The snap must be
received at least 2 yards behind the line of scrimmage.
- Teams are comprised of 7 players. Co-Rec teams have 8 players (4 males, 4
females). There may NEVER be more than a one player difference between the
sexes. For example, if your team shows up with 3 males and 5 females, you can
only play 3 males and 4 females (in this example you would be playing with the
minimum number required to play a game). The Co-Rec ratio must be maintained
at all times.
- Teams have 4 downs to advance the ball to the next zone line. Zone lines are the
20-yard, 40-yard, and goal lines.
- There are no field goals or kicking for a point after a touchdown.
- Each game will consist of 2 - 20 minute halves. The clock will run continuously
except for the last 2 minutes of the second half.
- Games are governed by the NIRSA Flag & Touch Football Rules with a few
modifications/exceptions for intramural play.
- Scoring:
  - Touchdown 6 points
  - Safety 2 points
  - Try for point (3 yards) 1 point
  - Try for point (10 yards) 2 points (a try for 3 pts from 20 yards will be an
option this year)
  - *Intercept try for point 2 points (*If ran back all the way w/out being de-
flagged)
  - Co-Rec point values differ, see Co-Rec, 7.
- Intercepting an extra point: If the defense intercepts any extra point attempt and
returns it for a score it will be worth 2 points, regardless of the original attempt
amount. This rule will also be in effect during overtime periods. NOTE: If during
the try, Team "B" intercepts the ball in Team "A's" end zone, runs out the end
zone, then runs back into the end zone and subsequently de-flagged, a 1 point
safety will result.
- Penalty During Extra Point:
  - If on defense:
If the attempt was unsuccessful, then replay the down and add the penalty enforcement.
- If the attempt was successful, the play stands.
  - If on offense:
    - If the attempt was unsuccessful and the penalty declined, the play is over and the attempt will not be repeated.
    - If the attempt was successful, take the converted score away, mark off the penalty, and the attempt will be repeated.
- A player must have at least one whole foot in bounds for a catch to be legal. The line is considered out.
- Safety. After a safety is scored a free kick from the 20yd line will take place. The kick may be either a punt or kick from a tee. Note: If a player steps on the end line or sidelines of their own end zone a safety will be called.
- Extra point. After a touchdown teams must declare whether they are going for 1 point (from the 3yd line) or for 2 points (from the 10yd line). Once declared teams may only re-declare after a time-out (by either team) or a penalty.
- Simultaneous catch. If a legal forward pass is caught by members of opposing teams, the ball shall become dead and belongs to the team that snapped the ball at the point of the catch.
- The defense may not bat, hit, strip, or swat at the ball while it is in possession of the ball carrier. Penalty: 10 yards from spot.
- Offense must have at least 4 people on the line of scrimmage. Only 1 player may be in motion at the time of the snap. No player may be in forward motion at the time of the snap.
- Ball Responsibility - It is the responsibility of the OFFENSE to get the ball.

Flag Rules

- Players of opposing teams must wear contrasting colored jerseys and flags.
- No article of clothing may cover any portion of the player's flag (ALL SHIRTS MUST BE TUCKED IN AT ALL TIMES). UNSECURED HALF SHIRTS ARE NOT PERMITTED. Penalty: 5 yards.
- Each player on the field must wear the flag belt provided by IM Sports. Belt must be properly attached at waistline - one flag center back and one flag over each hip.
- Removing flag belt: When the belt is clearly taken from the ball carrier, the down shall end and the ball is declared dead. The belt should be held over the head to assist officials with the call. However, if the flag belt is delayed in falling off as a direct result of an attempt by a defensive player, the play will be whistled dead where the flag belt first starts to fall.
- Legal tag: If a player has inadvertently lost his/her flag belt, then a one (1) hand tag between the shoulder and knees constitutes a capture. NOTE: The play is NEVER over until the officials blow their whistle.
- No player shall intentionally pull or remove a belt from any player that does not have possession of the ball. Penalty: 10 yards, and if flagrant, possible disqualification.
- Contact: In an attempt to remove the belt from a ball carrier, defensive players may contact the body and shoulder of an opponent with their hands, but not their
opponents face or any part of the neck or head. A defensive player may not hold, push, or knock the ball carrier down in an attempt to remove the flag. All tackles will be penalized by a 10yd penalty and an ejection.

- Players may dive to catch a pass, defend a pass, to remove an opponent's flag, and to gain yardage. However, no player may intentionally dive into another player to gain yardage.
- Guarding flag belt: Ball carriers shall not guard their flags in a manner that would prevent an opponent the opportunity to pull or remove the flag belt. A ball carrier may not use straight arm tactics, swing arm to deflect, or use other means to keep an opponent from pulling a flag. This style of running constitutes Flag Guarding.
  - Penalty: 10 yards from spot of foul.
- A ball carrier may not lower his/her head or run in a bent over fashion which hinders an opponent from pulling a flag, this style of running constitutes Flag Guarding with the intent to injure another.
  - Penalty: 10 yards (and possible disqualification, if flagrant).
- If the ball carrier touches a knee to the ground, the play will be whistled dead and spotted there. If the ball carrier slips and falls, but regains his/her balance with the ball in contact with the ground, play shall continue.

Blocking

- Screen blocking only. Hands and arms must be behind the back, allowing one normal step between the blocker and an opponent.
- Individuals are not permitted to use feet, knees, elbows, dip shoulders, trip, or kick legs to initiate contact.
- Contact with an opponent on the ground is prohibited.
- Helping a ball carrier through pushing or contact is prohibited.
- Defense players must go around a block - no holding, tackling, aggressive pushing or other use of arms and hands - no holding or obstructing the ball carrier to remove flag.
- The ball carrier may not run into or hurdle a defensive or offensive player.
  - Penalty: 10 yards from line of scrimmage.
- Any contact not consistent with screen blocking tactics will be penalized 10 yards from line of scrimmage or point of infraction (which ever is greater) followed by a possible ejection.

