

Lock Haven University



Intramural Handbook

Directory

Intramural Director: Shelbi Long
Student Recreation Center

Office Hours: M/W/F - 11:30am - 5:00pm, T/Thur - 10am - 3:00pm

Phone: 570-893-6204 Email: slong1@lhup.edu

Introduction:

During the fall and spring semesters of the school year, the Intramural department will provide students, (graduate and undergraduate) staff, and faculty a chance to participate in sport related activities at the Student Recreation Center (or other facilities that apply). The mission of the program is to provide the best possible sports programming and a chance for all to play in a competitive sports environment regardless of ability. Benefits which are associated with participation include physical fitness, emotional well being, social interaction, and overall- a healthy attitude towards life.

For many of the sports played, there will be different brackets and competitions offered. The number of participants and level of skill will help determine the brackets.

Facilities

Lock Haven University is lucky enough to have some of the best sports facilities in the State System of Higher Education and has at its disposal an excellent mix of recreational facilities. With the new Student Recreation Center (SRC), students will be able to enjoy these activities in a spacious setting.

The SRC, which is available for Intramural use includes three multipurpose courts, an outdoor basketball court, outdoor tennis courts, outdoor volleyball court, three racquetball courts, and badminton courts. These facilities allow the Intramural department to offer diverse recreational opportunities to the University community.

Entry Deadline: no later than 4:30 on the entry deadline date

Fall Programs:

Indoor Soccer
 Flag Football
 Outdoor/ Indoor Volleyball
 Racquetball (singles/ doubles)
 Tennis (singles/ doubles)
 5 on 5 Basketball
 3 on 3 Basketball
 Floor Hockey

Spring Programs

Dodgeball
 Outdoor Soccer (Coed)
 Badminton(Singles/Doubles)
 Ultimate Frisbee
 Tennis(Singles/Doubles)
 Softball (One Day Tournament)

- other sports may be added during the year
- Equipment will be provided at facility

STATEMENT OF RISK

Any time an individual participates in a sporting activity there is the risk of getting injured. Because of this reason, an intramural participant is encouraged to consider his/her health and physical condition prior to participation in intramural activities. Participation at high exercise levels may involve physical exertion and physical contact with other participants. The participant, being aware of any conditions predisposing him/her to injury or illness, and in consideration of the inherent physical

nature of sport may wish to seek the medical advice of a physician prior to participation or may chose not to participate at all.

Insurance:

The Intramural program carries NO INSURANCE, therefore, each participant is encouraged to purchase insurance that would cover them in case of personal injury occurring as a result of participation. ** (LHU, etc will not be responsible for the medical attention (financial or otherwise) that a person may need as a result of participating in events sponsored by the Intramural Department.)

Injuries:

The intramural department and staff will do everything possible to provide suitable and safe playing facilities for all its activities, along with supervision from intramural staff member. (Basic First Aid from staff)

Decisions:

The decision of the Intramural Director (Shelbi Long) is final on all matters and queries to do with the Intramural Programs. (Appeals – must be typed and handed into the Intramural Director within 48 hours of the incident. After the written appeal is looked at, you will be called to have a meeting with the Intramural staff).

Eligibility:

- All undergrad students, graduate students and faculty and staff are eligible to play intramurals.
- A student must show their ID card at the front desk to verify their student status.
- Alumni are not eligible.
- Previous members of an intercollegiate sport whom have finished their eligibility may participate in the sport which they have completed. For example: if you are a senior who plays football and your season is finished, you may play intramural flag football. See Varsity Athletes, Team Membership Policy.

Playoff Policy

The LHU IM Director reserves the right to have or admit any number of teams to the playoffs as he/she sees fit. Playoffs for a particular sport are single elimination. A particular team's record does not indicate whether the playoffs will be single elimination or double elimination.

*Also see Team Membership Policy for roster changes for before, during or after playoffs.

Forfeit Rule

A contest or game shall be declared a “win by forfeit” for the team/ individual ready to play in cases where the opponent fails to show. There is a 10 minute grace period. If a team does not have enough

players to make a team, the captain may call the IM Office (x6204) to request a default. Each team is allowed only 1 default. **After 3 forfeits** the team/individual will be disqualified.

I can't play tonight:

Participation in Intramurals is a privilege not a right!!

Team Sports: If notified in a reasonable advanced time, you can have the chance to reschedule a game if it does not interfere with any Intramural regular season games.

Dual/Individual Sports: When there is a mutual consent of those involved, matches may be rescheduled provided they do not delay the advancement of the whole tournament. The Intramural Office must be notified of any postponements and the date of the rescheduled game must be given and approved.

Playoffs: Any night of the week may be used for a playoff game. A reasonable effort will be made to avoid conflicts when playoff games are being scheduled. The team captains will be with the Intramural Director if there is a conflict. Teams involved in overlapping tournaments should inform the Intramural Director of any conflicts.

Forfeit Deposit

Each team will be required to give to the IM Director, **before** play starts, a deposit of ten dollars or for individual sports a three dollar deposit. Provided that a team does not forfeit any of their regularly scheduled games the total amount will be returned to the team. If a team does not give the appropriate amount to the IM Director, the team shall not be allowed to play and shall forfeit all games up to the point in which all monies are paid: in addition the team may be dropped from the tournament/league.

Inclement Weather Policy

Captains are responsible for calling the IM Director at 570-893-6204 concerning the status of playing a contest on the date in question. In addition, a voicemail system will be established to check on the status of each night's contests. You wait until the voicemail comes on and then press two to listen to the inclement weather advisory.

Rescheduling Games

Games will not be rescheduled as a result of weather. The intramural cannot accept requests from teams or individuals to reschedule contests. Contests will only be rescheduled in the event of an intramural sports staff scheduling error or facility conflict.

