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## **ALL-STARS**

### ***CIBL All-Star(Spring)***

All-star game does not allow dunking. The all-star games are meant to be fun spirited games. Other CIBL rules will apply.

### ***CIDL All-Star(Spring)***

Refer to the CIDL rules.

### ***CIFFL All-Star(Fall)***

Refer to the CIFFL rules.

### ***CISL All-Star(Fall)***

Refer to CISL rules.

### ***CIVL All-Star(Fall)***

Refer to CIVL rules.

## **BADMINTON (Indoor)**

### ***Open-Rec/ All-Play Indoor Badminton Fridays:***

Rules:

#### **Scoring System**

- A match consists of the best of 3 games of 21 points.
- Every time there is a serve – there is a point scored.
- The side winning a rally adds a point to its score.
- At 20 all, the side which gains a 2 point lead first, wins that game.
- At 29 all, the side scoring the 30th point, wins that game.
- The side winning a game serves first in the next game.

#### **Interval and Change of Ends**

- When the leading score reaches 11 points, players have a 60 second interval.
- A 2 minute interval between each game is allowed.
- In the third game, players change ends when the leading score reaches 11 points.

## **Singles**

- At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd, the server serves from the left service court.
- If the server wins a rally, the server scores a point and then serves again from the alternate service court.
- If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court – left if their score is odd, and right if it is even.

## **Doubles**

- A side has only one 'service'.
- The service passes consecutively to the players as shown in the diagram.
- At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left court.
- If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
- If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
- The players do not change their respective service courts until they win a point when their side is serving.

If players commit an error in the service court, the error is corrected when the mistake is discovered.

In a doubles match between A & B against C & D. A & B won the toss and decided to serve. A to serve to C. A shall be the initial server while C shall be the initial receiver.

# **BASKETBALL**

## ***Basketball All-Star Week***

### ***CIBL All-Star 3-Point Contest***

Refer to 3-Point Basketball Shoot Out rules.

### ***CIBL All-Star Dunk Contest***

**Activity Level:** Recreational and competitive

**Division:** All-Play

**Date(s):** Wednesday, February 25 or 27

**Scheduled Time:** Games begin at 5:00 p.m.

**Location:** South Quad

**Registration:** Wufoo Form

**Officials (One person)**

- Referees serve as the officiating crew and have the final say on what is considered a dunk attempt and what counts as a made dunk. Officials can also check instant replays for rule violations

**Judging ( other officials and we can have “celebrity judges”)**

- Five judges are used for this event. Judging for the NBA slam dunk contest is provided by former athletes. Each judge ranks the completed dunk on a scale of six to 10 points. The lowest possible score is 30. The maximum is 50. The scores from both attempts are added together to produce the composite score.

**Props**

- Each contestant must receive approval of any prop use from the Basketball Operations department (a.k.a. CIBL Officials).

**Time Limits**

- Once the player is given the ball from the official, he has two minutes to dunk. He can take as many attempts as needed during the two minute period. If the player has not completed a dunk before the time limit, he will have two more attempts to complete a dunk.

**Round I**

- Each contestant is given two dunks during the first round. The order contestants are chosen before the event starts. The score of the first dunk determines the order of the second dunk attempt. The order for the second dunk will begin with the player with the lowest score. From that point it will continue from lowest to highest. During the first round, each player is required to have another NBA player assist with a dunk attempt. How the selected player assists must be cleared with the Basketball Operations department.

The 8 contestants with the highest composite scores at the end of the first round advance to the final round of competition.

## **Round 2**

- Each contestant is given two dunks during the first round. The order contestants are chosen before the event starts. The score of the first dunk determines the order of the second dunk attempt. The order for the second dunk will begin with the player with the lowest score. From that point it will continue from lowest to highest.  
During the first round, each player is required to have another NBA player assist with a dunk attempt. How the selected player assists must be cleared with the Basketball Operations department.  
The 4 contestants with the highest composite scores at the end of the first round advance to the final round of competition.

## **Round 3**

- Each contestant is given two dunks during the first round. The order contestants are chosen before the event starts. The score of the first dunk determines the order of the second dunk attempt. The order for the second dunk will begin with the player with the lowest score. From that point it will continue from lowest to highest.  
During the first round, each player is required to have another NBA player assist with a dunk attempt. How the selected player assists must be cleared with the Basketball Operations department.  
The 2 contestants with the highest composite scores at the end of the first round advance to the final round of competition.

## **Rounds 4**

- Each contestant has two dunk attempts. The scores from each attempt will be added together for their final score. The contestant with the lowest composite score from round one will dunk first.  
After both players have attempted their first dunk, the player with the lower score will be the first to attempt his second dunk. The player with the highest composite score is the winner.

## **Tiebreakers**

- If both players are awarded with the same score at the end of the final round, a one-dunk "dunk-off" will begin. The players will continue dunking until one player is awarded the highest score.  
The two-minute time limit is in effect for each dunk attempt.

## **Goal height**

- The competitive goal will be 8 or 9 feet tall
- The recreational high will be 6 or 7 feet tall

## ***CIBL All-Star Skills Challenge***

Activity Level: Recreational/Competitive

Division: All-Play

Date(s):

Scheduled Time: Begins at 6pm-7pm

Location: Rec. Center (Arroyo Hall)

Registration: Attend and Play (Wufoo form)

Skills challenge is an event created to educate players on how to successfully practice their shots. The challenge will involve teamwork and encourages individuals to meet new students and get a sense of belonging.

The winners picture will be posted on the Recreation Center's bulletin board and on Facebook.

## **Horse challenge**

- Depending on the number of participants, the players will be divided up on the four basketball hoops. The winners front each court will play for the title.

## **CI Shooting Stars**

### **Rules:**

- Shooting from 6 locations of increasing difficulty, teams attempt to make all 6 shots in numeric order in the fastest time. If you shoot out of order and make it. You will be disqualified.
- Shot one is a 10-ft shot from the right angle, shot two is a 15-ft shot from the left elbow, shot three is a straight on three pointer, shot four is an 18-footer from the right baseline, shot five is an three pointer from the left side behind the elbow and shot six is a half court shot. There is a three minute time limit for each attempt and the top two times advance to a head-to-head final round.



- The two teams that hit all six shots in the fastest times will move on to the Final round.
- Teams will shoot in inverse order of their First round time for the Final round.
- Six numbered shooting spots will be placed on the floor to designate each shot location.
- Each team must choose a specific order of shooting (Player A,B,C) and follow that order thru the event (see below).
- Each shot must be made (unlimited attempts) before the next player begins shooting in succession.
- For Shot #6 (near half court), Player C must make the initial attempt - then all three players will rotate (in A,B,C order) until the shot is made, which will stop the clock and give the team their official time.
- A referee will be on-court to pass judgment on any violation of the rules.

#### **Time Limit:**

- Each team will be given up to 3:00 minutes to complete the shooting course.
- The clock will be started by the referee and will start at 0:00 and count up.
- The clock will be stopped by the referee's whistle when the team makes shot #6.
- If a team has not completed all six shots as of the 3:00 mark, the horn will sound and their score will be based upon the total number of shots completed as of 3:00.

### ***CIBL Captains Meeting***

#### ***Channel Islands Basketball League (CIBL)***

Location: Rec Center (Arroyo Hall)

Activity Level: Competitive and Recreational

Divisions: All-Play and Co-Rec

Captains Meeting: February 4th at 6:00 p.m. in Rec Center

Date(s) of Season Opener: Monday & Wednesday, February 11<sup>th</sup> (First Recreational league game), February 13<sup>th</sup> (First Competitive league game)

All Star Week: Monday & Wednesday, February 25<sup>th</sup> and February 27<sup>th</sup>

Championships: Wednesday, April 17 First game begins at 6:00 p.m. at the Rec Center

Scheduled Time: Games Begins at 6:00 p.m. -9:00 p.m.

Registration: Free Agent or Team

Rules: Intramural Sports Handbook

The CIBL League gives students a chance to play the game of basketball at a competitive or recreational level. This league is offered to participants in two divisions, All-Play and Co-Rec. The games are facilitated and officiated by CR staff. League play begins with a Captains meeting and then ends with the CIBL Championships.

The CIBL consists of Co-Rec and All-Play teams. The Recreational Co-Rec division is the beginner level or first-time players' league where participation allows learning the sport of Basketball. The Competitive league is for more experienced players that have general to advanced knowledge and skills of the game.

### **THESE POLICIES AND PROCEDURES WILL BE ENFORCED!**

**Games will be held at 6:00, 7:00, and 8:00, on Mondays and Wednesdays.**

Please utilize available lockers to store personal belongings while in the Recreation Center. CSUCI will not be liable for lost or stolen property.

The schedule is posted in the Rec center, and emailed to the players.

**Teams will play every other team in their respective division.**

### **NIRSA BASKETBALL RULES**

#### **I. Equipment and Uniform**

- a. Clean, dry, non-marking court shoes are recommended to be worn.

- b. A team's players must have the same color t-shirts or jerseys, with clearly visible, permanent player numbers on the back. Numbers may not be taped on, and must be whole numbers with no more than two digits. Otherwise, a team or player may not be allowed to play.
- c. There are designate jersey colors.
- d. Teams must wear shirts with the same shade of color and each shirt must have a different number (numbers greater than 2-digits are not allowed)
- e. All players must wear their shorts above the waist. At no time will a player's undergarments be allowed to be visible.
- f. Players must wear basketball/athletic type shorts/pants. These shorts/pants must not have pockets, pouches, loops, belts, zips, zippers, clips, buckles, buttons, or snaps. Torn shorts/pants may not be worn during play, and shorts may not be worn inside out.
- g. d. The only headgear that is acceptable will be headbands and soft-knotted bandanas.

## 2. **Safety and Prevention**

- a. A player who has any visible amount of blood on their uniform shall be considered an injured player and must leave the game immediately for appropriate treatment and/or changing of clothes.
- b. Players wearing glasses should have shatter proof **lenses and straps**  
**(No metal.)**
- c. Absolutely no jewelry shall be worn. A warning will be issued to a team for an infraction of this policy. If a 2nd infraction arises in a given contest a technical foul will be assessed the team in question.

\*\* Exception - medical ID tags which must be taped to the body.

**Players may not participate with equipment that the Intramural Staff deems to be dangerous to other participants. Hard cast, metal, or plastic braces, hats and jewelry of any type are examples of illegal equipment. ALL visible body piercings must be removed or covered.**

- d. No braces or hard casts are allowed on the wrist or arms. Leg/knee braces with exposed hard materials will only be allowed if they are sufficiently covered with soft padding (i.e. an ace bandage).

### **3. Participant Conduct and Fair Play – “SPORTSMANSHIP”**

- a. All players, captains, and spectators will be held to a reasonable standard of conduct and fair play. Violators of this standard will be subject to sport-specific penalties, and/or possible removal from the building and future Intramural sports.
- b. Captains should be present 10 minutes before the team plays to check rosters and help their players sign in.

### **4. Time Regulations and the Length of Game**

- a. Games will consist of two (2) 20-minute halves, with a 5-minute half time.
- b. The clock is stopped in the last 2 minutes of each half for all fouls, injuries, out-of-bounds, change of possession, jump balls, time outs, and other whistles.
- c. During the last 2 minutes of each half, or following a time out, the clock will restart after:
  - i. The last free throw is missed and a player touches or is touched by the ball.
  - ii. Upon an in-bounds player touching the ball from a throw-in, etc.
- d. Each team is allotted two (2) 1-minute timeouts per game during regulation play.

### **5. Forfeits and Starting Games**

- a. Team must have at least four players on the court at game time. If the team of four drops below four due to fouling out or ejection from the game; the team forfeits. If the team of four drops below four due to injury, they may continue to play.

- b. If a team forfeits once for any reason, they jeopardize their eligibility for playoffs.  
Forfeiting a second night drops that team from play for the remainder of the season.
- c. Participants failing to check in with the scorekeeper before play will not be allowed to participate in the game. Once a person is found to have played prior to checking in, they will be asked to present a valid ID. If the player can present a valid ID, he/she will be removed from the game. If that player is unable to present a valid ID, the game will be declared a forfeit and a loss will be credited towards the violating team.
- d. Games and overtime will start with a jump ball.

## **6. Playing Rules and Scoring**

- a. Teams must start and end the game with at least four (4) players. A team with four players or more must play or the forfeit procedure will go into effect. During the course of the game, if a team drops below 4 players that team will receive the loss according to team misconduct scoring rules (exception: if an injury results in a team dropping below 4 players, a standard loss will be recorded). If a team does not have four players signed in at game time, that team will be given 10 minutes to have four players sign in before the game is declared a forfeit. If neither team has four players signed in, both teams shall have 10 minutes to have four players sign in before the game is declared a double forfeit. This time will run off the game clock and delaying teams will receive a (2) Sportsmanship rating. Once all teams are ready a jump ball will be performed for possession, regardless of score or time remaining in the half.
- b. If one team is signed in and ready to play with at least four players, that team will be awarded 2 points for every minute (rounded up) that the game is delayed up to the 10 minute mark. Examples:
  - a. One team ready to play: Team A has enough players at game time and Team B's fourth player signs in 6:42 into delay time. Team A will start the game with a 14-0 lead and 13:18 remaining in the first half. (2 points at the start of the game and for every minute after).
  - b. Neither team ready to play: Team A's 4th player signs in 2:18 into delay time and Team B's 4th signs in 8:52 into delay time. Team A will start the game 12-0 with 11:08 remaining in the first half. 2:18 from 8:52 is 6:16 where Team A was ready to play and Team B was not.
- c. A forfeit will be recorded as a win for the team ready to play and any points accumulated will be the final score. Points will be scored to the team captain.

