

**Peru State College  
Intramural Sports Rules**

## **Intramural General Rules & Expectations**

**Identification:** All players must present their valid NUID card at the field of play prior to the start of the competition. Failure to present ID will deem students ineligible for play. All players must be checked in before the game begins.

**Equipment:** All players must wear team color coordinated shirts, athletics pants/shorts and shoes to all games. Shoes must be appropriate for each particular sport

- Outdoor sports- No metal cleats or open toe shoes
- Indoor sports- No street shoes (shoes worn outside in rain, snow, ice, mud etc.) or open toe shoes

**Playoff entry:** Team entry into playoffs will be determined by Intramural staff and presented at the mandatory captain's meeting. If a player on the set roster has not played in at least one game prior to the playoffs they are not eligible to participate.

**Captain's Meeting:** There will be a mandatory captain's meeting prior to every sports season. The captain or a team representative must be present or the team will be removed from the competition.

**Bobcat Life App:** All students are expected to sign –up using the Bobcat Life App. Due to particular circumstances this may not always be an option. However, teams must have at least 50% of their roster signed up through the app. The app will be used to communicate, cancelled games, updated schedules and special announcements.

**Unsportsmanlike conduct:** Students working as intramural officials are providing a service to those other students, faculty and staff, participating in volleyball. Under no circumstances should these student officials be threatened or physically or verbally abused. Anyone physically or verbally abusing an intramural official will immediately and automatically be suspended. The suspension will remain in effect throughout the time necessary to clarify and verify the facts surrounding the action. Permanent suspension may follow.

Teams and players have a further responsibility in acting to prevent their fans from abusing the officials and to help the officials control their spectators so that the game is not disrupted. In instances where officials are threatened or physically abused by spectators, those teams that are identified with the spectators will be suspended indefinitely. **Any player ejected from a game for any reason will automatically be suspended from his team's next game or until a review of the incident can be made. Indefinite suspension may follow.**

**Forfeit:**

A team acquires an automatic forfeit if they do not contact the IM supervisor or Student Activities Coordinator 24hrs in advance to reschedule. Certain exceptions may be considered if communicated with staff by 5pm of game day.

**Rosters:**

**Only players listed on your team roster and are enrolled in at least one class are allowed to participate in Regular season and tournament play.**

Players can only play on one registered team

Roster are locked after the first week of the intramural sport

# **IM Sand Volleyball Rules**

## **Peru State College**

### **Minimum Requirements:**

- Teams consist of 6 players however the minimum number of players is 3 players (minimum of one player from the opposite sex) on the court at all times.
- Teams not able to field a “full” team, or minimum number, may play with the consent of the opposing captain and /or intramural staff member.
- **Rosters can have a maximum of 12 players per team.**

### **Starting Games, Scoring and Service:**

- A team earns service possession for the start of the first game by winning Rock/Paper/Scissors (RPS). The team that loses the toss or RPS chooses a side. The teams will then alternate service every other game and switch sides.
- For the regular season, every game will be the best 2 out of 3 sets, with the first two sets going to 21 and third set going to 15 (if needed). **MUST WIN BY 2 POINTS**
- The server may not step on or over the end line until the ball has been contacted.
- **The serve may not be blocked or spiked.**
- Players can return the serve by bump, clasping their hands together or a closed fist pass.

### **Three Contacts:**

Each team is allowed a maximum of 3 successive contacts of the ball in order to return the ball to the opponent’s area. (Exception: In the action of blocking an attacking ball, the touch, or contact resulting from the block attempt does not constitute one of the three successive contacts.)

**There are no male/female hitting rules.**

### **Late arrival/Forfeit:**

Teams are expected to arrive ready to play by their scheduled game time. If a team is late, every minute they are late will result in a point for the present team and possession of ball. After 10 minutes the game will be deemed a forfeit with a 21-0 score.

### **Simultaneous Contacts:**

When two non-blocking teammates touch the ball simultaneously, it is considered one contact, and any player may make the next contact. When two blocking teammates touch the ball simultaneously, it is not counted as a contact, and any player may make the next contact. When two opponents simultaneously and instantaneously contact the ball over the net, and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball lands “out”, it is the fault of the team on the opposite side of the net from where the ball lands.

**Characteristics of the Contact:**

The ball can contact any number of body parts down to, and including the foot, providing such contacts are simultaneous and the ball rebounds immediately and cleanly after such contacts.

**Held Ball:**

The ball must be contacted cleanly and not held, lifted, caught, carried or thrown. The ball cannot roll or come to rest on any part of a player's body. It can rebound in any direction.

**Attacking The Ball Over The Opponent's Court:**

A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker's side of the net and then the follow-through causes the spiker's hand and arm to cross the net without contacting an opponent or the net, the action does not constitute a fault.

**Blocking a Serve:**

Blocking or attacking a serve is prohibited.

**Player Contact With The Net:**

No part of the body may touch the net at any time unless a ball or person driven into the net causes the contact. Player contact with the net in a manner not directly relating to or affecting the course of play is not a violation. Contact with hair or part of the uniform will not be considered a fault.

