

# **Intramural Sports Handbook**



**West Virginia Wesleyan College**

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**2019-2020**

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## Rules Governing Intramural Competition

The basic purpose of the following eligibility rules is to provide reasonable equitable intramural participation for students, faculty, and staff at West Virginia Wesleyan College. These rules are in immediate effect and shall supersede all other rules formerly published:

**Section 1.** The Intramural Staff cannot be responsible for checking the eligibility of Intramural participants. Each individual is responsible for his own and team managers must make every effort to be certain of the eligibility of players used. Questionable cases should be brought to the attention of the Intramural Director before playing and a ruling obtained. All students at West Virginia Wesleyan College registered for a minimum of 12 hours of credit are eligible to participate in Intramurals. All faculty and staff members at West Virginia Wesleyan College are eligible to participate in Intramurals. A participant is considered to be a player, coach, or official.

No individual may play on more than one team in the same sport. If otherwise eligible, his first participation with a team limits him to membership on that particular team throughout that sports season. He may, however, play with one team in one sport and another team in another sport, if otherwise eligible. There is an exception to this rule for the Fraternity move down in a league.

If evidence is presented to prove that a student played on a team other than the one for which he is eligible, all the games he played in, for which he was ineligible, shall be forfeited and he will be liable to suspension from further Intramural participation.

**Section 2.** A varsity athlete is not eligible for Intramural competition in the sport, or its associate sport. (For example, flag football is considered an associate sport of football and softball is considered as associate sport of baseball). A varsity

athlete is considered to be anyone listed on the original eligibility roster furnished the Mountain East Conference. In co-ed or women's volleyball, there is only to only be 2 varsity volleyball players on the court at all times. Varsity players are considered as players who are on the school's varsity roster for the current school year. Red shirts count as a varsity player.

**Section 3.** Any student who would not be eligible for Varsity competition because of professionalism is prohibited from competing in the Intramural Sport in which he has lost his amateur standing.

**Section 4.** Former varsity athletes are eligible to participate in all phases of the intramural program following one full year since his last competition in that sport. These individuals must be officially granted permission by registering with the intramural department.

**Section 5.** In sports in which fraternities may enter more than one team, no man may be transferred from one to the other except as follows: A man may be transferred from "B" to "A" by permission of the Intramural Director for just cause, such as illness, injury, dropping out of school of another player. Once a man is transferred he may not return to the original team. Fraternities must determine team membership in practice periods prior to the beginning of the sport schedule. No team member can move down in the league. Example from "A" to "B" league. To stay in "B" league an organization must keep a team in "A" league.

**Section 6.** Each organization or independent team shall have all eligible members register for the sport they are competing in on IMLeagues.com. All team captains must have an account in order for their team to be eligible for competition, and players will not be eligible until they have an account and join a team. This can occur when preseason sign-ups take place, or players can join a team at any point during the season. Team creations and roster additions must be made on the

official IMLeagues website. These rosters should consist of at least the minimum number of players required for competition. This creation of teams must take place before the registration deadline.

**Section 7.** All players must check-in to the Site Supervisor prior to the start of each game to have their eligibility status verified. Players' roster status will also be verified at this time, and players who attempt to play for a team other than their one original team will be withheld from the game.

**Section 8.** Good sportsmanship is a quality, which will be required of all players, coaches, and team followers in the intramural program. Any continued or flagrant displays of poor sportsmanship will be cause for the contest supervisor or intramural official to remove the offender for the contest or permanently for the program. Any individual who has been disqualified for fighting in an intramural contest automatically suspends himself from further organized intramural competition in that sport during that season. He remains suspended until the Intramural Director has officially reinstated him.

**Section 9.** Due to difficulties in scheduling, no contest will be postponed unless extreme circumstances warrant. Any team that forfeits twice within a season will automatically have its season terminated. The extreme circumstances usually indicate impossible weather conditions for outdoor contests. If there is any doubt about weather, it is the responsibility of the teams involved to contact the intramural director. The intramural department is willing to cooperate in extraordinary circumstances by allowing an occasional postponement. Postponement requests must be emailed or given in writing to the Intramural Director or Graduate Assistant. This must occur prior to noon on the day of the scheduled contest. The request must have the signature of both team representatives.

# Team/Player Registration Using IMLeagues

**All intramural participants are required to create an account on IMLeagues.com.** Participants who do not have an account will not be eligible for competition until an account has been created. All scores, schedules, and communication will take place through IMLeagues, its app, and its messaging services. Please follow the instructions below to create and manage an IMLeagues account.

## Creating an IMLeagues Account

1. Go to <http://www.imleagues.com/WVWC/Registration>
2. Enter your information using your school email (@wvwc.edu) and submit.
3. You will be sent an activation email. Click the link in the email to login and activate your IMLeagues account.

## Signing Up for an Intramural Sport

1. Log in to your IMLeagues.com account.
2. On the homepage, the current sports will be displayed. Click on the sport you wish to join.
3. Choose the league you'd like to play in, if applicable (CoRec, Men's, or Women's)
4. You can join the sport one of three ways:

### Create a Team

- Click the "Create Team" button
- Captains can invite members to their team by clicking the "Invite Members" link on the team page. Any invited members must

accept the invitation to be joined to your team.

- If a potential teammate is already registered on IMLeagues: search for their name and invite them.
- If a potential teammate hasn't yet registered on IMLeagues: scroll down to the "Invite by Email Address" box, and input their email address.