- d. Any game forfeit for team misconduct will be scored as the current point total or 20 points, whichever is greater, for the winning team and zero points for the losing team. The Captain in these situations will also be suspended
- e. Teams receiving 3 technical fouls will forfeit the game under the team misconduct rules.
- f. There is no grasping the rim, nets, dunking, or attempting to dunk permitted at any time!! **(unless to prevent injury, which is at the referees discretion.)** No points will be awarded for a made basket, plus a technical will be called. The player may be removed from the game.
- g. During a free throw, players in the lane spaces may not enter the free throw lane until the ball hits the rim (high school rule). The shooter and all players outside the 3-point line may not enter the lane/3-point area until the ball touches the rim. Unlike collegiate varsity rules, in Intramurals no player may place their foot on or over the lower "blocks" during a free throw.
- h. Closely guarded players (in the frontcourt, opponent within 6 feet) that hold or dribble the ball for 5 seconds will result in a violation and the defense gets the ball at the nearest side-line.
- i. A team has 5 seconds to release an inbound pass (throw-in). Failure to do so results in a change of possession.
- j. The back court rule is in effect (over and back, ten (10) seconds).
- k. On a throw-in, or jump ball, an airborne player who jumps from the front court to catch the ball and lands in the back court will not violate the over and back rule.
- l. When the shooter is fouled on an unsuccessful 3-point shot, 3 free throws will be awarded.
- o. 7, 8 and 9 fouls per team per half and then it's the "one-and-one" bonus shot(s) awarded to the player who was fouled.
- m. 10 fouls per team per half and then its 2 shots awarded (beginning with the 10th foul) to the player who was fouled.
- p. Goal tending will be called when a player touches the ball during a field goal try while the ball is in its downward flight and has possibility of entering the basket, when a defensive player smacks backboard while ball is on rim or in the air going towards basket, or when a defensive player touches the ball when on the rim (basket counts automatically).

- q. Any player touching or inside the 3-point line while shooting receives only two (2) points.
- r. **\*\*\*NEW\*\*\*** The recreation league will use the 19 feet 9 inch arc line. Whereas the competitive league will use the 20 feet 9 inch arc line.
- s. **\*\*\*NEW\*\*\*** Restricted area arc- The defending player in the restricted area arc cannot force a charging foul on the opposing team's player, even if the defending player has established position, thus allowing the offensive player to have full control of the area inside the restricted arc. The arc is intended to provide some benefit to offensive players who have legally gained an advantage, and to attempt to limit the number of collisions under the basket

## **Mercy Rules**

- a. If a team is leading by 40 points or more at any time, the game will be terminated immediately.
- b. 30 pt. Mercy rule at 3 minutes (or less) and the game will end.
- c. 15 pt. mercy rule at 1 minute (or less) and the game will end.

**National federation rules will apply, except as noted within these Intramural rules, as long as they fall within the spirit of Intramurals.**

## **I. Fouls, Violations, and Penalties**

- a. All players are limited to five (5) fouls/player.
- b. Fouls resulting in free throws:
- c. Fouls committed by the defense during the act of shooting
- d. Intentional fouls (Points are automatically awarded when intentional fouls occur. However, if they occur during the act of shooting, one foul shot is still taken.)
- e. Each team's 7th, 8th, or 9th foul for the half (except player control fouls) will result in one-and-one free throws.

- f. Each team's 10th foul for the half (except player control fouls), plus all their additional fouls for that half
- g. All other fouls will be recorded on the score sheet and the team against whom the fouls were committed will have the ball out of bounds.
- h. Note: No free throws for double or simultaneous technical fouls. Alternating possession throw-in is awarded.
- i. For non-shooting fouls the ball will be put into play at the nearest side-line following a violation.

## 2. Technical fouls \_\_\_\_\_ < (Captain's Signature)

- a. In the event of a technical foul, the opposing team is automatically awarded 2 points and receives possession of the ball at mid-court.
- b. Technical fouls will be counted on the team total and individual total.

Three (3) technical fouls on a team will result in a forfeit and an "Unacceptable Sportsmanship Rating".

Two (2) technical fouls in a game for a player will result in that player being ejected. The Player will be subject to a disciplinary hearing with the presiding Rec Center Supervisor and an official.

- a. 2 Technical's (In a Game)- Game Ejection (Out of sight and Sound) and the aforementioned Meeting
  - b. 3 Technical's- (In a Season)- 1 Game Suspension
  - c. 4 Technical's- (In a Season)- Excused from Remainder of season (if this occurs in the Final contest of the season, this may carry over to the next scheduled season (upon review by the Rec Center Supervisor and the Head of officials)
- c. Technical Fouls Include:
  - i. Grasp the basket, dunk, or attempt to dunk the ball, the basket does not count **(includes warm-up time, half time, and after the game)**
  - ii. Climb on a teammate to obtain greater height.



iii. Knowingly attempt a free throw to which a player is not entitled.

iv. Player unsportsmanlike conduct (profanity, taunting, slamming the ball to the ground, throwing the ball high in the air, arguing with officials, etc.).

v. Any behavior by a fan or coach that is deemed unsportsmanlike by an official (i.e., profanity, taunting, etc.) will result in a team bench technical foul. If this conduct is continued, the individual in question may be removed from the game and/or facility and the game may be forfeited.

d. The following violations will result in 2 points being awarded to the opposing team and possession of the ball at mid-court but will not be counted as a technical foul. However, if any of the following occurs repeatedly or in an obvious unsportsmanlike manner, the referee may then decide to also count the violation as a technical foul.

i. Touch the ball after it is awarded out-of-bounds to opponents.

ii. Interfere with a player returning the ball from out-of-bounds.

iii. Take a time out, when a team has no time outs remaining.

iv. Leave the court unless for a substitution or with the official's permission.

v. Have more than five players on the court during a live ball.

vi. Deliberately striking the backboard.

vii. Uniform violations (i.e. shorts worn improperly, number requirements not met, etc.)

- 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.
- b. 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.
- c. When a player control (charging) foul is committed, no points can be scored.
- d. A technical foul is a foul by a non-player, a non-contact foul by a player; an intentional or flagrant contact foul that can be while the ball is dead.
- e. Two technical fouls against a player or coach result in immediate ejection from that game and subject to a disciplinary hearing.
- f. An official may call an unsportsmanlike technical foul for any reason, in his judgment, where he feels the situation or play merits calling a technical foul. (Example: unnecessary

roughness, dirty play, foul language, abusive language from players, coaches, managers, or crowd, coaches running on court during play, intentional tripping, fighting, intentional delay of game other than by regular play, etc.) Any official has the authority to eject from the game or gym a player, players, coach, IM Manager, or fan any time in his judgment he deems such action is necessary in order to maintain a wholesome playing situation/environment for the other participants in the game.

- g. Slapping either backboard or grabbing the rim with intent to interfere the shot is a technical foul. Exception: a player may grab the rim to prevent injury.
- h. 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.
- i. A team leading by 20 points or more during the second half may not use full court pressure. Penalty – The team captain will be given a warning on the first offense and a technical foul on the second offense.

### **3. Personal fouls and ball possession:**

- a. Free throw made – out-of-bounds to opponents unless shooter is entitled to additional free throw.
- b. Free throw missing the basket entirely – out-of-bounds to opponents unless shooter is entitled to additional free throw.
- c. Free throw missed after touching basket – ball in play unless shooter is entitled to additional free throws.
- d. Player control foul – personal foul charged - ball awarded out-of-bounds to opponents (a shot made by that player before or after the foul will not count).
- e. Foul in act of shooting – 2 or 3 free throws awarded if shot from field is unsuccessful. One free throw awarded if shot is successful.
- f. An intentional foul – 2 points are automatically awarded (3 points if committed on a 3-point try) and ball out of bounds nearest the spot of the foul. Intentional fouls are fouls that are committed in an intentional, but non-flagrant act, are not counted as technical fouls, and are NOT grounds for ejection. Can be excessive contact while going for the ball.

- g. Flagrant fouls – flagrant fouls are very serious fouls committed in an extremely physical fashion and may include intent to injure. It is the referee's decision to decide if a foul is intentional or flagrant. If deemed flagrant, the player will be ejected from the game. A second team flagrant foul by a given team will result in immediate game stoppage and forfeiture of contest.

#### **4. Co-Rec Rules (THIS IS NOT RECREATIONAL)**

- a. All previously stated rules for men's and women's basketball will apply, with the following changes:
  - i. A women's basketball must be used throughout the entire game unless a different ball is used with the agreement of both captains and the referee.
  - ii. First half: When playing with five (5), each team must consist of three (3) women and two (2) men on the floor.
  - iii. Second half: When playing with five (5), each team must consist of three (3) men and two (2) women on the floor.
  - iv. When playing with less than five at any point: with four (4) players, ratio must be 2:2; with three (3) players, ratio can be 2:1 or 1:2.
  - v. For overtime(s), the second-half player format will be applied until the game ends.
  - vi. Men and women may guard each other without restrictions.
- b. Score and Overtimes
  - i. If the score is tied at the end of regulation during the regular season the contest will be ruled a tie.
  - ii. During playoffs a 3-minute overtime period will be utilized to determine a winner. If after two (2) 3-minute overtime periods are completed without a winner, the format will revert to sudden death.
  - iii. Each team will be allowed one time out for all play beyond regulation (no carry-over). The clock will stop during the last minute for fouls, out-of-bounds, time-outs, jump balls, change of possession, and other whistles.

#### **Clock management**

- a. There are two twenty (20) minutes of running clock.
- b. The clock is stopped anytime the official's whistle is blown in the last two minutes of the each half.
- c. There is a three (3) minute overtime. The clock stops in the last minute
- d. If a team has at least a 20-point lead at any time, the game clock will only stop for half time and timeouts. The clock will continue to run for all other reasons.

## **TIME-OUTS**

- A. Each team will have two (one-minute) time outs per game (no limit per half). After each timeout, the official should record the number of the player who called the time-out and the time it was called.
- B. Time-outs may only be called by the team with possession of the ball or during a dead ball situation. Any player or coach may call a time-out.
- C. 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.
- D. One (one-minute) time-out per overtime period is allowed. Time outs from regulation play do not carry over into the overtime.

## **PROTESTS:**

- A. Referees' judgment calls may not be protested.
- B. The officials and supervisors for that day shall make decisions on any points not covered in these rules or the rules in the NFHS rulebook.

## **REQUIRED COMMITMENT RULE:**

Players must attend and sign-in to at least 40% of the games to be eligible for playoffs.

## **METHOD OF RATING:**

The officials (referees and scorekeeper(s)) will rate each team in each contest on a sportsmanship basis. The supervisor can also assist in the rating. The rating will be noted on the score sheet. Officials are not to discuss ratings with the teams. Teams are not to question the officials about the ratings (Captains can). Teams can check their ratings at the Campus Recreation Office.

### **Playoffs**

- Your team must have at least a 3.0 sportsmanship rating.
- The top four teams will advance.
- If two teams have the same record:
  - The team with the best sportsmanship rating will advance.
  - If sportsmanship is the same; the team who won games by the most points and lost by the least will take precedence.

### ***Dolphin Basketball League (DBL):***

Refer to CIBL rules. The DBL is to prepare you for the CIBL.

### **Teams/Players**

Teams consist of 7 players on each team. Open-Rec competitions allow all to participate on a first-come-first serve basis. All players should check in with a CR staff member prior to participating. CR staff will introduce and place in the appropriate lineup.

**All-Play:** This is an All-Play event which encourages men and women to participate.

**Co-Rec:** This is a Co-Rec event which encourages equal percentages of men and women to participate.

**Men's:** N/A

**Women's:** N/A

### **Team Captain/Representative Responsibilities**

CSU Channel Islands students, faculty, staff, administrators, alumni, and University Glen residents with a current Student ID or Dolphin Passports are eligible to participate.

### **Equipment and Uniforms**

Basketball and Pennies are provided.

### **Court and Field of Play**

One full Basketball court will be set-up for play

### **Game/ Scoring**

3 points allocated for shooting beyond the three point line and 2 points for regular shots and 1

point for shots designated as foul shots.

### **Time Factors:**

All games will be limited to 2 twenty-minute halves (running clock) with a five-minute halftime. The clock will begin to run at game time. The clock will stop on all team and officials' timeouts.

**EXCEPTION: A regulation stop clock will be used at the 2 minute remaining mark of the second half.** The clock will stop for fouls, violations, and timeouts but not after made baskets. **EXCEPTION: Any team delaying the game by arguing, throwing or kicking the ball, refusing to cooperate with officials shall be assessed a technical foul and the officials may add time to the games if necessary.** Games starting on time will begin with a jump ball and thereafter the alternating possession rule shall apply. Any team not ready to play at the scheduled game time will be penalized 1 point for every minute late. The offended team will be awarded the ball to start the game. If a team is not ready to play at 10 minutes past game time a No Show will be declared with a score of 10-0.

### **Substitutions**

Substitutions will follow National Federation guidelines. Therefore substitutes will be recognized during any dead ball situation. All substitutes must report to the score table and make notice they wish to enter at the next dead ball and then sit on the floor as to not obstruct the view of the scorekeeper. The scorekeeper will sound the horn and the officials will recognize the substitutes and beckon them on to the court. **Players going on to the court without being beckoned by the official are subject to a technical foul.**

### **Determining Winner:**

The team with the highest point total at the end of both regulation halves will win and advance.

### **Forfeits/Defaults:**

A team can play with 2 or 3 players only if others have been injured or have fouled out and the referees feel the team playing with less than five still has a chance to win. A team reduced to 3 players by player ejections will automatically forfeit. Should a game be **stopped** at some point due to a violation of intramural rules on fighting or sportsmanship, or if a completed game is subsequently protested due to an ineligible player or players and declared a loss for the winning team, it shall be considered a forfeit. Three unsportsmanlike technical fouls on a team during a game will result in the game being stopped. **Any team forfeiting under this rule is automatically banned from going to the playoffs and will receive an F rating in sportsmanship for that game.** Appeals to be reinstated to playoff status may be made in writing to the Director of Intramural and Club Sports prior to the next regularly scheduled game.