**Interference:** Beach/sand volleyball allows any and all parts of the body to cross the center line as long as there is no interference with opposing player or touch the net

# IM Slo-pitch Softball Rules & Agreement

## Peru State College

### Minimum Requirements:

- Rosters must consist of a minimum of 8 players (4 males, 4 females), a maximum of 15 players per team can be listed on the roster
- Teams may field 10 players (1 catcher, 1 pitcher, 4 infielders, and 4 outfielders) defensively. 1 Varsity baseball and/or softball current or former players are eligible to compete.
- Teams must have eight players to start any game (1 catcher, 1 pitcher, 3 infielders and 3 outfielders) defensively. **The pitcher's position shall always be filled on defense.** Teams may compete with fewer players if *injury* leaves the team with fewer than eight.

### Innings:

- A game shall consist of 5 innings or 45 minutes whichever comes first
- A 15-run rule will apply to all games after three complete innings.

### Tied games:

A game that is tied at the end of regulation or 45mins shall go into sudden death. Rock Paper scissors will determine the first team to bat in a sudden death. Teams will only play a maximum of 10 minutes in overtime with a mandatory batting switch at 5 minutes. If after 10 mins the score is still tied the winner will be determined by rock paper scissors but the game score will be labeled as the tied score.

### Late arrival/Forfeit:

Teams are expected to arrive ready to play by their scheduled game time. If a team is late, every minute they are late will result in a strike starting at the top of their batting order and the present team gets last at bat. After 10 minutes the game will be deemed a forfeit with a 1-0 score.

A forfeited game shall also be declared by the umpire in favor of the team not at fault in the following cases:

- If, after a warning by the umpire, any one of the rules of the game is willfully violated.
- If the order for the removal of a player is not obeyed within one minute.

### Hazards:

If a throw by the defensive team goes out of play, the runners will advance one base from the previous base touched, or if they are halfway or more to the next base. (e.g. With a runner on second the ball gets hit to the 2<sup>nd</sup> baseman, the 2<sup>nd</sup> baseman throws to the 1<sup>st</sup> baseman and it goes out of play, at this time the baserunner is halfway or more towards third base. The baserunner advances home and the hitter goes to second. The run scores because he/she would have probably made it safely to third on the play. (The umpires determine it all).

**Pitching:**

- The pitcher may only pitch the ball in an underhand motion.
- The pitcher must face home plate before and during the delivery of the pitch.
- The ball must be pitched at a slow speed.
- The pitched ball must arc at least 6 feet and not rise any higher than 12 feet above the ground.
- The pitched ball must touch the strike mat when it lands to count as a strike. If the ball touches the plate or is outside the strike mat it is considered a ball.

**Batting:**

- Strike zone is any space on the strike mat and between the height of the batter's knees and shoulders when in batting stance.
- Only three foul balls are permitted at each bat. On the third foul ball the batter is out and the ball is dead.
- Regular softball strike and ball rules will apply
- There is no bunting. Automatic out if player bunts.
- No throwing the bat. First offence: warning. Second offence: out. Third offence: ejection from game.
- Only three homeruns per game. If more than three homeruns is hit in a game the batter is out, ball is dead, and players stay on their base.
- There must be a boy/girl alternation in the hitting line up.
- If a male player is walked, the next female batter has the option to take an automatic base on balls and advance to first base, or she may bat with regular batting rules.

**Fielding and Base-running**

- Catcher should be at a safe distance from batter.
- No stealing bases.
- Runners may lead off when ball passes home-plate.
- If not involved in a defensive play, fielders may not interfere with base runner.
- Baserunners may not make contact in attempt to dislodge ball from fielder.
- Baserunners may slide or try to avoid contact on plays involving defensive players.
- Baserunners will be declared out when struck by a fair ball unless the ball has passed the first defender (except the pitcher) and no other defender stands to make a play on the ball.

**Substitutions:**

- Make sure the hitting line up is still boy/girl.
- Pinch hitters and runners are allowed.
- Every player listed on score sheet must bat.
- Unlimited substitutions.
- Announce substitution method to umpire prior to start of the game.

# **IM Soccer Rules**

## **Peru State College**

### **Teams**

- Teams consist of six (6) players on the field. A minimum of four (4) players are needed to start the game.
- In CoRec, the players must be evenly split as three (3) males and three (3) females. In CoRec there must be at least 2 of each gender on the field at all times (a 3-1 gender ratio will not satisfy the minimum of 4 players). The goalie can be either gender.

### **Eligible Players**

- All enrolled students, faculty or staff members are eligible.
- A team member may only play for **one** CoRec
- A former of collegiate varsity soccer athlete of four years or more may participate in the playoffs providing one academic year is “sat out” from the last varsity season.
- A team is limited to one former varsity soccer athlete regardless of whether a letter was won.
- Professional soccer players must sit out three years to be eligible for playoff participation.

### **Late arrival/Forfeit:**

Teams are expected to arrive ready to play by their scheduled game time. If a team is late, every minute they are late will result in a penalty kick for the present team and possession of ball. After 10 minutes the game will be deemed a forfeit with a 1-0 score.

### **General rules**

- Shoes with metal cleats will not be allowed for outdoor soccer. Shoes that have detachable screw-in cleats are allowed. No player will be allowed to play barefoot or in boots.
- IM Staff can prohibit someone from participating if determined that any equipment is unsafe or offensive.
- Shin guards are highly recommended, but not required.
- Any player bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before the player can continue. If there is blood on any clothing or jersey, it must be changed before play resumes.
- Knee braces should be covered so that no metal parts are exposed.
- Hard-billed hats or bandanas with a knot are not allowed.

### **Time factors**

Each game will consist of two (2) twenty- minute periods. Halftime is 5 minutes.

