

**COAHOMA COMMUNITY COLLEGE**  
**INTRAMURAL SPORTS HANDBOOK**  
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# Coahoma Community College Intramural Handbook

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# **Intramural Handbook**

## **Section I. Introduction to Intramural Sports**

### **Mission Statement**

The Intramural Sports Program offers Coahoma Community College students the opportunity to participate in a wide variety of individual, dual, and team, sports at various levels of competition. Intramural Sports strives to provide structured and organized programs while assisting in the fulfillment of such basic human needs as relaxation, socialization, achievement, and physical wellness while promoting teamwork and mutual respect. It is the goal of the Intramural Sports Program to provide the Coahoma Community College community the opportunity to participate in the sport of their choice in a fun, friendly, and safe environment.

### **Goal Statement**

The Intramural Sports Handbook is designed to provide team captains and participants with clear and concise guidelines and information that will assist them during their participation in intramural sports. The Intramural Sports Program is designed to complement the academic pursuit of Coahoma Community College and provide a recreational outlet to *both on campus and off-campus students*. Engaging in fun-filled activities, while benefiting from enhanced character and maturation are the main goals of any intramural activity.

### **Intramural Sports Office**

The Coahoma Community College Intramural Sports Office is located in the Zee A. Barron Student Union on the first floor. The office is the primary source for intramural sports information and the location of the Coordinator of Intramural Sports. Office hours will be from 4pm to 9 pm. Intramural information including brackets, entry information, champion listings, officials, supervisor information, and the calendar of events, can also be obtained by viewing the intramural bulletin board.

### **Administrative Staff**

Mrs. Karen Woods-Done, Director of President of Student Engagement (2nd Floor of the Student Union)

Mrs. Nicole Ross, Director of President of Student Engagement (2nd Floor of the Student Union)

Mr. Christopher Dixon, Director of Student Activities (2nd Floor of the Student Union)

Mr. Patrick Ray, Evening Coordinator/Intramurals Sports Coordinator (1st Floor of the Student Union)

### **Bulletin Board**

The official intramural sports bulletin board is located on the first floor of the Zee A. Barron Student Union next to the intramural office. This board will display

announcements for upcoming activities and league and tournament brackets including dates, times, and locations of all intramural competition. These boards also include the names of intramural champions and other pertinent intramural sports information.

### **Advertisement**

All intramural program activities are advertised for all students both in flyer form for on-campus and off campus sites. The activities are also posted on the college's web site, located on the Student Affairs web page.

### **General Questions and Comments**

The staff at the CCC Office of Intramural Sports is constantly striving to improve its current programs. Ideas for new and future intramural activities are always welcomed. Any student, faculty, or staff should visit or contact the office staff with any ideas, questions, or comments.

## **Section II. Intramural Eligibility**

### **Enforcement of Intramural Eligibility**

Maintaining the integrity of the Intramural Program includes enforcing intramural eligibility policies. Team captains are responsible for the eligibility of their own players and the players of their opponents. However, the intramural sports staff, including the Intramural Coordinator reserves the right to check the eligibility of all participants. Any player/team found violating the following rules will be subject to the penalties listed at the end of this section.

### **Eligible Participants**

All Coahoma Community College students are eligible and recruited to compete in intramural activities provided they have access to all facilities and can present a valid CCC identification card upon request by intramural staff. Any player using an assumed name is an ineligible player.

### **Intramural Fees**

Intramurals are free of charge to all CCC students.

### **Multiple Team Participation**

Although participants are not limited to the number of intramural sports they can compete in, participants can not play on more than one team in a given sport. After entering a contest, a player can not transfer to another team. An individual is considered a member of the first team that they sign with. If a team is removed from a league for any reason, the members of that team become ineligible to participate in the remainder of that sport season. If it is discovered that an individual has played for multiple teams, both teams may be subject to forfeiture of previous contests played. This also includes championship games. The participant will also be unable to continue play with any team for the remainder of the season. However, a participant may play on both a men's/women's team and a co-ed team.

### **Team Rosters**

The team roster is the official roster for every intramural sports team.

### **Eligibility Penalties**

The integrity of the Intramural Sports Program is based on various eligibility policies, rules, and requirements. It is important to understand that failure to comply with these policies may result in penalties.

Any team permitting an ineligible player to participate forfeits the contest in which the ineligible player takes part.

Any player, who violates the eligibility rules, shall be ineligible from further competition.

Any teams, for which the ineligible player has played, may be subject to forfeiture of all contests.

## **Section III. Levels of Competition**

### **Gender League**

Most intramural team sports are divided into three leagues by gender: men's, women's and co-ed. Males and females must play in their respective divisions, unless it is a specified co-ed event. Participants of the opposite gender may only participate on a men's or women's division team if a division does not exist for their own gender or there are other unique circumstances. The Intramural Coordinator will make all final decisions regarding this matter. In the case of individual sports, only men's and women's leagues exist. Dual sports offer men's, women's and co-ed pairs.

NOTE: The Intramural Coordinator and staff have the authority to establish special rulings whenever deemed necessary.

## **Section IV. Entering Intramural Competition**

### **Team Entries**

The following are the steps involved in entering a full team in intramural competition:

- Pick up an entry packet consisting of an information sheet, entry form and team roster sheet in the intramural sports office or the office of the Director of Student Activities. These forms will be available and a deadline for return will be set.
- Become familiarized with the information sheet to find out competition dates and times, rules and the entry deadline. Completely fill out the entry form and team roster. Each entry form must have at least two (2) telephone numbers (a team captain and alternate contact) and the signature of either the team captain or alternate contact. Each team roster should consist of the minimal number of players needed to compete in the activity. Additional players may be added to the team roster before the second competition of that activity.
- Enter the team in the desired league, listed on the bulletin board near the intramural sports office.
- Sign-ups are on a first come, first serve basis. On occasion, if facilities and/or time are limited, only a pre-determined number of entry forms will be accepted. Teams, who turn in an entry form after the entry deadline, may be placed on a waiting list. Teams are guaranteed their playing times if the team captain or team

representative is present at the mandatory representative meeting held prior to the start of each major team sport. Failure to attend the meeting may cause a team to be withdrawn from competition and will allow a waiting list team to fill the vacant spot.

- Game rules will be distributed at all representative meetings, which will be held after entries are taken for most team sports. Schedules and information for each sport will be posted on the intramural bulletin board prior to the start of competition. Each participant prior to competition will sign a participation contract that states the rules of the intramural sports program.

### **Individual and Dual Sports Entries**

The following are the steps involved in entering an individual or dual sport competition:

- Pick up an entry packet consisting of an information sheet, entry form and team roster sheet in the intramural sports office. These forms will be available and a deadline for return will be set.
- Read the information sheet to become familiarized with competition dates and times, rules and the entry deadline. Completely fill out the entry form and team roster. Each entry form must have at least two (2) telephone numbers (a team captain and alternate contact) and the signature of either the team captain or alternate contact. Each team roster should consist of the minimal number of players needed to compete in the activity. Additional players can be added to the team roster before the second competition.
- Enter the team in the desired league, listed on the bulletin board near the intramural sports office.

Sign-ups are on a first come, first serve basis. On occasion, if facilities and/or time are limited, only a pre-determined number of entry forms will be accepted. Teams, who turn in an entry form after the entry deadline, may be placed on a waiting list. Teams are guaranteed their playing times if the team captain or team representative is present at the mandatory representative meeting held prior to the start of each major team sport. Failure to attend the meeting may cause a team to be bumped from competition and will allow a waiting list team to fill the vacant spot.

Game rules will be distributed at all representative meetings, which will be held after entries are taken for most team sports. Schedules and information for each sport will be posted on the intramural bulletin board prior to the start of competition. Each participant prior to competition will sign a participation contract of the encompassing rules for that sport.

### **Free Agent Entries (Players without a team)**

For programming purposes, the Intramural Program only accepts complete teams during the entry process for team sports. Any person wishing to participate but is unable to create a team of their own, should follow these steps:

Sign up on the free agent list in the intramural sports office in order to be contacted by a team needing additional players. Please include your name, phone number, email, days available to play and what division(s) you are qualified to play in.

Attend the mandatory representative meeting for the sport you wish to play in. The Intramural Coordinator or sport supervisor will see that you are placed on a team. At certain times there will be enough interested free agents that they are combined into their own team. If this is the case, this information will be announced at the representative meeting. If a free agent is unable to attend the representative meeting, he/she may come to the intramural sports office for a list of names and phone numbers of teams seeking additional players.

### **Waiting List Teams**

Teams wishing to sign up after the entry deadline has passed may ask to be placed on a waiting list. There is no guarantee that wait listed teams will be entered into regular season play. The team captain or representative must be present at the representative meeting in case spots open up due to absences by other teams. Waiting list teams will be offered open spots in the order they signed up on the waiting list. If spots do not open up at the representative meeting, wait listed teams may be offered a spot in the post-season tournament or have the opportunity to fill any vacated spots that may arise during the regular season. Waiting list teams should contact the intramural sports office or the Director of Student Activities the last week of regular season play to see if any spots have arisen.

### **Team Name Policy**

A team name that promotes drug and alcoholic gestures, degrades a racial, ethnic, gender, or religious group, infers an explicit sexual reference or promotes destructive behavior, is considered disrespectful to college members and the college community at large. The name will be deemed inappropriate by intramural sports staff and be modified accordingly.

## **Section V. The Team Captain**

### **Team Captain Responsibilities**

The success of the Intramural Sports Program depends largely on the leadership qualities and interests of the team captain. Team captains organize teams and individuals for competition in intramural leagues prior to the beginning of each season. The team captain serves as a liaison between the intramural sports office and his/her team.

As a player, the team captain is held to a higher standard. Team captains should set an example for their teammates by playing within the spirit of the rules and exhibiting an elevated level of sportsmanship. In addition, team captains should address player conduct situations, and incidents involving their teammates before intramural officials intervene.

The team captain is responsible for checking the eligibility of his/her teammates. The eligibility requirements are listed in this handbook.

The team captain must be familiar with all rules, schedules, policies, and procedures of the Intramural Sports Program and pass this information along to team members.

### **Representative Meetings**

The team captain, or if unavailable another team member, must attend the mandatory team representative meeting prior to the start of each major team sport. The meeting will serve to discuss the game rules and intramural policies. The unofficial schedule will be available for changes. Captains failing to attend the meeting, or send a designee, may cause their team to be withdrawn from their bracket slot by a team on the waiting list or a team wishing to change their game time will be listed on the bracket in that slot. Dates, locations, and times of meetings will be listed on the information sheet in each entry packet.

## **Section VI. Sport Rules and Schedule**

### **Sport Rules**

Each intramural sport has its own set of rules. These rules combine national, collegiate and high school rules along with additional intramural rules. A handout of all rules for a specific sport will be available at all team representative meetings and in the intramural office or the office of the Director of Student Activities.

### **Game Procedures**

All participants should arrive at the playing field/court at least 15 minutes prior to the scheduled game time.

Participants should check in with the on-site intramural supervisor. The supervisor will then direct the team to their designated field/court.