Rain

If it is raining, and you are to play a game outside, please call the intramural office after 3:00, the decision will not be made until then. Team captains will be notified if there is a decision made before then. **Cancellations will result in wins for both teams.**

Team Membership Policy

Individual Affiliation

No person is allowed to participate on more than one team in a given sport per season. If a person (who is already registered on a roster for a team) is found to be participating on a team that he/she was not listed on at the beginning of the season, he/she shall be ejected for the current game (if discovered during the course of a scheduled game) and suspended for the next game that his/her team is scheduled. The team that allowed the player to join their team shall forfeit the game the player illegally participated in. The game will be forfeited if discovered during the playing of the game or if it is discovered after the game has been played. There is no statute of limitations for game forfeiture after a finished game. If this policy is violated twice in the same season by the same person or team, the following actions will be taken:

- The player is removed from all rosters and is declared ineligible for any IM event for the remainder of semester.
- The team shall forfeit all remaining games on the schedule and the team members will be declared ineligible for the remainder of semester.

The captain of each team is responsible for gaining the appropriate numbers of players for fielding a team and knowing who is on what team.

Changes to a Roster

A team is allowed to add or delete players to their roster during the regular season. Once a team's last regularly scheduled regular season game is over or a deadline set by the LHU Intramural Director has been set, a team may no longer make changes to their roster. Only players listed on the roster are deemed eligible players. If a team uses an ineligible player, the team is subject to the following penalty:

- The team automatically forfeits the game that they are playing at that point.
- The team forfeits all remaining playoff games.

The IM Department reserves the right **not** to reschedule, replay games, or replay previous rounds that may have been forfeited because of this policy. Each case will be considered by the LHU IM Director on a case by case basis and a decision will be made. All decisions by the LHU IM Director will be final.

Varsity Athletes

If you are on the roster for a varsity sport, you are ineligible for competing in the same or similar IM sport. For Example, if you play soccer, you are not eligible to play soccer. You still would be eligible to play dodge ball, basketball, etc...

If you have used up all of your eligibility with a sport (as according to NCAA guidelines) you are allowed to compete in a sport after your season is completed. For example, if you play football and

you're eligibility is done, you may play football the next semester or year if it is being offered. If you play a sport that ends before the registration deadline for a particular sport, (for example basketball, or softball) and your eligibility is done, you may register for that season.

There is a limit to how many former varsity athletes you can have on a team:

- Basketball – 1
- Football – 2
- Soccer – 1
- Volleyball – 1
- Others – as determined by LHU IM director

Team Captains:

The team captains will be responsible for informing all of the players on their team the rules, regulations, and game information. This homepage will be updated weekly so captains need to check it frequently. Other responsibilities include: if there is a discipline action taken with someone on their team, they must give information about that player freely to the referee or the intramural director. The captains will be held responsible for any problems.

Divisions of competition:

- Depending on numbers of teams entered into each sport, divisions may be needed. In this case, 7 or 8 teams will be divided into two different divisions, one being crimson, and the other being white. Each team will play each other once within the division. After all regularly scheduled games are completed, there will be playoff games in each bracket, and the winners of that game will then move onto the championship game. This means that the winner of the crimson division will play the winner of the white division for the championship. Depending on the outcomes of the regular season, it might be that the top two or three teams have a playoff from each division and then proceed into the championship game.
- Winners of championships will be awarded a plaque or trophy or t-shirt.
- RESIDENCE HALLS: only full-time undergraduate students living in university residence halls (NORTH, GROSS, McEntire, HIGH, RUSSELL, SMITH, WOOLRIDGE, AND CAMPUS VILLAGE) may compete in this division. Any male or female may play or represent the residence hall building in which they live. For example, if you live in McEntire Hall, you may compete with other "McEntire Hall" residents as a team in this division. There are no restrictions to the number of teams or individuals that may represent your residence hall within a pointed sport. Individuals may only play on one team in a sport in the residence hall division.
- POINT SYSTEM: the top two performing teams or individuals representing each residence hall will score points, according to the point system, towards the overall residence hall champion~ see point system~

Tournament Basics

Signing Up

You may sign your team or yourself up for any sport within that sports entry period. You must sign up online @ <http://www.lhup.edu/intramurals/index.htm> **No written rosters will be accepted.** Teams and individuals must be registered by 4:30pm on the last day of the entry period.

Free Agents

"Free Agents" - AVAILABLE PLAYERS - For any individuals that don't have a team but wish to play can sign up by e-mailing me. The list will be made available for any teams that need extra players. The Intramural Office cannot guarantee participation.

e-mail: Slong1@lhup.edu

Schedules

A schedule will be printed and posted both on the internet and at the Student Recreation Center, and a copy will also be given to the team captain at the mandatory captains meeting. A copy of the sport specific rules and a copy of this handbook will be included with the schedule.

Substitutions

Team Sports~ substitutions are allowed in agreement with the substitution rules of that particular sport.

Racquet Sports~ substitutions may only be made before the first scheduled game.

Forfeit Rule

A contest or game shall be declared a "win by forfeit" for the team/ individual ready to play in cases where the opponent fails to show. There is no grace period. If a team does not have enough players to make a team, the captain may call the IM Office (x6204) to request a default. Each team is allowed only 1 default. **After 3 forfeits** the team/individual will be disqualified.