### **Request to Join a Team**

- Click on the team name, then click "Join Team" to request to join, OR
- Accept a request from the captain to join their team

### **Join as a Free Agent**

- You can list yourself as a free agent in as many divisions within a league as you'd like. You will be visible to all members of the site and can request to join teams, or post information about yourself so teams can request to add you to their team.

## **IMLeagues App**

The IMLeagues app is available for free on Google Play and the App Store. This app will allow players to create their own team, join a registered team, or join the league as a free agent. Throughout the season, players can access schedules, standings, scores, playoff brackets, statistics, and rosters through the app.

### **Using the App**

Teams you are currently a member of will appear on the home screen. You can view your player profile in the “Me” tab at the bottom of the screen. To view all current sports, schedules, standings, and facilities, tap the “Network” tab at the bottom of the screen.

### **Signing Up Through the App**

#### **To create a team:**

- Tap the “Network” tab at the bottom of the screen.
- Tap the sport you want to compete in.
- Tap “Create team”
- Proceed with signing the waiver, filling out any applicable info, and creating the team.

#### **To join an existing team:**

- Tap the “Network” tab at the bottom of the screen.
- Tap the team you want to join.
- Tap the orange “Join Team” button.
- If you would like to continue, tap “Join Team” again.
  - From here, the team captain will have the option to approve your request to join the team

#### **To join as a free agent:**

- Tap the “Network” tab at the bottom of the screen.
- Tap the sport you want to compete in.
- Tap the black “Join as Free Agent” button.



- From here, team captains can view your profile and choose to add you to their roster.
- If you are not added by any team captains at the start of the season, we will make sure that you are placed on a team

## **Team Conduct Grading Policy**

1. After each game, the teams will be graded on their conduct. The scale will be A, B, C, D, and F.
2. Any team receiving 2 technical in any one game will automatically receive an “F” from each official.
3. At the conclusion of the regular season, the team’s GPA. will be sent to all team captains.
4. At the conclusion of the regular season, any team with a GPA. of less than 2.0 will not be permitted to participate in the postseason. This will be enforced regardless of the team’s record. i.e.—a team with a perfect record of 12-0 but a GPA of 1.99 will not be in the playoffs.
5. Each official will also be evaluated at the end of the week by head official and fellow referees.
6. At the request of a team captain, certain official’s conduct can be more closely evaluated and if the evaluation shows just cause, that official will not continue to work.

## **Individual Penalties**

1. Player uses abusive language toward officials, opponents or teammates.
  - a. Can be ejected immediately by official or supervisor.
  - b. 2nd time reported—2 game suspensions or league suspension.

2. Player uses unnecessary roughness.
  - a. Can be ejected immediately by official or supervisor.
  - b. Letter sent for the first time infraction and at least 1 game suspension.
  - c. 2nd time reported—2 game suspension or league suspension
3. Player attempts to incite a fight.
  - a. Can be ejected immediately by official or supervisor.
  - b. Letter sent for first infraction and a 2-game suspension.
  - c. 2nd time—suspended from league or league suspension
4. Player hits or fights with an opponent, teammate or spectator (swing at, hit, push, wrestle, and punch).
  - a. Immediate ejection by official or supervisor.
  - b. Suspended from the intramural activities that it occurs in for at least one semester (if the offense is severe, can be suspended for one calendar year).
5. Player hits, grabs, or pushes an official or supervisor.
  - a. Suspended from all intramural activities for one calendar year.
  - b. 2<sup>nd</sup> time-permanent suspension.
6. Player continuously abusive throughout the game and/or after ejected by official of supervisor.
  - a. Suspended for at least 2 games.
  - b. 2<sup>nd</sup> time suspended for league.
7. Player verbally or physically threatens a teammate or opponent.
  - a. Can be ejected immediately by official or supervisor.
  - b. Letter sent for the first infraction and 2—game suspension.
  - c. Second time suspended from league.

8. Player verbally or physically threatens an official or supervisor.
    - a. Can be ejected immediately by official or supervisor.
    - b. Suspended from all intramural activities for remainder of semester.
  
  9. Players are not ejected but are reported for undesirable behavior.
    - a. Warning letter sent.
    - b. 2<sup>nd</sup> time - 1 game suspension.
    - c. 3<sup>rd</sup> time - Suspended from all intramural activities for 1 semester.
- The Intramural Director reserves the right to change and assign an appropriate sanction.

## **Indoor Soccer**

### **Eligibility**

All players must check-in to the Site Supervisor prior to the start of each game to have their eligibility status verified. Players' roster status will also be verified at this time, and players who attempt to play for a team other than their one original team will be withheld from the game.

Play is governed by the most recently published NCAA Soccer Rules with exceptions as listed below:

1. A team may have no more than five players, including the goalkeeper, on the field at a time, (penalty-indirect kick), but may have any number of substitutes on the team bench. Each team must provide a scorer/Timer and are to wear uniformly colored shirts.
2. The game ball is provided by the Intramural Office.
3. Forfeit time is five minutes after game time.

4. Footwear is limited to non-marking soled sneakers.
5. TIME
  - a. The game consists of two 12-minute halves (running time) with a 2- minute half time period.
  - b. The clock does not stop after a goal is scored.
  - c. Each team shall have one time out per game.
6. The team winning the coin toss has the choice of kicking off or defending a goal. To start the second half the teams automatically switch goals and the other team shall kick off.
7. There must be 4 players on a fielded team to begin a game. . There must be at least 3 players on a fielded team to continue a game.
8. Teams must wear uniformly colored shirts. The first team listed on the schedule will be the home team and will wear white shirts and the team listed second on the schedule will be the visiting team and will wear dark shirts. The goalie must wear a shirt that is a different color than his/her teammates.
9. SUBSTITUTIONS
  - a) Unlimited substitutions may be made at any time “on the fly”, as in ice hockey. Exception: substitutions cannot be made prior to a penalty kick. In all cases, the incoming player may not enter the court until the outgoing player has touched, i.e. hand slap, the incoming player. Substitutions must be made from the team’s bench area.
  - b) Any number of substitutions may be made on a dead ball.