Prior to the beginning of the game, all participants must be completely signed in on the game score sheet, found on the clipboard. This is the official team roster for the contest and will be used in determining a team's participation. Each individual must write their first and last names and their social security number. PLEASE WRITE LEGIBLY. A person will not be allowed to compete until they are signed in on the score sheet.

Any participants wishing to use intramural equipment for warm-ups must present a valid CCC ID card to the equipment manager.

### **Individual and Dual Sports**

Individual and dual sports are self-officiated in some instances and officiated by intramural staff in other situations. The format for individual and dual sports depends on the number of participants. The brackets are posted in the intramural office and on the intramural bulletin board. Individuals are also responsible to play at scheduled competition times. Rules for each competition are available in the intramural office, the Director of Student Activities' office and on the intramural bulletin board.

### ***Additional Sports Information***

*There are no restrictions on the number of sports in which an individual may participate.*

## **Section VII. Forfeits**

\*NOTE: Entry forms are a contract with the Intramural Sports Program to the effect that the individual or team will be scheduled for competition, and that the individual or team will be ready to play at the scheduled date, time, and location. Please honor this contract. Intramural contests will begin at the scheduled game time. Game time is determined by the official's or supervisor's watch/clock on each field/court. In case of an unavoidable delay (i.e. weather or overtime match), the starting time may be adjusted at the discretion of the on-site supervisor.

A team has 10 minutes after game time to field the needed number of players for competition. If one team is present on time and with the minimal number of needed players, they must wait 10 minutes for their opponent before winning by forfeit. After the designated wait period has exhausted, the team present will take the win and a forfeit loss will be recorded for the absent team.

The minimum number of players must be present and ready to play by 10 minutes after the scheduled time in order to avoid a forfeit.

If both teams scheduled to play fail to appear, both shall be given a forfeit.

Continued unsportsmanlike conduct or unnecessary roughness may result in the forfeiture of a contest. Officials and supervisors have the authority to forfeit any contest.

A forfeit will lead to a team being dropped from competition.

If a team forfeits a game during the first two weeks of competition, they may be dropped from play entirely if there are teams on the waiting list.

If a team is registered for the overall campus organizational competition, points will be deducted from their score for each forfeit they acquire.

## **Section VIII. Rescheduling**

\*NOTE: Any rescheduling should be done through the intramural sports office. A complete list of participants' phone numbers and email addresses are available in the office.

### **Inclement Weather**

- Office Cancellations

Games may be postponed due to weather. The intramural office will reschedule the games if possible. The decision to postpone due to weather will be posted on the intramural bulletin board.

- **Site Cancellations**

In some cases, the on-site supervisor may cancel games if inclement weather occurs during play. If this should happen, teams will be asked to call the intramural sports office or the Director of Student Activities' office the next day for rescheduling information. In some cases, a member of the intramural sports staff may contact the team captain or a representative to relay any game cancellations or postponements.

## **Section IX. Other Information**

### **The Sportsmanship**

The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the intramural sports league and playoff seasons. Behavior before, during, and after an intramural sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.

A team is responsible for the actions of the individual team members and spectators related to it. The team captain's efforts in assisting officials/staff to calm difficult situations and to restrain troubled teammates are key to controlling team conduct. Sportsmanship is vital to the conduct of every Intramural contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize or eject players or teams for poor sportsmanship. These decisions are final. The Intramural Sports administrative staff will rule on further penalties as a result of unsportsmanlike conduct.

Each participant should choose his or her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the Intramural Sports staff against that team for violation of the intramural rules and sportsmanship guidelines. Protests or appeals of sportsmanship ratings will not be recognized. The Intramural Sports administrative staff reserves the right to review any rating given to a team.

### **Rating Method**

The officials shall rate each team in each contest.

Inappropriate conduct, use of an ineligible player, use of a suspended player, and/or inaccuracy in reporting.

Officials have been instructed not to comment to teams about ratings. Teams may inquire with an Intramural supervisor at the game site to view their sportsmanship ratings. Teams may also view their sportsmanship ratings in the Intramural Sports Office during normal business hours.

Multiple ejections or blatant unsportsmanlike conduct that endangered participants, fans, officials, or supervisors are observed.

Team fails to cooperate / comply with intramural sports administrative staff / University officials while performing their duties; falsely represents or withholds any requested information.

Teams, which receive an "F" rating, are subject to immediate dismissal from league or tournament play.

### **Alcohol**

Coahoma Community College PROHIBITS possession or consumption of alcoholic beverages on college property. This includes the Student Affairs Multi-Complex, playing field, and the Gym. If a team, either its participants or spectators, is found to possess or consume alcoholic beverages at a sponsored event, that team may be forfeited from the event and self suspended from all Intramural activities. If the team, participants or spectators, fail to comply with the request of the supervisors, CCC Police will be called to handle the situation, and the infractions will be reported to the Dean of Students. For further information on the Coahoma Community College drug and alcohol policy, please refer to the Student Handbook for the complete policy.

### **Insurance**

Coahoma Community College does not provide insurance coverage for any injury or accident related to participation in intramural sports or activities or any "practice" or "free play". Each individual participant should provide his/her own coverage either through family or personal policies. All injuries, including those which might occur during "free play", should be immediately reported to the intramural supervisor on duty. The supervisor will handle the incident according to Coahoma Community College emergency policies. All participants will sign an 'Assumption of Risk Statement' relieving the institution of all liability for injury before play begins.

### **Jewelry**

Jewelry is not allowed to be worn by any participant during a game or event, especially ear rings, and handrings. Furthermore, the officials and supervisors on duty have the authority to disallow any participant from participating, which they feel would endanger the person wearing the jewelry or his/her opponents. The Intramural Sports Office will not accept protests involving jewelry.

*NOTE: ALL POLICES AND PROCEDURES ARE SUBJECT TO CHANGE AT THE DISCRETION OF THE ADMINISTRATIVE STAFF.*

# Appendix of Rules

## **Intramural Basketball Rules (5-on-5)**

### **Game time is forfeit time!**

Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a technical foul, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.

### **1. Players and Substitutes**

**1.1** A team consists of five players.

**1.2** Substitutions must be reported to the scorer before entering the game. Substitutes may enter the game only when the official acknowledges them. Penalty: Technical foul.

**1.3** Teams jersey will be provided.

**1.4** All players must wear non-marking rubber-soled athletic shoes.

**1.5** Jewelry of any kind (friendship bracelets, chains, rubber bands, rings or earrings) may not be worn on any part of the body. Penalty: Technical foul.

**1.6** Casts (plaster, metal or other hard substances in their final form) or any other item judged to be dangerous by the supervisor, official or athletic trainer may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed.

**1.7** Spectators, "coaches", injured or inactive players are not permitted in a team's bench area.

### **2. Length of Game and Timing**

**2.1** There will be two twenty-minute halves of continuous running time. Clock stops for time outs or official time outs (e.g. for injuries or retrieving a ball). Clock is not stopped for violations. Exception: During the last two minutes of the second half, the clock will be stopped for all dead ball situations (e.g., violations, turnovers, time outs, fouls, etc.).

**2.2** When a team is shooting free throws and a time out is called, the clock will start when the ball is touched after a throw-in on a made basket or when the ball is touched in bounds on a missed basket. The clock continues to run on technical fouls unless a time out has been called.

**2.3** There will be a three-minute intermission between halves.

**2.4** Overtime will only be played during the playoffs if necessary. In the event of over-time, a 3-minute period shall be played to determine a winner. Clock stops on all dead ball situations. Teams will receive 1 (one) timeout for the entire overtime period. Team fouls will carry over to the over-time period.

**2.5** If a team is leading by 20 points or more in the final two minutes of the game, the mercy rule

will be put into effect and the game will be over. Also, **if a team is leading by 50 at halftime or any point thereafter the game will be ended by the mercy rule.**

### **3. Time-outs**

**3.1** Each team will have two (one-minute) time outs per game (no limit per half). After each time out, the official should record the number of the player who called the time-out and the time it was called.

**3.2** Time-outs may only be called by the team with possession of the ball or during a dead ball situation. Only players that are in the game may call a time-out. Bench personnel and coaches may not call time-out. After a time-out, the ball will be in-bounded closest to the spot where the ball was when the timeout was called.

**3.3** Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or during any overtime period at the expense of a technical foul. The technical foul must be given even if the official was unaware that the time-out was excessive.

**3.4** One (30-second) time-out per overtime period is allowed. Time outs from regulation play do not carry over into the overtime.

### **4. Violations**

**4.1** Back-court: Teams may not be in continuous control of a ball in their backcourt for 10 seconds. Once the ball has been established across the half-court line (both feet and the ball), it is a violation to cross back over into the back-court.  
Penalty: Turnover.

**4.2** Three Seconds: An offensive player cannot be inside of or in contact with the free throw lane (known as the key) for more than three seconds while the ball is in his/her team's front-court.  
Penalty: Turnover.

**4.3** Five Seconds: If a player is closely guarded (within six feet) in the front-court and holds the ball for more than five seconds, or dribbles the ball for more than five seconds then a violation will be called. Penalty: Turnover.

**4.4** Kicking: It is a violation to intentionally strike the ball with any part of the leg or foot; accidentally striking the ball with the foot or leg is not a violation.

**4.5** Elbowing: Swinging of the elbows while in possession of the ball without pivoting either foot will result in a turnover and possibly a technical foul or ejection.

### **5. Throw-In Violations**

**5.1** The thrower shall not leave the designated throw-in spot until the ball has crossed the plane of the boundary. Penalty: Turnover.

**5.2** The thrower must pass the ball into the court within five seconds of the start of a throw-in.  
Penalty: Turnover.

**5.3** The thrower may step on but not over the sideline.

**5.4** The opponent of the thrower cannot reach through the throw-in boundary plane and foul the thrower. Penalty: Intentional foul.

**5.5** The opponent of the thrower cannot reach through the throw-in boundary plane and touch or dislodge the ball Penalty: Technical foul.

**5.6** The opponent of the thrower cannot cross the end line or its imaginary plane. This is a delay of game. The team should be warned on the first offense and then penalized with a technical foul on each subsequent offense.

## **6. Fouls**

**6.1** A player shall be allowed 5 personal fouls per game. On the fifth personal, that player shall be removed from the game. A personal foul is a player foul that involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.

**6.2** A double foul is a situation in which two opponents commit personal fouls against each other at approximately the same time. In the case of a double foul, fouls are recorded, no free throws are awarded, and possession is awarded based on the alternating possession arrow.

**6.3** An intentional foul is a personal or technical foul designed to stop or keep the clock from starting, to neutralize an opponent's obvious advantageous position, and contact away from the ball or when not playing the ball.

**6.4** A flagrant foul may be a personal or technical foul of a violent or savage nature or a technical non-contact foul, which displays unacceptable conduct. If a flagrant foul occurs, the player is ejected from the game.