**\*\*Officials can stop the clock under the last two minutes of a game if a team intentionally kicks the ball out of bounds.\*\***

### **Overtime**

- If a game is tied after regulation time expires during regular season play, the game will go into a 5 player shootout.
- Penalty shots must be taken by anyone on the roster and legally checked into the game.
- Penalty shots will be taken by both teams at the same goal.

- Each penalty shot in a shoot out must be taken by a different individual. If a team is short players, they will be allowed to choose a player to take the fifth shot, as long as that player is of the same gender they are short compared against the other team.
  - The goalies must be one of the chosen 5 players, however does not have to be the goalie used during regulation. A shooter has ten (10) seconds in which to shoot the ball after it is put in play by the official. No faking will be allowed. Once the shooter starts a motion towards the ball a shot must be attempted.
  - If after five penalty shots the game is still tied, the game will be recorded as a tie.
- \* For co-rec teams must have 2 females and 2 males participating in the Shoot-out in any order.
- During playoffs, if a game is tied following regulation time the following overtime procedure is followed:
    1. Captains will meet with the officials to go over over time procedures.
    2. We will implement 5 minutes extra time.
    3. The overtime period will be played with golden goal rules where the first team to score will be declared the winner.
    4. If tied after the golden goal extra time period, captains will meet again and we will implement regular season PK shoot out tie-breaker.
    5. If game is tied after first round of PKs teams are allowed to rearrange the order of the 5 players chosen, but cannot substitute for any of those 5 players and one penalty kick will be taken on an alternating basis until an advantage is achieved.
    6. Once teams rearrange their line-ups they are permanent until a winner is decided.

### **Game Play**

- At the beginning of the game, the referee will conduct rock paper scissors with both team captains to determine choice of ends and the kickoff.
- The game is started at the referee's whistle by a player taking a direct place kick into the opponent's half of the court.
- Every player must be on his/her half of the court and the non-kicking team must be 10 feet from the ball.
- The ball must be kicked in any direction at least the distance of its own circumference. A goal may be scored against the opposing team from the kick off. The kick will be retaken if done improperly. The kicker may not play the ball again after kicking it until it has been touched by another player. \*Penalty-Indirect Free Kick.
- After a goal is scored, the ball is taken to the center of the field and kicked off under the same conditions as when the game was started, by the team against which the goal was scored.

Teams shall change ends of the field at the start of the second period, and play shall start with a kickoff by the team that did not kick off at the start of the game.

### **Substitutions**

Substitutions are allowed by either team under the following conditions:

- On a goal kick
- After a goal has been scored
- Between periods
- In the event of an injury
- When a player has been cautioned

The team in possession of the ball may substitute players on a throw in and a corner kick. The team not in possession of the ball may substitute on a throw-in or corner kick if the team in possession is making a substitution.

When substituting, the referee must acknowledge the substitute before he/she enters the field of play. Failure to do this will result in an Indirect Free Kick from the point of infraction. The referee must also be notified of any goalkeeper changes prior to the change. A team cannot substitute a goalkeeper on a penalty kick.

### **Ball in and out of play**

The ball is out of play when it has completely crossed a boundary line, whether on the ground or in the air, and when the game has been stopped by the referee.

The ball is in play at all other times from the start of the match to the finish, including rebounds from a goal post, crossbar or corner flag post into the field of play. If the ball rebounds from an official when he/she is in the field of play it is still in play.

The ball is put back into play in the following ways:

- A. Throw -ins after the ball has completely crossed a boundary line
- B. Drop ball - when restarting the game after a temporary suspension of play, the referee shall drop the ball at the place where it was when play was suspended. The ball is in play when it touches the ground -- players cannot touch the ball in the air before it touches the ground (re-drop if occurs). No drop balls are given in the penalty area.

### **Throw-in**

Throw-ins are taken to put the ball back into play after it has passed completely over a boundary line from the point where it crossed the line. The ball can be thrown in any direction by a player of the team opposite of the player who caused the ball to go out of bounds.

The thrower, at the moment of delivering the ball, must face the field of play and part of each foot must be on the ground. The thrower shall use both hands equally and shall deliver the ball from behind and over the head. A goal may not be scored directly from a throw-in. If the ball is improperly thrown in, the opposing team is awarded a throw-in from the same location.

The thrower may not play the ball a second time before another player touches it.

Penalty - Indirect free kick from point of infraction.

**Unified Modification:** If the athlete does not have the upper body ability to conduct a throw-in, a kick-in from the out of bounds area is legal.

### **Scoring**

A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar. \*It is the position of the ball; not the position of the goalkeeper, that determines whether a goal is scored or not.

If the defending team deliberately stops or deflects the ball with hands or arms to stop a goal, it shall be scored a goal if it goes in.

In Co-Rec games, a goal scored by either gender will count as one point.

**Unified Modification:** All goals are worth one point.

### **Offside**

A player is in an offside position if he/she is nearer to the opponent's goal line than the ball, unless:

- A. The player is on his/her own half of the field.
- B. There are at least two opponents nearer their own goal line than the player is.

A player shall be declared offside only if at the moment the ball touches or is played by one of his/her team members he/she is:

- A. Interfering with play or with an opponent;
- B. Seeking to gain an advantage by being in that position

A player shall not be declared offside merely because of being in an offside position, or if the player receives the ball directly from a goal kick, corner kick or throw-in or when the referee does a drop ball, even with a defender on-sides.