Punts Units (Protective Scrimmage Kick)

- The kicking team must announce intention to kick and then must kick (unless time-out or penalty, then re-declare). Quick kicks are not permitted at any time.
- The punter must have the ball snapped to him/her. The punter must immediately kick the ball from behind the line of scrimmage.
- The kicking team must have a minimum of four (4) players on the line of scrimmage.
- Neither team may advance past the line of scrimmage until the ball has been punted.
• All offensive players on the line of scrimmage must remain motionless until the punt has been contacted.
• Fumbled punts are dead. If fumbled in the end zone a safety will be awarded.
• If the punt extends beyond the back of the end zone, or if the punter steps on the end line, the ball is dead and a safety awarded. Punts received in the end zone may be advanced.
• Blocking. During punts teams are to use screen blocking only. Any contact not consistent with screen blocking tactics will be penalized followed by a possible ejection.
• Fair Catch: During any kickoff or punt, the kicking team members must allow receivers an attempt to make a play on the ball. The kicking team shall not obstruct their path to the ball. This applies even if a fair catch is not signaled and opponents have not yet touched the ball. Penalty: 10 yards from previous spot and replay of the down OR choose an awarded catch at the spot of the foul.

Co-Rec Rules

• A team will constitute eight (8) players (4 men and 4 women). There may never be more than a one player difference between the sexes. For example, if your team shows up with 6 males and 3 females, you can only play 4 males and 3 females. Six players, 3 men and 3 women, are required to avoid a forfeit.
• The Ball. The regular or intermediate size football shall be used. If teams cannot agree an intermediate size football will be used.
• The offensive team must have at least 5 players on their line of scrimmage at the snap.
• Male Runner. Males on the offensive team cannot advance the ball across their line of scrimmage. There are no restrictions on a male runner once the ball has crossed the line of scrimmage, a run by a female runner, or any runner after a change of possession. Penalty: Illegal Procedure, 5 yards for the previous spot.
• Male to Male Completion. During the offensive team's possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the try (extra point). If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. The spot where the ball becomes dead by rule must be beyond the scrimmage line. There are no other restrictions concerning a male passer completing legal forward passes, for positive yards, to a female receiver, or female to male, or female to female, or female to male.
• Penalty: Illegal Forward Pass, 5 yards from the spot where the second consecutive male to male completed legal forward pass is released, and a loss of down. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed."
• Mercy Rule. If a team is 23 or more points ahead when the referee announces the 2 minute warning for the second half the game shall be over. If a team scores DURING the last two minutes of the second half and that score creates a point differential of 23 or more the game shall end at the point.
• If a female player scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any offensive player, the point value is 9.

Overtime

• Overtime. There is no overtime during regular session. Games that end in a tie will be recorded as such. During tournament play:
  o A new coin toss will occur.
  o The away team captain will call the toss and the winner has the option of offense, defense, or direction.
  o All overtime periods are played toward the same goal line.
  o Each team will start 1st and goal from the opposing teams 10 yard line (unless moved by penalty). The object will be to score a touchdown (followed by a try for point).
  o An overtime period consists of each team receiving a set of 4 downs.
  o If the first team which is awarded the ball scores, the opponent will still have a chance to win, re-tie, or lose the game.
  o If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed on their 10 yard line to begin their series of 4 downs.
  o If the score is still tied after one period, the teams will go to a second overtime period, or as many as needed to determine a winner.
  o Each team is entitled to one time-out per overtime period.

Summary of Penalties

5 Yard Penalties

• Equipment worn illegally (from the line - replay down)
• Delay of game (from the line - replay down)
• Substitution infraction (from the line - replay down)
• False start (from the line - replay down)
• Illegal snap (from the line - replay down)
• Illegal formation - 4 players not on line (from the line - replay down)
• Player out-of-bounds when ball is in play (from the line - replay down)
• Illegal shift/motion (from the line - replay down)
• Illegal forward hand off (from the spot or line, which ever is greater - loss of down)
• Intentional fumble [illegal pass] (from the spot or line, which ever is greater - loss of down)
• Illegal forward pass (from the spot or line, which ever is greater - loss of down)
• Intentional grounding (from the line - loss of down)
• Aiding runner [illegal participation] (from the spot or line, which ever is greater - replay down)
10 Yard Penalties

- Delay start of either half (from the 15yd line)
- Quick kick (from line & re-kick OR take kick)
- Fair catch interference (from spot + if contact, possible ejection)
- Forward pass interference - offensive (from the spot - loss of down)
- Forward pass interference - defensive (form the line - automatic 1st down)
- Illegally secured belt on touchdown (from line + loss of down & no score if on TD)
- Spiking, kicking, throwing ball by Offense (if after TD from 15yd line, all other from end of play)
- Attempt to steal or hit the football from the hands of an opponent (from the spot - replay down)
- Tripping; non-intentional (from spot or line, which ever is greater - replay down)
- Contact with opponent on ground [unsportsmanlike]
- Hurdling player [non-contact foul] (from the spot - replay down)
- Illegal removal of belt (from the spot - replay down)
- Clipping (from the spot - replay down)
- Illegal use of hands or arms - holding/blocking (from the spot - replay down)
- Flag guarding (from spot - replay down)
- Illegal participation (from the line - replay down)
- Intentionally kicking or attempting to strike an opposing player or official [unsportsmanlike].
- Unsportsmanlike player /coach /bench conduct - verbal (taunting) or physical abuse of an official. (from the line or end of play, which ever is greater - possible ejection)
- Tackling or throwing a player to the ground [unsportsmanlike].
- Tripping; intentional [unsportsmanlike].
- Roughing the passer; intentional, (from the line - automatic 1st down).
- Half the distance penalty is enforced half the distance to the goal when:
  - 5 yard penalty - on or inside of the 10 yard line.
  - 10 yard penalty - on or inside of the 20 yard line.

The Rule of Thumb is STIFF THE OFFENSE.

Yellow / Red Card System: This system will be used to control player, coach, and bench personnel in regards to unsportsmanlike conduct, rough play, and improper behavior.