### **3-Point Basketball Shoot Out**

#### **Teams/Players**

Teams consist of an individual player on each team. Open-Rec competitions allow all to participate on a first-come-first serve basis. All players should check in with a CR staff member prior to participating. CR staff will introduce and place in the appropriate lineup.

**All-Play:** All-Play Division

**Co-Rec:** N/A

**Men's:** Men's Division

**Women's:** Women's Division

#### **Rules and Regulations**

- Three ball racks will be placed around the three point line one at the top of the key and two on the elbow extended.
- Each rack will have 4 balls.
- The first three balls of the rack each count as 1 point if made with the final ball counting as 2 points (the "money ball").
- The maximum score is 18 (12 regular shots + 3 "money balls").
- Shooters will be given 50 seconds to complete his/her shots. All shots must be attempted behind the three point line. Shots attempted after time has expired or inside the three point line will not be counted.
- A referee will be present to watch the shooters feet.

### **CONDUCT**

- **Players are to behave in a sportsmanlike manner at all times, both on and off the court.**
- Profanity, intimidation, abusive language, threats, fighting or other physical contact is not tolerated and will result in disciplinary action

#### **Team Captain/Representative Responsibilities**

N/A

#### **Equipment and Uniforms**

Basketballs and Pennies are provided.

#### **Court and Field of Play**

One full-court and two half-courts are provided

#### **Game/ Scoring**

Regular balls are 1 point and the money ball is worth two points.

#### **Determining Winner**

Player with the highest point total at the end of each regulation period will win and move on in their division. Championship round will be determined by the final top scores. If participants'

scores are tied at the end of the round they advance and continue to shoot until there is a winner. Ties will result in a shoot off at the end time of the event.

### **First Round**

All participants are in the first round.

### **Second Round**

Top six people advance to the second round.

### **Third Round**

Top three advance to the third round.

### **Winner**

Person with most points

### **Forfeits/Defaults**

N/A

### **Time Factors**

Each Open-Rec 3-point shootout will last 1 minute each.

### **Substitutions**

N/A

## ***3-on-3 Half-Court Basketball Tournament***

### **Rules and Regulations**

CI Rec encourages fun and sportsmanship. This 3-on-3 half-court tournament encourages all players to join in and participate in bracket style tournament. This is a first-come-first-serve participation event that encourages free agents to meet other players and then create teams for future competitions. The games are facilitated by CR staff and self-officiated. This scheduled format is given to encourage players time to practice and have fun prior to competitive play.

1. The supervisor has the authority to end any match which they feel has gotten out of control and poses a dangerous playing situation for the players.
2. There are no free throws. Any foul, shooting or non-shooting, results in the team that was fouled getting possession of the ball.
3. All held-balls (jump balls) result in possession being awarded to the defense for a throw-in.



**Eligibility**

CSU Channel Islands students, faculty, staff, administrators, alumni, and University Glen residents with a current Student ID or Dolphin Passports are eligible to participate.

**Teams/Players**

Teams consist of 2-3 players on each team. All players should check in with a CR staff member prior to participating. CR staff will introduce and place in the appropriate lineup.

**All-Play Teams**

1. The game shall be played between two teams of three players each.
2. A team may begin a game with a minimum of two players.
3. Team representatives (persons affiliated with the team) are subject to the rules of the game.

**Co-Rec Teams**

1. The game may be played with two male and one female, or one male and two female players.
2. A team may begin a game with a minimum of two players but must have at least one male and one female to start.

**Men's:** N/A

**Women's:** N/A

**Team Captain/Representative Responsibilities**

A Team must choose the person they wish to represent their team to the officials and coordinators. This person must be chosen and registered as so before the end of on-line registration.

**Equipment and Uniforms**

Basketballs and Pennies are provided.

**Court and Field of Play**

One full-court and two half-courts are provided

1. The playing area is 40 ft. in length and 40 ft. in width.
  1. The game is played on a half court.
  2. In addition to the end line and the two side lines, the half court line is out of bounds. Any ball/player touching on or beyond this line shall be considered out of bounds.

## **Game/Scoring**

3 points allocated for shooting beyond the three point line and 2 points for regular shots and 1 point for shots designated as foul shots.

## **Scoring**

1. A goal is made when a live ball enters the basket from above the rim and passes through. No goal is scored if an untouched throw-in goes through the basket.
2. If a player control foul occurs after a goal, the goal is canceled.
3. If a goal is made from the field, that team will be credited two points. Shots made from behind the 3-point arc are worth three points.

## **Start of Play**

1. A coin toss or paper-rock-scissors shall be used to determine which team starts the first game with possession of the ball.
2. After any dead ball situation, the ball must be "checked" by the defense from the top of the 3-point arc. If a ball is not "checked" by the offense to start play, the ball is turned over to the defense.
3. After the ball is "checked", the ball must be passed in to start play.
4. After a change of possession, the ball must be taken back behind the top of the 3-point arc extended before a shot may be attempted. If a team fails to clear the ball past the top of the 3-point arc extended and then attempts a shot, the ball will be given to the defense.

## **Determining Winner**

Teams with the highest point total at the end of each regulation period will win and move forward in the tournament bracket.

## **Forfeits/Defaults**

N/A

## **Time Factors**

Each Tournament Basketball game will have 2 twenty minute halves and a 5 mins have time.

1. Playing Time
  1. All games will be played to 21 in a best-of-three series.
  2. If a game is not complete after 40 minutes of play the current game being played will play until one team scores four points more than the other team has at that point in time. If both teams are tied with one game won each and time has expired, the third game will be played to four points.
2. Time-Outs
  1. There are no time-outs unless an injury occurs.

## Substitutions

Substitutions may be made at each dead ball, out-bounds, time out.

## Basketball Skills Challenge



1. First of all a layup.



2. Easy zigzag dribbling.



3. Put the ball in a basket making a 'normal' pass



4. Put the ball in a basket making a bounce pass.



5. Score from the top of the key



6. Another pass like the image 3.



7. Zigzag dribbling.



8. Another layup to finish.

Start watching the video at 1 minute to see the diagram of the skills challenge  
<http://www.youtube.com/watch?v=SY9ZJohVZTY>

## ***Basketball 21 Tournament***

**Activity Level:** Recreational

**Division:** All-Play

**Date(s):** Wednesday, February 6

**Scheduled Time:** Games begin at 5:00 p.m.

**Location:** Rec Center (Arroyo Hall)

**Registration:** Wufoo Form

**Rules:** To initiate play, players will take turns shooting free-throws to decide the player who starts with the ball. If players miss during this sequence they disqualify themselves to inbound first. Play will then begin with the player who has won the first inbound. The ball must be checked to a player before possession begins. All rules apply with exceptions to out of bounds violations. Shots made after the ball is live count two points for a player's score (or 3 points if a 3-pointer is made). After each field goal, the player making the field goal shoots up to 3 free-throws, until he misses. All free-throws count as 1 point towards a player's score. If 3 free-throws are made in a row, the free-throw shooter is then handed back the ball at the top of the key, to initiate live play. The game is won by the player who accumulates exactly 21 points. If a player goes over 21 points, his score is reduced to 15 points. To avoid going over 21, players may choose to miss a free throw intentionally. In this instance, a free throw must hit the rim to be legal. If it does not, the player must shoot again.

## ***Open-Rec (All-Play) Basketball***

### **Teams/Players:**

Teams consist of 5 players on each team. Open-Rec competitions allow all to participate on a first-come-first serve basis. All players should check in with a CR staff member prior to participating. CR staff will compile the official roster and facilitate the start of every game.

**All-Play:** This is an All-Play event which encourages both men and women to participate.

**Co-Rec:** N/A

**Men's:** N/A

**Women's:** N/A

### **Team Captain/Representative Responsibilities:**

Prior to each game, a team representative will be chosen by the CR Staff to choose the teams.

**Equipment and Uniforms:**

Basketballs, Pennies, and official numbers are provided. Teams will play with an intermediate (women) sized basketball. A men's ball may be used if both teams agree. Head decorations, headwear, and ALL JEWELRY OF ANY TYPE are illegal. Only **elastic** headbands will be permitted during the course of the game. No bandannas will be permitted. All players must wear shoes. Belts with buckles are not permitted. Street pants are not permitted. **NO** casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. All equipment decisions made by the Intramural Staff on duty shall be final.

**Court and Field of Play:**

One full-court and two half-courts are provided

**Game/ Scoring:**

3 points allocated for shooting beyond the three point line and 2 points for regular shots and 1 point for shots designated as foul shots.

**Time Factors:**

All games will be limited to 2 twenty-minute halves (running clock) with a five-minute halftime. The clock will begin to run at game time. The clock will stop on all team and officials' timeouts.

**EXCEPTION: A regulation stop clock will be used at the 2 minute remaining mark of the second half.** The clock will stop for fouls, violations, and timeouts but not after made baskets. **EXCEPTION: Any team delaying the game by arguing, throwing or kicking the ball, refusing to cooperate with officials shall be assessed a technical foul and the officials may add time to the games if necessary.** Games starting on time will begin with a jump ball and thereafter the alternating possession rule shall apply. Any team not ready to play at the scheduled game time will be penalized 1 point for every minute late. The offended team will be awarded the ball to start the game. If a team is not ready to play at 10 minutes past game time a No Show will be declared with a score of 10-0.

**Blood Rule**

Whenever a participant suffers a cut where bleeding occurs, the player must leave the game to take the necessary actions to stop the bleeding. If a player's uniform becomes stained by blood this article of clothing must be removed before the player may re-enter the game. The player may use a different number without penalty. A team may call one timeout if it wishes to have the player remain in the game; otherwise the injured player must leave the game and may return at the next dead ball after the situation has been corrected. The Intramural Staff on duty shall have final approval on any situation regarding this manner.

## **Substitutions**

Substitutions will follow National Federation guidelines. Therefore substitutes will be recognized during any dead ball situation. All substitutes must report to the score table and make notice they wish to enter at the next dead ball and then sit on the floor as to not obstruct the view of the scorekeeper. The scorekeeper will sound the horn and the officials will recognize the substitutes and beckon them on to the court. **Players going on to the court without being beckoned by the official are subject to a technical foul.**

## **Determining Winner:**

The team with the highest point total at the end of both regulation halves will win.

## **Forfeits/Defaults:**

A team can play with 2 or 3 players only if others have been injured or have fouled out and the referees feel the team playing with less than five still has a chance to win. A team reduced to 3 players by player ejections will automatically forfeit. Should a game be **stopped** at some point due to a violation of intramural rules on fighting or sportsmanship, or if a completed game is subsequently protested due to an ineligible player or players and declared a loss for the winning team, it shall be considered a forfeit. Three unsportsmanlike technical fouls on a team during a game will result in the game being stopped. **Any team forfeiting under this rule is automatically banned from going to the playoffs and will receive an F rating in sportsmanship for that game.** Appeals to be reinstated to playoff status may be made in writing to the Director of Intramural and Club Sports prior to the next regularly scheduled game.

## ***Open-Rec (Co-Rec & All-Play) Basketball***

### **Teams/Players**

Teams consist of 5 players on each team. Open-Rec competitions allow all to participate on a first-come-first serve basis. All players should check in with a CR staff member prior to participating. CR staff will compile the official roster and facilitate the start of every game.

**All-Play:** This is an All-Play event which encourages both men and women to participate.

**Co-Rec:** This is a Co-Rec event which encourages equal percentages of men and women to participate.

**Men's:** N/A

**Women's:** N/A

### **Team Captain/Representative Responsibilities**

Prior to each game, a team representative will be chosen by the CR Staff to choose the teams.

## **Equipment and Uniforms**

Basketballs and Pennies are provided.

## **Court and Field of Play**

One full-court and two half-courts are provided

## **Game/ Scoring**

3 points allocated for shooting beyond the three point line and 2 points for regular shots and 1 point for shots designated as foul shots.

## **Time Factors**

All games will be limited to 2 twenty-minute halves (running clock) with a five-minute halftime. The clock will begin to run at game time. The clock will stop on all team and officials' timeouts.

**EXCEPTION: A regulation stop clock will be used at the 2 minute remaining mark of the second half.** The clock will stop for fouls, violations, and timeouts but not after made baskets. **EXCEPTION: Any team delaying the game by arguing, throwing or kicking the ball, refusing to cooperate with officials shall be assessed a technical foul and the officials may add time to the games if necessary.** Games starting on time will begin with a jump ball and thereafter the alternating possession rule shall apply. Any team not ready to play at the scheduled game time will be penalized 1 point for every minute late. The offended team will be awarded the ball to start the game. If a team is not ready to play at 10 minutes past game time a No Show will be declared with a score of 10-0.

## **Substitutions**

Substitutions may be made at each dead ball or time out.

## **Determining Winner**

Teams with the highest point total at the end of both regulation period will win.

**Forfeits/Defaults:** A team can play with 2 or 3 players only if others have been injured or have fouled out and the referees feel the team playing with less than five still has a chance to win. A team reduced to 3 players by player ejections will automatically forfeit. Should a game be **stopped** at some point due to a violation of intramural rules on fighting or sportsmanship, or if a completed game is subsequently protested due to an ineligible player or players and declared a loss for the winning team, it shall be considered a forfeit. Three unsportsmanlike technical fouls on a team during a game will result in the game being stopped. **Any team forfeiting under this rule is automatically banned from going to the playoffs and will receive an F rating in sportsmanship for that game.** Appeals to be reinstated to playoff status may be made in writing to the Director of Intramural and Club Sports prior to the next regularly scheduled game.



# **DODGEBALL**

## ***CIDL Captains Meeting***

### ***Channel Islands Dodgeball League (CIDL):***

Activity Level: Competitive

Divisions: All-Play

Date(s): Tuesday, September 25(First league game), October 2, 9, 16, 23, 30, November 6, 13, 20, 27

Scheduled Time: Games Begins at 9:30 p.m. and continue until 11:00 p.m.