**6.5** When a player control (charging) foul is committed, no points can be scored.

**6.6** A technical foul is a foul by a non-player, a non-contact foul by a player; an intentional or flagrant contact foul while the ball is dead.

a. Two technical fouls against a player or coach result in immediate ejection of that person from the game. All ejections must be accompanied by an ejection form which is filled out by the issuing official and the court supervisor.

b. Slapping either backboard or grabbing the rim is a technical foul. Exception: a player may grab the rim to prevent injury.

c. Dunking during warm-ups or in a dead ball situation will result in a technical foul.

d. A technical foul on a spectator or coach is charged to the team captain. Any two players and/or coaches and/or spectators ejected from a game will result in an automatic forfeiture of the game by the offending team. A technical foul will also be recorded as a personal foul of the offender; also included in the total team fouls.

e. A team leading by 20 points or more during the second half may not use full court pressure. Penalty - Team captain will be given a warning on the first offense and a technical foul on the second offense.

## **7. Free Throws**

**7.1** A player will receive the one-and-one bonus after the offending team has accumulated 7 fouls each half. This rule applies to all fouls except shooting, player control, technical, intentional or flagrant. On the tenth foul and thereafter the opposing team will shoot two free throws for all fouls except player control.

**7.2** When a player control foul is committed, the basket will not be allowed and free throws will not be awarded.

**7.3** Players will be allowed two free throws and possession of the ball for all technical, intentional or flagrant fouls.

**7.4** Players will be allowed two free throws when fouled in the act of shooting. If the basket is made, then it counts and the player is allowed one free throw.

**7.5** Any shooting foul committed behind the three-point line, on a missed shot, will merit three free throws. If a player is fouled, in the act of shooting, behind the three-point line, and makes the shot, one shot will be awarded.

**7.6** The first marked lane spaces (ones adjacent to the end line) shall be occupied by opponents of the free-throw shooter, unless the resuming of play procedure is in effect. The second marked lane spaces on each side may be occupied by teammates of the free-throw shooter, and the third marked lane spaces may be occupied by opponents of the shooter. The total number of players permitted on marked lane spaces are six (not including the shooter) four defensive and two offensive. The offense may have no more than two players and the defense can have as little as two and as many as four. The lane spaces closest to the free-throw line (and the shooter) must remain vacant.

**7.7** During free-throw attempts all players may attempt a rebound when the ball makes contact with the rim.

## **8. Free Throw Violations**

**8.1** Players who wish to occupy the marked lane spaces must do so quickly, and must alternate lane spaces if their opponents wish to occupy the space nearest them. These individuals may enter the lane when the ball hits the rim.

**8.2** Any player other than the free thrower, who does not occupy a marked lane space, must be behind the free throw line extended and behind the three-point line. These players may not enter this area until the ball has touched the rim.

**8.3** The free thrower must not touch the free throw line. He or she cannot fake a try, and must release the ball within ten seconds.

a. In a one and one situation, this will result in a turnover.

b. If this occurs on the first attempt of a two shot foul, the first shot is void and the second will be administered.

c. If this occurs on the second attempt of a two shot foul, it will result in a turnover.

**8.4** Failure to cause the ball to touch the rim will result in a dead ball.

a. In a one and one situation this will result in a turnover.

b. If this occurs on the first attempt of a two shot foul, the first shot is void and the second will be administered.

c. If this occurs on the second attempt of a two shot foul, it will result in a turnover.

## **Intramural Basketball Rules (3-on-3 or 5 on 5)**

1. Games will be 20 points or 12 minutes, whichever comes first. Field goals count as one point each. Field goals beyond the three-point line count as two points each.
2. Shots must be attempted within 20 seconds.
3. A coin flip will determine possession of the ball at the beginning of the game, and the alternating process will be used for all jump balls. A coin flip is used for overtime possession.
4. The first two overtimes will be 2 minutes each. All additional overtimes will be 1 minute each. One 10-second time out will be allowed to each team during the first overtime period. No time outs are allowed during additional overtime periods.
5. The ball must be cleared beyond the top of the foul circle on changes of possession and any out-of-bounds throw in.
6. Each team must provide either a timer or scorer, and a game ball.
7. Substitutions may only be made after a scored basket or any violation that stops play.
8. Each team will receive one 20-second time out per game and one 10-second time out for the first overtime period.
9. Any stalling will result in change of possession.
10. Three players are required to start and finish a game.
11. Game time is forfeit time! No grace time is given if a team does not have three players to start a game.

## Intramural Flag Football Rules

### Rule 1: The Playing Field

- A. The playing field is 100 yards long by 35 yards wide, with ten-yard end zones.
- B. The field of play is divided into four 20-yard zones.

### Rule 2: Equipment

A. All players are to wear numbered jerseys between 0-99. If teams do not have their own jerseys, they are required to wear intramural jerseys to distinguish players. (JERSEYS MUST BE TUCKED IN.)

B. Football - Specifications - The official ball will be pebble-grained leather or rubber covered and will meet the recommended shape for a football. There are no requirements regarding ball pressure. During the game, each team must use a legal ball of its choice when it is in possession.

C. Shoes must be worn by all participants and will be made of a canvas, leather, or synthetic material which covers the foot attached to a firm sole of leather, rubber, or composition material which may have cleats or be cleat less.

- 1. Cleats are limited to studs or projections which are made with non-abrasive rubber or rubber-type synthetic material which does not chip or develop a cutting edge. **No metal cleats will be allowed.**
- 2. Screw-in cleats are allowed if the screw is part of the cleat. Penalty: A player violating this rule will be restricted from playing in the contest until appropriate shoes are worn and will be issued an **unsportsmanlike conduct** penalty. The game will not be delayed to secure appropriate attire by a participant.

D. Sunglasses - for medicinal reasons, a player may wear pliable and non-rigid sunglasses.

E. Each player will wear a flag belt. The flag color will contrast with shorts/pants color. Participants are required to wear flag belts provided by the intramural sports program.

F. Each player will wear shorts or pants with no pockets or belt loops.

- 1. A player who violates this rule will be restricted from playing in the contest until appropriate attire is worn.
- 2. It is prohibited to tape or modify clothing with pockets or belt loops.

**NOTE:** Hats are not allowed during play.

G. It will be prohibited for a player to wear equipment, which would be considered dangerous to one's self or to another player:

1. No hard casts will be permitted.
2. No jewelry will be permitted. Note: Medical alert bracelets and medical alert necklaces are not considered jewelry.
3. Jerseys with knots will not be permitted.
4. No hard or unyielding items to control hair will be permitted.
5. Exposed metal on clothes or person. This includes "O" or "D" rings used to secure flag belts.

H. Ball spotters - Two ball spotters will be used. The orange ball spotter will mark the offensive team's scrimmage line while the yellow ball spotter will mark the defensive team's scrimmage line. The ball spotters will be one yard apart.

**Rule 3:  
Players and Substitutes**

A. Number of Players

Seven players per team and two substitutes are allowed.

**Rule 4:  
The Game**

A. Games may begin with seven players. The supervisor will declare a forfeit if any team is not ready to play five minutes after the scheduled game time, or at the conclusion of the preceding game.

B. A coin toss will determine who has the option for choosing the ball or field position. The team which does not receive the ball in the first half shall receive the ball for the start of the second half. The teams will switch ends at half-time.

C. Length of Game - Regular season and playoff games will consist of two halves, 20 minutes each, with five minutes between halves.

D. Time-outs - Each team is allowed *two* time-outs per half of 60 second durations. (Officials will not recognize a time-out signal when a team has used their allotted time-outs.)

E. During the last two minutes of the second half, the clock will be stopped for the following:

1. Scoring (touchdown and safety)
2. Time-outs (team and official)
3. Two minute warning
4. Incomplete passes
5. Out-of-bounds
6. First down
7. Penalty and administration
8. Touchback
9. Team A awarded new series
10. Team B awarded new series
11. Either team awarded new series after a legal punt

12. An inadvertent whistle
13. Following first touching
14. A team attempting to conserve time illegally- starts on the ready
15. A team attempting to consume time illegally- starts on the snap

\*The clock will be restarted on the snap of the ball if the clock was stopped for the following:

1. Incomplete legal or illegal forward pass
2. Out-of-bounds
3. Touchdown (after the try) and safety
4. Change of possession
5. Team time-out
6. Touchback
7. Either team is awarded a new series following a legal kick
8. Officials time-out (depends on the situation)

\*The clock will be restarted when the official signals "ready for play" if the clock was stopped for the following:

1. First down (dependent on the previous play)
2. Penalty and administration (dependent on the previous play)
3. Officials time-out (depends on the situation)
4. Team attempting to conserve time illegally
5. Inadvertent whistle

#### G. Extension of Periods

A period must be extended by an un-timed down, if during the last timed down, one of the following occurs:

1. There was a foul, other than unsportsmanlike or non-player or fouls which specify loss of down by either team and the penalty is accepted. In the latter case, any score by the team which fouled is cancelled.
2. There was a double foul
3. There was an inadvertent whistle
4. If a touch down was scored, the 'try' is attempted unless the touchdown is scored during the last down of the second half and the points would not affect the out come of the game or playoff qualifying.

### **Rule 5:**

#### **Ball in Play, Dead Ball, and Inadvertent Whistle**

A. At the start of each half, following a safety, a touchback, and after each try the game will begin with a scrimmage play from the offensive team's own **14** yard line unless moved by penalty.

#### B. Downs and Zone Line to Gain

1. In a series of four downs, the team in possession must advance the ball to the zone which is in advance of the one where the ball is located at the start of the first down of the series.
2. Establishing Zone Line-to-Gain after a Foul
  1. On a live ball foul, the penalty yardage will be marked off first then the zone line-to-gain is established.
  2. Penalties for dead ball fouls which occur **prior** to the "ready for play signal" (succeeding spot enforcement) will be administered **before** setting the zone line-to-gain **down box** for a new series.
  3. Penalties for dead ball fouls which occur **after** the "ready for play signal" (succeeding spot enforcement) will be administered **after** setting the zone line-to-gain **down box** for a new series.

#### C. The ball is declared dead:

1. When it goes out-of-bounds.
2. When any part of the runner's body other than a hand or foot touches the ground. Also, the ball if in contact with the hand would not be considered dead.

3. When a touchdown, touchback, safety, or successful try is made.
4. When the ball strikes the ground following first touching by Kicker.
5. When a player of the kicking team catches a punt or any muffed kick which is beyond the neutral zone; when a punt comes to rest on the ground and no player attempts to secure it.
6. When a forward pass strikes the ground or is caught simultaneously by opposing players.
7. When a backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players. A ball snapped from scrimmage, which hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground. **NOTE:** A player cannot intentionally fumble forward - the ball will be marked at the spot where possession was lost. Exception: a forward fumble into the end zone will result in a touchback - see Rule 8D.
8. When a forward pass is legally completed, or a loose ball is caught by a player on, above, or behind the opponent's goal line.
9. **When a runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached from the belt.**
10. **When a runner is legally tagged with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.**
11. When a passer is de-flagged/tagged prior to releasing the ball.
12. When a muff of a punt strikes the ground.
13. When an official sounds his/her whistle inadvertently during a down.