- When cautioning a player, coach, bench, or other personnel, an official OR supervisor shall display a yellow card and indicate the person concerned. Please note that in some cases an actual yellow or red card may not be physically displayed, rather a verbal indication given concerning the card given.
- A player receiving a yellow card will be subject to a "cooling off period"; the player(s) will be removed from the game and replaced with a legal available player.
• If the original player refuses to leave the field/court, then the official OR supervisor may issue a red card and eject the player from the game.
• If after the red card has been displayed and the player still has refused to leave the field/court, then the team may forfeit the contest.

Any second yellow card displayed on the same player in the same game will be equivalent to a red card. Whenever a red card is given it is an automatic ejection. The cooling of period for flag football is 4 minutes game time.
Tennis Singles Rules

General/Eligibility

- All currently enrolled/employed ECSU students, faculty, and staff are eligible for play.

Match Agreements

- All scheduled intramural matches must be completed by the "play by" deadline date. If matches are not played by this date, both contestants will be forfeited from further competition. Contestants that have difficulty playing or getting in touch with their opponent must contact the Intramural Coordinator immediately. It is the contestant's responsibility to find out their opponent's name, contact them, play their matches, and report their scores to the Intramural Coordinator (all before the deadline date). Up-to-date tournament brackets are available on the Web site.

Report Your Scores

- It is the winning player's responsibility to report the match scores. Contact the Intramural Intern (335-3372) to report the results of your match. Matches not reported will be ruled forfeits, and the next opponent will receive a bye.

Rules and Regulations

- All rules are governed by the USTA.
- Before commencing play, participants should flip a coin, spin a racquet, or volley a point with the winner having the option of serving first or choosing sides.
- All matches will be played using regular ad-scoring. Participants will play regular 6 game pro sets, with the match winner winning 2 out of 3 sets. If participants agree to play a shorter match that is fine, so long as it is agreed upon before the match begins.
- All line calls will be made by the participants themselves. If there is a discrepancy, play the point over.
Volleyball Rules

General/Eligibility

- Current NFSHA (High School) rules are in effect with the exceptions outlined below.
- Participants may only play on one same sex team and one co-rec team.

Rules

- Teams are comprised of 6 players. Co-Rec teams must have 3 males and 3 females on the court at all times. There may NEVER be more than a one player difference between the sexes. For example, if your team shows up with 2 males and 5 females, you can only play 2 males and 3 females. The Co-Rec ratio must be maintained at all times.
- Games are played to 25 using rally scoring (teams can score on a side out as well as a point), win by 2 with a 27 point cap.
- The third game will be played to 15 (with a 17 point cap - rally scoring).
- Games are limited to 50 minutes.
- Teams must rotate every time they regain possession (including the first serve for that team, unless it is the first serve of the game).

Players and Substitutions

- A team shall be composed of six (6) players. Co-Rec teams must have at least 3 men and 3 women on the court at all times. There may never be more than a one player difference between the sexes. For example, if your team shows up with 6 males and 2 females, you can only play 3 males and 2 females.
- A minimum of four (4) players are required to start a match. In the event that a player becomes injured or has to leave the game (other than ejection) the game shall continue until it is deemed a farce by the Supervisor.
- Unlimited substitutions: All substitutions, with the exception of injury, will rotate in for the serve. Substitutes will wait out of bounds by the right front position until a side out occurs where they will be permitted to rotate into the game.

Duration of Game and Grace Period

- Matches will consist of three games. The first and second game will be to 25 points (using rally scoring - teams may score on side outs and points), win by two with a 27 point cap. If neither team is leading by two at 26 points, then the first to 27 points will win.
- The third game will be played regardless of the outcome of the first two (at the discretions of the officials). The third game will be played to 15 using rally scoring (17 point cap)
- Grace Period - The Grace Period rule is in place to deter and/or punish teams that show up after the scheduled game start time. All intramural events are tightly
scheduled to allow for maximum participation so keeping the games on schedule is very important.

- Teams are allowed a maximum five (5) minute late grace period. If a team is not present and ready to play after 5 minutes they will receive a forfeit/default.

- Games in which one team is late:
  - The team that is signed in and ready to play at the scheduled starting time will be awarded the choice (serve or side) and five (5) points.
  - Due to tight schedules and fair play, five (5) minutes will be deducted from the first period when the game is started late.

- If both teams are late there will be NO late points awarded to either team.

- Reserve Clause: The IM Staff reserves the right to make time adjustments to accommodate scheduling conflicts.

- Time Outs: One (1), one minute time out per team per game. Unused time outs do not carry over.

**Equipment**

- Shoes must be worn. Black-soled shoes, sandals, and boots are strictly prohibited.
- All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercings, rings, bracelets, and watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item then you CANNOT play.
- Hats, including baseball caps, may not be worn during play.
- The game ball will be provided by the Officials.
- The Intramural Department will provide volleyballs and a net to play on.
- Volleyball Net Heights:
  - Women 7' 4 1/8"
  - Men 7' 11 5/8"
  - Co-Rec 7' 11 5/8"

**Fundamentals**

There are five fundamental skills you will be concerned with as officials and players - serving, passing, spiking, digging and blocking.

- Serving - The server is the back right player. He/she may serve anywhere behind the end line (both feet must be behind the end line when the ball is contacted). The server may strike the ball in any manner-underhand, side-arm, or overhand. The serve must cross the net without touching the net. Only one serve attempt is allowed.
- Passing - The team receiving the serve must attempt to return the ball over the net within three touches. The first touch is usually called the pass. There are two general methods of passing the ball - the overhead pass and the underhand pass.
  - Overhead pass (set): The rule states that the ball must be clearly struck at all times. The set is accomplished with the pads of the fingers and thumbs.
It is incorrect to use the palms of the hands. Both hands must contact and release the ball simultaneously; otherwise it is considered a double hit and illegal. If the ball rests on the hands it is considered a lift and is illegal.

- Bump pass: This skill is accomplished by clasping the hands together, straightening and rotating the elbows to form a flat surface with the forearms.
- The team receiving the serve may use either type of pass to play the ball.