Sportsmanship/Punitive Action Policy

Lock Haven University SRC and Intramural Sports Departments encourages sportsmanlike conduct from all participants. Unsportsmanlike or any other inappropriate behavior on or in college facilities occurring during recreational sports events will be handled in an expeditious manner within the guidelines set forth below. Action taken may range from probation for any length of time to expulsion from the program (and facilities) for anywhere from 1 game/day to the individual's collegiate career. Discretion will be advised by the Intramural Director and the SRC Director. Other actions taken may include: a) forfeiture of the game/match; b) suspension of a particular team for a period of up to 1 year; c) such other actions as the offense dictates. The professional staff in charge of the particular activity will determine what action is appropriate after consultation with all involved parties. If this seems unsatisfactory to the individual/team involved, they may appeal that decision to the next level of the LHU intramural Sports Department professional staff.

Example penalties for any player ejected from Intramural play:

- Obscene/abusive conduct/language – minimum 1 game suspension
- Verbal threatening of official – minimum 1 game suspension
- Fighting/roughing – minimum suspension for the rest of that particular sport
- Ineligibility – minimum suspension for the rest of that particular sport
- Improper contact of an official – minimum semester suspension
- Negative spectator conduct/language – minimum, penalize team/possible immediate forfeiture of contest
- Other occurrences will be judged on a case by case basis

Teams will be awarded a sportsmanship rating by officials after each game. The point scale used will be 1...5, with 1 being poor sportsmanship and 5 being exceptional sportsmanship. Any team having a rating of less than 3 for any 2 games of the regular season will be dropped from the league. Any team with less than a 3 average for the entire regular season will not advance into the playoffs. Any team not receiving at least a 3 rating for each game in the playoffs will not advance in that playoff.

ANY PERSON WHO IS EJECTED FROM AN INTRAMURAL ACTIVITY MUST MAKE AN APPOINTMENT TO SEE THE INTRAMURAL DIRECTOR AND THE SRC DIRECTOR. THAT PERSON WILL NOT BE ABLE TO PARTICIPATE IN ANY INTRAMURAL EVENT UNTIL HIS/HER CASE HAS BEEN HEARD. MEETINGS SET UP THE SAME DAY YOUR NEXT SCHEDULED EVENT IS TAKING PLACE WILL RESULT IN YOU NOT PLAYING UNLESS THE INCIDENT HAPPENED THE DAY BEFORE.

Each offense will be dealt with on a case-by-case basis. All offenses include automatic probation for the individual and possibly the team for a period determined by the professional staff.

NOTE: ANY ABUSE, PHYSICAL OR VERBAL, OF AN OFFICIAL WILL NOT BE TOLERATED AND WILL BE DEALT WITH SEVERELY.

Grade Sheets

Grade sheets are used at the end of each game to be filled out by the referees. Grade sheets are used to show the progress and information of each team during different games. Grade sheets are also used for records. If a team has a bad history of showing up, or is in fights every week, this will be shown on the grade sheet. Grade sheets look as follows:

GRADE SHEETS

According to the grades below mark each team that participated in the event with the grade the team deserves. Make comments.

SPORT

Team Name:

Grade:

"A" - Excellent Conduct and Sportsmanship: Players cooperate with the officials and other team members. The captain calmly, converses with officials about interpretations and calls. The captain also has full control of his/her teammates (4 points).

"B" - Good Conduct and Sportsmanship: Team members verbally complain about some decisions made by the officials and/or show minor dissension which may or may not merit a yellow card. Teams that receive one yellow card will receive no higher than a "B" rating (3 points)

"C" - Average Conduct and Sportsmanship: Team shows verbal dissent towards officials and/or the opposing, team which may or may not merit a yellow card. Captains exhibit minor control over his/her teammates, himself/herself. Teams receiving multiple yellow/red cards will receive no higher, than a 'C' -rating (2 points)

"D" - Below Average Conduct and Sportsmanship: Teams constantly commenting to the officials and/or opposing team from the field and/or sidelines. The team captain exhibits little or no control over teammates or himself/herself. (1 point)

"E" - Poor Conduct and Sportsmanship: Team is completely uncooperative. Captain has no control over teammates, and/ or himself/herself. Any team causing a game to be forfeited, other than by not showing, or receives multiple red cards shall receive an "E" rating (0 points).

Penalties for "E" sportsmanship ratings:

1. Any team/individual that receives an "E" rating will automatically be suspended for the next scheduled game and the suspended game will be counted as a loss.
2. Any team/individual that receives an "E" rating during the play-offs will be eliminated from further play-off games.
3. If a team/individual receives an "E" rating during the All-Campus championship game, the team receiving the "E" rating will NOT be awarded the championship.
4. Any team/individual receiving an "E" rating during play-offs will be subject to an alternative form of disciplinary action.

5. Individuals on a team receiving an "E" rating must meet with the intramural director.
6. The intramural director will rule on further penalties to be described as a result of unsportsmanlike conduct. If any individual is ejected from an intramural activity for unsportsmanlike conduct, they will be disqualified from that game plus at least one more contest.

***use discretion in grading, all referees need to agree with overall decision**

Sign Here _____

Rules of Intramural Activities

5 on 5 Basketball Rules

There will be a 10 minute grace period. Three forfeits and your team will be dropped from the competition. Teams will also be dropped after two defaults. Forfeit= if NO players are at the court by game time. Default= if a team does not have the minimum number of players at game time, or if a team calls the IM Office by 4:00 PM on game day to request a default.

The game: will consist of two 16 minute halves, with up to 5 minutes rest between halves. Teams must have at least 4 players on the court to start and continue a game.

The clock will not be stopped for free throws, held balls, out of bounds, etc. however, during the last 30 seconds of the second half, and of overtime, the timer will stop the watch each time the ball is out of play (Exception: the clock will continue after successful field goals). Throughout the game, teams must line up promptly for free throws. Officials will penalize teams that attempt to consume time by using obvious stalling tactics in these situations. The official may stop the clock and charge the offending team with a technical foul or such tactics.