### **Free Kicks**

A free kick is taken to resume play after the referee has stopped play. Free kicks are classified as 'direct' or 'indirect'. A goal can be scored directly from a direct free kick. Indirect kicks must be touched by one other player, before going in, for a goal to count after an indirect free kick.

When a free kick is being taken, all players of the opposing team must be 10 yards from the ball. As soon as the ball is in position to be played, play can resume (there is no need for a second whistle). The ball must travel the distance of its own circumference to be in play. The kicker may not play the ball a second time until it is touched by another player. \*Penalty - Indirect free kick from point of infraction.

Note - When a free kick is awarded to the defending team in the penalty area, the ball is not in play until it enters the field of play beyond the penalty area.

### **Direct Free Kicks**

The following violations will result in a direct free kick:

- a. kicking an opponent
- b. striking an opponent
- c. jumping an opponent
- d. tripping an opponent
- e. spitting at an opponent
- f. handling the ball
- g. holding an opponent
- h. pushing an opponent
- i. violent or dangerously charging
- j. fouling a goalkeeper

\*All direct free kicks awarded in the penalty area against the defending team are given as penalty kicks.

### **Indirect Free Kicks**

The following violations will result in an indirect free kick

- A. Kicking a ball held by the goalkeeper
- B. Obstruction - a player interposes his/her body as to form an obstacle for an opponent and is not within playing distance of the ball.
- C. Dangerous plays. These include:
  - a. Raising the foot to the level that may endanger an opponent in a normal stance
  - b. Hitching or double kicking, which may endanger an opponent
  - c. Lowering the head to a position level with or below the waist in an effort to head the ball in the presence of an on-coming player
  - d. A player covering the ball while sitting, kneeling or lying on the ground (excluding goalkeepers)

### **Goalkeeper Privileges**

Within own penalty area, a goalkeeper may:

- A. Catch, carry, strike or propel the ball with the hands or arms;
- B. Not be charged, interfered with or impeded in any manner by an opponent while in possession of the ball

\*Penalty - Indirect free kick from point of infraction

A goalkeeper may not:

- A. Take more than five (5) seconds to play the ball after they have established control of the ball. They will be penalized for holding, bouncing or throwing the ball in the air and catching it again or after releasing the ball into play, they touch it again with their hands before it has been touched or played by another player.

\*Penalty - Indirect free kick from point of infraction

- B. Deliberately delay getting rid of the ball.

\*Penalty - Indirect free kick from point of infraction

- C. Intentionally striking an opponent by throwing the ball vigorously at him/her or rushing an opponent with the ball while holding it.

\*Penalty - Penalty kick if in penalty area.

## **Misconduct**

Cautions (Yellow Cards) shall be issued for the following

- A. Player joins his/her team after the kickoff or returns to the field of play without the referee's consent
- B. Persistently infringing upon any rules of the game.
- C. Dissent by word of mouth or action to decisions by the referee.
- D. Unsporting behavior

Players may be ejected (Red Cards) from the game (without replacement) for:

- A. Violent conduct or serious foul play
  - B. Foul or abusive language toward opponents or officials
  - C. Persisting in misconduct after receiving a caution
  - D. Fighting
  - E. A flagrant act with intent to injure
  - F. Two yellow cards in the same game
- \* Penalty - Indirect free kick from point of infraction or direct free kick from point of infraction in case of serious foul play.

## **Penalty Kicks**

A penalty kick occurs when a direct free kick is awarded in the penalty area.

The kick is taken from any place on the penalty mark line. All players must be outside the penalty area and at least 10 yards from the ball. The opposing goalkeeper must stand stationary until the ball is kicked. The kicker may not play the ball a second time until it is touched by another player.

For any infringement by the defending team, the kick shall be retaken if a goal has not resulted. If the attacking team infringes upon the rules the kick shall be retaken if a goal has resulted.

## **Corner Kicks**

A member of the attacking team takes corner kicks when the ball passes completely over the goal line having last been played by the defending team.

A member of the attacking team shall take a kick from within the quarter circle at the nearest corner flag. A goal can be scored directly from a corner kick. Players of the opposing team must be 10 yards from the ball or the kick shall be re-taken. The kicker may not play the ball a second time after the ball is in play until another player touches it. If the ball hits the goal post and rebounds back to the kicker, he/she still may not play the ball again until another player touches it.

\*Penalty - Indirect Free Kick

# **IM Flag Football Rules**

## **Peru State College**

### **Playing Field:**

- The width of the field shall be lined at 20 yard intervals from goal line to goal line. All yard lines inside the boundaries shall stop 4" from each sideline. There shall be 2 hash marks. They shall run parallel with each sideline, and located 15 yards "in" from each sideline.
- The field of play shall be marked at the twenty-yard lines, the ten-yard lines and the three-yard lines.
- There shall be no goal posts.

### **Equipment:**

- Since no tackling is permitted, it is unnecessary to use heavily padded equipment.
- Regulation football pads and headgear may not be worn. Only a short, molded plastic or rubber type cleat will be permitted. No baseball cleats.
- No player will be allowed to participate in bare feet.
- Flags will be provided for each player.
- Penalty: 10 yards and loss of down for a player wearing any illegal equipment.

**Players and Substitutes:** 2 Varsity Football and former Varsity athletes are ineligible to play on a team. However, only 1 can be on the field at a time.