- Spiking - There are usually two types of spikes: the hard spike and the dink.
  - When attempting a hard spike, the ball should be contacted with the palm of the hand, with a cupped hand, or with the fist. The ball may not be thrown or carried.
  - Dink: a hand-pass using the pads and thumbs or the fist. The ball should not come to rest on the finger pads and thumb.

- Digging - May be an attempt to receive or recover a hard spiked ball. It is similar to the bump pass but the player is usually more extended and often uses only one hand. Multiple contacts are allowed on the 1st return hit of a hard driven spike or serve.

- Blocking - An attempt to intercept a ball that has been attacked by an opponent. The blockers may reach over the net to block when the opposition has completed their attack. A block is not considered to be a hit and may be played again by the same player.

**Playing the Ball**

- When playing the ball, the ball must be clearly contacted and not lifted, carried, or thrown at any time during the course of play. The ball cannot be contacted by any part of the body below the waist and cannot be contacted twice in succession by one player except in the following cases:
  - when participating in a block.
  - simultaneous contacts by teammates shall constitute one contact and either player shall be eligible to play the ball.
  - multiple contacts are allowed on the 1st return hit of a hard driven spike or serve.

- The ball must pass between or over the side boundary lines as it crosses the net. Teams will have three (3) hits per side to cross the ball to the other side of the net.

- Players may not kick the ball and contact below the waist is illegal.

- When a ball touches a boundary line it is considered in the court. It is permissible to run out of bounds to play a ball on your own side of the court.

- Any ball that contacts the ceiling or basketball backboards will be considered out of play and a point or side out will be awarded.

- A ball hit into the net, other than a serve, may be recovered provided a player does not make contact with the net or cross the center line.

- The center line shall be considered common territory. A player may land on the center line, but no part of his/her body may land over it. If a player steps on the center line, a foul will be called only if the entire part of the foot touching the ground is across (not touching) the line. If a part of a player's body extends under
the net but does not touch the floor, no foul should be called provided the player does not interfere in any manner with the opponents' play.

Positioning

- At the instance of the serve, all players other than the server must be within their playing area in serving order. Each of the three forward players must be in front of his respective back row player and to the proper side of the player next to him (any part of a player's feet touching the floor shall not overlap any part of an adjacent player's feet touching the floor).
- Players may switch positions on the court after the ball is put into play, but a back row player is not allowed to block or spike at the net.
- A back row player in front of the 10 foot line may return the ball across the net, provided the contact with the ball is below the level of the net. However, should he/she be behind the 10 foot line or take off to jump from behind this line, the restriction would not apply.
- Each player must remain in position within the boundary lines of the court until the ball has been contacted by the server.
- The teams' players rotate in a clockwise manner. If a substitution is to be made, the right front player rotates off and the substitute rotates into the service position. Teams rotate every serve (unless it is the first serve of the game).

Net Play

- A player may reach over the net during the course of play but he/she may not contact the ball over the net until the completion of the opponent's attack. A player's hand may pass over the net in a follow through after he/she has completed his/her attack. When the ball crosses the center plane above the net it is considered as having crossed the net.
- Contact with the net on a spike or blocking attempt is a net violation. It is not a violation if the ball is driven into the net and causes it to contact an opposing player.
- If two opponents simultaneously hit the ball above the net, the player behind the direction of the ball is considered as having touched it last. The team upon whose side of the net the ball lands is allowed three plays of the ball. If after the simultaneous touch by two opponents, the ball falls and touches within the court area, the team on that side is at fault. If the ball lands out of bounds on the same side of the court, then the other team is at fault.

Fouls

The following fouls are penalized by a point for the opposition (if they have possession of the ball at the time of the infraction), or by a side out and loss of the ball (if the team committing the infraction has the serve at that time):

- Players out of position fouls:
  - a player is out of rotation order when the ball is contacted by the server.
- Players of the serving team attempt to block, or screen, the view of the receiving team during the serve.
- Back row player leaves (jumps) the floor within the front court spiking area to attack the ball.
- A back row player attempts to block at the net.
- A player serves out of rotation.

**Fouls related to the act of serving:**
- Serving out of bounds, in the net, under the net, or outside or directly above the net antennae.
- Unnecessary delay of game.
- Not striking the ball with the hand, fist, or arm for the serve.
- Stepping on/beyond the end line during the serve.
- Serving before the official's whistle (2nd offense).

**Fouls involving net play:**
- Player contacts any part of the net or its supports while the ball is in play.
- Player reaches over the net and contacts the ball before the completion of the opponent's attack.
- Player's entire foot (or portion in contact with the ground) or any part of the body touches the floor on the opposite side of the center line while the ball is in play.
- Player interferes with the opponent's play underneath the net by touching the ball or an opposing player.

**Fouls committed during other play:**
- Not cleanly hitting the ball (the ball may not visibly come to rest when it is contacted).
- Hitting the ball out of bounds.
- Making successive contacts with the ball (exception - when simultaneous contacts are made by two or more players, or a contact made during a block. In both cases, the player may contact the ball again).
- Playing the ball more than three times before it crosses the net.
- Playing the ball outside the court across the center line extended.
- Hitting the ball over the net outside or directly above the antennae.
- Allowing the ball to touch the floor in bounds, on your side of the court.
- The ball contacting any part of the body below the waist.
Team Bowling Rules

General/Eligibility

Responsibility of Team Captains

The success of the Intramural Sports program depends largely on the leadership skills and interest of the team manager. Each team MUST have a manager and alternate representative responsible for communicating between players and the Intramural Sports Staff. Experience has proven that successful teams usually have dedicated and efficient team managers. Some of the team manager's duties include, but are not limited to:

1. Register your team on-line by the registration deadline. To do so, from the Campus Recreation Homepage, click on "Intramural Sports" and then "Registration". You will be asked to submit team manager information, and to select a league and division to compete in. Please note: The registration period for most events is seven days. Entries are taken on a first come, first serve basis, so some leagues will be closed after the first day.
2. Attend the scheduled Mandatory Captains Meeting for the selected sport. If the captain cannot attend, a team may send a capable, conscientious, responsible person to serve as the team representative. Information crucial to your team's success will be made available at this time (rule packets, entry forms, and schedules will be distributed). Bring the completed waiver/roster form to the captains meeting. If your team captain or a team representative does not attend this meeting, with the signed waiver/roster form, your team will not play.
3. Be familiar with all rules (eligibility and game) and ensure that teammates abide by those rules.
4. Each team is responsible for maintaining good sportsmanship among the coaches, players, and spectators before, during, and after competition. (See Sportsmanship Rating)

It is the captain’s responsibility to have his/her team ready to play as scheduled. Please Note: Information concerning date, time, and location of contest will NOT be given over the telephone by Recreational Sports Office Staff due to the potential for miscommunication and subsequent participant dissatisfaction.