Location: Rec Center (Arroyo Hall)

Registration: Free Agent or Team (8 Players per team max)

Rules: Intramural Sports Handbook

Championships: Tuesday, November 27, First game begins at 9:30 p.m. at Rec Center

Captains Meeting: September 25, at 9:00 p.m. in the Rec Center

The CIDL gives students a chance to play the game of Dodgeball at a competitive level. This league is offered to participants in one division, All-Play. The games are facilitated and officiated by Campus Recreation and the Housing staff. Game play begins with a Captains meeting and then ends with the CIDL Championships.

### **Rules and Regulations**

**Start of Play:** Players take a position behind their end line. At the start of the game, teams approach the centerlines to retrieve three balls. Balls must be taken back across the end lines before they can be thrown at an opposing player. If the ball is not taken behind the end line before it is thrown, the throw will not count.

**Sportsmanship:** The following actions are not allowed and are grounds for a forfeit:

(a) Disrespectfully addressing or contacting an opponent or gesturing in such a manner as to indicate resentment.

(b) Using profanity or vulgarity; taunting, baiting, or ridiculing another player; or pointing a finger at or making obscene gestures toward another player.

(c) Intentional head shots

(d) Intentionally or flagrantly contacting an opponent.

**Scoring:** The match is based on a “best of three” format. Two set points win the match. The set-point is awarded to the team that wins the most games in the 10-minute period. If at the end of the set (10-minute period) the number of game points is tied, the team with the most players left will win the set. If at the end of the set (10-minute period) the number of game points is tied, and both teams have the same number of players remaining, sudden death will occur. The next team to eliminate a player on the opposing team will be the winner of the game and the set and will receive the set point. Game points are awarded within the 10-minute period when all players from one side are eliminated.

**Eliminating Players:** A player hit by a ball that has not yet touched the floor or wall is eliminated. If the player catches the ball before it touches the floor or wall, the thrower is eliminated and the catcher’s team may return one player to the game, provided there are fewer than 6 people on the court. Clothing is considered a part of the body and if hit, the player is eliminated. Once a player is hit, any of their teammates can catch the ball, with the result that the thrower is eliminated and the original hit player still stays in play. If a ball ricochets off of a player and the thrower’s team catches the ball, the player who was hit is eliminated, and the thrower’s team may have one player re-enter the court. If the ball hits more than one player before hitting the ground, all players who have been hit are eliminated.

**Illegal Procedures:** Headshots resulting from a high thrown ball result in the thrower being eliminated. However, a player hit in the head while ducking or dodging is eliminated. It is illegal for the leading team to control all the balls for more than 5 seconds. (A violation will result in the referee stopping play and the balls will be divided evenly.) Balls may not be kicked.

**Blocking:** The defender may block a live ball with another ball. That ball is still a live ball however, until it hits the floor, wall or ceiling. If a blocking ball is dropped as a result of contact from a live ball, then the player who drops the ball is eliminated. A player may block a live ball, then throw the blocking ball down and catch a live ball.

### **Eligibility**

CSU Channel Islands students, faculty, staff, administrators, alumni, and University Glen residents with a current Student ID or Dolphin Passports are eligible to participate.

### **Teams/Players**

Teams consist of 12 players on each team. This is a Tournament style event. All players should check in with a CR staff member prior to participating. CR staff will introduce and place in the appropriate lineup.

**All-Play:** This is an All-Play event which encourages men and women to participate.

**Co-Rec:** N/A

**Men's:** N/A

**Women's:** N/A

### **Team Captain/Representative Responsibilities**

A Team must choose the person they wish to represent their team to the officials and coordinators. This person must be chosen and registered as so before the end of on-line registration.

### **Equipment and Uniforms**

Dodgeballs, cones, and Pennies are provided.

### **Court and Field of Play**

One full dodgeball court will be provided by the CR Staff

### **Game/ Scoring**

A player hit by a ball that has not yet touched the floor or wall is eliminated. If the player catches the ball before it touches the floor or wall, the thrower is eliminated and the catcher's team may return one player to the game, provided there are fewer than 6 people on the court. Clothing is considered a part of the body and if hit, the player is eliminated. Once a player is hit, any of their teammates can catch the ball, with the result that the thrower is eliminated and the original hit player still stays in play. If a ball ricochets off of a player and the thrower's team catches the ball, the player who was hit is eliminated, and the thrower's team may have one player re-enter the court. If the ball hits more than one player before hitting the ground, all players who have been hit are eliminated.

### **Determining Winner**

The match is based on a "best of three" format. Two set points win the match. The set-point is awarded to the team that wins the most games in the 10-minute period. If at the end of the set (10-minute period) the number of game points is tied, the team with the most players left will win the set. If at the end of the set (10-minute period) the number of game points is tied, and both teams have the same number of players remaining, sudden death will occur. The next team to eliminate a player on the opposing team will be the winner of the game and the set and will receive the set point. Game points are awarded within the 10-minute period when all players from one side are eliminated.

### **Forfeits/Defaults**

A **forfeit** is awarded if the opposing team fails to show up at the scheduled game time or fails to produce the minimum number of players 15 minutes after the scheduled start time. Should they get sufficient players within 15 minutes of game time, or if they notified the Intramural Sports Office by the deadlines posted on the Intramural Sports' website about their inability to field a team for their game, an **automatic-loss** shall be awarded.

### **Time Factors**

**Length of the Match:** Each match will consist of three, 10-minute sets. At least two of these sets will be played out in their entirety. If the third set is not necessary the teams may still choose to play the full third set, but are not required.

### **Substitutions**

**Substitutions:** When a team catches a throw, any player who is not currently in play may come in, presuming there are less than six (6) people from their team on the court. The player does not have to be one of the original players who were eliminated. Players who are in play may not substitute out for players who have been eliminated. Eliminated players may only reenter the game if a teammate catches a thrown ball.

**Out of Bounds:** Players who have been eliminated may retrieve stray balls for their teammates. A player shall not leave the playing field to avoid being hit or in an attempt to catch a ball. If a player attempts to dodge a ball and steps out of bounds, the player is eliminated. If a player catches a ball out of bounds, the thrower is still in and the catcher is eliminated. If the catcher catches the ball in-bounds and then falls out of bounds, the thrower is eliminated, and a player from the catcher's team may re-enter, but the catcher is eliminated for going out of bounds. The only time a player is allowed to exit the court is to retrieve a ball that has gone out of play, at which time they are not considered in play, and must re-enter the court as soon as possible.

## ***Dolphin Dodgeball League (DDL):***

Activity Level: Competitive

Divisions: All-Play

Date(s): Tuesday, September 25(First league game), October 2,9,16, 23, 30, November 6, 13, 20, 27

Scheduled Time: Games Begins at 9:30 p.m. and continue until 11:00 p.m.

Location: Rec Center (Arroyo Hall)

Registration: Free Agent or Team

Rules: Intramural Sports Handbook

Championships: Tuesday, November 27, First game begins at 9:30 p.m. at Rec Center

Captains Meeting: September 25, at 9:00 p.m. in the Rec Center

The DDL gives students a chance to play the game of Dodgeball at a competitive level. This league is offered to participants in one division, All-Play. The games are facilitated and officiated by Campus Recreation and the Housing staff. League play begins with a Captains meeting and then ends with the DDL Championships.

### ***Open-Rec/ Draft Dodgeball Night:***

Activity Level: Recreational

Division: All-Play

Date(s): Tuesday, August 28

Scheduled Time(s): All-Play from 7:00 p.m. to 10:00 p.m.

Location: Rec Center (Arroyo Hall)

Registration: Attend and Play

Rules: Open-Rec Etiquette

Open-Rec/ Free-Agent Dodgeball encourages all players to join in and participate in dodgeball. This is a first-come-first-serve participation event that encourages free agents to meet other players and then create teams.

Open-Rec Dodgeball gives students a chance to meet others and learn to play the game of dodgeball. The games are facilitated by CR staff and self-officiated by the players. This scheduled format is given to encourage players time to practice and have fun prior to competitive play.

### ***Open-Rec (All-Play) Dodgeball***

#### **Teams/Players**

Teams consist of 12 players on each team. Open-Rec competitions allow all to participate on a first-come-first serve basis. All players should check in with a CR staff member prior to participating. CR staff will introduce and place in the appropriate lineup.

**All-Play:** This is an All-Play event which encourages men and women to participate.

**Co-Rec:** N/A

**Men's:** N/A

**Women's:** N/A

### **Team Captain/Representative Responsibilities**

Prior to each game, a team representative will be chosen by the CR Staff to choose the teams.

### **Equipment and Uniforms**

Dodgeballs, Pennies, and official number are provided. In addition, players shall not wear anything that may be dangerous to another player. Players may not wear hats and jewelry.

### **Court and Field of Play**

Area of play will be marked by CR Staff and cover about one full -court

### **Game/ Scoring**

A player hit by a ball that has not yet touched the floor or wall is eliminated. If the player catches the ball before it touches the floor or wall, the thrower is eliminated and the catcher's team may return one player to the game, provided there are fewer than 6 people on the court. Clothing is considered a part of the body and if hit, the player is eliminated. Once a player is hit, any of their teammates can catch the ball, with the result that the thrower is eliminated and the original hit player still stays in play. If a ball ricochets off of a player and the thrower's team catches the ball, the player who was hit is eliminated, and the thrower's team may have one player re-enter the court. If the ball hits more than one player before hitting the ground, all players who have been hit are eliminated.

### **Determining Winner**

The match is based on a "best of three" format. Two set points win the match. The set-point is awarded to the team that wins the most games in the 10-minute period. If at the end of the set (10-minute period) the number of game points is tied, the team with the most players left will win the set. If at the end of the set (10-minute period) the number of game points is tied, and both teams have the same number of players remaining, sudden death will occur. The next team to eliminate a player on the opposing team will be the winner of the game and the set and will receive the set point. Game points are awarded within the 10-minute period when all players from one side are eliminated.

### **Forfeits/Defaults**

A **forfeit** is awarded if the opposing team fails to show up at the scheduled game time or fails to produce the minimum number of players 15 minutes after the scheduled start time. Should they get sufficient players within 15 minutes of game time, or if they notified the Intramural Sports Office by the deadlines posted on the Intramural Sports' website about their inability to field a team for their game, an **automatic-loss** shall be awarded.

**Time Factors**

Each match will consist of three games with a length of 10 mins each. Best 2 of 3 games will win the match

**Substitutions**

All players listed on the roster must participate unless eliminated or injured. When a team catches a throw, any player who is not currently in play may come in, presuming there are less than six (6) people from their team on the court. The player does not have to be one of the original players who was eliminated. Players who are in play may not substitute out for players who have been eliminated. Eliminated players may only reenter the game if a teammate catches a thrown ball.

**FLAG FOOTBALL*****CIFFL Captains Meeting******Channel Islands Flag Football League (CIFFL)*****Rules and Regulations**

Each game will begin with a coin toss. The winner of the coin toss shall have the option of starting on offense, defense, defending a goal or deferring the options until the second half. The remaining options will be given to the opposing captain. Unless moved by penalty, play starts at the beginning of each half with the ball placed on the offensive team's 14-yard line.

**Tie Game:** If scores are tied at the end of the second half, the game will be recorded as a tie game (game over) during the regular season. During the playoffs an overtime period will be played. A coin flip will determine the options. All overtime periods shall be played toward the same goal line.

e. An overtime period consists of one possession by each team.

f. Unless moved by penalty, each team will start first and goal from the 10-yard line. Each team will have a series of downs to score a touchdown.

g. If the score is still tied after one overtime period, as many period as necessary will be played to determine a winner.

- h. Try for points will be attempted and scored during overtime.
- i. Each team is entitled to one timeout for the entire overtime session, and time outs do not carry over from regulation.
- j. If the defensive team intercepts a pass or fumble and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the series is over, the ball will be placed at the 10 yard line and the defense will now receive their series of downs.

**Timeouts:** Each team is entitled to 3 timeouts per game. A charged timeout requested by any player will not exceed one minute. Timeouts cannot be carried into overtime during the playoffs. The clock stops during all timeouts.

**Delay of Game:** After a ball is declared ready for play, the offensive team has 25 seconds after the Referee has sounded the whistle to put the ball in play. Penalty: Delay of Game, 5 yards. The official may order the clock to be stopped/started when, in his/her opinion, either team is trying to conserve or consume playing time using tactics in his/her judgment to be unfair.

**Substitutions:** Substitutions are allowed at any time that the ball is dead, but games must not be delayed by them. Each substitute shall be in uniform and ready for play with flags in position.

### **BALL IN PLAY, DEAD BALL, OUT OF BOUNDS**

#### **I. Ball declared dead:**

- a. When a forward pass strikes the ground or is caught simultaneously by opposing players.
- b. When a backward pass or fumble by a player strikes the ground.
- c. When a runner has a flag belt removed legally by a defensive player.
- d. When a runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
- e. When a snap hits the ground.
- f. When a muff of a protected scrimmage kick strikes the ground.
- g. When the passer is deflagged before releasing the ball.

**Out-of-Bounds:** A ball in player possession is out-of-bounds when either the ball or any part of the runner touches the ground or anything else, except a player or game official, which is on or outside a boundary line. If the runner in-bounds bumps into or is touched by player or an official on the sidelines out-of-bounds, the ball is still in play.



## **SERIES OF DOWNS AND LINE TO GAIN**

**Series of Downs:** A team in possession of the ball shall have four (4) consecutive downs to advance to the next zone by scrimmage.