- Team make-up.
  - Each team will consist of 8 players, with a minimum of 4 required to avoid a forfeit. (4 men 4 women) Teams with 7 players shall be 4 men & 3 women or 4 women and 3 men. Six players, 3 men & 3 women, 4 men & 2 women, 4 women & 2 men, are required to start the game to avoid forfeit. Team rosters may consist of no more than 15 players. Players may only play on one team in a league, and will subject both teams to forfeit all games if found violating this rule. Two collegiate varsity and/or former varsity players are allowed on a roster however only 1 is allowed to play on the field at a time.
  - Penalty: 5-yard delay of game penalty for too many men on the field.

### **The Game:**

- Start/Length of game.
  - The game will begin with rock paper scissors with the winning team deciding to start with the ball 1<sup>st</sup> or 2<sup>nd</sup> half
  - Each half will be snapped on the 14 yd line
  - The game consists of two halves, 20 minutes each, (18 minutes of continuous time, last 2 minutes clock stopped on dead balls) with one time-out of one minute for each half (if requested).
  - 3 minutes halftime
  - 2-minute warning: At the final 2 minutes the ref will stop the clock to inform the players of the remaining time
- **Late Arrival/ Forfeit**

Teams are expected to arrive ready to play by their scheduled game time. If a team is late, every minute they are late will result in a point given to the present team and they receive the possession of the ball. After 10 minutes the game will be deemed a forfeit with a 6-0 score.

**Mercy rule:** If a team is 25 or more points ahead when the referee announces the 2-minute warning for the second half or any time there after the game shall be over.

### **Scoring.**

- If a female player scores a touchdown, or if female throws a legal forward pass that is caught for a touchdown by any player the point value is 9pts.
- All other touchdowns shall score 6 points.
- Extra point conversions- The ball shall be put in play from the 3-yard line for a 1-point, 10-yard line for a 2-point and 20-yard line for 3-points. If a touchdown is scored on the last timed down of the second half the conversion is not attempted unless it will affect the outcome of the game
- Defenses may intercept a PAT and run it to their own end zone for 2 points.
- Safety shall score 2 points.

### **Downs and necessary line.**

A team in possession of the ball shall have four consecutive downs to advance to the next zone by scrimmage.

### **Scrimmage.**

Male Runner rule: a male cannot advance the ball through the line of scrimmage. The ball has to be thrown and caught outside the line of scrimmage before advancing a run.

### **Male to Male Completion and Illegal forward pass**

During the offensive teams possession there may not be 2 consecutive forward pass completions from a male passer to a male receiver. This also applies to the extra point conversions

- Violations result in a 5-yard penalty
  - 25 Second limit.
    - ✓ Each team is allowed 25 seconds between play.
    - ✓ The time shall be counted from the moment the ball is placed or the referee feels the team is ready to huddle.
    - ✓ A team may use a part of this time for the huddle.
    - ✓ Substitutions may be made at the time.
    - ✓ Penalty: 5-yard delay of game penalty.
  - Neutral zone/offside.
    - ✓ **A neutral zone of 1 yard must be kept between the two opposing teams until the ball is centered.**
    - ✓ The offensive team must be behind the ball and the defensive team 1 yard beyond the line of scrimmage.
    - ✓ The referee will raise his hand when the two opposing teams are behind the discs placed on the ground.
    - ✓ Penalty: 5 yards; down remains the same.
  - False starting is called against a team that attempts to center the ball by a feint and does not release it.
    - ✓ Penalty: 5 yards; down remains the same.
  - If the game is tied at the end of the second half, the ball is taken to 10-yard line and each team is allowed a series of four downs.
  - A coin toss will determine which team will choose whether it takes the ball first.
  - In the play-off period if a touchdown is scored a try for point will be allowed. Defenses may intercept a PAT and run it to their end zones for 2 points.

**Flag belt**

- Flag belt removal: If a flag is accidentally removed during play the ball still remains live and a down is determined by a 1 handed touch.
- If a defensive player initially removes a flag belt from a player without the ball, it is illegal. This results in a 10-yard penalty.
- Tampering with belt i.e. tying knots, using foreign material or other such acts results in a 10 yard loss from previous spot and player disqualification.
- Runners cannot guard their flag belt. The offense will result in a 10-yard penalty
- No stiff arm. This results in a 10-yard penalty
- Helping the runner (ball carrier shall not grasp a teammate or be grasped, pulled or pushed by a teammate.) This results in a 10-yard penalty
- Obstruction of runner: the defensive player shall not hold, grasp or obstruct the forward progress of a ball carrier when in the act of removing the flag belt. This results in a 10-yard penalty.
- Charge: A player should not make intentional contact with anyone in his or her path. The runner must avoid contact by changing direction. Contact will result in a 10-yard penalty.

# **IM Basketball Rules**

## **Peru State College**

### **Minimum Requirements:**

- Teams consist of 5 players on the court at all times.
- Teams not able to field a “full” team, or minimum number, may play with the consent of the opposing captain and /or intramural staff member.
- **Rosters can have a maximum of 12 players per team.**
- Two collegiate varsity and/or former varsity players are allowed on a roster however only 1 is allowed to play on the court at a time.

### **Equipment:**

All players must wear

### **Time/Clock Regulations:**

- Two 20 minute halves with running clock. (Women will play four 10 minute quarters.)
- Last two minutes of each half the clock will stop on dead balls and free throws.
- Three-minute half time.
- Each team is allowed a one-minute timeout per half.
- Time will only be stopped for injury, technical fouls or when deemed necessary by official.

### **Late arrival/Forfeit:**

Teams are expected to arrive ready to play by their scheduled game time. If a team is late, every minute they are late will result in a point for the present team and possession of ball. After 10 minutes the game will be deemed a forfeit with a 10-0 score.