5. Respond to Intramural Sports Staff concerning schedule changes, tournament structure, eligible player inquiries, team conduct, etc.
6. Immediately inform the Intramural Sports staff of any changes of captain’s or alternate's information.
7. Clarify questions regarding rules, eligibility, and file any protest with the intramural sports personnel. The captain or alternate is solely vested with this responsibility.
8. If there are inclement weather conditions, check the Weather Report on the Intramural Homepage. Please Note: the Weather Report will be updated approximately 1 hour before game time to assure accuracy.

How to Enter a League

1. Specific information pertaining to entry dates and procedures may be found on the Recreational Sports bulletin boards located in Williams Hall Gym, the Intramural Homepage, sport flyers posted around campus, from Resident Assistants, the Intramural Sports Event Schedule, email, campus mailings, and/or by calling our office at 335-3372. Registration may only be done on-line at . Following registration, a confirmation will be sent to the team captain notifying him/her that their registration has been received.
2. The team captain must attend the mandatory captain’s meeting at the specified place and time with the completed waiver form. Any team that is not represented at the manager's meeting will be dropped from the league and replaced with a team from the wait list for that sport.
3. Late Registration: Late entries may be accepted if space is available. Interested individuals will have to make an appointment with the Coordinator of Intramural Sports to review everything covered at the Mandatory Meeting.

Leagues and Divisions

Intramural competition is offered in three divisions:

- **Men's Division** - composed of individual men or men's teams which may, but are not required to, represent the various student organizations, residence halls, Greek organizations, or independent groups of the University. In most cases, the Men's division is divided into an "A" division (higher competition/skill level) and a "B" division (less competitive/lower skill level). Participants are encouraged to sign up for the division that best matches their skill level. Individuals are not permitted to play on both an "A" and a "B" team within the same division.
- **Women's Division** - composed of individual women or women's teams which may, but are not required to, represent the various student organizations, residence halls, Greek organizations, or independent groups of the University.
- **Co-Rec Division** - composed of teams consisting of a minimum number of players of each sex. This division may be divided into an "A" and a "B" division depending on the number of teams and discrepancies in the ability levels throughout.

Please Note: It may be necessary to combine classes or leagues due to limited entries.
Eligibility

1. All undergraduate & graduate students currently enrolled in any department or college of the University, current faculty and staff members, medical students, and continuing education students shall be eligible to enjoy all intramural privileges and shall retain that status until they withdraw, graduate, or fail to comply with eligibility rules or other guidelines.

2. Only players whose names are on the roster/score-sheet and who can show their valid ECSU-ID are eligible to play.

3. Any contest in which an ineligible player was used will be forfeited, in the playoffs the team will be eliminated from the tournament and the last team playing against the disqualified team will advance.

4. Regular Season and Tournament Eligibility
   o Regular Season: Players not on the original Roster/Waiver form turned in at the manager's meeting will need to get on the Roster/Waiver form by playing in a game during the regular season. When the new player checks in they will be required to sign the waiver. All teams’ waiver forms will be on-site.
   o Playoff: Players not appearing on the Roster before the 1st playoff game are ineligible to play in the playoffs.
   o Tournament: If it is a single elimination tournament a player must appear on the Roster before the quarterfinals.

5. One Team Rule
   The first team a participant plays for is the team that person is committed to for that sport. Participants may play on one same sex team and one co-rec team.

6. Assumed Name
   Anyone who participates under an assumed name or uses someone else's ID is ineligible and may be suspended for the remainder of the season. All games in which the person participated will be counted as forfeits. If an ineligible player is detected in the playoffs, the team will be eliminated from the tournament and the last team playing against the disqualified team will advance.

7. Minimum Player Rule
   A team can begin play with less players than the official rules specify for that particular sport without forfeiting the contest. Each sport will have a minimum requirement stated in the Captain’s Handbook.

8. Varsity Athletes
   Current or former members of Varsity Intercollegiate teams, who have not earned a letter, at the ECSU or other institutions are not eligible for participation in the sport, or like sport, in which they participated for three complete academic semesters (not including summer session) after varsity status ceases. Varsity players are considered those participating in either practice or any type of competition.

Persons classified as red shirts or those working out with the varsity team shall be treated as varsity squad members.
Varsity letter winners are ineligible in the sport, or like sport, in which they participated for three complete academic semesters (not including summer session) after varsity status ceases.

All Varsity athletes are fully eligible to participate in other sports not related to their varsity sport.

Please note: All cases will be heard and ruled on an individual basis. Questionable players should contact the Coordinator of Intramurals for clarification.

9. Semi/Professional
A person who has competed professionally in a sport or signed a professional contract will be ineligible for five (5) years from the date of the last professional participation in that sport or related (like) sport.
   o participated in practices and/or games with the team during the current academic year.

10. as a guide, "like sports" are defined as follows, this list is not meant to be inclusive:
   o Baseball/Softball Softball
   o Basketball 5on5 Basketball, 3on3 Basketball,
   o Soccer Indoor/Outdoor Soccer
   o Tennis
   o Volleyball,

f. The intramural sports program will share the responsibility for the eligibility of players. Each player and team captain is responsible for checking their eligibility and that of their team members.
   g. The intramural sports program will assist the team captains and individuals with their questions of eligibility and interpretation of rules. Inquiring about eligibility questions in advance of contests preludes delays and potential protest(s).
   h. Ineligible player inquiries can be initiated by other participants or the IM Sports staff at anytime.