**Zone Line to Gain:** The zone line to gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line to gain. The zones formed by the marking of the twenty and forty yard lines are used to determine the distance to be gained. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

## **KICKING THE BALL**

1. **There are no fair catches.**

2. The receiving team may advance the ball out of its end zone.

3. **Punt:** Prior to putting the ball in play on fourth down, the offensive team must declare whether it chooses to go for a first down or punt. If the offensive team chooses to kick, the ball must be kicked.

a. The offensive team may put the ball in play with a punt on any play, but it must notify the defensive team. There are no quick kicks.

b. The snap must be received at least two yards back and the kick must be executed behind the scrimmage line within a reasonable time. There are no fake punts.

c. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion.

d. No player may cross the line of scrimmage until the ball has been kicked.

e. Kick out of bounds - If the kicked ball goes out of bounds between the goal lines or comes to rest in bounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.

f. A punt that touches anything while the ball is on or behind the receiving team's goal line can be downed by the receiving team and is a touchback.

g. Opportunity to catch a kick - A player of the receiving team who is within the boundary lines and who is so located that he/she could have caught a kick which is beyond the scrimmage line while such a kick is in flight must be given an unmolested opportunity to catch the kick. Penalty: Kick Catch Interference, 10 yards.

h. The defensive team may attempt to block a punt as long as team members do not cross the plane of the defensive restraining line. A blocked punt that is caught behind the line of scrimmage (on the offender's side) may be advanced by the offense.

i. When a punt, which has crossed the line of scrimmage, touches a player from either team and then hits the ground, the ball is dead and belongs to the receiving team. If it hits a player on the receiving team and then is caught in the air, it can be advanced by the receiving team. If it is caught by the kicking team (after the ball contacts a receiving team player), the ball is dead, belongs to the kicking team, and a new series begins for the kicking team.

### **SNAPPING AND PASSING THE BALL**

The ball must be snapped backwards and off the ground. The ball need not be snapped between the center's legs, but the center cannot have his/her feet over the scrimmage line. In a legal snap, the movement must be a quick and continuous motion of the hand or hands backwards. Once the ball leaves the ground, the defense may rush.

The player who receives the snap must be at least two (2) yards behind the offensive scrimmage line.

3. Any time at or after the ball is ready for play, each offensive player must momentarily be within fifteen (15) yards of the ball before the snap.

4. The offensive team must have a minimum of four (4) players (5 for Co-Rec) on their line of scrimmage at the snap.

5. **Offensive Player in Motion:** One offensive player may be in motion, but not in motion toward the opponent's goal line when the ball is snapped. Such a player must be behind the line of scrimmage when the ball is snapped. A player in motion is not counted as one of the 4 on the scrimmage line. Only one offensive player may be in motion at a given time. Penalty: Illegal motion, 5 yards from the previous spot. Other offensive players may not draw the defense offside.

### **6. Fumbles:**

a. A backward pass or fumble which touches the ground between the goal lines is dead immediately at the spot where the ball hits the ground and belongs to the team last in possession unless lost on downs.

b. Out of Bounds - A backward pass or fumble going out of bounds between the goal lines remains in possession of the fumbling team at the out of bounds spot. If out of bounds behind the goal line, it is a touchback or safety.

7. **Encroachment:** After the snapper has made his/her final adjustment of the ball, it is encroachment for any player to break the plane of his/her scrimmage line (Exception: the snapper/center has the right to be over the ball.) Penalty: Encroachment, 5 yards from the previous spot.

8. Offensive players are responsible for retrieving the ball after each scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line (first ball spotter - orange). A towel may be used to help keep the ball dry and must be placed behind the deepest offensive player at the start of each play from scrimmage.

9. All offensive players must be motionless for one second preceding the snap, except for a (one) player moving parallel to or away from the scrimmage line. Penalty: Illegal motion, 5 yards from the previous spot.

10. An offensive player that shifts (other than going legally in motion) must stop for one full second before the snap. Penalty: Illegal shift, 5 yards from the previous spot.

11. A player may hand the ball forward or backward at any time.

12. **Forward Pass:** All players are eligible to touch or catch a pass. During a scrimmage down and before team possession has changed, a forward pass may be thrown provided the passer's feet are behind the offensive scrimmage line when the ball leaves the passer's hand. Only one (1) forward pass can be thrown per down.

13. A forward pass is counted as a completion or interception as long as the first part or the person to make contact with the ground after the catch, usually one foot, touches in bounds.

14. **A forward pass is illegal:**

a. If the passer's foot is beyond Team A's scrimmage line (orange ball spotter) when the ball leaves his/her hand.

b. If thrown after team possession has changed during the down.

c. If intentionally grounded to save a loss of yardage.

d. If a passer catches his/her untouched forward pass.

e. If it is the second forward pass during a down.

f. **Penalty:** Illegal forward passes, 5 yards from the spot, loss of down, if prior to change of possession.

15. After the ball is snapped, and until it has been touched, there shall be no offensive pass interference beyond the offensive scrimmage line when the legal forward pass crosses the

offensive scrimmage line (orange ball spotter). Penalty: 10 yards from the previous spot and loss of down.

16. After a legal forward pass is released by the passer and until it is touched, there shall be no defensive pass interference beyond Team A's scrimmage line while the ball is in flight which crosses the Team A scrimmage line. Penalty: 10 yards from the previous spot and automatic first down.

**Simultaneous Catch:** If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.

## **SCORING PLAYS**

**Touchdown Values:** All touchdowns are six (6) points. The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the official determines that the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified and a penalty will result.

**Try for 1, 2, or 3:** An opportunity to score one (1) point from the 3-yard line, two (2) points from the 10-yard line, or three (3) points from the 20-yard line by running or passing only shall be granted the team scoring a touchdown. Once the offensive captain has declared his/her choice (try for 1, 2, or 3), he may change the decision only when a charged timeout for either team is taken. A team's choice cannot be changed if a penalty should occur. If the defensive team intercepts a pass or fumble during the try and returns it for a touchdown, they score 3 points.

**Safety:** A safety results when a runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team's possession. A safety results in two (2) points for the defensive team.

## **BLOCKING, RUSHING, AND CONDUCT**

1. **Offensive Screen Blocking:** Screen blocking is permitted and shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, legs, elbows, or body to initiate contact by an offensive player is illegal. A player must be on his/her feet before, during, and after screen blocking.

2. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.

3. Player Restrictions:

a. No player shall make contact with an opponent which is deemed unnecessary.

b. There shall be no clipping or tripping.

b. There shall be no bumping the receiver. The defensive player must play the ball and shall not interfere with a receiver. However, defensive and offensive players are equally entitled to a passed ball.

c. Pulling or removing the flag belt from an offensive player as the ball is snapped or before a pass reception with the obvious intent of confusing the offensive player as an eligible pass receiver or ball carrier is illegal. Penalty: Illegal Contact, 10 yds.

d. A defensive player may not bump or push a runner out of bounds.

e. Offensive charging is not permitted. The ball carrier may not run through a defensive player but must attempt to evade the defensive player. The runner is allowed to spin in order to avoid being de-flagged as long as he/she does not charge during the spin.

f. The ball carrier shall not guard his/her flags by blocking with hands or the ball, thereby denying an opponent the opportunity to pull or remove the flag belt. Penalty: Flag guarding, 10 yards from the spot of the foul.

g. Stiff arming by the ball carrier is illegal. Holding or swinging the arm near the flag to ward off attempts to seize the flag is illegal and results in flag guarding.

h. Defensive players may not steal or strip the ball from an offensive player once he/she has control.

i. The flag belt is to be fastened around the waist by use of the end clip. Any tampering to secure the flags so as to make them more difficult to pull is illegal and will result in ejection from the game. Penalty: Unsportsmanlike conduct, 10 yards from the previous spot, loss of down, and player disqualification.

j. Players, coaches, and spectators are to position themselves between the 20-yard line markers on their team's respective sideline.

**4. Pass Interference:** Once a pass is in the air, the ball belongs to anyone who can get it. Any contact which occurs between two or more players making a legal attempt to catch or bat the pass is considered incidental. Screening a player's eyes or waving the hands or arms in his/her face to distract a receiver is considered interference.

**5. Roughing the Passer:** Defensive players must make a definite effort to avoid charging into a passer after the ball has been thrown. No defensive player shall contact the passer.

**6. Personal Fouls:** There shall be no personal fouls committed by players' substitutes or coaches. Personal fouls include: Using fist, foot, knee, or leg to contact an opponent; tackling the ball player (disqualification); illegal contact; unnecessary roughness, hurdling, roughing the

passer (when the defender contacts any part of the passer during his/her motion or follow through).

7. The fourth unsportsmanlike foul by the same team results in their forfeiture of the game.

## **ENFORCEMENT OF PENALTIES**

I. Penalty Enforcement at the basic spot:

- a. Pass play or during the punt (see exception below) – basic enforcement spot is the scrimmage line (where ball was snapped).
- b. Post Scrimmage Kick Foul- Any foul by the receiving team on its side of the expanded neutral zone prior to the end of the kick, the receiving team shall retain possession of the ball. The basic spot is the spot at which the kick ends and the penalty will be enforced using the “all but one principle”.
- c. On all running plays - basic enforcement spot is the end of the run.
- d. All fouls are marked from the basic enforcement spot (Exception: An offensive foul behind the basic enforcement spot which becomes a spot foul, or the “all but one principle”).
- e. The only exception to the above regulations is roughing the passer; this penalty will be added on to the end result of the play.
- f. 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.
- g. If there is a foul by the defensive team during a down that results in a score, the offense may choose to enforce the penalty on the try or on the defense’s ensuing possession.

## **THE GAME, FIELD, PLAYERS, AND EQUIPMENT**

1. The game shall be played between 2 teams of 7 players each. Five players are required to start the game and avoid a forfeit.
2. The playing field is 80 yards long by 40 yards wide and is divided into four 20 yard zones.
3. Proper identification must be presented to an official prior to the beginning of the game. Teams are encouraged to show up early for their assigned games in order to allow as much playing time as possible. Proper identification for all students shall be valid. Faculty and Staff must present a current Rec Center membership ID in order to participate in Intramural Sports. Individuals who have lost or misplaced their respective ID cards may participate by bringing any form of picture ID and obtaining a lost ID form the supervisor on duty.

4. Men shall use a regulation-sized football. The regulation or junior football shall be used for Women and Co-Rec play. The team on offense has its choice of what ball it would like to play with.
5. All members of each team are **REQUIRED** to wear shirts or jerseys of one distinguishable color. Jerseys must be long enough so they remain tucked in or short enough so there is a significant gap from the bottom of the jersey to the player's waistline. Jerseys also cannot have sleeve openings of more than 4" under the armpit. All guidelines are written for the safety of all players and will be strictly enforced. *Any team not dressed in like-colored shirts must checkout the colored intramural jerseys provided. If wearing intramural jerseys, you must have a short-sleeve shirt with the sleeves attached. No cut off shirts.*
6. Flag belts will be provided for each team.
7. **Players must wear shorts or pants without belt loops or pockets. Shorts with pockets may not be turned inside out or taped.**
8. Each player must wear shoes. Regulation rubber soled cleats, plastic cleats, detachable rubber cleats that screw into the shoe, and tennis shoes are the only permissible footwear. Sandals, street shoes, hiking boots, combat boots, or metal spikes are not allowed. No steel cleats, metal tips or shoes with detachable steel cleats that screw onto the shoes may be worn.
9. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces made of any hard material must be covered with at least one-half inch padding for safety reasons.
10. Tape and bandages on the hand, wrist, forearm, or elbow are prohibited except to protect an injury. Under no circumstances will a player wearing a cast or splint be allowed to play.
11. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.
12. Any slippery substance of a foreign nature on equipment, clothing, or an exposed part of the body is illegal.
13. Players may wear a knit or stocking cap (no caps with bills) and/or soft, pliable, non-abrasive gloves. Bandanas which are tied with a knot are not permitted.
1. **Jewelry:** Participants are not permitted to wear any visible jewelry. If participants choose to wear jewelry, it must be completely covered BEFORE arriving at the game site, with a Band-Aid or athletic tape

## **DEFINITIONS**

1. **Flag Belt Removal:** When the flag belt is clearly taken from the runner in possession of the ball, the ball is declared dead and the down shall end. In an attempt to remove the flag belt from a runner, an opponent may contact the body and shoulders, but not the face, neck, or any part of the head of the runner with their hands. An opponent may not hold, push, or knock the runner down in an attempt to remove the flag belt. If a flag belt inadvertently falls to the ground, a one-hand touch between the shoulders and knees constitutes a 'tackle'. A runner is also down if any part of that runner touches the ground other than the feet, hands or the ball while in the hand of the runner.
2. **Offensive Scrimmage Line:** The offensive scrimmage line is the yard line and its vertical plane which passes through the forward point of the ball.

3. **Defensive Scrimmage Line:** The defensive scrimmage line is the yard line and its vertical plane which passes one yard from the point of the ball nearest its own goal line.
4. **Minimum Line Players:** The offensive team must have at least 4 players (5 in CoRec) on the offensive line of scrimmage at the snap. The remaining players must either be on their scrimmage line or in their backfield. A player in motion is not counted as one of the minimum number of players on the scrimmage line.

### **Eligibility**

CSU Channel Islands students, faculty, staff, administrators, alumni, and University Glen residents with a current Student ID or Dolphin Passports are eligible to participate.

### **Teams/Players**

Teams consist of 5 players on each team. Open-Rec competitions allow all to participate on a first-come-first serve basis. All players should check in with a CR staff member prior to participating. CR staff will introduce and place in the appropriate lineup.

**All-Play:** This is an All-Play event which encourages men and women to participate.

**Co-Rec:** This is a Co-Rec event which encourages equal percentages of men and women to participate.

**Men's:** N/A

**Women's:** N/A

### **Team Captain/Representative Responsibilities**

A Team must choose the person they wish to represent their team to the officials and coordinators. This person must be chosen and registered as so before the end of on-line registration.

### **Equipment and Uniforms**

Footballs, Rip-off Flags, and Pennies are provided.