10. A ball that hits the ceiling is out of play. (Opponent's indirect kick from where the ball was last played.)
11. A ball striking any wall feature, in play, remains in play.
12. On the kick off, once the whistle has blown, the ball may be passed in any direction. The kick off in the center of the court, however, still remains an indirect kick. There is no center circle.
13. On all free kicks, the kicker's opponents must remain at least 5 yards from the ball until it is put in play.
14. A goal is scored when the ball goes into the goal.
15. There is no offside rule.
16. Using the wall in any manner to impede an opponent's progress or attempt to play the ball shall be regarded as "obstruction" (opponent's indirect kick).
17. After gaining possession of the ball in his/her own penalty area, the goalkeeper may not punt it or drop kick it. Kicking the ball once it is on the floor, throwing it or rolling it are permissible; however, the ball cannot be thrown in the air farther than the half-way line. (Opponent's indirect kick from the half-way line.) A ball thrown or rolled by the goalkeeper cannot be scored directly into the opponents' goal. (Opponent indirect kick from the half-way line.)
18. If play is stopped by the referee for an injury or unusual delay, the ball shall be put back into play by a drop ball. If a team has clear possession of the ball when play is stopped, they shall be awarded an indirect kick. In both cases, the ball is put back into play from where it was when play was stopped. However, the ball is not to be dropped inside the penalty area, but at the nearest spot outside the area.

19. Sliding tackles are not allowed.
  - a. 1<sup>st</sup> offense: Expulsion of guilty player
  - b. 2<sup>nd</sup> offense: Default the game.
20. A player receiving a yellow card is a warning; a player receiving a red card is out of the game.
21. Any situation arising that is not covered by these rules will be resolved by the referee and supervisor.

## Flag Football

### Eligibility

All Intramural Sports eligibility rules apply.

**Section 1** All players must check-in to the Site Supervisor prior to the start of each game to have their eligibility status verified. Players' roster status will also be verified at this time, and players who attempt to play for a team other than their one original team will be withheld from the game.

**Section 2** WWC Football players are not permitted to compete in intramural flag football. Teams who violate this rule will be subject to an automatic forfeit.

**Section 3** Players must compete on only one team for the entire season.

**Section 4** The team on the field should consist of at least five players, but can go up to seven players. 5-on-5, 6-on-6, and 7-on-7 formats are permitted. Any team not ready to play within five minutes after the scheduled shall forfeit to the team ready to play unless extenuating circumstances justify the delay and the official may refuse to award a forfeit. A team that forfeits twice in a season will have its season terminated.

### **Equipment**

**Section 1** The ball shall be a regulation football.

**Section 2** PLAYERS ARE PROHIBITED FROM WEARING METAL CLEATED SHOES.

**Section 3** No special protective devices such as shoulder pads, head guards, etc. may be worn except by permission of the Athletic Training Department.

### **The Playing Field**

**Section 1** The field shall be a rectangle 80 yards long and 50 yards wide including the end zones. The field shall include two end zones each ten yards in length and extending from sideline to sideline.

**Section 2** The “field of play” shall be that part of the playing field between the goal line and the sidelines.

### **Length of Game**

**Section 1** The game will consist of two 20-minute periods. A five-minute half time shall be allowed between periods. The clock is run on continuous time. It will only stop when a team scores a touchdown, safety, or PAT, or when a timeout is called.

**Section 2** Each team is awarded two one-minute timeouts per half. In the last 2 minutes, the clock stops after the play and starts on the next snap when the following occurs:

- Incomplete pass
- Play ends out of bounds
- Safety
- Timeout
- Touchdown

**Section 3** A half may be extended using an untimed down if the half ends on a defensive penalty or a touchdown. If the touchdown occurs at the end of the second half and the PAT will not affect the outcome, the game will be declared over.

**Section 4** Protests on violation of Intramural Rules and Regulations must be written out and turned into the Intramural Office within 24 hours of the game being protested. NO PROTESTS WILL BE ALLOWED ON QUESTIONS OF THE OFFICIALS JUDGEMENT.

**Section 5** Delay of Game: The referee may call time out at any time at his discretion. Substitution may be made without penalty, but there must be no unnecessary delay. The ball must be put into play within 30 seconds of the previous play or five-yard penalty will be enforced.

### **The Coin Flip**

The team with the first possession will be determined by a coin flip. Both captains and all officials should be present. The winning visiting team gets to call the toss, and the winning captain can elect to start on offense or defense. If starting on offense, they will start on defense in the second half. The loser of the flip will choose the goal it wishes to defend.

## **PLAYING THE GAME**

### **Line of Scrimmage**

**Section 1** The offense must have at least four players lined up on the line of scrimmage before the ball can be snapped. The QB must be situated at least one yard behind the line of scrimmage.

**Section 2** All plays must originate with a snap to the QB.



One offensive player can be in motion when the ball is snapped. The motion must be parallel to or away from the line of scrimmage.

**Section 3** There are no restrictions to how the defense lines up, as long as they are on their side of the line of scrimmage.

### **New Drives/Halves/Plays**

**Section 1** All new drives following the start of a half or touchdown/safety by the opposing team will begin at a team's own 20 yard line.