D. Inadvertent whistle - During a down, or during a down in which the penalty for a foul is declared, if an inadvertent whistle occurs while:

1. A player is in possession, the team may choose to accept at that point or replay the down.
2. A legal forward pass or a punt, the down will be replayed.
3. Ball is loose from a backward pass, illegal kick, or illegal forward pass; the team may choose to put the ball in play where possession was lost or replay the down.
4. Penalty - if a foul occurs, an accepted penalty will be administered as in any other play situation. When a foul is accepted, disregard the inadvertent whistle. **No time will be added to the clock during a down with an inadvertent whistle.**

## **Rule 6: Snapping, Handing, and Passing the Ball**

### A. Prior to the snap

1. Encroachment - following the ready for play and until the snap, no player on the defense shall encroach, touch the ball, or contact their opponents. It is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball.
2. False starts - No offensive player will make a false start. A false start includes simulating a charge or start of a play.
3. Snap - The snapper, after assuming position for the snap and adjusting the ball may neither move nor change the position of the ball in a manner simulating the beginning of a play.
4. Ball status - The offensive players are responsible for retrieving the ball after a down has ended. The snapper may bring the ball to the huddle. A towel may be used to keep the ball dry (must be placed in the neutral zone when not in use).
5. The neutral zone will be one yard. **NOTE:** The ball marker may extend into the defenses end zone.

### B. Position and play during the snap

1. Legal position - after the ball is ready for play, each player on the offense must momentarily be within 15 yards of the ball before the snap. All players must be inbounds.
2. Minimum line players - The offensive team must have at least four players (co-rec requires five players) on their scrimmage line at the snap. The remaining players must be either on their scrimmage line or behind their Back-field line. A player in motion is not counted as one of the four or five on the scrimmage line.  
Penalty: Illegal Procedure

3. The offensive team has 25 seconds, from the ready for play whistle by the official, to snap the ball.
4. Motion
  - a. One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap.
  - b. The other offensive players must be stationary in their positions without movement of the feet, body, head, or arms. Penalty: Illegal motion
5. Shift - in a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least one full second before the snap. Penalty: Illegal Shift
6. Quarterback limitation - The player who receives the snap must be at least two yards behind their scrimmage line (no direct snap). Penalty: Illegal Procedure
7. The snapper - The player snapping the ball must pass the ball back from its position on the ground with a quick continuous motion. Penalty: Illegal Procedure
8. Handing the ball- A player may **hand** the ball forward or backward at anytime.
9. Stealing - It is **illegal** to steal or attempt to steal a ball in player possession. The object of the game is to de-flag a ball carrier. Penalty: Personal Foul.
10. **Co-Rec Play** - The co-rec games will be played under the same guideline as the men's and women's play. The following exceptions will be the only difference in co-rec play.
  - a. The term "closed" will indicate that a male passer may **NOT** throw a legal forward pass completion to any other male player. The term "open" will indicate any player can complete a legal forward pass to any other player. **Note:** If the officials erroneously indicate the "open" or "closed" status of a down, the play is nullified and the down will be repeated.
  - b. During the offensive team's possession, there may not be two consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the try.
  - c. If a male passer completes a forward passes to a male receiver, the next legal forward pass completion must involve either a female passer or female receiver for **positive** yards. The spot where the ball becomes dead by Rule must be beyond Team A's (offense) scrimmage line. There is **no** foul for a female receiver being de-flagged behind Team A's (offense) scrimmage line. The next legal forward pass completion remains "closed." Penalty: Illegal forward pass, five yards from the spot of the pass and loss of down.
  - d. There are no restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male.
  - e. A male runner cannot advance the ball through Team A's (offense) scrimmage line. There are no restrictions:
    - During a run by a male runner once the ball is beyond Team A's (offense) scrimmage line
    - During a run by a female runner
    - After a change of team possession(s) Penalty: Illegal procedure, five yards from the previous spot
  - f. A male receiver cannot catch a legal forward pass behind the line of scrimmage and advance the ball through the scrimmage line. Penalty: Illegal Forward Pass, 5 yards from spot of pass, Loss of Down.
  - g. Only a legal forward pass completion for positive yards determines if the next play is "closed" or "open"; therefore any foul, whether accepted or declined will have **no** effect on whether the next forward pass completion is "open" or "closed."
  - h. If a female scores a touchdown, the point value is nine. If a female player throws a legal forward pass and a touchdown is scored by any Team A player, the point value is nine. All other touchdowns are six points.

### C. Forward and Backward Pass

1. Every member of a team is eligible to catch a pass.
2. Only one forward pass per down (either over-handed, underhanded, or shuttle).
3. For a legal forward pass, the quarterback must release the ball behind their scrimmage line. **NOTE:** It is legal for a player to cross the scrimmage line and retreat behind the scrimmage line to attempt a forward pass.

4. The quarterback will be allowed to take the snap and immediately throw the ball to the ground to stop the clock.
5. A player may pass the ball backward anytime except if intentionally thrown out-of-bounds to conserve time.
6. If the passer is de-flagged prior to releasing the ball, the ball is dead and the down has ended.

#### D. Catch, Interception, Simultaneous Catch

1. A catch is an act of establishing player possession of a live ball in flight.
2. A catch of an opponents pass in flight is an interception.
3. If a player attempts a catch or an interception while in the air, the player must contact the ground inbounds with the ball in their possession prior to touching out-of-bounds, unless an opponent's contact causes them to first touch out-of-bounds.
4. If one foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out-of-bounds.
5. A catch in which there is joint possession by opposing players inbounds will be dead and awarded to the offensive team.
6. A pass either received or intercepted by a player with the flag belt missing will be ruled a catch. However, the de-flagging reverts to a one hand tag of the runner between the shoulders and the knees.

#### **Rule 7:**

#### **Scoring Plays, Safety, and Tie Game**

A. Scoring - The player scoring the touchdown must raise their arms so the nearest official can de-flag the player. If the official determines the flag belt has been secured illegally, the touchdown is disallowed and the illegally secured flag belt penalty will be assessed. Penalty: Personal Foul, 10 yards from previous spot, and loss of down.

1. Touchdown (men's, women's and men in co-rec play) 6 points
2. Pass/run after touchdown from 10 yard line 2 points
3. Pass/run after touchdown from 3 yard line 1 point
4. Safety 2 points
5. Points scored by defense during a try 2 points
6. Safety (Team B safety during a try) 1 point

B. Mercy Rule - If a team is ahead by 19 points or more when the official announces the two-minute warning for the second half, the game is over. Also, it applies if a team scores inside two minutes with this differential.

#### C. Point after touchdown

1. Following a touchdown, a one point conversion may be attempted from the three yard line, two point conversion from the ten yard line, or a three point conversion from the twenty yard line. This is the offense's option.

**NOTE:** If a touchdown is scored during the last timed down in the second half, the try is not attempted unless it will affect the outcome of the game.

2. Once the Team A captain makes the choice, he/she may change the decision only when a charged Team A or B time-out is taken before the try attempt. A team's choice cannot be changed if a penalty should occur.

Enforcement of yardage penalties does not change the value of the try. The point(s) shall be awarded if the try results in what would have been a touchdown. If Team B intercepts a pass or fumble during the try and returns it for a touchdown, they score 3 points.

3. If a live ball foul occurs following a Team B interception the penalty will be enforced from the succeeding spot (14 yard line).

**4. Next play - After a try, the ball will be snapped by the opponent of the scoring team at**

**their own 14-yard line, unless moved by penalty.**

5. If there is a foul by the offensive team, other than unsportsmanlike or non-player, during a down, which results in a successful touchdown or try, the acceptance of the penalty, nullifies the score. If there is a foul by the defensive team during a down that results in a successful touchdown or try, the penalty will be enforced from the succeeding spot.

D. Touchback - it is a touchback when:

1. Team R downs a punt that touches anything while the ball is on or behind R's goal line unless R chooses - spot of first touching by K.
2. The ball is out-of-bounds behind a goal line (except from an incomplete forward pass), when the ball becomes dead in possession of a player on, above, or behind the player's own goal line, or when the ball becomes dead not in possession on, above, or behind the team's own goal line, and the attacking team is responsible.
  - a. B-1 intercepts a pass in their end zone and runs around in their end zone and is de-flagged or steps across the end line, it is a touchback.
  - b. A-1 running for an apparent touchdown fumbles the ball on the Team B three-yard line and the ball lands in the Team B end zone, it is a touchback.
  - c. The ball will be placed on the 14-yard line after a touchback.

E. Safety - it is a safety when:

1. A runner carries that ball from the field of play across their own goal line, and it becomes dead in the end zone in their team's possession.

**Exception:** When a player intercepts a forward pass, **fumble, backward pass**, or punt between their five yard line and the goal line and their original momentum carries them into the end zone and the ball is declared dead, the ball belongs to the team that intercepted the pass at the spot where the pass was intercepted. **This is known as the momentum rule.**

2. A player kicks, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play or across his/her goal line and the ball subsequently becomes dead there in his/her team's possession. This includes when the ball is declared dead on or behind their goal line. However, it does not apply to a legal forward pass which becomes incomplete.

3. A player on offense commits any foul for which the penalty is accepted and measurement is from a spot in his/her end zone.

4. Afterwards - When a safety is scored the ball belongs to the defending team at its own **14** yard line.

**F. Tie Game (Playoffs Only)**

1. In the event of a tie score, at the completion of regulation play, the following procedure will be used to determine a game winner:

- a. Each team is entitled to one time-out in overtime.
- b. A coin will be flipped by the official to determine the options as in the start of the game. **NOTE:** All overtime periods are played toward the same goal line.
- c. Each team will be given a series of four downs from the 10 yard line. The object will be to score a touchdown. **NOTE:** The goal line shall always be the zone line-to-gain in overtime.
- d. The team which has scored the most points will be the winner. After a touchdown, a try-for-point will be attempted and scored as indicated in Rule 8C.
- e. If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed at the 10 yard line to begin a series of four downs - if available.
- f. If the defense intercepts the try-for-point and it returns for a score, they score three points.
- g. Penalties - They are administered similar to the regular game. - Dead ball fouls following a touchdown are penalized on the PAT.  
- Dead ball fouls following a try-for-point will be penalized from the succeeding spot.

**Rule 8:**

**Flag Belt Removal, Blocking, and Running**

A. Flag Belt Removal There are some tenets or basic rules which are established for flag football because of legal or illegal removal of the flag belt.