### **Court and Field of Play**

Two full size Football Fields will be set-up for play

### **Game/ Scoring**

If a player is carrying the official ball and breaks the plan of their designated end-zone, 7 pts. will be awarded to the players team

### **Determining Winner**

Teams with the highest point total at the end of each regulation period will win.

### **Forfeits/Defaults**

**Mercy Rule:** If a team is 19 or more points (**CoRec Rule – 25 points**) ahead when the



Referee announces the 2 minute warning for the second half, the game is over. Prior to applying the Mercy Rule, there must be a down free of any accepted live ball fouls.

If a team scores during the last 2 minutes of the second half and that score creates a point differential of 19 or more points (**Co-Rec Rule – 25 points**), the game will end at that point.

**Forfeits:** A team will forfeit a game when it is not ready to play by 10 minutes after the scheduled game time. The following penalties will be enforced during the 10 minute grace period. Teams will play an entire game even if they are late.

- a. **3 minutes:** Team ready for play will be awarded a 6pt. touchdown.
- b. **6 minutes:** Team ready for play will be awarded a second 6pt. touchdown making the score 12-0.
- c. **9 minutes:** Team ready for play will be awarded a third 6pt. touchdown making the score 18-0.
- d. **10 minutes:** Team ready for play will be awarded 1 extra point and the game will be declared a forfeit with a final score of 19-0.

### **Time Factors**

A game will consist of two halves with a 3 minute intermission. Both halves will be 20 minutes in length. In all leagues, the clock will run continuously in the first half. In the second half, the clock will run continuously until the last 2 minutes, when we will proceed according to 2-minute mechanics.

**2-Minute Policies and Mechanics-** The clock will stop in the final 2 minutes of the second half for a:

- a. Team time-out – clock restarts on the snap
- b. Incomplete legal or incomplete illegal forward pass- starts on the snap
- c. Out-of-bounds- starts on the snap
- d. Safety- starts on the snap
- e. First down- depends on the previous play
- f. Touchdown- starts on the snap (after the Try)
- g. Penalty and administration- dependent on previous play (EXCEPTION: Delay of game ALWAYS starts on the snap)

- h. Referee's time-out- starts at his/her discretion
- i. Touchback- starts on the snap
- j. Team A is awarded a new series- dependent on previous play
- k. Team B is awarded a new series- starts on the snap
- l. Either team is awarded a new series after a legal punt- starts on the snap
- m. Team attempting to conserve time illegally- starts on the ready whistle
- n. Team attempting to consume time illegally- starts on the snap
- o. Inadvertent whistle- starts on the ready whistle

### **Substitutions**

Substitutions may be made at each dead ball, time out, or huddle.

### ***Dolphin Flag Football League (DFFL):***

Activity Level: Competitive and Recreational

Divisions: All-Play and Co-Rec

Date(s): Thursdays, September 13(First league game), 20, 27, October 4, 11, 18. 25

Scheduled Time: Co-Rec Games begins at 3:00 p.m. and All-Play begins at 4:00 p.m.

Location: Potrero Field (A and B)

Registration: Free Agent or Team

Rules: Intramural Sports Handbook

Championships: Wednesday, October 25-First game begins at 4:00 p.m. at Rec Center

Captains Meeting: September 6 at 6:00 p.m. in BTW1188

***Powderpuff Flag Football:***

Activity Level: Recreational

Divisions: Co-Rec and All-Play

Date(s): Thursday, September 6

Scheduled Time(s): Co-Rec from 2:00 p.m. to 3:00 p.m. and All-Play from 3:00 p.m. to 5:00 p.m.

Location: Potrero Field (A and B)

Registration: Attend and Play

Rules: Open-Rec Etiquette

Open-Rec/ Free-Agent Flag Football encourages all players to join in and participate in flag football. This is a first-come-first-serve participation event that encourages free agents to meet other players and then create teams.

Open-Rec Flag Football gives students a chance to meet others and learn to play the game of flag football. The games are facilitated by CR staff and self-officiated by the players. This scheduled format is given to encourage players time to practice and have fun prior to competitive play.

***Open-Rec/ (Men, Women and Co-Rec)Flag Football:***

Activity Level: Recreational

Division: Co-Rec

Date(s): Tuesday, August 31

Scheduled Time(s): Co Rec from 2:00 p.m. to 4:00 p.m.

Location: Potrero Field (A and B)

Registration: Attend and Play

Rules: Open-Rec Etiquette

Open-Rec/ Free-Agent Flag Football encourages all players to join in and participate in flag football. This is a first-come-first-serve participation event that encourages free agents to meet other players and then create teams. Open-Rec Flag Football gives students a chance to meet others and learn to play the game of flag football. The games are facilitated by CR staff and self-officiated by the players. This scheduled format is given to encourage players time to practice and have fun prior to competitive play.

## **Open-Rec (Co-Rec & All-Play) Flag Football**

### **Teams/Players**

Teams consist of 7 players on each team. Open-Rec competitions allow all to participate on a first-come-first serve basis. All players should check in with a CR staff member prior to participating. CR staff will introduce and place in the appropriate lineup.

**All-Play:** This is an All-Play event which encourages men and women to participate.

**Co-Rec:** This is a Co-Rec event which encourages equal percentages of men and women to participate.

**Men's:** N/A

**Women's:** N/A

### **Team Captain/Representative Responsibilities**

Prior to each game, a team representative will be chosen by the CR Staff to be team captain and choose the teams.

### **Equipment and Uniforms**

Footballs, Rip-off Flags, and Pennies are provided.

### **Court and Field of Play**

Two full size Football Fields will be set-up for play

### **Game/ Scoring**

If a player is carrying the official ball and breaks the plan of their designated end-zone, 7 pts. will be awarded to the players team

### **Determining Winner**

It doesn't matter if you win or lose. It's how you play the game.

### **Forfeits/Defaults**

It is for fun there are no forfeits.

### **Time Factors**

Each Open-Rec Game will have two 20 minute halves with a 5 minute halftime break.

### **Substitutions**

Substitutions may be made at each dead ball, time out, or huddle.

### ***Open-Rec/Flag Football Practice Field Open:***

Activity Level: Recreational

Divisions: Co-Rec and All-Play

Date(s): Thursday, September 6

Scheduled Time(s): Co-Rec from 2:00 p.m. to 3:00 p.m. and All-Play from 3:00 p.m. to 5:00 p.m.

Location: Potrero Field (A and B)

Registration: Attend and Play

Rules: Open-Rec Etiquette

Open-Rec/ Free-Agent Flag Football encourages all players to join in and participate in flag football. This is a first-come-first-serve participation event that encourages free agents to meet other players and then create teams.

Open-Rec Flag Football gives students a chance to meet others and learn to play the game of flag football. The games are facilitated by CR staff and self-officiated by the players. This scheduled format is given to encourage players time to practice and have fun prior to competitive play.

## **HANDBALL**

### ***Open-Rec/ All-Play Handball Tournament:***

Activity Level: Recreational

Divisions: All-Play

Date(s): Saturdays, September 15, 22 and 29

Scheduled Time(s): All-Play from 12:00 p.m. to 2:00 p.m. at Potrero field A

Location: Potrero Field (A)

Registration: Attend and Play

Rules: Open-Rec Etiquette

## **One-Wall**

A one-wall handball court. When not played as part of tournament or league play, the one-wall game typically uses the bigger ball called "the Big Blue" (described in the next section "Equipment"). The main difference between one-wall handball and other versions is that the ball must always be played off the front wall

## **Equipment**

A typical outfit worn during the game includes protective gloves, sneakers, athletic shorts, and goggles. Eye protection is required in tournament handball, as the ball moves at high speeds and in close range. It is rarely used in "street" handball, however, where the softer "big blue" ball is usually used.

The black or blue rubber ball, 2.3 ounces (65g) in mass/weight and 1.875 inches (4.76 cm) in diameter (smaller, heavier, and harder than a racquetball), is hit with the gloved palm (informal games often don't include gloves).

### **1. Wall**

The wall shall be 20 feet wide from the outside edge of one side line to the outside edge of the other side line, and 16 feet high, including any top line.

### **2. Floor**

The floor shall be 20 feet wide from the outside edges of the side lines. It shall be 34 feet from the wall to the outside edge of the long line. The side lines should extend at least three feet beyond the long line. There should also be a minimum of at least six feet, but ideally 20 feet, of floor beyond each side line as well as 16 feet beyond the long line to allow for playing space.

### **3. Short Line**

The short line runs parallel to the wall with the back edge of the line 16 feet from the wall.

### **4. Service Markers**

There shall be service markers, lines of at least six inches in length extending inward from the side lines, parallel to the short and long lines and located midway between them. The imaginary extension of these lines across the court indicates the service line.

## **5. Serving Zone**

The serving zone is the floor area inside and including the short, service and side lines.

## **6. Receiving Zone**

The receiving zone is the floor area beyond the short line, inside and including the side and long lines.

## **7. Playing Zone**

The playing zone is the floor area between the front wall and the outside edges of the side and long lines.

## **8. Wall Edge**

The top edge of the wall, if any, is not part of the court. A ball striking the top edge is an out.

## **9. Hitting Spectators**

A ball that hits a spectator before hitting the wall shall be considered an out.

## **GENERAL**

Shirts are not required for outdoor play unless requested by opponent. Also, uniforms should be light-colored.

## **Line Judges**

**Linesmen.** There shall be a linesman for each of the side lines, the short line and the long line. Their duties shall be to call "out" the balls that hit beyond their respective lines. The short-line linesman may also call foot faults, skip balls and double bounces at the discretion of the referee.

## **Doubles**

**Partner's service position.** While a player is serving, his partner must stand outside the side lines, astraddle the indicated service line. The partner may not enter the playing zone until the served ball passes him. Violations are called foot faults.

## **One-Wall Dead Ball Hinders**

Delete the four-wall hinders per USHA rules pertaining to:

3. Body contact
4. Screen ball

5. Straddle ball
6. Backswing hinder
7. Safety hold-up
8. Other interference

Add one-wall hinder rules:

**(A) Standing Still.** If a player attempting to play a ball suffers from interference by an opponent who remained perfectly still after hitting his shot, there is no hinder. This legal block is the essence of one-wall handball. Movement is permitted by the offensive team until the ball is struck, and this includes movement to gain court position in front of an opponent while the partner is hitting the ball.

However, if a player on the side that has just hit the ball remains perfectly still, but the opponent moves back into him in trying to play the ball, not necessarily making contact, and is kept from having a fair chance to play the ball, it is a hinder. It is the duty of the player further from the wall to get out of the way.

**B. Being moved into ball.** If a player on the defensive team is moved or pushed unintentionally into the ball by an opponent who is trying to play the ball, it is a hinder.

**C. Ball hits opponent on way to wall.** This is always a hinder, regardless of whether the referee felt the ball would have made the wall on the fly.

**D. Spectator Interference.** If a non-seated spectator or official interferes with a player in his attempt to play a ball, it is a hinder.

**E. Hinder Fault.** During a rally, if a player on the serving side creates a hinder called by the referee, the serving side starts the ensuing service with a fault.

**Postponed by referee-** Any games postponed by referee (due to weather or darkness) shall be resumed with the same score, etc. just as if the game had continued uninterrupted.

## **SOCCER**

### ***6-on-6 Half-Field Soccer League/ All Play(3-Week League):***

Activity Level: Competitive Tournament

Divisions: All-Play

Date(s): Thursdays, September 13 and 20

Scheduled Time: Games Begins at 2:00 p.m. and continue until 5:00 p.m.

Location: Potrero Field (A, B, C and D)



Registration: Free Agent or Team/12 Team Limit/ Prior to Captains Meeting

Rules: Intramural Sports Handbook

Championships: September 20, games begin at 2:00 p.m.

Captains Meeting: Game Day at 1:30 p.m. on Potrero Field A

This 6-on-6 soccer tournament is a competitive tournament where two games will begin play at the same times with the first set of games beginning at 2:00 p.m. This All-Play tournament registration is first-come-first serve basis, and then a wait list will be created. Register either as a team or as a “free agent.” This half-field, 6-on-6 tournament is self-officiated until the championship games, and then player calls will be guided by CR officials.

### ***6-on-6 Half-Field Soccer One-Day Fast Play Tournament:***

Activity Level: Competitive Fast Play Tournament

Divisions: All-Play

Date(s): Thursdays, September 13 and 20

Scheduled Time: Games Begins at 2:00 p.m. and continue until 5:00 p.m.

Location: Potrero Field (A, B, C and D)

Registration: Free Agent or Team/12 Team Limit/ Prior to Captains Meeting

Rules: Intramural Sports Handbook

Championships: September 20, games begin at 2:00 p.m.

Captains Meeting: Game Day at 1:30 p.m. on Potrero Field A

This 6-on-6 soccer tournament is a competitive tournament where two games will begin play at the same times with the first set of games beginning at 2:00 p.m. This All-Play tournament registration is first-come-first serve basis, and then a wait list will be created. Register either as a team or as a “free agent.” This half-field, 6-on-6 tournament is self-officiated until the championship games, and then player calls will be guided by CR officials.

### ***6-on-6 Half-Field Soccer Two-Day Tournament:***

Activity Level: Competitive Tournament

Divisions: All-Play

Date(s): Thursdays, September 13 and 20

Scheduled Time: Games Begins at 2:00 p.m. and continue until 5:00 p.m.

Location: Potrero Field (A, B, C and D)

Registration: Free Agent or Team/12 Team Limit/ Prior to Captains Meeting

Rules: Intramural Sports Handbook

Championships: September 20, games begin at 2:00 p.m.

Captains Meeting: Game Day at 1:30 p.m. on Potrero Field A

This 6-on-6 soccer tournament is a competitive tournament where two games will begin play at the same times with the first set of games beginning at 2:00 p.m. This All-Play tournament registration is first-come-first serve basis, and then a wait list will be created. Register either as a team or as a “free agent.” This half-field, 6-on-6 tournament is self-officiated until the championship games, and then player calls will be guided by CR officials.