Timeouts: each team may call one timeout each half and in overtime period. Only players in the game and on the team in possession of the ball may call timeouts, not coaches or substitutes on the sidelines. During a dead ball, any offensive or defensive player in the game may call a timeout.

The games: an overtime period of two minutes will be played. If the score remains tied at the end of this period, a second overtime will be played, and it will be sudden death. That is, the first point (field goal or free throws) will end the game. Timing procedure for the last thirty seconds of the overtime period will be the same as the end of the second half. Each OT will start with a jump ball.

Free Throws: will be awarded when a foul is committed against a player in the act of shooting or on a technical foul. For all other fouls, the ball will be taken out of bounds, and the player committing the foul will be charged with a personal. EXCEPTION: in the last 2 minutes of the second half, and in

subsequent overtime periods, all fouls excluding player controls fouls will result in free throws. During these times, all non-shooting fouls are to be one on one.

Substitutions: may be made anytime the ball is dead, they must wait for the officials to call them into the game, and they must get to officials attention before entering the game.

Held Ball: in all held ball situations teams will alternate taking the ball out of bounds at the spot nearest to where the situation occurs. The possession arrow will determine all held balls.

Three point rule: will be in effect wherever and whenever possible. If through whatever circumstance, games are played on courts without a 3-point arc, all shots are worth two points (except free throw- 1 point).

Closely guarded: a five second count will be in effect when an offensive player is closely guarded (defender within 6 feet) in the front court whether he or she is dribbling or holding the ball.

DUNKING: is permitted during an intramural game. **NO HANGING ON RIMS.** Hanging on rims will be called as a technical foul.

A PLAYER MAY ONLY COMPETE WITH ONE TEAM. (See Individual Affiliation Policy) Once a player has played with a team, he/ she may not play for another team, regardless of the division. Violation will result in suspension of the player and forfeiture of the game in question.

All games will be governed by NCAA rules except when LHU IM rules take precedence.

3 on 3 Basketball Rules

Each team must start each game with three players on the court. The roster may have up to five women on it. The only way a person could be added to a roster if someone else is no longer on the team. You are not allowed to play for two teams (See Team Membership Policy, Individual Affiliation), if a team is missing a player it is open roster until the playoffs.

All NCAA Women's/Men's Basketball rules apply with the exception of:

A team wins a game if it is the first team to score 15 points. You must win the best 2 out of 3 games.

To start a game: A team will send a representative to shoot free throws. Person from Team A shoots, if it is made, Team A gets ball, if the shot is missed then Team B shoots. If Team B makes it, Team B gets ball. If both people miss, then two new people start the process all over again. This continues until someone makes a free throw.

To start a point, ball is checked at the top of the key. The possession must start with a pass. You are not allowed to dribble. Penalty: Turnover.

If a team gains possession of the ball after an opponent shot, the ball must be dribbled/passed to a point beyond the three point line. It does not need to be passed to another teammate but just taken past the three point line. Penalty: Turnover

Each team is responsible for calling their fouls.

Indoor/Outdoor Soccer

There will be a 10 minute grace period. Three forfeits and your team will be dropped from the competition. Teams will also be dropped after two defaults. Forfeit= if NO players are at the court by game time. Default= if a team does not have the minimum number of players at game time, or if a team calls the IM Office by 4:00 PM on game day to request a default.

The Game: will consist of two 20 minute halves with a running clock. One timeout permitted per half.

Teams: 6 players will constitute a team. Teams will be permitted to play with one less. No game will continue with less than 5 players.

THERE WILL BE NO GOAL KEEPER (Indoor)

Goalkeepers: (outdoor) this player only will be permitted to use hands to play the ball within the penalty area. Once the ball is handled, the keeper may take no more than three steps before putting the ball in play. The no-pass back rule (re: handling) is in effect. Opponents are prohibited from charging into the goalkeeper when he/she has possession of the ball.

SUBSTITUTES: must report to the official and may enter the game only when the ball is dead. At the official's discretion, substitutions may be waived off or delayed. Players may not switch positions with the goalkeeper while the ball is in play.

THERE WILL BE NO OFFSIDES.

THERE ARE NO THROW-INS: (Indoor): After a sideline out of bounds, the ball will be put in play by a kick from the touchline. This is an indirect kick, and should not be confused with a corner kick which is direct. Defensive players must be 5 yards from the ball on an out of bounds kick.

THERE ARE THROW-INS: (outdoor): After a sideline out of bounds, the ball will be put in play by a throw in from the touchline. Defensive players must stay at least 5 yards away from the touchline.

SCORING: the team with the most goals will be declared the winner. If, at the end of the regulation, the score is tied, the game will continue for 5 minutes of overtime. In this time, the first team to score is declared the winner. If after 5 minutes of play, the score still remains a tie there will be a shootout.

PLAYOFFS: during playoffs, tied games will be handled as follows:

10 minute overtime period, with team's switching ends at the 5 minute mark.
 If still tied, a 10 minute sudden death period, with a switch at 5 minutes
 If still tied, a mid field shootout commences...

MIDFIELD SHOOTOUT FORMAT: the offensive player starts at the midfield Circle with ball possession. The goalkeeper's initial position is in the penalty area. At the whistle, the offensive player will have 15 seconds to score a goal; both players may move freely at the whistle. Normal soccer rules apply, and: any infraction of the goalkeeper results in an automatic goal. Any infraction by the field player nullifies chance; ball becomes dead after 15 seconds, infraction, or out of bounds.