1. All participating players must have a flag belt on prior to the beginning of the down.
2. Flag belt removal - **The ball is declared dead when clip is detached from the belt.** The ball will be spotted at the **spot of the ball.**
3. De-flagging (removal of the flag belt by a player) is allowed only under special circumstances similar to tackling in football. Players must have possession of the ball before an opponent can legally de-flag them. **NOTE:** A player juggling a pass does not have possession until they have control of the ball and one foot on the ground inbounds. A player who controls a ball with both feet off the ground becomes eligible for de-flagging when the first part of the person touches the ground.
4. Pulling or removing a flag belt from an offensive player without the ball by a defensive player is illegal.
  - a. A defensive player removing a flag belt on a running play will result in a personal foul penalty.
  - b. A defensive player removing a flag belt on a loose ball play (pass play) will result in a pass interference penalty.
5. When a runner loses their flag belt either accidentally, inadvertently or on purpose, play continues. The de-flagging reverts to a one hand tag of the runner between the shoulders and the knees.
6. Any player caught tampering with the flag belt in any way to gain an advantage including tying or using foreign materials will result in an illegally secured flag belt penalty.
7. If the passer is de-flagged prior to releasing the ball, the ball is dead and the down has ended.

#### B. Screen Blocking and Defensive Contact

No player will be allowed to initiate contact during screen blocking.

1. Offensive screen blocking will be modified obstruction block. Screen blocking is legally obstructing an opponent between the waist and shoulders with the blocker's body. Forward movement of a lineman into the defensive player or use of elbows is not permitted. A player must be on his/her feet before, during, and after screen blocking. Penalty: Illegal Contact.
2. Defensive players may not use their hands and must make every attempt to avoid or go around the offensive player's screen block. Any directed aggressive contact will be interpreted as illegal contact.

#### C. Ball Carrier

1. Hurdling is an attempt by a player to jump with one or both feet or knees foremost over an opponent on their feet. Hurdling is not allowed. **NOTE:** A player may jump between players and over a player on the ground in the supine or prone position.
2. A ball carrier will be allowed to leave the ground with both feet in a diving manner.
3. Charging - a ball carrier cannot deliberately run through an opponent attempting to de-flag. A ball carrier must make an attempt to avoid contact.
4. Guarding the flag belt. Ball carriers will not guard their flags.
  - a. Swing the hand or arm over the flag belt to prevent an opponent from de-flagging.
  - b. Place the ball in possession over the flag belt to prevent an opponent from de-flagging.
  - c. Lower the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from de-flagging.
  - d. Stiff arm an opponent to prevent from de-flagging.
5. Obstruction of ball carrier. The defensive player will not hold, grasp or obstruct forward progress of a ball carrier when in the act of removing a flag belt.
6. The defensive player will not encircle with the hand(s) or arm(s) and take the opponent toward the ground as in tackle football. Penalty: 10 yards and disqualification.
7. Helping the ball carrier - the ball carrier will not grasp a teammate or be grasped, pulled or pushed by a teammate.

**Rule 9:  
Conduct of Players and Others**

**A. Unsportsmanlike Conduct**

1. Team Sportsmanship Rating System - Teams are required to maintain a rating of 7 or better to qualify for the playoffs and for each game/round of the playoffs to continue playing in the playoffs. Please check the

“Governing rules and Eligibility” document for additional information.

2. No player, coach or substitute will act in an unsportsmanlike manner during either a playing period or intermission. This includes any act the official deems poor sportsmanship.

a. Using profanity, insulting or vulgar language or gestures.

b. Any acts of unfair play.

c. Intentionally kicking, swinging an arm, hand or fist at any opposing player.

d. Intentionally kick the ball.

e. Spike the ball into the ground.

f. Throw the ball high into the air.

g. Disrespectfully addressing an official.

h. Indicating objections to an official's decision.

**NOTE:** Unsportsmanlike conduct penalties will be enforced from the succeeding spot.

3. Any individual who has to be removed from any contest for misconduct or unsportsmanlike conduct will automatically be ineligible to participate in the remainder of that game as well as the next scheduled game(s).

**B. Judgment Calls and Eligibility**

1. All protests must be made to the official on the field of play at the time of occurrence and not after the contest is completed. It should be noted, however, that a matter involving a judgment call is not basis for a protest.

2. A protest regarding the eligibility of players must be made before either team plays its next scheduled game.

**Cancellations**

During inclement weather, only the intramural supervisor at the site can cancel games. Do not assume the game will be canceled, as the weather is very unpredictable. It is your responsibility as the captain to make sure your team is ready to play at game time. Canceled games during the regular season will not be rescheduled, and both teams will receive a tie. Playoff games that are canceled will be rescheduled as soon as possible.

## Intramural Softball Rules

Game time is forfeit time.

Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in ejection or forfeiture of the game. Spectators must remain in the designated area. Only players and coaches (maximum of two) are permitted in the playing area. The umpires shall have the power to make decisions on any matters or questions not specifically covered in the rules. Line-ups must be completed and issued to the umpire at the time pre-game captains meeting.

All rules not mentioned in this packet will be governed by the ASA slow pitch softball rules.

### 1. Team Requirements

Each team may have up to 10 (12 for Co-ed) players and as few as 9 in order to start a game. A team must have at least 8 players on the field to continue playing, if a team only has 8 players and a player is ejected or injured and unable to continue, then the team must take a default. If a team starts a game with 9 players, they may add up to 10 players anytime during the game. Each additional player must be added to the bottom of the line-up. An eleventh (or twelfth for Co-ed) batter will not be permitted to add once the game has started.

### 2. Equipment

**2.1** A regulation softball, bases, batter's helmet and catcher's mask will be provided by the intramural program. **2.2** Athletic shoes must be worn by all participants. Rubber cleats on shoes will be allowed. Screw-in cleats will be allowed as long as the screw is part of the cleat. Metal cleats of any kind, open heel and/or toe shoes are prohibited. **2.3** All jewelry and rubber bands are prohibited and will result in an automatic out at the time of infraction. **2.4** A regulation softball bat (must say official softball on the bat) with handle tape, rubber or leather, is the only legal bat allowed (no baseball bats). If a metal bat is used, it must have a metal knob. As a result of numerous accidents and a recent death involving the newest technology in softball bats, the Intramural Sports Program has decided to follow the recommendations of the Amateur Softball Association and ban bats with a BPF rating beyond what is listed on the bat.

**If caught using an illegal bat: Player will be ejected - the minimum length of suspension is that game plus one more.**

**2.5** Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed. A player may not remove a knee brace and continue to play.

### 3. Substitutions

**3.1** Free substitution is allowed provided such player occupies the same position in the batting order.

**3.2** Any base runner may be replaced by a courtesy runner who made the last batted out. Any player who is injured while in the field will require normal substitution procedures (sec 3.1). **3.3** An automatic out will be awarded if a player who is listed in the batting order is unable to bat (assuming a substitute is not available). An automatic out will also be awarded at the time of player's at bat if that player has been ejected from the game. No substitute will be permitted to take an ejected batter's place.

#### 4. Length of the Game

**4.1** A regulation game consists of a maximum of seven innings. No innings will be started after 50 minutes of playing time has elapsed. If an inning is started, it must be completed. Innings are considered started once the third out of the previous inning is made. Completed games which end in a tie during the regular season will stand. There will be no warm-up time given to either team because of the time limit. Teams should warm up in the designated areas off the field before their game. **4.2** Any team leading by 15+ runs after the completion of three innings or 10+ runs after 5 innings (4.5 innings is home team is winning) or complete inning thereafter will be declared the winner and the game complete. **4.3** A game is considered official after four innings. (Example: rain in the middle of the 6th inning, score reverts to end of the 5th inning.) **4.4** No time limit will be in effect during championship games.

#### 5. Sportsmanship

**5.1** At the umpire's discretion, a player may be called out or ejected from the game for swinging or throwing the bat in a dangerous manner. All runners must return to their original bases. **5.2** If at any time a team has 2 players and/or coaches and/or spectators ejected from the game, the offending team will immediately forfeit the game. **5.3** The offensive team is responsible for retrieving all foul balls and home runs. **5.4** Teams must leave the dugout and remove all trash and equipment immediately following their game. **5.5** During the game all equipment must remain in the dugout; gloves will not be permitted on the fence.

#### 6. Base-Running

**6.1** No stealing is allowed. Runners may leave the base when the pitch is hit. If the runner is off the base before the pitch reaches the plate, the runner is out and no pitch is declared by the umpire. **6.2** The base distance is 65 feet. **6.3** When the ball is thrown over the fence or into the dugout, all runners will be awarded two bases, and the award will be governed by the positions of the runners when the ball left the fielder's hand. If two runners are between the same bases, the award is based on the position of the lead runner. The base to which the runner is running has no effect on the award. **6.4** Any runner who deliberately runs into a fielder (waiting to make a tag or a force out) will be called out immediately and each runner will return to the last base occupied at the time of the collision. If the runner's act is flagrant, he/she will be ejected. Other runners involved in the play may be called out at the umpire's discretion. **6.5** Any runner who is not in contact with a base and is in fair territory when struck by a batted ball, and the ball had not passed a defensive player other than the pitcher, will be called out. An immediate dead ball should be called, the runner is out and the batter is awarded first base. **6.6** A runner may choose either to slide into a base or simply avoid contact. Please always be aware that sliding into a base may cause injury. Intramural Sports does not require players to slide, however, if a runner chooses not to slide, they must still avoid contact and may be tagged out. Collisions may result in immediate ejections. A runner who leaves the base path will be called "out". **6.7** In the case of a possible double play, the base runner must slide directly into the base (rather than the fielder) or get out of the way of the thrown ball or both he/she and the batter-base runner may be called out. **6.8** A defensive player cannot stand in the base path or obstruct the path of a base runner unless he/she is making a play on the ball. In the event of an obstruction, the umpire shall award the obstructed runner and each other runner affected by the obstruction the bases they would have, in his/her opinion, reached had there been no obstruction. **6.9** Fake tags by any fielder are illegal. Penalty for a fake tag is ejection from the game.

#### 7. Batting

**7.1** The batter starts with a count of one ball and one strike. **7.2** Chopping and bunting are not allowed. The batter must take a full swing. Penalty: batter is called out and base runners must

return to their original bases. **7.3** The batter has 10 seconds to enter the batter's box. If the batter does not enter the box, the umpire shall call a strike on the batter.

**7.4** Once the batter has 2 strikes, he/she is declared out if he/she hits a foul ball. Runners may still tag if a ball is caught in foul territory. **7.5** An extra hitter (EH) may be used. He/she is an eleventh (or 12th for Co-Ed) hitter in the lineup. This person can not be added once the game has started. If an EH is used, the position cannot be terminated during the game. An EH may substitute in the field, however, they must maintain the same position in the batting order. **7.6** (Only applies to over-the-fence home runs) After three home runs, a "one-up" policy is in effect. Teams are permitted to hit three home runs a game, regardless. When a team reaches three home runs, and for all at-bats thereafter, they are not permitted to hit another home run that will lead them to have two home runs more than the opposition. For example, Team A cannot hit their fourth home run, until Team B has hit their third home run. A violation of this will result in an out. Runners will return to their bases at the time of the pitch. **7.7-** After hitting a homerun over the fence, the batter does not have to touch any of the bases. We will be following ASA's "hit and sit" rule. All runners on base at the time of the homerun do not have to touch any more bases. The players may simply run off the field if desired.