### ***Soccer Skills Challenge Two-Day Tournament***

Activity Level: Competitive Tournament

Divisions: All-Play

Date(s): Thursdays, September 13 and 20

Scheduled Time: Games Begins at 2:00 p.m. and continue until 5:00 p.m.

Location: Potrero Field (A, B, C and D)

Registration: Free Agent or Team/12 Team Limit/ Prior to Captains Meeting

Rules: Intramural Sports Handbook

Championships: September 20, games begin at 2:00 p.m.

Captains Meeting: Game Day at 1:30 p.m. on Potrero Field A

This 6-on-6 soccer tournament is a competitive tournament where two games will begin play at the same times with the first set of games beginning at 2:00 p.m. This All-Play tournament registration is first-come-first serve basis, and then a wait list will be created. Register either as a team or as a “free agent.” This half-field, 6-on-6 tournament is self-officiated until the

championship games, and then player calls will be guided by CR officials.

## ***Open-Rec/ All-Play Soccer:***

### **Rules and Regulations**

OFFSIDE: There is no offside rule in intramural play.

SUBSTITUTIONS: On dead balls.

TIE GAMES: Tie scores in regular season play will be decided by teams alternating five (5) kicks from the spot; kicks will continue in sudden death format if the game is still tied after five kicks. During the playoffs, if the score is tied at the end of regulation the following procedures will occur in successive order until a winner is determined:

- a. Two 5-minute sudden death periods. Teams with switch side following the first sudden death period.
- b. 5 kicks from the spot per team.
- c. a continuation of kicks from the spot in sudden death format.

### THE GOALKEEPER:

- a. The goalkeeper will be permitted use of the hands to play the ball within the marked penalty area. The goalkeeper may take four steps before putting the ball back in play. Once the goalkeeper has released the ball, he/she cannot pick up the ball until an opposing player touches it or until one of his/her teammates touches the ball outside of the penalty area.
- b. A goalkeeper may not punt or drop-kick the ball; if he/she does so, the opposing team will be awarded an indirect free kick, taken from where the offense occurred.
- c. Only the goalkeeper will be allowed to slide.
- d. The goalkeeper may slide within the penalty area only.

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:

1. Controls the ball with his hands for more than six seconds before releasing it from his possession
2. Touches the ball again with his hands after he has released it from his possession and before it has touched another player
3. Touches the ball with his hands after it has been deliberately kicked to him by a team-mate

4. Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate

SLIDING: No sliding tackles are permitted. Sliding of any sort results in an indirect free kick to be taken by the opposing team, taken from where the offense occurred. Any player slide tackling will receive a yellow card.

THROW-INS:

a. A throw-in is awarded to the opponents of the player who last touched the ball before the ball crossed the touch line. A throw-in will be taken from the point where the ball crossed the touch line. A throw-in is indirect. After taking a throw-in, the same player cannot touch the ball again until it touches another player. An illegal throw-in will result in a throw-in from the same location for the opposing team.

b. A corner throw-in is awarded to the opponents of the player who last touched the ball before the ball crossed his own goal line (not within the goal). The offensive team puts the ball in play by a throw-in from the corner of the field nearest the point where the ball went over the goal line. A corner throw-in is direct. Should the player taking the corner throw cheat up the sideline to get an advantages angle with which he or she can easily throw the ball into the goal, the referee may award a goal kick to the other team. An illegal corner throw-in results in a goal kick for the opposing team.

DIRECT FREE KICKS: Awarded to the opposing team, from where the offense occurred, when a player commits one of the following fouls:

a. kicks or attempts to kick an opponent

b. trips or attempts to trip an opponent

c. jumps at an opponent

d. charges an opponent in a careless or reckless manner, or with excessive force

e. strikes or attempts to strike an opponent

f. pushes an opponent.

g. makes contact with the opponent before touching the ball when tackling to gain possession of the ball.

h. holds an opponent.

i. spits at, or on an opponent.

j. handles the ball deliberately (except for the goalkeeper within his own penalty area).

Kicker must wait for the official's whistle on all direct kicks

INDIRECT FREE KICKS: Awarded when an opponent is guilty of any of the following:

- a. trying to kick the ball held by the goalkeeper
- b. impeding the goalkeeper from releasing the ball
- c. charging
- d. obstruction
- e. goalkeeper carrying the ball more than four steps
- f. dangerous play (includes slide tackles and "high kicks")
- g. playing the ball a second time before it is played by another player after a kickoff or free kick
- h. improper substitution
- i. dissenting by word or action with a referee's decision

Kicker must wait for the official's whistle **ONLY IF FIVE YARDS IS REQUESTED.**

For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player. Failure to meet these requirements will result in an indirect free kick awarded to the other team.

GOAL KICKS: Awarded when the ball crosses the goal line (not within the goal), having last been touched by an attacking player. The defensive team puts the ball in play with a kick taken within a 3-yard radius from either goal post. A goal may not be scored directly from a goal kick.

PENALTY KICKS: Awarded if any of the direct free kick offenses is committed by a player inside his own penalty area. The kick shall be taken from a point 12 yards from the goal line, directly in front of the midpoint of the goal. Only the goalkeeper shall be permitted to defend against the penalty kick; all other players must remain beyond the halfway line until the ball is kicked. The kicker must wait for the official's whistle.

MERCY RULE: If a team is ahead by 7 goals at any point in the game, the game will immediately end with that team being declared the winner.

Caution-able Offences (yellow cards):

A player is cautioned and shown the yellow card if he commits any of the following seven offences:

- unsporting behavior

- dissent by word or action
- persistent infringement of the Laws of the Game
- delaying the restart of play
- failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in
- entering or re-entering the field of play without the referee's permission
- deliberately leaving the field of play without the referee's permission

A substitute or substituted player is cautioned if he commits any of the following three offences:

- unsporting behavior
- dissent by word or action
- delaying the restart of play

#### **Sending-off Offences (red cards)**

A player, substitute or substituted player is sent off if he commits any of the following seven offences:

- serious foul play
- violent conduct
- spitting at an opponent or any other person
- denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- using offensive, insulting or abusive language and/or gestures
- receiving a second yellow card in the same match

#### **Advantage**

The referee may play advantage whenever an infringement or offence occurs. The referee should consider the following circumstances in deciding whether to apply the advantage or stop play:

- the severity of the offence: if the infringement warrants an expulsion, the referee must stop play and send off the player unless there is a subsequent opportunity to score a goal
- the position where the offence was committed: the closer to the opponent's goal, the more effective it can be
- the chances of an immediate, dangerous attack on the opponents' goal
- the atmosphere of the match

The decision to penalize the original offence must be taken within a few seconds. If the offence warrants a caution, it must be issued at the next stoppage. However, unless there is a clear advantage, it is recommended that the referee stops play and cautions the player immediately. If the caution is NOT issued at the next stoppage, it cannot be shown later.

### **Eligibility**

CSU Channel Islands students, faculty, staff, administrators, alumni, and University Glen residents with a current Student ID or Dolphin Passports are eligible to participate.

### **Teams/Players**

A team shall consist of six players including the goalkeeper (the goalkeeper must wear a shirt of contrasting color). A team may begin a game with five players, one of which must be a goalkeeper.

**All-Play:** This is an All-Play event which encourages men and women to participate.

**Co-Rec:** N/A

**Men's:** N/A

**Women's:** N/A

### **Team Captain/Representative Responsibilities**

A Team must choose the person they wish to represent their team to the officials and coordinators. This person must be chosen and registered as so before the end of on-line registration.

### **Equipment and Uniforms**

Teams must have coordinating shirts. Each player must have a number on the back of his/her shirt. No player is allowed to wear the same number as a teammate. Jersey numbers will be recorded on the score sheet before each game. Players will not be allowed to tape numbers on their shirts, but they may use a permanent marker. CSUCI Intramural Sports will provide a numbered jersey if a team does not have their own. Players must wear regular sneakers, or soccer shoes. No cleats.

### **Court and Field of Play**

Two full Soccer Fields on Potrero Field will be designated for this event by the CR Staff

### **Game/ Scoring**

A goal is scored when the ball has completely crossed over the goal line, between the goal posts, and under the cross bar. If the defending team **DELIBERATELY** stops the ball with hands or arms to prevent a goal inside the penalty area, that player shall be sent off Red Card and a Penalty kick awarded. A goal cannot be scored directly from kick-off, goal kick, or throw in unless it is touched by an opposing player.

### **Determining Winner**

Teams with the highest point total at the end of each regulation period will win.

### **Forfeits/Defaults**

N/A

### **Time Factors**

The game consists of two 20-minute halves (running time). There will be a three (3) minute half-time interval. Additional time is added for the taking of a penalty kick at the end of a half. The clock will stop for a time out or at the discretion of the referee. **TIME OUTS**: Each team is allowed a one (1) minute time out per game. A time out must be called by the team captain at any dead ball.

### **Substitutions**

Substitutions may be made at these times with the consent of the referee:

- a. Prior to a throw-in, in your favor.
- b. Prior to a corner throw- in your favor
- c. Prior to a goal kick, by either team.
- d. After a goal, by either team.
- e. After an injury, when the referee stops play, by either team.
- f. At half-time.
- g. When the referee stops play to caution a player, the cautioned player *MUST* be substituted, prior to the restart of the game.
- h. The substitute only enters the field of play after the player being replaced has left *AND* after receiving a signal from the referee.
- i. The substitute only enters the field of play at the halfway line and during a stoppage in play.
- j. No substitution may be made on the fly. Any players who sub on the fly may be subjected to cautioning by the referee.
- k. Changing of goaltenders may only be made during dead ball situations.



## ***Open-Rec/ All-Play Indoor Soccer***

### **Teams/Players**

Teams consist of 5-15 players on each team. Open-Rec competitions allow all to participate on a first-come-first serve basis. All players should check in with a CR staff member prior to participating. CR staff will introduce and place in the appropriate lineup.

**All-Play:** N/A

**Co-Rec:** This is an All-Play event which encourages men and women to participate.

**Men's:** N/A

**Women's:** N/A

### **Team Captain/Representative Responsibilities**

Prior to each game, a team representative will be chosen by the CR Staff to be team captain and choose the teams.

### **Equipment and Uniforms**

Soccer balls, goals, and Pennies are provided.

### **Court and Field of Play**

One full Soccer court will be provided for this event. All participants must wear shoes. Players are permitted to use cleated soccer shoes provided that the rubber cleats are short and are molded into the sole of the shoe. Metal spikes are not permitted. Shin guards are optional. **No Jewelry;** No hats/caps/bandanas. Participants may not cover up jewelry with tape, band-aids or other such items. Team jersey will be provided for each team if necessary. The goalie must wear a different color shirt than his/her teammates. No cast or splints (hard or soft) are permitted.

### **Game/ Scoring**

A goal is scored when the ball has completely crossed over the goal line, between the goal posts, and under the cross bar. If the defending team **DELIBERATELY** stops the ball with hands or arms to prevent a goal inside the penalty area, that player shall be sent off Red Card and a Penalty kick awarded. A goal cannot be scored directly from kick-off, goal kick, or throw in unless it is touched by an opposing player.

### **Determining Winner**

The Team with the higher amount of points by the end of the regulation playtime wins.

### **Forfeits/Defaults**

N/A

### **Time Factors**

2-20 minute halves, 5-minute half time; continuous running clock until the end of the game

**Substitutions**

There may be unlimited substitutions; goal kick, after a goal, start of the half, caution, and on any other dead ball situation.

## **SOFTBALL**

### ***Softball Classic Celebration/ Recreational All-Play***

#### **General Information**

##### **Teams/Players**

Teams consist of 10 players on each team. Participants are subject to all of the policies and procedures in the Intramural Handbook. Games will consist of 2 teams. Games may start with 9 players. Open-Rec competitions allow all to participate on a first-come-first serve basis. All players should check in with a CR staff member prior to participating. CR staff will introduce and place in the appropriate lineup. Pinch runners are allowed.

**All-Play:** This is an All-Play event which encourages men and women to participate.

**Co-Rec:** N/A

**Men's:** N/A

**Women's:** N/A

##### **Team Captain/Representative Responsibilities**

Prior to each game, a team representative will be chosen by the CR Staff to be team captain and choose the teams. Batting order will be established by the order a person is picked.

##### **Equipment and Uniforms**

Bats, Balls, Bases, Mitts and Pennies are provided. Players must wear their assigned number during contest. All participants should wear proper recreational attire. This includes t-shirts, gym shorts, wind or sweat pants, and athletic closed toe shoes. Jewelry shall not be worn. Sunglasses and hat are allowed in the outfield. Any hard braces must be covered and padded. Participants wearing casts are prohibited from intramural play. The final determination regarding legal equipment will be made by the Intramural Official at the game. Rubber cleats not exceeding ½ inch may be worn. Metal cleats are prohibited.

##### **Court and Field of Play**

Bases are 60ft apart. Pitching mound is 40ft from home plate. Due to the limited space on the quads, ground rule doubles, triples, and homeruns will be in effect. The umpire will make the team's captain aware of what constitutes a ground rule double, triple, or home run.

## **Game/ Scoring**

The first team name listed on the schedule will be the home team; the second team name listed on the schedule will be the visiting team. Visiting team bats first. A run is scored every time a member of the team on offence successfully navigates around all of the bases and crosses the home plate. 10 Run Rule: A team may only score 10 runs an inning. Once 10 runs are scored the inning is over and the offensive team will take the field regardless of the number of outs. Mercy Rule: A 15 run mercy rule will be in effect at the end of the fourth complete inning, and a 10 run mercy rule will be in effect after the fifth complete inning. The scorekeeper will call out who is up, on deck, and in the hole before the start of an inning.