A midfield shootout will be administered as follows:

A coin toss will determine the first team to "kick"
 Each Team will take a series of 3 offensive chances (Taken alternately)
 The team scoring the greater # of goals shall be the winner.
 Each kick will be taken by a different player.
 If the number of kicks goes beyond the initial three, the same kicking order shall be repeated until a team has 1 more goal in the same number of kicks.
 Only players who have played in the game shall be eligible to take the kicks.
 The goalkeeper is eligible to take kicks.
 Whoever is designated as goalkeeper must remain in goal until the time is broken.

FREE KICK: may be offered to the offended team, and could either be direct or indirect. For all free kicks, the defensive player must be at least 5 yards from the ball. Direct kicks- a goal may be scored directly by the kicker. Situations which warrant a direct kick are: tripping, charging, handling the ball, pushing, jumping in, etc. Indirect kicks- the kicker may not score directly, that is the ball must touch another person before going into the goal. An indirect kick shall be awarded on all sidelines out of bounds, unsportsmanlike conduct, dangerous play, delaying play, etc.

PENALTY KICK: is taken when a direct free kick is awarded the offensive team within the defensive team's penalty area. The kick shall be made from the 7 yard stripe in front of the goal. The goalkeeper only shall be permitted to defend; all others must remain outside the penalty area until the ball is kicked. The goalkeeper may not move his/her feet until the ball is struck.

CORNER KICK: shall be awarded when a defensive player causes the ball to go out of bounds across his/her own goal line. The opposing team puts the ball in play by a kick from the corner nearest the point where the ball went out of bounds. A corner kick is direct.

GOAL KICK: shall be awarded when an offensive player causes the ball to go out of bounds across his/her opponent's goal line. The defense is awarded an indirect kick at the intersection of the end line and penalty circle. The ball cannot touch anyone until it clears the penalty area.

Racquetball Rules

THE MATCH: a match will consist of best out of three, 15 point games. A player must win by 2 points. Only the player serving can score points. Person winning serve in the first game also serves first in the third game.

Safety: eye guards are available and recommended but not required.

Serving: the server must stand in the service zone and bounce the ball one time before striking the ball. The ball must strike the front wall before striking any other wall/ceiling/floor. Failure to do so is an out. The server has two tries to legally serve the ball.

Receiving: the person being served to must stand behind the receiving line (5 feet behind the short line). Receiver may play the ball either in the air or anytime before the ball hits the floor a second time.

Fault Serves: players have two attempts to hit a legal serve. A fault occurs when: after the ball strikes the front wall...

- The ball hits the floor on or in front of the short line.
- The ball hits both side walls before hitting the floor.
- The ball hits the back wall before hitting the floor.
- The ball hits the ceiling.

OUT SERVES: a player loses his/ her serve immediately when:

- The server enters into the safety zone (between short and receiving line)
- Before the ball passes the short line
- The server fails to hit the front wall first.
- The serve touches the server in mid air.
- After two successive fault serves.

RALLIES: rallies commence with the return of serve. The ball can be hit either on the fly or after a bounce; play continues until after a player fails to return a ball to the front wall, the ball hits the floor twice before it is hit by the opposition, or a hinder occurs or the ball leaves the court.

HINDERS: hinders are stoppages of play, and result in the replay of the point. It is your responsibility to give your opponent enough room to hit the shot they want to hit. You must also give them a straight shot to the front wall as well as the angle that would result in a crosscourt shot to the opposite back corner.

TYPICAL HINDER EXAMPLES ARE:

1. Ball strikes any part of the court resulting in an erratic rebound (fan, vent, doorknobs, lights, etc.)\

2. Accidentally hitting the opponent with the ball as it is heading toward the front wall.
3. Unintentionally contacting opponent while attempting to make a play on the ball.
4. Screening the opponent's view of the ball or having the ball pass between one's legs.

TENNIS DOUBLES

Tennis balls: each team should bring a new can of tennis balls to each match.

SERVING: the choice of the first serve and courts should be decided with a coin toss. The team that wins the coin toss can serve or choose the side of court they want to start. The other team has the remaining choice. Teams should change courts after every odd game. The order of serving shall be decided at the beginning of each set. It is not required that the order of serve, as between partners, carry over from one set to the next. Each team is allowed to decide which partner shall serve first for it in each set.

RECEIVING: the pair who has to receive the service in the first game shall decide which partner shall receive the first service. And that partner shall continue to receive the first service in every odd game throughout the set. The opposing pair shall have the same choice when they receive service. At the beginning of each set, both teams have the option to change their receiving information.

IN-BOUNDS: a ball falling on the line is regarded as falling in the court bounded by that line and is therefore in play.

SET TIED AT 6-6: a tie breaker shall be used which will be "five out of nine points" sudden death. If it is A-1's turn to serve the 13th game (at 6 all), he/she shall serve points one and two, first the deuce or right court then the ad of the left court. Player B-2, the person who has served from that side of the court that the B team is on, serves points three and four, right and left court. The teams change sides of the court and A-2 serves points five and six; then B-1 serves points seven and eight. If the score reaches four points all, player B-1 serves the 9th point to the court the receiving team A selects. Each player shall serve from the same end of the court in the tie breaking game that he/she has served from during that particular set. This operates to alter the sequence of serving by partners on the second serving team. The team (B) serving last in the tie breaker shall serve first in the following set, thus assuring that they will serve first if the next set goes to a tie breaker. The players shall start the next set in the same courts that they finished the tie- breaker.

HONOR SYSTEM: the match shall be self officiated and proper tennis etiquette will be observed.

MATCH RESULTS: report scores to the IM office located in the Student Recreation Center, or call 893-6204. Must call by the next day following match.