**Section 2** The offense shall have 4 consecutive downs to move the ball 20 yards. Failure to do so will result in a turnover at the spot of the ball, while successfully achieving a first down will grant the team a new set of downs.

**Section 3** Once the ball has been marked, a team has 20 seconds to snap the ball. Offensive players are responsible for retrieving the ball after a down has ended and bringing it to the line of scrimmage.

**Section 4** If a team successfully reaches the opponent's end zone, a touchdown is awarded. Following the touchdown, the team may choose to attempt a PAT for either 1 or 2 extra points (see "Scoring" section below).

**Section 5** All substitutions must occur after a play has been stopped or during a timeout. Players must enter the field directly from the team "bench".

### **Scoring**

- Touchdown - 6 points
- PAT (from 3 yard line) - 1 point
- PAT (from 10 yard line) - 2 points

- Safety - 2 points

### **Passing**

**Section 1** The first play of a drive must be a forward pass beyond the line of scrimmage. After this, passes may be forward or lateral. All passes must be thrown from behind the line of scrimmage.

**Section 2** All players are eligible to receive a forward or lateral pass. Players must contact the ground with at least one foot for a pass reception before going out of bounds.

**Section 3** A forward pass is illegal if:

- The passer's foot is beyond the line of scrimmage when the ball leaves the hand
- Thrown after team possession has changed during the down
- Intentionally thrown to the ground or out-of-bounds to save loss of yardage
- The passer catches an untouched forward pass (self pass)
- More than one forward pass occurs per down

**Section 4** Passes caught simultaneously by members of opposing teams will be considered a dead ball. Possession will remain with the offense at the spot of the catch.

**Section 5** Lateral passes are allowed, but a player may not intentionally throw a backward pass out of bounds to conserve time or avoid being downed. This is considered "intentional grounding" and doing so will result in a 5 yard penalty.

**Section 6** The quarterback may elect to run the ball past the line of scrimmage if he is rushed by the defense following the 5-mississippi count (see "Defense" section for more details).. From this point, the quarterback is no longer allowed to throw

forward passes, and only lateral or backward passes are permitted.

**Section 7** A safety occurs when a team throws an incomplete pass at any time from its own end zone.

### **Carrying the Ball**

**Section 1** A ball carrier is declared down when the flag is pulled off, when one knee touches the ground, or when the player is touched with two hands after the flag has inadvertently fallen off. A ball carrier is not down if he/she maintains balance by placing a hand on the ground.

**Section 2** A player may not be pushed, blocked, or tackled (this results in a penalty). No “stiff arms” or “power sweeps” are allowed, and no “guarding of flags”.

**Section 3** The ball must be carried above the waist. The ball carrier may not be “stripped” off the ball. Fumbles only occur if the ball carrier drops the ball as a result of their own actions. A fumbled ball is declared dead when it hits the ground

### **Defense**

**Section 1** NO BLITZING is permitted. The QB may only be rushed when a defender has counted 5 seconds out in the manner of “one-mississippi, two-mississippi...” etc.

**Section 2** A down is over when the ball carrier’s flag is pulled, the ball touches the ground, or the ball goes out of bounds.

**Section 3** A passive type of blocking is legal provided that it is not aggressive. NO TACKLING IS ALLOWED! You will be ejected from the game if you intentionally tackle a player.

### **Overtime Format**

**Section 1** There is no clock in overtime. The team with the first possession is determined by a coin flip.

**Section 2** Each team is allowed one drive beginning at their own 20 yard line. First down rules are identical to the rules occurring in regulation.

**Section 3** If Team A scores on the first opportunity, Team B will have the same opportunity directly following Team A's PAT attempt.

**Section 4** If Team B does not score or scores less than Team A after Team B's series is over, Team A will be declared the winner. If Team B has more points than Team A at the end of the PAT, Team B will be declared the winner.

**Section 3** If a team scores a touchdown, they must attempt a 2-point PAT from the 10 yard line.

**Section 4** If the defense intercepts a pass and returns it for a touchdown (except on a PAT) the game is over.

**Section 5** The team with the higher score after each team receives one drive is declared the winner. If a winner is not determined after this set of drives, another overtime period will begin.

**Section 6** Each team is entitled to one timeout per overtime period.

### **Offensive Penalties**

Penalty	Distance	Replay Down?	Where Marked

False Start	5 yards	Yes	Previous Spot
Delay of Game	5 yards	Yes	Previous Spot
Illegal Blocking	10 yards	Yes	Previous Spot
Excessive Contact	10 yards	Yes	Spot of Foul
Guarding of Flag	10 yards	Yes	Spot of Foul
Intentional Grounding	10 yards	No	Previous Spot
Pass Interference	10 yards	Yes	Previous Spot
Illegal Forward Pass	10 yards	No	Previous Spot
Unsportsmanlike Conduct (possible ejection)	10 yards	First Down	From end of play

**DEFENSIVE PENALTIES**

<b>Penalty</b>	<b>Distance</b>	<b>Replay Down?</b>	<b>Where Marked</b>
Offsides	5 yards	Yes	Previous Spot
Illegal Contact	10 yards	Yes	Previous Spot
Pass Interference	10 yards	Yes	Spot of Foul
Roughing the Passer	10 yards	First Down	Previous Spot
Unsportsman like Conduct (possible ejection)	10 yards	First Down	From end of play

All rules not covered herein shall be governed by official NCAA division ii football rules.

# Basketball

## **Eligibility**

All Intramural Sports eligibility rules apply. WWC Basketball players are not permitted to compete in intramural basketball. Teams who violate this rule will be subject to an automatic forfeit.