Jewelry Policy

All jewelry must be removed before playing any Intramural Sport. Jewelry includes, but is not limited to, rings (finger(s), nose, tongue, eyebrow, ear, etc.), rope bands, ankle and wrist bracelets, and watches. If a participant does not want to remove the jewelry then they will not be allowed to participate in the activity.

Postponements and Rescheduling

1. Games will not be postponed because of social engagements, organization meetings, etc. If a player or team knows of potential conflicts, notify the Coordinator of Intramural Sports, 335-3372 in advance so conflicts can be minimized. Rescheduling chances increase significantly if a team notifies the
Coordinator as soon as they learn of a possible conflict. Nothing will be done for a team that waits until the day before, or the day of the game, to reschedule the game.

2. Whenever possible, the Coordinator of Intramurals will reschedule games canceled because of the weather.

3. Teams wishing to reschedule must:
   a. Contact the Coordinator of Intramural Sports, 335-3372, to obtain approval and a list of available rescheduling times.
   b. Contact the opposing captain and, if the opposing team is willing, a mutually convenient date/time should be agreed upon. Both captains must contact the Coordinator with the new date/time. If both captains do not contact the Coordinator, the game will NOT be rescheduled.

Please Note: The opposing captain does not have to agree to reschedule the contest. If a new date/time cannot be agreed upon, the game will not be played and the team wishing to reschedule will receive a default (not a forfeit).

Forfeits

GAME TIME IS FORFEIT TIME!

In order to claim a forfeit, the opposing team must have present and ready to play the number of players required to start a game.

The team's captain that is present will be given two options:

1. Take the forfeit immediately
2. Give the team ten minutes to show

If the team shows the game must be played with the remaining amount of time left. If the team still does not show, it will be a forfeit.

Once a decision is made IT CAN NOT CHANGE!

Forfeits due to ineligible players or unsportsmanlike conduct will result in the same penalties as outlined below. Also there is the possibility of additional penalties for flagrant offenses.

Any team forfeiting twice will be dropped from the league.

Forfeits:

A forfeit is an un-played game resulting when a team fails to show up for a scheduled contest, or doesn't have the minimum number of players to start the contest. Exception - anyone that notifies the Coordinator of Intramurals 24 hours in advance of the scheduled contest will be given a loss rather than a forfeit.
If a forfeit is issued to a team who did not show up for a scheduled contest then that team must pay the forfeit fee before they will be permitted to compete again.

**A TEAM THAT FORFEITS THE EQUIVALENT OF TWO GAMES WILL BE DROPPED FROM COMPETITION WITHOUT THE POSSIBILITY OF REENTRY.**

**Protests**

It is the strong belief of this department that contests should be won or lost on the field of play, not through the technicalities of rules. If the protest cannot be resolved at the playing site the Coordinator will resolve all disputes.

1. **Judgment Decisions:** Official's judgment calls may not be protested by players or managers. Attempted protest(s) lodged on judgment may be penalized by the governing rules in that sport (e.g. lose of time out, delay of game penalty, etc.).
2. **Player Eligibility:** A protest may be made at any time. Any team or individual protesting the eligibility of a player must furnish proof that the player is ineligible. In case of an obvious violation of eligibility rules, a protest may be granted. To ensure honest sport competition, protests of alleged eligibility violations should be made prior to the start of play to games rather than waiting to determine the outcome of the contest.
3. **Rule Interpretation:** A coach, manager, or captain can lodge a protest on an official's or scorekeeper's rule interpretation, but must do so at the time of the incident. If a protest is going to be lodged, the manager must say "I PROTEST" and, if applicable, complete the proper paperwork.
4. **Procedure for Protesting:** A protest concerning rule interpretations must be lodged with the official and supervisor at the time of the incident. The officials will stop play and gather with the team managers and IM supervisor for the correct ruling. The supervisor will act as the arbitrator and make a decision. In circumstances where an individual feels a protest should be filed, he/she must notify the supervisor that a protest is being registered and the Protest Form must be completed and submitted in writing to the Coordinator of Intramural Sports by 12:00 p.m. (noon) the day after the incident in question (Monday for weekend games). Protests lodged after this time will not be considered.

**Sportsmanship**

Every team is responsible for the conduct of its players and fans. Any conduct judged as detrimental to the participants, program, or any particular contest, may result in loss of the contest, suspension of the individual player(s), suspension of the entire team, or other appropriate action.

ECSU are subject to a Code of Conduct. Harassment (verbal or otherwise) including sexual, racial, ethnic or religious harassment that causes injury, distress, emotional, or physical discomfort, is one of the offenses which may result in disciplinary action. The Recreational Sports Office and the Intramural Sports program will vigorously enforce all
sections of the code to insure that participants feel welcome and enjoy benefits of a recreatonal activity. The entire Code of Conduct is contained in the student handbook entitled

Spectator Policy

Spectators are welcome at all games and activities. However, team captains are responsible for their spectator's behavior. Fans are expected to follow the sportsmanship guidelines explained within the Recreational Sports Handbook. Team captains are responsible for educating their spectators on these guidelines. Our goal and responsibility is to provide and create a healthy atmosphere for all participants, officials, scorekeepers, supervisors, and spectators. We ask for your cooperation as spectators to help develop a positive atmosphere. It is the responsibility of each spectator to do everything possible to ensure that the game atmosphere is friendly and good natured.

Spirit of Competition

Modern team sport activities find their origin in the basic human need for play. Winning and losing are mere outcomes of this play spirit. Abusive language, poor attitude, and manipulation of the rules to further winning are not "just part of the game". What is part of the game are the simple satisfaction of playing and the interdependence of teamwork, improving fitness, and enhancing friendships. Without your opponent, you have no game, no contest, and absolutely no fun. You are indebted to them as they are to you. In a fundamental way, then, competing against an opponent is based on cooperation. Upholding high standards of integrity and fair play acknowledges this idea of cooperative competition. An intentional violation of the rules, no matter how small, is considered cheating and a direct offense against these principles. The goal of the Intramural Sports Program is to promote lifetime skills through the venue of sports that offers meaning beyond that of a win or loss, the memory of which fades quickly. All players are expected to play within the context of the ECSU Intramural Sports Program's Spirit of Competition.