## 8. Pitching

**8.1** Preliminary to pitching, the pitcher shall come to a full and complete stop with both feet firmly on the ground, and with one or both feet in contact with the pitching rubber. The ball must be held in the pitching hand or both hands in front of the body. This position must be maintained at least one second but not more than 10 seconds before starting the delivery. The pitcher has 20 seconds to pitch the ball and this time starts when the previous pitch ends. **8.2** In the act of delivering the ball to the batter, the pivot foot must remain in contact with the pitcher's rubber until the ball leaves the hand. **8.3** A legal delivery shall be a ball that is delivered to the batter underhand. The pitch shall be what is commonly known as a slow pitch. **8.4** The ball must be pitched with a minimum arc of at least 6 feet from the ground and must not reach a height of more than 12 feet at its highest point from the ground. Penalty: Illegal pitch. The batter has the option to swing at an illegal pitch.

## 9. Infield Fly Rule

**9.1** An infield fly is a fair fly (not including a line drive) which can be caught by an infielder with ordinary effort provided there are runners on first and second, or first, second and third with less than 2 outs. The umpire will declare the infield fly rule and the batter is immediately out. Base runners cannot be forced out and may advance at their own risk.

## 10. Appeal Play

**10.1** An appeal play is a play in which an umpire cannot make a decision until requested by a coach or player. The appeal must be made before the next legal or illegal pitch, or before the defensive team has left the field. The defensive team has left the field when the pitcher and all the infielders have left fair territory. **10.2** There are 3 types of appeal plays: a. missing a base b. leaving a base on a caught fly ball before the ball is first touched c. batting out of order **10.3** Once a dead ball has been called, any infielder (including the pitcher and catcher), with or without possession of the ball, may make a verbal appeal on a runner missing a base or leaving a base too soon. The plate umpire should acknowledge the appeal, and the administering umpire should make a decision on the play. Base runners cannot leave their bases during the appeal.

## 11. Rule Clarifications

**11.1** A ball slips from the pitcher's hand during the back swing, is dead and no pitch is declared. All subsequent action on that pitch is canceled. **11.2** Any runner who is physically assisted by a coach or anyone except another base runner is to be declared out. The ball is dead and runners must return to the last base they touched. **11.3** A missed base must be appealed. An umpire cannot call a player out unless the offended team appeals.

## 12. Co-ed Slow-Pitch Softball

**12.1** Teams are composed of any of the following combinations (excluding the EH): 5M and 5W, 5M and 4W, 4M and 5W, 4M and 4W, 6M and 5W, 5M and 6W or 6M and 6W. **12.2** Batting **12.21** Men and women may bat in any order in the line-up. Men and women courtesy runners must replace men and women respectively. **12.22** An Extra Hitter (EH) is allowed in Co-ed slow pitch softball. The EH can be either a male or female. The EH may only be used if the team has five males and five females in the field. A male or female may replace either sex in the EH position. If two EH's are used, one must be male and one must be female. **12.23** If a male batter walks and is followed by a female batter, she has the option to hit or walk. Regardless of whether or not the female hits, the male automatically advances to second base. **12.24** Males will hit the men's softball, and females will hit the women's softball. If a male hits the women's softball, the play will count (it is the pitcher's responsibility to pitch the appropriate ball to the male batters). If a female hits a male softball she may either accept the result of the play or be awarded a new at-bat. In the case of a new at-bat all runners must return to the previous bases occupied and the batter will begin with a new one and one count. **12.3** Fielding **12.31** Men and women may take the field in any position, the infield or the outfield. **12.32** All outfielders must remain behind the 200' line until the ball is hit when a female is at-bat. All infielders must remain on the "dirt" until the ball is hit during a female at-bat. Penalty: the batter may accept the result of the play or he/she is awarded first base. **12.33** A maximum of 6 infielders will be permitted for the defensive team during a female at-bat.

## 13. Game Cancellations -

**13.1** A game may be cancelled at any point due to in-climate weather. **13.2** If a game is cancelled and has been played through 3 1/2 innings (the home team winning), or the 4 inning (the visiting team winning) it is considered a complete game. **13.3** If a game is cancelled and has been played past the 4 inning, the score will stand as it was in the last complete inning. (Example: rain in the middle of the 6th inning, score reverts to end of the 5th inning.) **13.4** Games that are cancelled prior to being played due to weather will be recorded as ties.

During inclement weather, only the intramural supervisor at the site can cancel games. Do not assume the game will be canceled, as the weather is very unpredictable. It is your responsibility as the captain to make sure your team is ready to play at game time. Canceled games during the regular season will not be rescheduled, and both teams will receive a tie. Playoff games that are canceled will be rescheduled as soon as possible.

## Intramural Volleyball Rules

Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in ejection or forfeiture of the game. Spectators must remain in the designated area. Only players and coaches (maximum of two) are permitted in the playing area. The referee shall have the power to make decisions on any matters or questions not specifically covered in the rules.

National Federation High School volleyball rules will govern all play for any rule not mentioned in the following intramural rules:

### Team Requirements and Equipment

**1.1** A team shall consist of 6 players. A team may start with a minimum of 4 players. All players must be checked in with the intramural supervisor before they are allowed to participate.

**1.2** All players must wear non-marking rubber-soled athletic shoes.

**1.3** Jewelry may not be worn.

**1.4** Casts and/or any other item deemed to be dangerous by the official or athletic trainer may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inch of slow recovery rubber or similar material will be allowed.

### The Game

**2.1** All matches will consist of the best two out of three games. All games will be rally scoring: Rally scoring means a point is won on each serve, no matter whether the team who won the point served the ball or not. In the first two games a game shall be won by the team which has earned 30 points and a two point advantage. If the score is tied 29-29, then the first team to gain a two point advantage is the winner. In the third game team which achieves 15 points first is declared the winner. If the score is 14-14, then the first team to gain two points in a row will be declared the winner. There is no cap in any of the three games.

**2.2** A coin toss at the beginning of the match will determine the choice of court or service. The team which does not serve first in game one will serve first in game two. Teams must switch sides between the first two games. A coin toss will be conducted for the choice if there is a third game.

**2.3** Two time outs will be given to each team per game.

### Playing the Ball

**3.1** Maximum of three team contacts: Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. The only exception to this rule is that a block is not considered to be one of the three contacts.

**3.2** Contacted ball: A player who contacts the ball shall be considered as playing the ball.

**3.3** Contact of the ball with the body: The ball may be hit with any part of the body on or above the waist, but cannot come to rest visibly on the body. If the ball hits below the waist, it shall become dead.

**3.4** Illegal hit: An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. **This is a judgment call by the official and cannot be questioned by anyone.** Holding, catching, throwing, lifting, and pushing are illegal hits because of prolonged contact with the ball. Rolling is considered an illegal hit because there is continued and steady contact between the ball and the player's body.

**3.5** Double hit: A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball.

**3.6** Simultaneous contact by the opponents:

a. If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times.

b. If the ball is held simultaneously by two opposing players, it is a double fault and the official

will direct a replay.

**3.7 Net play:** A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area. Exception: A service hitting and not clearing the net results in a dead ball.

**3.8 Net foul:** A net foul occurs while the ball is in play and:

a. a player contacts any part of the net including the cable attachments. It is not a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or net cables into the player.

b. there is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball.

**3.9 Screening:** A screen is an intentional act, which obstructs the receiving player's view of the server or the flight of the ball from the server. Screening includes:

a. the server being hidden behind a group of two or more teammates who are standing in an erect position and the ball is served over a member of the group.

b. a player with hands extended clearly above the height of the head or with arms extended sideways at the moment of service if the serve passes over the player(s).

**3.10 Blocking the ball:** A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack. (Note: The serve may NOT be blocked)

The attack is considered complete when the:

a. attacking team has completed their three allowable hits.

b. attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with the intent to return it to the opponent's court.

c. ball is falling near the net on the attacking team's side and in the official's judgment; no member of the attacking team could make a play on the ball.

**3.11 Front line players** may contact the ball from any position inside or outside the court (except crossing the center line and its out-of-bounds extension). A player may cross the center line or its out-of-bounds extension with one or both feet/hands, provided a part of the foot/feet or hand/hands remains on or above the center. Contacting the floor across the center line with any other part of the body is illegal.

**3.12 Back-line player attack:** A back-line player may attack the ball only if he/she leaves the floor from behind the 10 foot line and its imaginary extension. If any part of the player's foot touches the 10 foot line at the time of contact; a foul shall be called. Back-line players may not attempt to block the ball in front of the 10 foot line. A back-line player shall not return a ball which is completely above the height of the net while:

a. on or in front of the 10 foot line or its out-of-bounds extension.

b. in the air, they left the floor on or in front of the 10 foot line.

## **Service**

**4.1** The server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted. If the ball is served before the official's beckon, a re-serve shall be directed. During a team's term of service if the ball is served a second time before the official's beckon, then it is a side-out. If the serve hits the net and still fall inside the non-serving team's court, then the ball is ruled in play. If a serve hits the net and does not fall inside the non-serving team's court, then it is considered to be illegal and a point will be awarded to the non-serving team. The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from the serving area.

**4.2** A good serve must land on the line or inside the court. If any part of the ball touches the line, then the ball is considered to be "good". If the ball lands out and is not touched by any player on the receiving team before it hits the ground, then a point is awarded.

**4.3** The server has five seconds to make a legal serve. The server may toss and catch a bad toss as long as no swinging motion has been made to attempt the serve. The server is allowed only one re-serve per term of service.

**4.4** Positions of players at service: The positions of players at the moment of service must be in

proper alignment. This means that no player on the court may be closer to a sideline, end line, or centerline, than an adjacent player on the court. Front-line players may not overlap with any back-row player, and vice-versa. Players in the front-line may not overlap with one another, and the same is true for players in the back-row. After the ball has left the server's hand, players may go anywhere on the court.

4.5 Front-row players: A team can have no more than 3 front-row players on the court, during a particular rotation, regardless of the total number of players (4, 5 or 6) on the court.

- **Live ball/Dead ball**

**5.1** The ball becomes live when it is legally contacted for the service.

**5.2** The ball becomes dead when:

- a. the ball touches the antennas or any part of the net outside the playing court.
  - b. the ball strikes the floor.
  - c. the ball contacts a permanent object (excluding the net) above or outside the playing court.
- 5.3** The point shall be replayed if a ball from an adjacent court enters the playing area.

**EXCEPTION:** a ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

- d. a player commits a fault.
- e. a served ball contacts and does not clear the net.
- f. the official blows the whistle for any reason.

### **Coed Rules**

6.1 A team consists of six individuals but may play with four individuals. Only the following combinations are acceptable; 3 men and 3 women, 3 men and 2 women, 2 men and 3 women, or 2 men and 2 women.

6.2 Men and women must alternate positions.

6.3 A female must hit the ball at least once if the ball is contacted two or more times before being returned over the net. Failure to do so will result in either a point or a side-out.

# **Intramural Table Tennis Rules**

## **ORDER OF HITTING THE BALL**

1.1. In doubles, balls may be hit by either partner at will, in any order.

## **2. SERVICE**

2.1 The server must bounce the ball on their side of the table with their free hand and then hit it with the paddle.

2.2 The ball must bounce once on the server's side of the table and only once on your opponent's. If it bounces twice on your opponent's side, he's awarded the point.