All players must check-in to the Site Supervisor prior to the start of each game to have their eligibility status verified. Players' roster status will also be verified at this time, and players who attempt to play for a team other than their one original team will be withheld from the game.

## **Number of players**

A regulation team consists of 5 players. A team must start with 4 players present. A team can play with 3 players only if others have been injured or have fouled out and the referees feel the team playing with less than five still has a chance to win. A team reduced to 3 players by player ejections will automatically forfeit.

## **Line-ups and Scorecards**

**Section 1** The team captain is responsible for submitting a line-up with the first and last names and jersey numbers for all team members to the scorekeeper.

**Section 2** Players arriving late may play after reporting their name and jersey number to the scorekeeper.

**Section 3** The team captain must also sign the scorecard following each contest to verify the score, and all participating players. The winning team and final score should be clearly noted.

## **Equipment**

**Section 1** Head decorations, headwear, and ALL JEWELRY OF ANY TYPE are illegal. Only elastic headbands will be permitted

during the course of the game. No bandannas will be permitted. All players must wear shoes. They must be non-marking court shoes. Hard sole shoes of any kind will not be permitted.

**Section 2** NO casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. All equipment decisions made by the Intramural Staff on duty shall be final.

### **Uniforms**

All team members must wear the same color shirt or jersey **with a number**. We encourage teams to provide their own jerseys.

### **Team Area/Bench Personnel**

**Section 1** Two non-playing coaches will be allowed on the bench. All other non-players must be in the stands. Coaches must remain in the immediate area of the bench; they cannot walk the entire length of the sideline.

**Section 2** Team captains are responsible for the behavior of their TEAM and FANS.

### **No Show**

A no show will be assessed when a team fails to be present with the required number of players at 5 minutes past scheduled game time. A team committing their first no show must contact the Intramural Office within 24 hours and indicate that they wish to stay in the league. A team that commits their second no show will not be eligible for the playoffs.

### **Timing Regulations**

All games will be limited to 2 twenty-minute halves (running clock) with a five-minute halftime. The clock will begin to run at game time. **Exception: A regulation stop clock will be used at the 2 minute remaining mark of the second half.** The clock will stop for fouls, violations, and time-outs, but not after made baskets. Games starting on time will begin with a jump ball and thereafter the alternating possession rule shall apply.



### **Mercy Rule**

If a team is ahead by 20 or more points at the 1 minute remaining mark in the second half, the clock will continue to run and the stop clock procedure will not be used.

### **Timeouts**

Each team shall be allowed two (2) 30-second time-outs in the 1st half, and two (2) 30-second time-outs in the 2nd half. First half time-outs WILL NOT carry over to the second half. Time-outs will NOT be granted with less than 4 minutes remaining in either half. Any time-out called before 4 minutes remaining shall end at the 4-minute mark. **Exception: Teams may call any of their remaining 2nd half time-outs during the stop-clock period at the end of the game.**

### **Overtime**

Games ending in a tie shall play a two-minute overtime (running clock) to determine a winner. **\*A regulation stop clock will also be used at the 1-minute mark of the overtime(s) using the same procedure as the end of the second half of play.** \*If the score remains tied after the first overtime a sudden death overtime shall be played. The first team to score wins. Overtime periods shall begin with a jump ball. Each team will receive one (1) 30-second timeout per overtime period. Timeouts not used from the second half or any overtime period will not carry over to the next overtime period. During the play-offs, the sudden death overtime procedure will NOT be used.

### **Substitutions**

Substitutions will be recognized during any dead ball situation. Teams may substitute at any time during the stop clock. All substitutes must report to the score table and make notice they wish to enter at the next dead ball and then sit on the floor as to not obstruct the view of the scorekeeper. The scorekeeper will sound the horn and the officials will beckon them onto the court.

### **Technical and Intentional Fouls**

Technical fouls - No free throws will be attempted. Two points will be awarded plus the ball out of bounds at mid-court to the offended team. **\*In addition, any conduct or unsporting technical foul assessed will also count as a personal foul and as a team foul.** Intentional fouls - No free throws will be attempted. \*\*On an unsuccessful shot attempt, team is awarded 2 points plus retains possession at mid-court. \*\*On a successful shot attempt, count the basket and award 2 points but team **does not** retain possession (4 point play).

### **Forfeit**

Should a game be **stopped** at some point due to a violation of intramural rules on fighting or sportsmanship, or if a completed game is subsequently protested due to an ineligible player or players and declared a loss for the winning team, it shall be considered a forfeit. **Any team forfeiting a game automatically is banned from going to the playoffs and will receive an F rating in sportsmanship for that game.** Appeals to be reinstated to playoff status may be made in writing to the Intramural Director before their next game.

### **Bleeding Player Rule**

Whenever a participant suffers a cut where bleeding occurs, the player must leave the game and then take the necessary action(s) to stop the bleeding and prevent it from occurring again. If a player's uniform becomes stained by blood this article of clothing must be removed before the player may re-enter the game. The player may use a different number without penalty. A team may call a time-out (maximum of 30 seconds) if it wishes to have the player remain in the game, otherwise the injured player must leave the game and may return at the next dead ball after the situation has been corrected. The Intramural Staff on duty shall have final approval on any situation regarding this matter.

## **FUNDAMENTAL VIOLATIONS, FOULS, AND PENALTIES**

The following rules are fundamental to the Wesleyan College Intramural Basketball:

## **Violations**

### **10-second backcourt**

A player must have both feet and the ball completely across the mid-court line before the count stops. The count will only stop if the defending team gains control of the ball, or a defensive foul is called. A deflection does not stop the count. If the ball goes out of bounds, a new 10-second count will begin.