Team Sportsmanship Rating

The development of team and individual sportsmanship is of fundamental importance in all intramural sports activities. 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 the intramural sport contest is included in the rating. The team captain is responsible for education and informing all players and spectators affiliated with his/her team about the system. To encourage acceptable conduct before, during, and after intramural sports contests, officials and/or supervisors shall make decisions whether to warn, penalize, or eject persons and/or teams for poor sportsmanship.

Team ratings are: Acceptable Unacceptable Season Ending
A team is responsible for the actions of the individual team members and spectators related to it. The team captain's efforts in assisting officials/staff to calm difficult situations and to retain troubled teammates are the key to controlling team conduct. Intramural sports officials and/or Intramural Supervisors shall determine acceptable team ratings. Appeals for unacceptable ratings are not accepted.

The Coordinator will determine season ending ratings. The Intramural Sports Program Staff also reserves the right to review any rating given to a team.

Acceptable Sportsmanship rating

1. Team members cooperate with and demonstrate good sportsmanship toward members of teams, spectators, and all DCR officials and staff.
2. Team captain exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations/calls, and cooperates by providing any information requested by any intramural sports official/staff.
3. Team members participate in the spirit and intent of the intramural sport game rules and/or program policies. Team members accept judgmental decisions made by the officials during the contest.
4. Respect is shown for the Campus Recreation facilities and equipment.

A team will receive an unacceptable Sportsmanship Rating as a result of the following:

1. Any player that is ejected for unsportsmanlike conduct.
2. Any technical foul for unsportsmanlike conduct and/or multiple unsportsmanlike penalties given.
3. Participants/spectators who continually complain about officials' decisions and display dissension. Complaints include both verbal and non-verbal behavior. Excessive arguing between opposing teams/spectators may also lead to an unacceptable rating.
4. Team captain (spokesperson) exhibited little control over his/her team and spectators conversed in a dissenting manner with officials about rule interpretations/calls and did not cooperate. Did not provide information requested by any intramural sports official/staff while performing their duties.
5. Team members played with participants who are currently suspended from participating in intramural sports (i.e., on the hit list)
6. Public indecency, vulgarity, or obscenity.
7. Individuals/teams played after consumption of alcohol/drugs. If the contest has begun when discovered the player(s) will be immediately removed form the facility, and the contest will be forfeited to the opponent.
8. Physical abuse by participants/spectators in the form of fighting and/or wrestling with an opponent and/or teammate which occurred before, during, or after and intramural sports contest.
9. Any threatening behavior (verbal and/or non-verbal) to any intramural sports employee, participant, or spectator, which occurred before, during or after and intramural sports contest.

10. Damage to or destruction of any Campus Recreation facilities and equipment.

Consequences for Unacceptable Rating

1. Team is suspended until the captain meets with the Coordinator of Intramural Sports or his/her designee. It is the captain's responsibility to call and schedule a meeting with the Coordinator of Intramural Sports or his/her designee. A team is ineligible for any intramural sports competition in this activity until this meeting occurs.

   Any team that has a player ejected for unsportsmanlike conduct will receive an unacceptable sportsmanship rating. The team captain and the ejected player are required to set up a meeting with the Coordinator of Intramural Sports or his/her designee prior to discuss their further involvement with Intramural Sports.

2. Regardless of the length of the season or tournament, two unacceptable ratings will be equivalent to a season ending rating, and the team will automatically be dropped from further competition.

Season Ending Sportsmanship Rating

1. Team was uncooperative and out of control before, during or after intramural sports contest.

2. Team captain (spokesperson) exhibited poor control over self, the team, and/or the spectators.

3. Multiple ejections or blatant unsportsmanlike conduct that endangered participants, fans, officials, or supervisors occurred.

4. Any physical contact with an Intramural Sports employee.

5. Team failed to cooperate/comply with intramural sports administrative staff/University officials while performing their duties; falsely represented or withheld any information requested.

6. A team received a second unacceptable rating in the same sport or activity.

7. A season ending sportsmanship rating cannot be appealed.

8. Teams were unable to continue to play and the game was stopped.

9. Teams receiving an unacceptable sportsmanship rating in a weekend tournament are eliminated from further competition regardless of the outcome of the game.

Consequences for a Season Ending Sportsmanship Rating

1. Team will be automatically dropped from any further intramural competition.

2. Future eligibility in the Intramural Sports Program of all team players will be reviewed.

Any team receiving an unacceptable sportsmanship rating during the playoffs will be eliminated from the playoffs, plus their team captain will be required to set up a meeting
with the Coordinator of Intramural Sports or his/her designee prior to their participation in any other intramural event.

Any team that has 3 ejections for unsportsmanlike conduct during the same contest will receive a forfeit and be done for the season. The team captain will be charged the appropriate forfeit fee and the team will be given an unacceptable sportsmanship rating. Accordingly, the team captain must also set up a meeting with the Coordinator of Intramural Sports or his/her designee in order to ensure the team eligibility for further participation in the intramural program.

All ejected participants will be required to set up a meeting with the Coordinator of Intramural Sports or his/her designee. Additionally, any individual ejected will be placed on the Sanction List and will not be permitted to participate in the intramural program until such time determined by the Coordinator of Intramural Sports or his/her designee.

Note: Participation in any further intramural sports prior to meeting with the Coordinator of Intramural Sports or his/her designee will be looked upon as a blatant disregard of Intramural policies. The Coordinator of Intramural Sports or his/her designee when rendering any further penalties will take this action into account.

Rulings may include, but are not limited to, probation, game/league suspension, the assessment of forfeit fee charges, community/departmental service, and in severe cases, lifetime expulsion and/or review by the office of Student Judicial Affairs.

**Teams and Organizations**

The Coordinator of Intramural Sports can sanction teams and organizations.

A team that is suspended or placed on probation results in each team member being suspended or placed on probation.