IM TENNIS RULES (SINGLES)

MATCH: each match will be the best of three sets. “Ad” system (conventional) of scoring will be used in all matches (love-15-30-40-game).

SERVICE: the choice of the first service and courts should be decided with a coin toss. The player that wins the toss can serve first or choose the side of the court they want to start. The other player has the remaining choice.

CHANGE COURTS: Players should change courts after every odd game.

COURT LINES: a ball falling on a line is regarded as falling in the court bounded by that line and therefore in play.

TIE-BREAKER: if the set reaches 6 games all, a tie breaker shall be used which will be “5 out of 9 points” sudden death. The player whose turn it is to serve the 13th game (player A for instance) shall serve the first two points, the first point to deuce of right court and the second one to the ad or left court. Player B then serves points three and four to the deuce and as court respectively. The players change sides of the court and player A serves points five and six; player B serves points seven and eight. If the score reaches four points all, player B serves the 9th point to the court that the receiving player (player A) selects. The player (player B for instance) serving last in the tie breaker shall serve first in the following set, thus assuring that he/she will serve first if the next set goes to a tie breaker. The players shall start the next set in the same court that they finished the tie breaker.

NEW CAN OF BALLS: Since tennis you need to supply your own racquets and balls, each player must bring a new can of tennis balls to every match. The winning player takes a new can of balls for the next match. The team losing takes the balls used during the match.

HONOR SYSTEM: the match shall be self officiated and proper tennis etiquette will be observed.

MATCH RESULTS: it is up to each individual to schedule the date and time of their respective matches. All matches are held at the Student Recreation Center. If any concerns or help needed, please call 893-6204.

INTRAMURAL INDOOR/OUTDOOR VOLLEYBALL RULES

Four players constitute a team.(Outdoor) Six players constitute a team. (Indoor) Two substitutions will be allowed.

You must play with four players.

Free substitution may be done only at the time you gain possession of the serve.

Games are played to eleven points with a limit of thirteen points.

Winning team must win by two points.

Exception is a tied score at 12-12; the first one to thirteen points.

Play best out of three games. A third game may be played for practice if one team already has won the first two games.

A third game if necessary will be played with a rally point system:

A point will be awarded on each serve whether you maintain or lose the serve.

EXAMPLE: A serves B. A makes a mistake and loses the serve. B gains the point and the serve.

Scoring goes same as above, win by two or first the thirteen.

The person in the serving position is the only one considered a backline player. This means that she/he may not come to the frontline to play a spike or block.

Three hits per side to return the ball.

Contact during a block does not constitute a hit for the side. If the ball comes to the side of the hit, this team still has three hits to return.

Each team is permitted two 1 minute timeouts per game.

Flag Football Rules

Team:

Men's~ flag football- eight players on the field. You may start and play with a minimum of 6 players. Each team must put down a \$10 (ten dollar) deposit before their first game. The money will be return provided that the team does not forfeit any games during the season. If you call for a default it does not count as a forfeit, (Forfeit= no call, no show for a game)

Field: the field is 100 yards long / 50yards wide, has two 10 yard end zones and is marked off by four 20 yard first down lines.

Time: there will be TWO halves of 20 minutes each. A RUNNING clock will be used except in the last one minute of the each half. Then the clock will be stopped like in NCAA football. There will be a 25 second play clock PENALTY- LOSS OF DOWN. Each team may use 1 sixty second time out per half.

There will be a 10 minute grace period

Forfeit: if NO players are on the field at game time. After TWO forfeits, your team will be dropped from the league.

DEFAULT: If a team does not have the minimum number of players at game time or if a team call the IM office by 4:00 PM on game day to request a default. One default allowed.

START OF THE GAME: Winner of the coin toss has choice of possession or defers choice to second half. The rest of the choices depend of the original choice. Play is started with the ball placed on the 20 YARD LINE EACH HALF AND AFTER EACH SCORE. THERE WILL BE NO KICKOFF.

PENALTY ENFORCEMENT (MAJOR RULE CHANGE):

OFFENSIVE PENALTIES: results in a loss of down with the ball at the previous spot (or at the spot of the foul in the infraction occurs behind the line of scrimmage).

DEFENSIVE PENALTIES: result in additional down (i.e. down over) at the spot of the foul (or at the previous spot of the infraction occurs behind the line of scrimmage).

EXCEPTIONS: in addition to the above, certain penalties will result in automatic first down. These penalties are roughing the passer, illegal contact with receivers (chucking), and unnecessary roughness. Defensive Pass interference is a spot foul and automatic first down. Holding is a spot foul and a loss of down. Unsportsmanlike conduct is a fifteen yard penalty (unless inside the 20, then ½ distance to goal line). Flag guarding/stiff arming is a 5 yard penalty from the spot of the foul. Holding the shirt is a five yard penalty from the end of the run.

PENALTY NOTES: dead-ball penalties on the defense will result in additional down (not just “down over”). On punts, penalty on receiving team (during the return), ball is put into play upon completion of the play but it is second down. If there is a touchdown scored, team losses chance for two point conversion.

SCRIMMAGE PLAYS: the following are all dead ball fouls that are called immediately:

~ all offensive players must come from the huddle to be eligible to participate in offensive plays. (PENALTY- ILLEGAL PROCEDURE- LOSS OF DOWN).

~ **OFFENSIVE TEAM** cannot move after becoming set (except for one player in motion). (PENALTY- ILLEGAL PROCEDURE- LOSS OF DOWN).