### **5-second closely guarded**

Applies only in the frontcourt to players holding the ball whose defender has established a closely guarded position at least 6 feet from the player with the ball. The count shall stop when a player loses control of the ball, or if the defender concedes their guarding position.

### **3-second lane**

Applies to offensive players who have any part of their foot in the lane area when the ball is in their frontcourt. The count stops on loss of team control, an interrupted dribble, and on any shot. A player in the lane may receive a pass prior to 3 seconds and be permitted to make an offensive move to the basket.

### **Jump Ball**

The two jumpers shall not break the plane of the mid-court line until the ball reaches its highest point. Neither jumper may touch the ball more than twice, nor catch the ball, unless another player on the court has touched the ball, or the ball touches the floor. Non-jumpers may line up no closer than 6 feet from either jumper and may not move until the ball is touched by a jumper.

### **Goaltending and Basket Interference**

When a defensive player touches the ball while it is on its downward flight to the goal or while the ball is on or above the cylinder, slaps the backboard while the ball is on or above the cylinder, and/or pulls down the rim so that it makes contact with the ball prior to the rim reaching its normal position it is goaltending and two points shall be awarded. When an offensive player touches the ball, net, or any part of the basket

while the ball is on or above the cylinder it is basket interference and a violation. Baskets are waived off and the ball is awarded to the defending team.

### **Throw –In**

After a made basket, the thrower may run the baseline. On any designated spot throw-in, the thrower has a spot approximately 3 feet wide and as deep as the court permits to make their throw-in. They may take steps to the left or right as long as one foot remains on or over the spot, and may step back as far as the court permits. On all throw-ins, the player has 5 seconds to release the ball. The defense may not break the plane of the line, if so they will receive a warning and then a technical foul. If the defense breaks the plane and touches the ball or the player before the ball is released across the plane the penalty is a technical foul.

### **Free Throw**

Only 5 players may occupy marked lane spaces for rebounding purposes on free throws. The defense occupies the first lane space on each side and may fill one other space. The shooting team may occupy the second space on either side of the lane. The other four players must remain behind the 3-point line above the free throw line extended. The players on the lane may enter the lane when the shooter releases the ball. The shooter and four backcourt players may not move until the ball touches the rim.

### **Fouls**

#### **Shooting**

A player who is in the act of shooting will be rewarded with two or three free throws unless the basket is successful and then they will receive one free throw. Shooting fouls include hacking, holding, pushing, blocking, and under cutting.

#### **Non-shooting**

A player who is fouled while not in the act of shooting will be rewarded with a team foul. The fouled player will shoot 1-and-1

on the 7th, 8th, and 9th team fouls and 2 shots on every foul thereafter. Non-shooting fouls include holding, pushing, blocking, and hand-checking.

### **Player Control**

When a player who is in control of the ball, either dribbling, holding, or shooting, commits a foul it is player control. Never count the basket. Never shoot free throws. Player control fouls include charging, lowering the shoulder, pushing off, and swinging elbows. When a player excessively swings his/her elbows in a dangerous manner without contact, it is a violation and the ball is awarded to the opposing team. If there is contact that is a result of the excessive swinging elbows, the player may be called for a player control foul, or if violent, a technical foul and/or flagrant foul.

### **Flagrant Fouls**

When any of the above fouls are intentional or technical refer to the previously outlined policies for procedure. When any of the above fouls are flagrant, (dangerous or malicious fouls with no attempt to play the ball or with excessive contact) the player should be immediately ejected.

## **6-on-6 Volleyball**

### **Eligibility**

All Intramural Sports eligibility rules apply.

All players must check-in to the Site Supervisor prior to the start of each game to have their eligibility status verified. Players' roster status will also be verified at this time, and players who attempt to play for a team other than their one original team will be withheld from the game.

### **Starting/Winning the Game**

1. A team must win 2 out of the 3 games to be declared the winner.
2. The officials shall conduct a coin toss with the captains and go over any rules not covered in the rule book.
3. The winner of the coin toss will have the option of side, serve/receive. If a team chooses to receive the other team shall have the choice of side and serve. In the deciding game the head official will conduct a coin toss and the winner will have the option of side, serve/receive.

### **Players, Substitutions and Fans**

4. Teams consist of 6 players. Out of these 6 players, there is to only be 2 varsity volleyball players on the court at all times. You are considered a varsity player if you were on the school's roster for the current school year. Red shirts count as a varsity player.
5. The captain shall address the officials on matters of interpretation or to obtain essential information.
6. Substitutions must walk to the line and wait to be waved in by the referee. Substitutions can be made for any player (not dependent on rotation).
7. Fans/spectators may not enter the court during the game. Fans/spectators will be asked to leave the premises if they fail to comply with the rules and policies stated by campus recreation.

### **Uniform, Equipment, Game Ball, and Court**

8. Non-marking athletic shoes shall be worn by all players. Players wearing sandals or dress shoes will not be allowed to enter the game.
9. The head referee will determine the official game ball.
10. Boundary lines are in-bounds. If the ball hits inside the court or on the actual line, it is considered in. If it hits outside the court, it is considered out. The decision will be made by the referee and the line judges.