### **Overtime:**

Two minute over time. If game is stilled tied, sudden death will occur.

### **Lack of sufficient Action:**

- If a closely guarded player (within 6 feet) holds, dribbles, or combines holding and dribbling the ball for 5 seconds a turnover is committed.
- 5 second inbound rule will apply
- 10 second rule back court rule will apply

### **Mercy Rule:**

When a team is up by 50 points in the second half the mercy rule is in effect. Teams can continue to play for fun, however, the score will be recorded before continuing and the referees will not be required to officiate

### **Fouls:**

- Officials are in charge of making the foul call.

- Technical foul- time will stop, team will shoot two free throws and receive possession of the ball at midcourt.
  - Official may call technical fouls on any participant or fan who talks out-of-line during the game.
  - Players who receive their first technical will sit out of the game for 5 minutes.
  - If a player/fan is awarded a second technical the player/fan is immediately asked to leave from the gym. If refusal to leave, that player's/fan's team will receive a forfeit for the game.
  - Captains are in charge of making sure their teammate is responsibly leaving gym.
- Intentional foul- Two points and ball at midcourt.
- Flagrant foul- two points and ball at midcourt, plus disqualification.

No one except team captain is allowed to complain to the officials. Team will receive a warning for first offense. Second offense will result in a technical foul on the player.

#### **Free Throws:**

- Officials will keep track of free throws.
- Free throws reset each half. (Each quarter for women).
- Defensive fouls)- ball stays with offensive team and the ball will be taken out of bounds.
- Shooting fouls will result in a 2 or 3 shot free throw
- 7 fouls- shoot one in one
- 10 fouls- 2 shots
- **The clock will continue to run on all free throws in the first 18 minutes.**

**No excessive hanging on rims.**

## **IM Volleyball Rules Peru State College**

### **Minimum Requirements:**

- Teams consist of 6 players however the minimum number of players is 3 players (minimum of one player from the opposite sex) on the court at all times.
- Teams not able to field a “full” team, or minimum number, may play with the consent of the opposing captain and /or intramural staff member.
- **Rosters can have a maximum of 12 players per team.**

### **Starting Games, Scoring and Service:**

- A team earns service possession for the start of the first game by winning Rock/Paper/Scissors (RPS). The team that loses the toss or RPS chooses a side. The teams will then alternate service every other game and switch sides.
- For the regular season, every game will be the best 2 out of 3 sets, with the first two sets going to 25 and third set going to 15 (if needed). **MUST WIN BY 2 POINTS**
- The server may not step on or over the end line until the ball has been contacted.
- **The serve may not be blocked or spiked.**
- Players can return the serve by bump, clasping their hands together or a closed fist pass.

### **Three Contacts:**

Each team is allowed a maximum of 3 successive contacts of the ball in order to return the ball to the opponent’s area. (Exception: In the action of blocking an attacking ball, the touch, or contact resulting from the block attempt does not constitute one of the three successive contacts.)

**There are no male/female hitting rules.**

### **Late arrival/Forfeit:**

Teams are expected to arrive ready to play by their scheduled game time. If a team is late, every minute they are late will result in a point for the present team and possession of ball. After 10 minutes the game will be deemed a forfeit with a 25-0 score.

### **Simultaneous Contacts:**

When two non-blocking teammates touch the ball simultaneously, it is considered one contact, and any player may make the next contact. When two blocking teammates touch the ball simultaneously, it is not counted as a contact, and any player may make the next contact. When two opponents simultaneously and instantaneously contact the ball over the net, and the ball remains in play, the team receiving the ball in entitled to another three hits. If such a ball lands “out”, it is the fault of the team on the opposite side of the net from where the ball lands.

### **Characteristics of the Contact:**

The ball can contact any number of body parts down to, and including the foot, providing such contacts are simultaneous and the ball rebounds immediately and cleanly after such contacts.

### **Held Ball:**

The ball must be contacted cleanly and not held, lifted, caught, carried or thrown. The ball cannot roll or come to rest on any part of a player's body. It can rebound in any direction.

### **Attacking The Ball Over The Opponent's Court:**

A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker's side of the net and then the follow-through causes the spiker's hand and arm to cross the net without contacting an opponent or the net, the action does not constitute a fault.

### **Blocking a Serve:**

Blocking or attacking a serve is prohibited.

### **Player Contact with The Net:**

No part of the body may touch the net at any time unless a ball or person driven into the net causes the contact. Player contact with the net in a manner not directly relating to or affecting the course of play is not a violation. Contact with hair or part of the uniform will not be considered a fault. You may not go under the volleyball net.

### **Playing Faults**

- Serve illegally or serve out of turn.
- Catch or hold the ball or fail to make a legal return.
- Touch it twice in succession.
- Contact the net, or reach over it while the ball is in play. A player is not considered to have contacted the net if a hard driven ball causes the net to touch him.
  - NOTE – Should two opponents contact the net simultaneously, neither is penalized and the serve is made over.
- Touch the ball when it has already been played three times without passing over the net.
- Touch the floor on the opposite side of the centerline, or the centerline extended.
- Reach under the net and touch the ball or an opponent while the ball is in the opponent's court.
- Change player positions during the game.
- A back row player cannot spike the ball in front of 10 foot line
- Unnecessary delay of the game.
- AUTOMATIC ONE POINT PENALTY –
  - Kicking a dead ball (intentional).
  - Unsportsmanlike delay of the game (a repeated violation of this rule – suspension from the game).