2.3 The ball must cross the end line and must not cross the edge lines on the service.

2.4 Serves spun by holding the ball against the paddle and releasing with the hand are completely legal.

2.5 Serves with your hand & body leaning way into the table way past inside the endline (close to the net) are also legal.

2.6 The serve must be delivered from alternating sides of the center line (like tennis).

2.7 The serve must always be delivered diagonally from the right court to the right handed opponent's forehand.

2.8 The serve must always be delivered diagonally from the left court to the right handed opponent's backhand.

2.9 When the score reaches 20, the player who trails serves until deuce is reached or the game is lost.

2.10 If the server serves two consecutive let serves, the point is awarded to the receiver (like tennis).

2.11 Each player serves 5 points and then the serve is rotated.

## **3. A GOOD RETURN**

3.1 Returning the ball with a volley (before it hits the table on your side) at any time during play is a good shot (like tennis).

3.2 The ball must always cross the net (no around the net shots).

3.3 At any time, it is legal to hold on to the table with your non racquet hand for better balance.

3.4 When smashing, it is legal place your non racquet hand on the table for more power.

#### **4. IN PLAY**

4.1 It is legal to catch the ball as long as you don't hit it and reserve with no penalty (like tennis).

#### **5. A LET**

5.1 "fault" ...if it happens again then it is a "double fault" and loss of point (like in tennis).

#### **6. A GAME**

6.1. Games are played to 21 points--you must win by 2 points.

#### **7. A MATCH**

7.1. A match consists of the best two out of three games.

#### **8. THE CHOICE OF ENDS AND SERVES**

8.1 Players can flip a coin to decide who serves first. The person(s) losing the flip can pick the side they want.

8.2 First serve is alternated from game to game.

8.3 Players switch side after each game.

#### **9. THE CHANGE OF SERVICE**

16.1 In doubles, players must take their turns serving.

## Intramural Tennis Rules

1. **All players must present their valid Coahoma Community College ID to play.** No exceptions!
2. **Jewelry is not allowed to be worn by any participant during an Intramural event.** Any and all dangerous equipment must be removed prior to participation.
3. **GAME TIME IS FORFEIT TIME!** The minimum number of players must be present on the court and in uniform for a team not to forfeit.
4. Only a team's designated Captain is allowed to confer with the officials. There is a **ZERO TOLERANCE** policy for any unsportsmanlike behavior directed towards players, officials, and staff.  
Ejected players must leave the facility. Any player or team that exhibits a pattern of troublesome behavior will be removed from intramural sports.

### SCORING

Points in tennis are called love, 15, 30, 40, deuce and advantage.

### THE GAME

0, or nothing, is called 'love'. It is believed to come from the pronunciation of the French word 'l'oeuf', which sounds like 'love'. The use of 'l'oeuf', meaning 'egg', to denote nothing, is derived from the shape of an egg. The first point won by a player is called 15, the second point, 30, the third point, 40. If a player then wins a fourth point before his opponent has won three points, then that player wins the game. However, if both players have won three points (40-all), the score is then deuce, and it is necessary to win two points in a row to win the game. The word 'deuce' comes from an Old French word 'deus', meaning 'two'. The first point won after a score of deuce is called advantage, either to the server or receiver, but if that player loses the next point then the score returns to deuce. Here are the score of the game in which deuce occurs:

15 - love

15 - all

30 - 15

40 - 15

40 - 30

deuce

advantage receiver (or player's name)

deuce

advantage server (or player's name)

game server

### THE SET

The first player who wins six games, wins the set, provided he has won two more games than his opponent. If the score reaches five games to six, then the winning player must win the next game. If the score reaches six games all, then it becomes a tiebreak. Men usually play the best out of five sets and women, the best out of three sets.

### THE TIEBREAK

In most matches, when a game score of six all is reached, a tiebreak is played. In a tiebreak the points are called 1, 2, 3, etc. Each side serves only once. This is so as not to give too great an advantage to the server. The player who wins the tiebreak game is the player who wins seven points with at least two more points than his opponent. He wins the set seven games to six. In a tiebreak the players must keep playing until one player is two points ahead. In doubles the players serve alternately in the same order as before.

**CHANGE OF ENDS**

The players change ends every time the total number of games played is uneven. This is so as not to give one player an advantage in outside conditions, such as wind or sun. This sometimes looks silly when tennis is played indoors, but those are the rules, and it also gives the players a chance to get some rest. In the tiebreak the players change ends after every six points.

**TIME BETWEEN POINTS**

The rulebook says play must be continuous, but it also says that you may take no longer than thirty seconds before playing the next point. On the changeover the resting time is one minute. So as soon as the last point of the game is played, you will have ninety seconds before you have to start the next point.

**ON THE LINE**

A ball that touches only a hair of the line is in, even if 99 per cent of the ball touches the ground outside the line.

# Appendix of Registration Forms

TEAM NAME:

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CAPTAIN:

# SAMPLE

## 5-ON-5 BASKETBALL TEAM

TEAM NAME:

1. Kenneth Wright
  2. Eric Daniels
  3. Patrick Oliver
  4. Thaddeus Bontes
  5. Kyonte Griffin
  6. Dalmacio Jenkins
  7. Perry Williamson
  8. Kenneth Hall
  9. Daniel Lyons
- CAPTAIN: Jaren Brady

TEAM # 5: Street Ballers  
NAME OF TEAM

Deadline  
March 5, 2009

TEAM NAME:

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CAPTAIN:

TEAM NAME:

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CAPTAIN:

TEAM NAME:

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CAPTAIN:

**SAMPLE**

9/3/08

**7-ON-7  
FLAG FOOTBALL  
TEAM**

TEAM NAME:

1. Sean Stockman
2. Stewart Robinson
3. Lucy Jackson
4. Juan L. Martinez
5. XO Jones
6. Jeff Johnson
7. Travis Webster
8. Brandon Woodland
9. Kibin Mephera

CAPTAIN: XO Jones ← NO

DEADLINE  
SPET. 11, 2008

**TEAM # 1**

NAME OF TEAM: Top Shelf

TEAM NAME:

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CAPTAIN:

TEAM NAME:

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*MALES*

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# ***SAMPLE***

## **Ping Pong Tournament Sign-Up**

(Male Bracket)

1. Travis Webster
2. Steven Graves
3. Patrick Ray
4. Alex Scott
5. Terrell Jones
6. Ricky Lockett
7. Charles Sanders
8. Teeno Todd
9. Akeem Scott

***FEMALES***

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

# ***SAMPLE***

## **Ping Pong Tournament Sign-Up**

(Female Bracket)

1. Whitney King
2. Markico Taylor
3. Tina Watson
4. Shertha Butler

*MALES*

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

*FEMALES*

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

*MALES*

TEAM NAME:

1.

2.

TEAM NAME:

1.

2.

TEAM NAME:

1.

2.

TEAM NAME:

1.

2.

*FEMALES*

TEAM NAME:

1.

2.

TEAM NAME:

1.

2.

TEAM NAME:

1.

2.

TEAM NAME:

1.

2.

TEAM NAME:

1.

2.

TEAM NAME:

1.

2.

TEAM NAME:

1.

2.

TEAM NAME:

1.

2.

# Appendix of Evaluations

5-on-5 Basketball

Please rate the following:

5-Excellent      4-Very Good      3-Good      2-Fair      1-Poor

1. How would you rate Basketball as an intramural sport?

\_\_\_\_\_

2. How would you rate the time that games are played?

\_\_\_\_\_

3. How would you rate the officiating of the games? \_\_\_\_\_

4. How would you rate the helpfulness of the staff? \_\_\_\_\_

5. How would you rate your experience of 5-on- 5  
Basketball? \_\_\_\_\_

What improvements can be made to make 5-on- 5  
Basketball a better experience for you?

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# **SAMPLE**

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What improvements can be made to make 5-on-5  
Basketball a better experience for you?

Season Intermural League: add a  
few coaches for each team, MANETOR  
to have a coach for each team,  
Ustraside / Powerside / Water on each bench.

### 5-on-5 Basketball

|                             | Excellent | Very Good | Good | Fair | Poor |
|-----------------------------|-----------|-----------|------|------|------|
| Rate as an Intramural Sport | 6         | 6         |      |      | 1    |
| Game Times                  | 9         | 2         | 1    | 1    |      |
| Officiating                 | 5         | 1         | 5    | 1    | 1    |
| Helpfulness of Staff        | 4         | 8         |      | 1    | 1    |
| Experience                  | 5         | 4         | 3    |      | 1    |

**Comments:**

What improvement or changes should be made to create a better experience?

1. More Games
2. Better Officiating
3. More Staff

92.3% of random sample rated Flag Football as an Intramural Sport as very good or better

84.6% of random sample rated Flag Football game times as very good or better

46.1% of random sample rated Flag Football officiating as very good or better

92.3% of random sample rated Flag Football staff helpfulness as very good or better

69.2% of random sample rated Flag Football experience as very good or better

**NOTE:** The evaluation results were derivative of the aforementioned variables on the evaluation instrument. The findings will be used to improve the 5-on-5 Basketball Intramural Program.

### 3-on-3 Basketball

Please rate the following:

5-Excellent    4-Very Good    3-Good    2-Fair    1-Poor

1. How would you rate Basketball as an intramural sport?

\_\_\_\_\_

2. How would you rate the time that games are played?

\_\_\_\_\_

3. How would you rate the officiating of the games? \_\_\_\_\_

4. How would you rate the helpfulness of the staff? \_\_\_\_\_

5. How would you rate your experience of 3-on- 3 Basketball? \_\_\_\_\_

What improvements can be made to make 3-on- 3 Basketball a better experience for you?

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**3-on-3 Basketball**

|                             | Excellent | Very Good | Good | Fair | Poor |
|-----------------------------|-----------|-----------|------|------|------|
| Rate as an Intramural Sport |           |           |      |      |      |
| Game Times                  |           |           |      |      |      |
| Officiating                 |           |           |      |      |      |

|                      |  |  |  |  |  |
|----------------------|--|--|--|--|--|
| Helpfulness of Staff |  |  |  |  |  |
| Experience           |  |  |  |  |  |

Comments:

What improvement or changes should be made to create a better experience?

## Bowling

Please rate the following:

5-Excellent      4-Very Good      3-Good      2-Fair      1-Poor

1. How would you rate Bowling as an intramural sport?

\_\_\_\_\_

2. How would you rate the time that games are played?

\_\_\_\_\_

3. How would you rate the officiating of the games? \_\_\_\_\_

4. How would you rate the helpfulness of the staff? \_\_\_\_\_

5. How would you rate your experience of Bowling? \_\_\_\_\_

What improvements can be made to make Bowling a better experience for you?