~ if the offense or defense enters the neutral zone after team is set. (PENALTY OFF SIDES OR ENROACHMENT- ADDITIONAL DOWN OR LOSS OF DOWN, DEPENDING) **This will be enforced like high school rules, I.E. defender enters the zone, blown dead that instant. If defensive player enters the neutral zone, then the offense jumps, then penalty is on defense. If defense jumps and does not enter neutral zone then the offense jumps offense is responsible. It is illegal procedure for a defender to intentionally make an offensive player jump.**

FIRST DOWNS: a team has four downs (in most cases) to advance the ball beyond a first down line (there are four).

DEAD BALL: FLAG- removal of the flag ends the down (if the belt falls off the runner, ball is dead at the spot the belt fell off) **HELP THE OFFICIAL** by holding the belt over your head. **UNNECESSARY ROUGHNESS** will result in automatic first down. When part of the body, other then the hands and feet touch the ground, the ball is dead.

FUMBLE: All fumbles will be treated as live balls and are open to possession from either team. If the ball is recovered by linemen, he is allowed to advance the ball provided he is wearing flags. If the

lineman is not wearing flags the ball is dead at the point of recovery. Ball can't be fumbled forward in the last 1:30 of either half, unless recovered by the same person who fumbled the ball originally. If recovered by a different person but on the same team, ball is placed in play at the spot of the fumble, clock continues to run.

ADVANCING THE BALL:

PASSING all forward passes must be thrown from behind the line of scrimmage. All players on offense are eligible receivers, except for three down linemen.

Direction of the ball, not the method of throwing determines lateral (parallel or behind thrower) and forward pass.

RUN all eligible people can run the ball.

SNAP FROM THE CENTER: must be made between legs. Failure to do so results in **LOSS OF DOWN FOR ILLEGAL PROCEDURE**. (Failure to do so within 25 seconds will result in delay of game penalty- **LOSS OF DOWN**.)

PUNTING: kicking team must announce intention to punt and receiving team must line up with **AT LEAST 4 PLAYERS** on the line of scrimmage. **NO ONE MAY MOVE UNTIL THE BALL IS KICKED**. Except the men at the furthest end of the lines may leave at the snap (only 2 men). Everyone else must wait for the punt to be kicked. Kicker has 30 seconds to kick the ball. (Penalty, loss of down: Ball is placed at the 4th down line of scrimmage)

GOING FOR TWO: After a touchdown, all teams will go for two points. The ball will be placed on the three yard line for the attempt.

INADVERTANT WHISTLE: when the whistle blows the ball is live, the offended team has the option of taking the ball at the spot where the whistle blew or taking the play over (except on a fumble when it will be treated as a fumble).

BLOCKING: the only blocking permitted is with the hands extended. The hands must be in advance of the elbows and the hands must be within the framework of the blocker. You may **NOT** push with the hands, hold with the hands. Hands must stay below the neck. **PENALTY IS LOSS OF DOWN** (see holding as well).

DEFENSIVE RUSHING: May not push, shove, throw a forearm or throw blockers to the ground. Hands stay below the neck and off the head. **PENALTY IS ADDITIONAL DOWN**.

SCORING: touchdown= 6 points, Extra Points Try= 2 points.

TIE GAMES:

COIN TOSS: winner will have the choice of playing offense or defense while loser will have the choice of which end of the field to be used. Ball will be placed on the 20 yard line, and will have four downs to attempt to score. The loser of the toss will have choice for second overtime if needed. Teams will alternate choice until a winner is decided.

OTHER COMMON MISFRACTIONS:

Intentional grounding

Too many players on the field

Illegal substitution
 Concealing the flag in flag football
 Illegal forward pass
 Unnecessary roughness- may result in expulsion from the game
 Unsportsmanlike conduct- may result in expulsion from the game
 Roughing the passer
 Defensive pass interference
 Stiff arming/flag guarding

EQUIPMENT:

NO CLEATS are permitted. No device (protective or otherwise) that may cause injury is permitted. All players on the field will wear flags and the flag must be on the outside of all clothing. The flags may NOT be concealed.

RULES: All contests shall be governed by NCAA rules. However rules and regulations set forth by the LHU IM Sports Department shall take precedence.

DODGE BALL RULES

8 PLAYERS ON COURT (MUST HAVE A FEMALE OR MALE ON THE COURT AT ALL TIMES)

2 BALLS PER GAME

CANNOT CROSS THE DIVIDING LINE

GET HIT WITH THE BALL - YOU ARE OUT

CATCH THE BALL - THROWER IS OUT

GET HIT ABOVE THE NECK - THROWER IS OUT (No ducking into it)

YOU MAY DEFLECT A BALL WITH ANOTHER BALL - BALL THROWN IS DEAD

IF A BALL HITS MORE THAN ONE PERSON BEFORE HITTING THE GROUND, EVERYONE HIT IS OUT

IF A BALL HITS ONE PLAYER BUT THEN IS CAUGHT BY ANOTHER PLAYER ON THE SAME TEAM BEFORE HITTING THE GROUND EVERYONE IS STILL IN AND THE THROWER IS OUT

ONCE A PLAYER IS ELIMINATED, HE/SHE IS OUT BUT GOES TO THE DESIGNATED AREA AND CAN STILL GET PEOPLE OUT BUT CANNOT RETURN TO THE GAME

ONE 20 MINUTE PERIOD WILL BE PLAYED WITHOUT STOPPAGE, UNLESS THERE IS AN INJURY

A TEAM MAY MAKE SUBSTITUTIONS WHEN BALL IS DEAD

AT THE END OF THE 20 MINUTES, THE TEAM WITH THE MOST PLAYERS STANDING IS DECLARED THE WINNER OF THE GAME

GAMES ARE PLAYED BEST OUT OF THREE

IF THERE IS A TIE AT THE END OF THE GAME, THERE WILL BE A 5 MINUTE OVERTIME
REFEREES HAVE THE RIGHT TO ASK SOMEONE TO LEAVE THE GAME IF THEY CANNOT CONTROL THEMSELVES IN THE PROPER MANNER

Stalemate Rule: If both or one team(s) has possession of one or both balls and no throws are made the referee has the right to call a stalemate. Stalemate Procedure: If the teams are holding the balls and no throws are made, the referee will start a visual five count. If no balls are thrown by a team or either team at an opponent by the end of the five count, then the whistle blows and the balls are dead. If only one team throws a referee will make the call and the team that hasn't made an attempt to throw will hand the ball to the referee and the ball will be given to the opposite team. Both balls will be placed at half court like the start of the game. All remaining players will line up along the free throw line and run to get the balls.