The suspension or probation of an organization results in each member of that organization being suspended or placed on probation (in such cases, an organization roster will be obtained). Sanctions against an organization include all teams that play under that organization's name. Repeated violations by an organization may lead to organization sanctions.

**Championship Awards**

The Intramural Sports program provides awards in all activities for the winners of the various divisions. In team events, individuals listed on the team roster and who are present will receive an Intramural Championship T-shirt.

1. Teams participating in an officiated team sport will be given up to 12 awards (T-shirts) based on the number of team members.
2. Unofficiated team sports winners will receive up to 6 awards in that sport.
3. Any number needed beyond 12 or 6 must be paid for by the team. Contact the Coordinator to purchase additional t-shirts and for more information.

**Injuries**

Participation in sporting activities may cause injury and exposure to blood borne pathogens. Blood borne pathogens are pathogenic microorganisms that are present in human blood and can cause diseases in humans. These pathogens include, but are not limited to, Hepatitis B Virus (HBV) and Human Immunodeficiency Virus (HIV).

The Intramural Sports program, in compliance with North Carolina, will make every effort to minimize exposure to its employees and participants. Because the intramural staff is trained and certified to respond to emergency and blood exposure situations, we ask that they be contacted immediately to respond to any injury.

1. Participants will not be permitted to participate in Intramural Sports at the ECSU if they do not agree to all of the rules and regulations.
2. The University and its staff are not held responsible for any injuries incurred while participating or as a spectator in the Intramural Sports Program.
3. Playing without shoes is prohibited.
4. All injuries are to be reported to the game officials and IM supervisor. All minor injuries can be taken care of by the supervisor with a First Aid kit or the injured person can go, with assistance, to the Student Health Center. The Student Health Center hours are: Monday through Friday 8am-6pm, Saturday & Sunday 9am-1pm. For an appointment please call
5. All major injuries or emergencies will be taken care of immediately by the supervisor in charge by calling Pasquotank/Camden Rescue at 911 or the Student Health Center at 335-3401. They will send assistance as soon as possible. In the meantime, the supervisor will take complete charge and see that the participant is comfortable until help arrives. Medical expenses incurred such as ambulance, doctor bills, and x-rays will be the responsibility of the injured person.
6. All injured persons must complete an Accident Report. This form can be obtained from the IM supervisor on site.

**Assumption of Risk**

All participants are strongly urged to have a yearly medical examination and to carry medical insurance coverage. While we strive to provide safe and well supervised activities and facilities, there is an inherent risk for physical injury or death in all sports activities.

The Intramural Sports Office believes that participation in recreational sports is a positive, healthy experience that provides enjoyment to our participants. To foster health benefits and maximize enjoyment for participants and student staff, consuming alcoholic beverages and/or illegal drugs before participating, during participation, or on site after
participation is a violation of University policy. Individuals or teams who violate this policy will not be eligible to participate.

**Equipment**

The Intramural Program will furnish standard equipment for all activities with the exception of personal items (racquetballs, tennis balls, softball gloves, etc.).

First and second place are obviously determined. The third place team will be determined by which ever team gets defeated by the championship team. (Who ever loses to the champion in the semi-final round)
Current **NHPA** rules will govern horseshoes play except for the following modifications.

I. GENERAL ELIGIBILITY

1. Participation is limited to currently-enrolled, fee-paying ECSU students, faculty members, and full-time staff. All areas of eligibility are covered in the Intramural By-Laws which are available through the Campus Recreation Office.

2. In order to participate in an Intramural contest each player must present their validated ECSU Card. Exceptions must be directed to the Intramural Sports Office for consideration by the IM staff during regular business hours (12:00pm-9:00pm). Bring a photo ID and proof of payment to obtain a waiver from the IM staff. No such waiver will be granted on the field.

3. All players must sign-in at the sign-in table or with a supervisor at the game site prior to each game to be eligible to participate.

II. TEAM COMPOSITION

1. Players can compete on only one (1) team, regardless of league classification.

2. Horseshoe doubles teams shall consist of only two (2) players. No additional substitutes are permitted. Two (2) players must be present to begin a match.

III. EQUIPMENT

1. All players must wear shoes. Sandals and flip-flops are also permitted.

2. Horseshoes will be provided by the Intramural Sports staff at the match site. Teams must use the equipment provided by Intramural Sports.

IV. RULES AND REGULATIONS

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 game 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 scores 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.

V. SPORTSMANSHIP

1. Sportsmanship is an important part of intramural sports. Teams receive sportsmanship
ratings at the conclusion of each game on a scale of 0 to 4 with 4 as an excellent rating. Teams must average a 3.0 during the regular season to qualify for the playoffs.

2. Teams are responsible for keeping their spectators under control. Misconduct of spectators and players may result in ejection and/or forfeiture of the game. Spectators must remain in the out-of-play areas. Only players are permitted in the playing area.

3. Any player who uses foul language, violently protests a call, or curses an official or supervisor, will be removed from the game and will automatically be suspended from his/her team's next game. In addition, he/she will have to meet with the Director of Intramural Sports during office hours (Monday through Friday, 9:00 a.m. to 6:00 p.m.) before he/she is eligible to participate again. Any player who touches an official or supervisor will be placed on suspension from all Intramural activities for a minimum period of one calendar year from the time of the incident.

4. Teams shall assist in removing trash and equipment from their game area at the conclusion of their game.

5. Umpires and supervisors are college students employed by ECSU Campus Recreation to provide a service to the participants of ECSU Intramural Sports. Officials are employed regardless of experience to fulfill a need for a large number of officials to cover all the games being played. Officials undergo clinics and evaluations to help them to constantly improve in their abilities. Supervisors are trained to handle conflicts that occur during games and are there to answer questions that participants may have regarding Intramurals. The supervisors can be identified by the ECSU IM shirt or sweatshirt they will be wearing. ECSU IM supervisors are veteran officials or trained tournament personnel who have complete authority to make decisions regarding problems or special situations. Supervisors have been selected for their knowledge of intramural sports regulations and rules, maturity, professionalism and a sincere interest in intramural sports.