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### Bowling

|                             | Excellent | Very Good | Good | Fair | Poor |
|-----------------------------|-----------|-----------|------|------|------|
| Rate as an Intramural Sport |           |           |      |      |      |

|                      |  |  |  |  |  |
|----------------------|--|--|--|--|--|
| Game Times           |  |  |  |  |  |
| Officiating          |  |  |  |  |  |
| Helpfulness of Staff |  |  |  |  |  |
| Experience           |  |  |  |  |  |

Comments:

What improvement or changes should be made to create a better experience?

## Flag Football

Please rate the following:

5-Excellent      4-Very Good      3-Good      2-Fair      1-Poor

1. How would you rate Flag Football as an intramural sport? \_\_\_\_\_
  
2. How would you rate the time that games are played?  
\_\_\_\_\_
  
3. How would you rate the officiating of the games? \_\_\_\_\_
  
4. How would you rate the helpfulness of the staff? \_\_\_\_\_
  
5. How would you rate your experience of Flag Football?  
\_\_\_\_\_

What improvements can be made to make Flag Football a better experience for you?

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# ***SAMPLE***

## **Coahoma Community College Intramural Sports Evaluation**

### FLAG FOOTBALL

Please rate the following:

5-Excellent    4-Very Good    3-Good    2-Fair    1-Poor

1. How would you rate Flag Football as an intramural sport?

5

2. How would you rate the time that games are played?

5

3. How would you rate the officiating of the games? 5

4. How would you rate the helpfulness of the staff? 4

*need more staff members*

5. How would you rate your experience of Flag Football?

5

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What improvements can be made to make Flag Football a better experience for you?

More staff member involve.

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### Flag Football

|                             | Excellent | Very Good | Good | Fair | Poor |
|-----------------------------|-----------|-----------|------|------|------|
| Rate as an Intramural Sport | 17        | 3         | 1    |      |      |
| Game Times                  | 13        | 3         | 2    | 3    |      |
| Officiating                 | 10        | 5         | 3    |      | 3    |
| Helpfulness of Staff        | 7         | 7         | 3    | 1    | 3    |
| Experience                  | 18        | 3         |      |      |      |

**Comments:**

What improvement or changes should be made to create a better experience?

1. More Games
2. Better Officiating
3. More Staff
4. Place to Play

95.2% of random sample rated Flag Football as an Intramural Sport as very good or better

76.1% of random sample rated Flag Football game times as very good or better

71.4% of random sample rated Flag Football officiating as very good or better

66.6% of random sample rated Flag Football staff helpfulness as very good or better

100% of random sample rated Flag Football experience as very good or better

**NOTE:** The evaluation results were derivative of the aforementioned variables on the evaluation instrument. The findings will be used to improve the Flag Football Intramural Program.

## Softball

Please rate the following:

5-Excellent      4-Very Good      3-Good      2-Fair      1-Poor

1. How would you rate Softball as an intramural sport?

\_\_\_\_\_

2. How would you rate the time that games are played?

\_\_\_\_\_

3. How would you rate the officiating of the games? \_\_\_\_\_

4. How would you rate the helpfulness of the staff? \_\_\_\_\_

5. How would you rate your experience of Softball? \_\_\_\_\_

What improvements can be made to make Softball a better experience for you?

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### Softball

|                             | Excellent | Very Good | Good | Fair | Poor |
|-----------------------------|-----------|-----------|------|------|------|
| Rate as an Intramural Sport |           |           |      |      |      |

|                      |  |  |  |  |  |
|----------------------|--|--|--|--|--|
| Game Times           |  |  |  |  |  |
| Officiating          |  |  |  |  |  |
| Helpfulness of Staff |  |  |  |  |  |
| Experience           |  |  |  |  |  |

Comments:

What improvement or changes should be made to create a better experience?

## Volleyball

Please rate the following:

5-Excellent      4-Very Good      3-Good      2-Fair      1-Poor

1. How would you rate Volleyball as an intramural sport?

\_\_\_\_\_

2. How would you rate the time that games are played?

\_\_\_\_\_

3. How would you rate the officiating of the games? \_\_\_\_\_

4. How would you rate the helpfulness of the staff? \_\_\_\_\_

5. How would you rate your experience of Volleyball? \_\_\_\_\_

What improvements can be made to make Volleyball a better experience for you?

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### Volleyball

|                             | Excellent | Very Good | Good | Fair | Poor |
|-----------------------------|-----------|-----------|------|------|------|
| Rate as an Intramural Sport |           |           |      |      |      |

|                      |  |  |  |  |  |
|----------------------|--|--|--|--|--|
| Game Times           |  |  |  |  |  |
| Officiating          |  |  |  |  |  |
| Helpfulness of Staff |  |  |  |  |  |
| Experience           |  |  |  |  |  |

Comments:

What improvement or changes should be made to create a better experience?

## Table Tennis

Please rate the following:

5-Excellent      4-Very Good      3-Good      2-Fair      1-Poor

1. How would you rate Table Tennis as an intramural sport?

\_\_\_\_\_

2. How would you rate the time that games are played?

\_\_\_\_\_

3. How would you rate the officiating of the games? \_\_\_\_\_

4. How would you rate the helpfulness of the staff? \_\_\_\_\_

5. How would you rate your experience of Table Tennis?

\_\_\_\_\_

What improvements can be made to make Table Tennis a better experience for you?

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# ***SAMPLE***

## **Coahoma Community College Intramural Sports Evaluation** Table Tennis

Please rate the following:

5-Excellent    4-Very Good    3-Good    2-Fair    1-Poor

1. How would you rate Table Tennis as an intramural sport? 5
2. How would you rate the time that games are played?  
5
3. How would you rate the officiating of the games? 5
4. How would you rate the helpfulness of the staff? 5
5. How would you rate your experience of Table Tennis?  
5

What improvements can be made to make Table Tennis a better experience for you?

Need More Games  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Table Tennis

|                             | Excellent | Very Good | Good | Fair | Poor |
|-----------------------------|-----------|-----------|------|------|------|
| Rate as an Intramural Sport | 8         | 2         |      |      |      |
| Game Times                  | 4         | 2         | 3    |      | 1    |
| Officiating                 | 6         | 3         |      |      | 1    |
| Helpfulness of Staff        | 5         | 3         | 1    |      | 1    |
| Experience                  | 8         | 1         |      |      | 1    |

**Comments:**

What improvement or changes should be made to create a better experience?

1. More Games

100% of random sample rated Table Tennis as an Intramural Sport as very good or better

60% of random sample rated Table Tennis game times as very good or better

90% of random sample rated Table Tennis officiating as very good or better

80% of random sample rated Table Tennis staff helpfulness as very good or better

90% of random sample rated Table Tennis experience as very good or better

**NOTE:** The evaluation results were derivative of the aforementioned variables on the evaluation instrument. The findings will be used to improve the Table Tennis Intramural Program.

## Tennis

Please rate the following:

5-Excellent      4-Very Good      3-Good      2-Fair      1-Poor

1. How would you rate Tennis as an intramural sport? \_\_\_\_\_

2. How would you rate the time that games are played?  
\_\_\_\_\_

3. How would you rate the officiating of the games? \_\_\_\_\_

4. How would you rate the helpfulness of the staff? \_\_\_\_\_

5. How would you rate your experience of Tennis? \_\_\_\_\_

What improvements can be made to make Tennis a better experience for you?

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### Tennis

|                             | Excellent | Very Good | Good | Fair | Poor |
|-----------------------------|-----------|-----------|------|------|------|
| Rate as an Intramural Sport |           |           |      |      |      |
| Game Times                  |           |           |      |      |      |
| Officiating                 |           |           |      |      |      |
| Helpfulness of Staff        |           |           |      |      |      |
| Experience                  |           |           |      |      |      |

Comments:

What improvements or changes should be made to create a better experience?

**COAHOMA COMMUNITY COLLEGE  
STUDENT ACTIVITIES AND INTRAMURAL SPORTS PROGRAM**

**MEDICAL RELEASE FOR TREATMENT**

I authorize the designated staff member of Intramural and Recreational Activities to authorize on my behalf all appropriate medical treatments that may be required in the event of an illness or injury to

\_\_\_\_\_  
Name of Student

\_\_\_\_\_  
Social Security Number

Resulting in any manner from participating in this college sponsored program. This authority is intended to cover any illness or injury sustained while participating in any activity associated with this program.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature if Student is under 18

I, \_\_\_\_\_, understand that participation on this program is on a voluntary basis, and acknowledge that neither the college nor the Department of Student Activities or Intramural Sports will accept responsibility for injuries sustained while participating in program activities. Every student and faculty/staff member is strongly encouraged to carry his or her own insurance for any unforeseen accident(s). I, the participant (parent or guardian if a minor), have read and understand this statement and agree to notify the Department of Student Activities or Intramural Sports if there is any change in my health status prior to activities. Any information I have provided on this form is true, correct and complete to the best of my knowledge.

**RELEASE OF LIABILITY**

I understand that parts of the Department of Student Activities or Intramural Sports Program may be physically demanding. I recognize the inherent risk of injury in Student Activities or Intramural Sports Program. I understand that each participant must assume the risk of injury and any related financial responsibility that could result from participation in and Student Activities or Intramural Sports Program activity. I agree to hold harmless Coahoma Community College, its employees, staff, and volunteers from all claims, including bodily injury, that I may have on my behalf that may be sustained in connection with my participation in the above mentioned activities.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# SAMPLE

## COAHOMA COMMUNITY COLLEGE STUDENT ACTIVITIES AND INTRAMURAL SPORTS PROGRAM

### MEDICAL RELEASE FOR TREATMENT

I authorize the designated staff member of Intramural and Recreational Activities to authorize on my behalf all appropriate medical treatments that may be required in the event of an illness or injury to

Kenneth Wright [Redacted]  
Name of Student Social Security Number

Resulting in any manner from participating in this College sponsored program. This authority is intended to cover any illness or injury sustained while participating in any activity associated with this program.

March 5, 2009 Kenneth Wright  
Date Participant's Signature

\_\_\_\_\_  
Date Parent/Guardian Signature if Student is under 18

I, Kenneth Wright, understand that participation on this program is on a voluntary basis, and acknowledge that neither the College nor the Department of Student Activities or Intramural Sports will accept responsibility for injuries sustained while participating in program activities. Every Student and faculty/staff member is strongly encouraged to carry his or her own insurance for any unforeseen accident(s). I, the participant (parent or guardian if a minor), have read and understand this statement and agree to notify the Department of Student Activities or Intramural Sports if there is any change in my health status prior to activities. Any information I have provided on this form is true, correct and complete to the best of my knowledge.

### RELEASE OF LIABILITY

I understand that parts of Department of Student Activities or Intramural Sports Program may be physically demanding. I recognize the inherent risk of injury in Student Activities or Intramural Sports Program. I understand that each participant must assume the risk of injury and any related financial responsibility that could result from participation in and Student Activities or Intramural Sports Program activity. I agree to hold harmless Coahoma Community College, its employees, staff, and volunteers from all claims, including bodily injury, that I may have on my behalf that may be sustained in connection with my participation in the above mentioned activities.

Signature Kenneth Wright Date March 5, 2009