11. Any ball, which hits the ceiling, is only out-of-play if it crosses over to the opponent's side of the net.
12. Balls may not be played off the wall. When playing a ball near a wall, players may not use the wall to gain an advantage. (both feet must remain on the floor).
13. Ball hitting the basketball supports hanging in a horizontal position will be considered legal and play shall resume. Any ball that hits the basketball supports is only out-of-play if it crosses over to the opponent's side of the net.

#### **Timeouts and Game Length**

14. Each team is allowed two 60 second timeout.
15. A timeout not used will not be carried over to the next game.

#### **Scoring and Mercy Rule**

16. Rally scoring will be used throughout the entire match.
  17. The first 2 games will be played to 25. A team must win by two. There are no caps.
  18. The third and deciding game will be played to 15. A team must win by 2 points. There are no caps.
- Service

19. The server may serve from any position behind the end line.
20. Let serve: a serve that hits the net and goes over. Play shall continue if a served ball hits the net and goes over.
21. If the ball is served before the referee's whistle, a reserve shall be given. Only one reserve is allowed. A "point" for the opposing team occurs for the following service faults:
  - i. Ball does not pass over net.
  - ii. Ball touches teammate or any other object before crossing net.
  - iii. Ball touches wall or ceiling.
  - iv. Ball lands out-of-bounds.

22. If a team serves out of order, their opponents shall receive a point and the serve. The team in violation will lose serve and any points scored while serving out of order. The players of the team at fault must take their correct positions.
23. At the time the ball is contacted for the serve, the players on the court must be in their proper order. This means you must rotate every time your team has a side out.
24. The player receiving a served ball may not spike or block a serve above the height of the net.
25. A setting action which resulted in a double contact is permitted during a served ball.

### **Playing the Game**

26. Each team is allowed three successive contacts of the ball in order to return it.
27. The ball may be hit with any part of the body. A volleyball can be kicked or hit any part of the body.
28. No holding or carrying may be involved.
29. Touching a ball above the height of the net in an attempt to block does not count as one of the three hits allowed; the same player may make the first contact during that play.
30. When the ball visibly comes to rest momentarily in the hands and arms of a player, it is considered as having been held. Scooping, lifting, pushing, or carrying the ball are forms of holding.
31. If, after simultaneous contact by opponents, the ball falls out-of-bounds, the team on the same side shall be deemed as having caused it to go out-of-bounds.
32. When two players of the same team simultaneously contact a ball, it is considered one contact and either player may make the next contact.



33. A player is not allowed to attack the ball on the opponent's side of the net.
34. A ball must break the plane of the net before an opponent may contact it or if no play by the attacking team can be made.
35. The team will rotate each time they win the serve. Players rotate in a clockwise manner.

### **Blocking**

36. A block is considered legal when a player's hand is above the height of the net and touches or deflects the ball while it is above the height of the net. A player's hand below the height of the net is not considered a block but is considered the first hit and the team has 2 remaining hits left.
37. The team that has participated in a block shall have three additional contacts after the block.
38. Any player participating in a block shall have the right to make the next contact, such contact counting as the first team hit.
39. Blocking a served ball is prohibited.
40. It is legal to block a ball on the opponent's side of the net provided, in the opinion of the official, the trajectory of the ball would have caused it to break the plane of the net.
41. A blocked ball is considered to have crossed the net.

### **Play at the Net**

42. If a player's action causes him/her to contact the net during play, accidental or not, with any part of body or clothes, that player shall be charged with a fault.
43. If the ball is driven into the net with such force that it causes the net to contact a player, such contact shall not be considered a fault.
44. If opponents contact the net simultaneously, it shall constitute a double fault and a replay shall be awarded.

45. Crossing over the centerline and contacting the opponent's playing area with any part of the body is a fault. The whole foot must be completely over the centerline in order to be a violation.
46. If the ball, in any way, makes contact with the antenna, it is out. If the ball sails outside of the antenna, it is out.

### **Violations**

47. A violation will result in a point.
48. A violation shall be declared when:
  - i. The ball touches the floor.
  - ii. The ball is held, thrown, or pushed.
49. A team has played the ball more than three times consecutively or a player touches the ball twice consecutively
50. A team is out of position at serve
51. A player touches any part of the net
52. a player crosses the centerline and contacts the opponent's playing area
53. A ball lands outside the court or touches any object outside the court
54. A player reaches under the net and touches the ball or an opponent while the ball is being played by the opposite team
55. The game is delayed persistently
56. Illegally served ball or service fault
57. The ball touches or sails outside the antennae
58. A player intentionally hits the ball while the ball is on the other side of the net
59. If a player who is back row jumps and attacks the ball in front of the ten foot line. If a back row player attacks the ball they must be standing on the ground or be behind the 10 foot line before they jump to attack the ball.

### **CO-ED RULES**

60. Two females must be on the court to start the game and at all times.
61. At no time during the game, may males exceed females by more than one.

## **Cornhole**

### **Eligibility**

All Intramural Sports eligibility rules apply.

All players must check-in to the Site Supervisor prior to the start of each game to have their eligibility status verified. Players' roster status will also be verified at this time, and players who attempt to play for a team other than their one original team will be withheld from the game.

### **Starting the Game**

**Section 1** If both partners are not present within 5 minutes of the designated game time, the team must forfeit.

**Section 2** A coin toss will determine which team gets the choice of first toss or side to stand on.

**Section 3** Boards will be placed 27 feet apart from the front of each board, in a straight line.

**Section 3** Each player's partner is positioned directly across from him/her in the opposite box at the other board. Each team will have one player throwing from the left pitcher's box and one player throwing from the right pitcher's box.

**Section 4** No player may pass the front of the board with any part of their feet while attempting to throw. They can stand as far

back as they would like. The player must stay within their pitcher's box while his/her competition is throwing.