## **IM Dodgeball Rules**

### **Peru State College**

#### **The Team**

The game shall be played between two teams of eight players. A minimum of six players will compete on a side; others will be available as substitutes. Substitutes may enter the game only after a set/game or in case of injury.

#### **Co-Rec**

Teams must play all games with an even number of male and female players: 4 females and 4 males, minimum amount 3 male and 3 female. A team can play with 7 players but the max of any gender will be 4 players

#### **The Field**

The game will be played indoors on the basketball courts. The playing field shall be the boundary of the basketball court, divided into two (2) equal sections by a center boundary line.

#### **The Game**

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

- Hitting an opposing player with a thrown ball below the shoulders.
  - **NOTE:** If a player ducks and this is clearly the cause for the player being hit above the shoulders, the player is out and the throw is legal.
- Catching a ball thrown by your opponent before it touches the ground. Rule still applies if it is deflected off of a teammate
- Causing an opponent to drop a live ball because of contact by another thrown live ball. (Usually occurs when a ball is being used to block a thrown ball.)
- An opposing player stepping out of bounds. (To avoid getting hit and not because he or she is retrieving a ball – in which case you have 5 seconds to retrieve a ball, and come immediately back into the playing field.)

Re-entry- If there is a ball caught the referee will signal a new player to enter based on the order in which they were eliminated

Game begins by placing six dodgeballs along the centerline. Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest.

#### **Rush Rule:**

Each and every ball retrieved at the opening rush must first be taken beyond the attack line and into the team's backcourt before it may be legally thrown at an opponent. (The Attack line is the 10 foot volleyball line)

The first team to legally eliminate all opposing players will be declared the winner. A 10-minute time limit has been established for each contest. If neither team has been eliminated at the end of the 10 minutes, the team with the greater number of players remaining will be declared the winner. In the case of an equal number of players remaining after regulation, a 3-minute sudden death overtime period will be played.

### **Time-Outs & Substitutions**

Each team will be allowed one (2) 60 second timeout per match.

### **Rules Enforcement**

#### **Boundaries**

1. During play, all players must remain within the boundary lines.
2. Players must only leave from the end line to retrieve balls and must return to the court by the end lines.
3. A player may be handed a ball, provided the player receiving the ball remains completely within their teams field boundaries. Players may be handed a ball while standing out of bounds.
4. A ball that comes into contact with an out of bounds obstacle is considered a dead ball.
5. A thrown ball is not considered dead until it hits an out of bounds object or the floor. (Can hit multiple players for multiple outs)
6. A player shall not:
  - Have any part of their body contact the playing surface on or over the sideline.
  - Enter or re-enter the field through their sidelines.
  - Leave the playing field to avoid being hit by attempt to catch a ball.
  - Have any part of their body cross the center line and contact ground on their opponents' side of the court.
  - Play defense after they are declared out (shield other players from being hit)

Penalty: Player will be declared out.

Note: A player not immediately re-entering the playing area may be declared out.

### **Match Play**

Matches will be decided using a "best-of-five" format in which the first team to win three (3) games will be declared the winner.

### **Protests**

Protests will only be accepted in cases involving use of ineligible player. Protests of judgement call will not be accepted.

## **IM Ping Pong Rules**

### **Peru State College**

#### **General Rules:**

- The best two out of three – twenty-one (21) point games will determine all matches.
- If the start of a new game the player who serves first in the previous game becomes receiver and the receiver becomes server and so on alternating after each game

#### **Serving**

- The ball must be struck so that it touches the servers court first and then passing directly over or around the net touches the receivers court.
- If on the serve the ball hits the net or its supports it is declared a let ball, resulting in a replay. If the ball touches the net or its supports a second time in the same serve sequence the opponent is given a point.
- Change of End & Service: After five points service will change to the striker-out. This continues after each five points until the end of a game. If tied at 20, service shall be changed after each point.
- A player who started at one end in a game shall start at the other in the immediate subsequent game.
- The choice of ends and the right to be server or striker-out shall be decided by rock paper scissors

#### **Scoring:**

- The scoring of points in a game will be won by the player who first scores 21 points, unless both players are tied at 20; then, the winner of the game must win by two points over their opponent.
- If the player, the racquet, or anything that the player wears or carries touches the net or its supports while the ball is in play the opponent receives a point
- If the player's free hand touches the playing surface while the ball is in play the opponent receives a point
- If at any time the player volleys the ball - that is before the ball hits the table top

## **IM Bowling Rules Peru State College**

### **The Lineup**

1. (4-on-4) When necessary, a coin toss will determine which team will set its line-up first in the first game. The opposing team will set its line-up first in the second game. An additional coin toss will be held to determine which team will set its line-up first in the third and final game.
2. To set a line-up, a team will determine which of its players will bowl for the game and also determine the order of the bowlers. Traditionally, the best bowler bowls first with the worst bowler filling the last position in the order.
3. When beginning a head-to-head game with one less than the standard number of players, the open position will be the last position in the order. The position may not be filled until the next game begins. When beginning a Baker-scored game with one less than the standard number of players, the open position will be the first position in the order.