BADMINTON RULES – SINGLES & DOUBLES

COIN TOSS: Before the game, the winner of the toss has a choice of serving first, receiving first or choosing court.

GAME AND MATCH: All games are played to 15. First one to reach 15 wins. A match is best of 3 games.

SCORING: Only the player or the side that is serving may score points. A player continues to serve, alternating courts until they commit an error.

Singles: On an error by the server, “service over” is called, no points are scored, and the receiver becomes the server.

Doubles: When the serving side commits an error when the **first server is serving**, “second service” is called, no point is scored, and the partner of the first server becomes the server. When the serving side commits an error when the **second server is serving**, the “service over” is called, no point is scored, and the opposing side becomes the serving side.

DOUBLES PLAY: The side serving first in the first game has only one team of service in the first inning. If the first serving team commits a fault in the first inning, “service over” is called. Throughout the following innings each partner on each side has a turn at service. Whenever a side becomes the serving side, the partner in the right hand service court serves first. The partners rotate courts only after winning a point. A player, who in the first inning served from the right service court should be in this court whenever the score for their side is zero or even.

SINGLES PLAY: The first serve of the game is made from the right service court and received in the diagonal right service court, as are all serves when the server's score is zero or an even number.

When the server's score is odd, the serve is made from the left service court and received in the diagonal left service court.

FAULTS: A fault committed by the player or side serving: in singles, results in "service over", in doubles, results in either "second serve" or "service over", depending upon whether one or both partners have and what the inning of play is. A fault committed by the player or side receiving results in a point for the serving player(s).

It is a fault if:

- a. During the instant the shuttle is contacted on the serve the shuttle be above the server's waist,
or the racket head be above the hand.
- b. During the serve the shuttle does not fall within the boundaries of the diagonal service court.
- c. During the serve the feet of the server and the receiver are not within the boundaries of their respective service courts. Feet on the boundary lines are considered out of bounds.
- d. Before or during the serve any player feints or balks the opponent(s).
- e. During the service or rally the shuttle contacts the walls, the ceiling, the player, or clothing; Passes through or under the net; fails to pass the net; or does not fall within the court boundaries.
- f. Any player reaches across the net to contact the shuttle, other than on the follow-through.
- g. During play any player's clothes, or racket touches the net or supports.
- h. The shuttle is hit more than once in succession by a player or is hit in succession by partners or caught or slung when struck.
- i. A player obstructs an opponent or invades an opponent's court.
- j. In play, a player standing in bounds or out of bounds contacts the shuttle with any part of their person or is struck on any part of their person by the shuttle.

GENERAL: A serve may not be delivered until the receiver is ready. Some part of both feet of the server and the receiver must remain in contact with the court, inside the boundary lines, until the shuttle leaves the racket of the server. A serve which touches and passes over the net and falls within the diagonal service court and a shot during a rally which touches and passes over the net and falls within the legal boundary lines are both good. Shuttles falling on the lines are bounds. It is not a fault if the server completely misses the shuttle on the serve. "Let" is called when the receiver is not ready for the serve and when, after passing over the net on a serve

Ultimate Frisbee

1. **The Field** -- A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep. May depend on location.

2. **Initiate Play** -- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. **Scoring** -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
4. **Movement of the Disc** -- The disc may be advanced in any direction by completing a pass to a teammate. Players may run three steps with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of possession** -- 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.
6. **Substitutions** -- Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact** -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **Fouls** -- When a player initiates contact on another player a foul occurs. When a defensive foul disrupts possession, the play resumes as if the possession was retained. If an offensive foul is committed, possession is lost to the other team.
9. **Self-Refereeing** -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **Spirit of the Game** -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

FLOOR HOCKEY

Six (6) person Co-REC teams, one must be a goalie.

There must be at least one female or one male on each team or you can play one down.

Unlimited substitutions, only when puck is dead.

Play two 15 minute halves, with a five minute half time.

Clock will not stop unless there is an injury or a broken stick.

Goalies must provide and wear protective equipment.

Face offs will be used to begin the halves and to replay a dead call

Face offs will incorporate the three (3) slap method.

Players cannot shoot from beyond half court.

NO CHECKING!

When the puck is stopped by an obstruction or pinned against the wall, the puck is dead and will be restarted with a face off.

If the score is tied at the end of regulation play, a sudden death overtime period will occur. This consists of a 5 minute overtime. If the score is tied at the end of sudden death, penalty shots will be taken. Captains chose 3 players from their team to shoot against the opposing goalie. With each team receiving equal shots, the first to score wins.

Penalties:

- High Sticking – Two minutes
- Tripping – Two minutes
- Checking – Three minutes
- Fighting – See Sportsmanship/Punitive Action Policy

There will be an observing referee at your games: call your own fouls and penalties. Any problems – teams will be disqualified

**THE RULES MAY BE CHANGED BY THE INTRAMURAL DIRECTOR AT ANY POINT TO
IMPROVE PLAY OR THE LIKE OF THE GAME!!**