### **Team Composition**

All teams must have two members, as competition will take place in a doubles format. Tournaments may be men's, women's, or co-ed.

### **Game Format/Scoring**

All matches are best 2-out-of-3 games, and the season follows a double-elimination tournament format.

**Section 1** The game is won when a team scores 21 points. Teams do NOT need to score exactly 21 points in order to win, and exceeding 21 points will not reset their score. If a third game is necessary, this game will be played to 15.

**Section 2** In the case of a tie, where both teams reach 21 during the same frame, each team will continue until one side outscores the other during a frame. The team that outscores the other during that frame will win the game.

**Section 3** Scoring will be as follows:

- 1 point for successfully landing a bag on top of the board without any portion of it touching the ground.
- 3 points for successfully landing a bag inside the hole in the board.
- Teams will add up the difference in the scores of both throwers and the team with the most points will retain those points.
- For instance, Thrower A lands two bags on the board, one in the hole and misses the board on the fourth toss. They have accumulated 5 points. Thrower B lands two bags in the hole, one on the board and misses the last one. They have accumulated 7 points. Thrower B wins that half inning but only receives 2

points for the half inning since Thrower A covered 5 of his points.

**Section 3** A frame consists of players on one side of the boards toss their bags, alternating shots, until all 8 bags in the frame have been thrown. Each player will have four bags to try and toss it into the hole in the board across from them.

**Section 4** The team who scored in the preceding frame shall throw first in the next frame. If neither team scores, the team who threw first in the preceding frame shall throw first in the next frame. If someone throws out of turn, the bag will be returned to the thrower and the correct order will continue.

### **Cornhole Etiquette**

- Players are to respect each other's turn.
- If a bag hits the ground and lands on the board, that bag is to be removed.
- Bats have to be completely in the hole for it to count for 3 points.

## **Kickball**

### **Eligibility**

All Intramural Sports eligibility rules apply.

All players must check-in to the Site Supervisor prior to the start of each game to have their eligibility status verified. Players' roster status will also be verified at this time, and players who attempt to play for a team other than their one original team will be withheld from the game.

### **Team Composition**

**Section 1** Teams shall consist of a maximum of 10 players on the field, and a minimum of 8 players must play. There is no maximum to the number of players on the team roster.

**Section 2** Games will last for 7 innings if time allows. No game may exceed 40 minutes. Always finish an inning. If a team leads by 10 runs or more after 5 innings, the game will be declared over.

**Section 3** All players on the roster must kick. The kicking order cannot change, but fielding position can change. One of the players must be the catcher.

### **Gameplay**

- No bouncing of the ball to the kicker higher than one foot (as measured from the bottom of the ball).
- If the ball is bouncing higher than 1 foot off the ground when it reaches the plate - it is a ball; however, the kicker may kick the ball.
- The pitcher must stay inside the pitching area on the mound until the ball is kicked.
- If the pitcher crosses outside the pitching area, an illegal pitch will be called.
- The count begins at 1 ball, 1 strike.
- Pitching must be underhand only.
- All kicks must be made by foot.
- All kicks must be taken at or behind the home plate or a strike will be called.
- If the ball is kicked in front of home plate and the kick is caught "out" by a fielder (or a force out occurs), the kicker is out.
- Kickers may not stop the ball with their foot and then kick it.

- Runners must stay within the base line.
- Fielders must stay out of the base line unless they are attempting to tag the runner or catch the kicked ball.
- Fielders trying to make an out on base may have their foot on the base, but must lean out of the baseline.
- If a fielder attempts to physically obstruct a runner from advancing, the runner may advance as many bases as they would have potentially earned had they been able to run unobstructed. This is a judgment call by the official.
- It is the responsibility of the runner to avoid a collision. Please save all participants from injury by paying attention.
- Ties go to the runner...There's no need to take out the baseman.
- When a defensive player has the ball and the runner remains upright and crashes into the defensive player, it is considered a "crash". If the act is determined to be flagrant the offender shall be ejected.
- Neither leading off base, nor stealing a base is allowed and a runner leading off the base before the ball is kicked is out.
- Hitting a runner with the ball above the shoulder level is not allowed and the runner is safe. Except for the following situations:
  - If the runner intentionally uses the head to block the ball, and called by the official, in which case the runner is out.
  - If the runner is ducking, diving or sliding (i.e. attempting to dodge the ball) and is hit in the head because of this is an out. It is the umpire's judgment.
- When a runner is hit with the ball above the shoulder level, other runners on base may advance on a force.

- On an overthrow, all players advance as far as they can get, even if the ball is out of bounds
- When two runners are on the same base at the same time, the fielder may tag either runner with the ball.
- Fouls:
  - Kick landing out of bounds.
  - A kick landing in bounds, but traveling out of bounds on its own before reaching first or third base
  - Any ball touching a fielder in fair territory is automatically in play.
- Outs:
  - A count of three (3) outs by a team completes the team's half of the inning.
  - An out is:
    - Count of three (3) strikes.
    - A runner touched by the ball at ANY time while not on base.
    - A runner who is on the same base with another runner and is tagged with the ball.
    - Any kicked ball (fair or foul) that is caught.
    - A ball tag on a base to which a runner is forced to run.
    - A runner leading off base before a ball is kicked.
    - Hitting the base with the ball does NOT count as an out.
    - The fielder must hit the runner with the ball or maintain control of the ball on the base on a forced run.
- Once the pitcher has the ball in control and is inside the area of control, the play is over. Play will resume once the next pitch is thrown.