### **Scoring - 4-on-4 Play**

1. Four players from each team will match-up head-to-head in each game.
2. Each player who wins a head-to-head matchup will receive one point. In the event of a tie, each tied player will receive 1/2 point.
3. When one less than the standard number of players bowl for one team, the open position will receive a score of 80 or the average of the other three bowlers, whichever is lower. The open position will automatically lose the head-to-head matchup, and the 1 team point, to the team with four players regardless of the pin total in that position.
4. The team with the most total pins for the game will receive 2 additional points. If tied, each team will receive 1 point.
5. Three games will be bowled with the point scores added from each game to obtain the final team point score. Less than three games may be bowled upon mutual agreement of team captains. If a team tallies 10 points in just two games, it is not required to bowl the third game.
6. In the event of a tie in total team points after three games, the total number of pins for the entire match will serve as the tie-breaker. In championship round play, a Baker-scored game will be bowled to break the tie.

### **Bakers Scoring**

- A. Each player in the lineup will complete one frame in successive order until 10 frames have been completed. For example, player A will bowl frames 1 and 5, player B bowls frames 2 and 6, etc. The player who begins the 10th frame of the game will execute all deliveries for that frame.
- B. The scores of the opposing teams are then compared with the higher score being awarded 4 points.

- C. Teams with less than a full lineup will receive a score of zero (0) for the open position in the rotation for the purposes of determining the team total score

# IM Kickball Rules & Agreement

## Peru State College

### Minimum Requirements:

- Rosters must consist of a minimum of 8 players (3 of each gender), a maximum of 15 players per team can be listed on the roster
- Teams may field 10 players (1 catcher, 1 pitcher, 4 infielders, and 4 outfielders) defensively.
- Teams must have eight players to start any game (1 catcher, 1 pitcher, 3 infielders and 3 outfielders) defensively. **The pitcher's position shall always be filled on defense.** Teams may compete with fewer players if *injury* leaves the team with fewer than eight.

### Innings:

- A game shall consist of 7 innings or 50 minutes whichever comes first. Innings in play after the time limit has gone into effect will be finished
- A 20-run rule will apply to all games after four complete innings. Or 15 runs after 5 innings

### Tied games:

A game that is tied at the end of regulation seven innings and the time limit has not gone into effect, then an extra inning will be played. If there is a tie and the time limit has gone into effect the games will be scored a tie.

### Late arrival/Forfeit:

Teams are expected to arrive ready to play by their scheduled game time. If a team is late, every minute they are late will result in a strike starting at the top of their batting order and the present team gets last at bat. After 10 minutes the game will be deemed a forfeit with a 1-0 score.

A forfeited game shall also be declared by the umpire in favor of the team not at fault in the following cases:

- If, after a warning by the umpire, any one of the rules of the game is willfully violated.
- If the order for the removal of a player is not obeyed within one minute.

### Hazards:

If a throw by the defensive team goes out of play, the runners will advance one base from the previous base touched, or if they are halfway or more to the next base. (e.g. With a runner on second the ball gets hit to the 2<sup>nd</sup> baseman, the 2<sup>nd</sup> baseman throws to the 1<sup>st</sup> baseman and it goes out of play, at this time the baserunner is halfway or more towards third base. The baserunner advances home and the hitter goes to second. The run scores because he/she would have probably made it safely to third on the play. (The umpires determine it all).

**Pitching:**

- Pitches must be rolled across the ground and be below knee height when crossing the plate. Any pitch that gets above knee height or is outside the strike path will be a ball. The best practice for pitching is to roll it along the ground.
- A pitcher may call for an Intentional Walk without throwing any pitches.
- No “fastball” pitches. Will be called illegal by the umpire.
- The pitcher must pitch from the rubber and cannot leave the pitcher’s circle until the ball is contacted with the foot.

**Batting:**

- Bunting is allowed.
- A batter is out if he/she hits a foul ball after he/she already has two strikes.
- A batter must be within the kicker’s box during the duration of the pitch and kick.
- CoRec: The batting lineup must alternate genders. Teams will use a snake style batting order in that the males and females will alternate even when there is an uneven number of males to females. Let’s say that there are 8 players, 5 of gender A and 3 of gender B - the batting order would go - A1, B1, A2, B2, A3, B3, A4, B1, A5, B2, A1, B3, A2, B1, A3, B2, etc.

**Fielding and Base-running**

- A runner may turn either way after passing first base and return with no liability to be put out so long as he/she makes no attempt (umpire’s judgment) to advance to second base.
- Base runners do not have to slide. It is recommended base runners slide into a base on a close play and avoid contact, but we do not require participants to slide.
- Interference: No offensive player may commit an act, which, in the umpire’s judgment, impedes or confuses a defensive player attempting to execute a play (verbal, visual or physical). This will result in an out.
- A base runner may not leave the base until the ball has been kicked. No stealing of bases or running on passed balls is allowed.
- A base runner coming into contact with a hit ball is out, unless the runner is still in contact with the base (ball is live).
- All batters must run the bases. A pinch runner may be used, but this must be by a legal substitute. There are no courtesy runners.
- Runners are out when the ball beats them to the base or if they are tagged or hit by a thrown ball below shoulder height when not on base. A player who is hit in the head will be awarded the base that they were advancing towards. It will be called dead. All other runners will advance at least one base (could be more if the umpire feels the runner would have reached further). If a runner is struck in the head that is lowered below shoulder height, whether through sliding or ducking, the runner will be out and play will continue.

**Substitutions:**

- Make sure the hitting line up is still boy/girl.
- Pinch hitters and runners are allowed.
- Every player listed on score sheet must bat.
- Unlimited substitutions.

Announce substitution method to umpire prior to start of the game.