## **Determining Winner**

Teams with the highest total runs at the end of 7 innings will win.

## **Forfeits/Defaults**

There are no forfeits.

## **Time Factors**

A game will consist of 7 innings or 55 minutes, whichever comes first. If the score is tied at the end of 7 innings there will be a maximum of 4 extra innings, if time has not expired. If the score is still tied after the extra inning a tie will be ruled. Playoff games will not end in a tie; extra innings will be played until a team wins. A new inning will not be started after 50 minutes. A started inning will be finished even if time has expired.

## **Substitutions**

In a game started with 9 players, an additional player must be added as number 10 in the batting order.

A substitute takes the replaced player's position in the batting order.

The umpire must approve the substitution and the scorekeeper must be made aware of the name of the sub and person being replaced.

## **Batting Order/Substitute**

Men's/Women's League

The game shall be played with 2 teams of 10 players, with the option of an **extra hitter (EH)** for the offensive team.

The batting order must be delivered to the scorekeepers prior to the game.

The batting order will remain the same unless a player is substituted for.

The EH may appear anywhere in the batting order.

The EH never plays in the field unless they substitute for a player in the field.

Should the EH substitute for a player in the field the batting order remains the same. The team will receive an out for the EH turn at bat unless the EH spot is filled by a substitute.

Pinch runners are allowed.

A person leaving the lineup may not return to the game.

9 players may start the game.

In a game started with 9 players, additional players must be added as number 10 and 11 in the batting order.

A substitute takes the replaced player's position in the batting order.

The umpire must approve the substitution and the scorekeeper must be made aware of the name of the sub and person being replaced.

The scorekeeper will call out who is up, on deck, and in the hole before the start of an inning.

### **Batting Out of Order**

If the error is discovered while the incorrect batter is at bat, the correct batter may take his/her place and assume the count.

If the error is discovered after the incorrect batter has completed his/her turn at bat and before there has been a pitch to another batter, the player who should have batted is out, all runs are cancelled, and the base runners must return to the original positions. The next batter is the one who follows the player who should have batted.

If there has been at least one pitch since the incorrect batter completed his/her turn at bat, there can be no appeal. The next person to bat is the one who follows the previous, incorrect batter in the order. Anyone skipped loses his or her turn at bat.

### **Pitching**

The pitcher must stand with both feet firmly on the ground and with one or both feet in contact with the pitcher's mound, facing the batter and holding the ball with both hands in front of his/her body.

This position may be maintained for one to ten seconds before starting the delivery.

After the required pause, the delivery begins when the pitcher makes any motion that is part of his/her windup. The pitcher's pivot foot must remain in contact with the mound until the pitched ball leaves the hand.

The pitcher may take only one step forward.

The pitch must be delivered underhand with an arc of at least 6 feet from the ground and cannot reach a height of more than 12 feet above the ground.

The pitching hand shall be below the hip.

The pitch shall be released at a moderate speed. The speed is entirely left up to the judgment of the umpire. The umpire shall warn a pitcher who delivers a ball with excessive speed; if the pitcher repeats such an act after being warned, he/she may be removed from the pitching position for the remainder of the game.

The pitcher shall not "quick pitch" a batter or unduly delay delivery after the batter is ready.

The pitcher may not wear a bracelet or similar type item on the wrist or forearm of the pitching arm.

A pitcher may have 5 warm-up pitches before the start of the game. Only one warm-up pitch will be allowed after the first inning.

New pitchers are allowed a maximum of 5 warm-ups when they enter the game.

No Pitch: A no-pitch occurs and the ball is replayed when:

The ball slips from the pitcher's hand during the windup.

The pitcher pitches before a base runner is able to return to his/her base following a foul ball.

Illegal Pitch: An illegal pitch is ruled on a ball when the pitcher delivers any pitch not in accordance with the rules. Exception: If a batter strikes at an illegal pitch, it shall be considered a legal pitch and all related action will count. Base runners cannot advance on a non-batted illegal pitch.

A strike mat shall be placed directly behind the home plate and will be used as the strike zone.

Any legally delivered pitch with the proper arc requirement that makes contact with any part of home plate or the strike mat will be called a strike.

Any pitch which makes contact with both the strike mat and home plate simultaneously shall also be called a strike.

The catcher must allow the pitch to hit the mat or the ground before returning the ball to the pitcher.

If the catcher catches the pitch before it hits the mat or in any way obstructs the umpires view, the pitch shall be declared a ball.

If the batter inhibits the ball from striking the mat in any way, the pitch shall be declared a strike.

Co-Rec Variation: The batting team will provide the pitcher.

A hit batman will remain at home plate and continue to bat. The ball is dead once it hits the batter.

## **Batting**

Men's and Women's League: the batter will begin each bat with a count of 1 ball and 1 strike.

Bunting/Chops Hits: A batter will be called out if they intentionally try to bunt or chop the ball downward.

The 3 foul ball on strike 2 will be called an out.

A foul ball tip that goes over the head of the batter is a live ball. If the catcher catches the ball the batter is out.

A foul ball tip that does not go over the head of batter is a foul ball regardless if the catcher catches the ball.

Co-Rec Variations:

Each batter receives 3 legal pitches. Foul balls count as a pitch.

Male batters are required switch hit (using there opposite hand). Should the opposing team feel a male batter is not switch hitting they can appeal to have them change hands. The appeal is final; the male batter shall remain hitting with the change hand forced by the appeal.

## **Base Running**

The base runner is not out:

- I. When the base runner runs behind or in front of the fielder and outside the baseline in order to avoid interfering with a fielder attempting to field the ball in the base path.

2. When the base runner is hit by a fair batted ball after it touches or is touched by any fielder including the pitcher, and could not avoid contact with the ball.
3. When the base runner is touched with a ball not securely held by a fielder.
4. When hit by a batted ball when touching a base unless the base runner intentionally interferes with the ball or a fielder making a play, batted called a foul for the batter.
5. When a base dislodges or slides from its proper position.
6. Overthrow: If a ball is overthrown and goes out of bounds, a runner will receive the base they were going to at the time of the throw and one additional base.
7. In the event of a tie, the tie goes to the runner.

The base runner is out:

1. When a base runner fails to touch bases in legal order.
2. When the base runner runs 3 feet outside the base path which, in the umpire's judgment, interferes with a fielder making or taking a throw or avoids a tag.
3. When a base coach interferes with a fielder making a play. This includes any base coach who does not attempt to get out of the way of a fielder making a play in the coaches' box.
4. When any teammate or coach physically assists a runner, a delayed dead ball will be called.
5. When a runner deliberately crashes into a defensive player. The ball shall then become dead and all other runners must return to the last base touched.
6. When the base runner leaves a base prior to the pitch touching the ground, reaching home plate, or being batted. The ball shall be called dead, no pitch declared, and the base runner is out.
7. When the base runner abandons a base and leaves the field of play.
8. When a base runner slides.
9. Runners may not leave a base until the ball crosses home plate or the ball is hit. A base runner leading or stealing will be called out.
10. A base runner is out if they pass a preceding runner who has not yet been called out.
11. Two players cannot simultaneously occupy a base. The first runner there is entitled to it; the other must be put out. Play cannot stop while this situation exists. If a preceding or

succeeding runner is awarded a base because of an obstruction, the runner on the base is entitled to return or advance one base, respectively.

12. On all possible contact plays at home plate, the base runner must avoid contact. The base runner cannot bowl over the person attempting to make the tag. Any attempt at physical contact will result in an automatic out, or, if in the umpire's judgment either player uses unnecessary force or illegal physical contact.

13. Infield Fly Rule: An infield fly rule occurs when a ball is hit (excluding a line drive) which can be caught by an infielder with ordinary effort when runners are on first and second or the bases are loaded with less than two outs. Note: If an infield fly ball is allowed to fall untouched to the ground and bounces foul before passing first or third base, it is a foul ball. If an infield fly falls untouched in foul territory and bounces fair before passing first or third base, it is an infield fly and the batter is out.

#### Fair/Foul

A fair ball is a legally batted ball which:

1. Settles or is touched on or over fair territory between home and first base, and home and third base.
2. Bounds or rolls past first or third base in fair territory.
3. Bounds over any part of first or third base regardless of where the ball hits after going over the bag.
4. After passing first or third base in the air, lands in fair territory or is touched by a defensive player while over fair territory.
5. The foul line and home plate are fair territory. For example, a batted ball that comes to rest on home plate shall be ruled a fair ball.

A foul ball is a legally batted ball which:

1. Settles or is touched on or over foul territory between home and first base and home and third base.
2. Bounds or rolls past first or third base, on or over foul territory.
3. After passing first or third base in the air lands in foul territory or touches a defensive player while over foul territory.



4. Touches the batter or the bat in the batter's hands while the ball and batter are within the batter's box.
5. Immediately rebounds up from the ground or home plate and hits the bat while the batter is in the batting cage.

**Dead Balls:**

1. A fair ball that hits an object in the field of play. Ground rule double, triple or homerun will apply.
2. A foul ball that hits an object in foul territory.
3. An over thrown ball that hits an object.
4. A pitched ball that hits the batter.

A ball that hits a team member not on the field of play. Batter receives the base and one.

***Open-Rec/ All-Play Softball:***

Activity Level: Recreational

Divisions: All-Play

Date(s): Saturdays, September 15, 22 and 29

Scheduled Time(s): All-Play from 2:00 p.m. to 4:00 p.m.

Location: Potrero Field (C)

Registration: Attend and Play

Rules: Open-Rec Etiquette

Open-Rec/ Free-Agent Softball encourages all players to join in and participate in softball. This is a first-come-first-serve participation event that encourages free agents to meet other players and then create teams. Open-Rec softball gives students a chance to meet others and learn to play the game of softball. The games are facilitated by CR staff and self-officiated by the players. This scheduled format is given to encourage players time to practice and have fun prior to competitive play. This game will be played amongst teams All-Play in a friendly and fun competitive manner.

# **TENNIS (Indoor)**

## ***Open-Rec/ All-Play Tennis:***

### **Court**

- Use the basketball out of bounds line and the red line running parallel to the wall for out of bounds lines. If you play doubles, use the volleyball court lines. Or just come up with your own boundaries to fine your style of play.

### **Serve**

- A player must stand behind the baseline of his side to serve. He can only step into the court once he has made contact with the ball. His first serve is from his right-hand side of the court. He must toss the ball into the air and hit it into the service box diagonally across the net. If his serve lands in the box, it is legal. Outside of the box is a fault, and he gets a second try. If he again misses, he has doubled-faulted and loses the point. If the ball hits the net and lands in the box, it is known as a "let" and he gets to reserve. If it hits the net and lands out, it is a fault.

For the second point, the player serves on the left-hand side of the court and again gets to try to hit the ball into the service box on the opposite side. He then returns to the right side for the next point. This continues for all of his serves.

### **Rallies**

- Once a serve lands in, a rally has begun. The player who has been served to must return the ball into any area of his opponent's singles court. As with a serve, if the ball hits the net and goes into the singles court, it is good. If not, the point is lost.

A ball may hit the ground no more than one time before being returned, but does not have to be allowed to hit. In other words, it can be returned while still in the air. A ball that hits any of the boundary lines is good.

Players must hit the ball back and forth into each other's court until a ball is not returned fairly--it is hit out or missed.

### **Game Scoring**

- Unlike most other sports, tennis does not use a basic numbering system. Instead, the first point a player scores is known as 15. His second point is 30. His third point is 40. The server's score is always called first. For example, if the server scores the first point, the score is 15-0 or 15-love. Should his opponent score the next two points, the score would be 15-30.

A game is won if a player wins the next point after he reaches 40, as long as his opponent does not also have 40. If he does, it is known as "deuce." At that point, play continues until one player gains a two-point advantage.

## Sets and Matches

- The winner of a set is the first player to win six games, as long as he is ahead by two games. In other words, he can win 6-4, 6-3 and so forth. However, if winning a game makes the set score 6-5, another game must be played. If the player who had 6 wins the game, the set is over at 7-5. If he loses, the set is tied at 6-6.

To break a tie, players play one game in which one player must score seven points, but again must win by two points or else play continues until someone has a two-point advantage.

The tiebreaker begins with the next server (whoever would have served the next game) serving one point. His opponent then serves two points. The first player then also serves two. They go back and forth from then on, each serving two points until the set is won.

Matches are typically the best of three or five sets.

## ULTIMATE FRISBEE

### ***Open-Rec/ All-Play Ultimate Frisbee:***

#### **Rules and Regulations**

A minimum of six players are required to play.

#### **THROW-OFF**

Play begins with the throw-off. The captains of the two teams flip a disc to determine which team will throw or receive, or choice of goal. All players must be on or behind their own goal line until the disc is released.

As soon as the disc is released, all players may cross the goal lines. No player on the throwing team may touch the disc in the air before it is touched by a member of the receiving team.

The receiving team may catch the disc or allow it to fall untouched to the ground. If the receiving team touches the disc and fails to catch it, the team which threw off gains possession on the disc where it stopped. If the disc is allowed to fall untouched to the ground, the receiving team has possession where it is stopped.

If the disc goes out-of-bounds, the receiving team makes the immediate decision of:

1) having the disc thrown off again; 2) gaining possession at the point the disc went out-of-bounds; or 3) if the disc goes out of bounds after crossing the goal line, the receiving team may elect to take possession on the goal line at the nearest corner. In situations 2 and 3, the receiving team may elect to take possession from the middle of the field at the point where the disc went out of bounds.

Each time a goal is scored, the teams switch direction of their attack, and the team which scored throws-off on the signal of the receiving team.

## **THE PLAY**

The team which has possession of the disc must attempt to move the disc into position so that they may score a goal. A player may propel the disc in any way he/she wishes. The disc may never be handed from player to player. In order for the disc to go from one player to another, it must at some time be in the air.

No player may walk, run or take steps while in possession of the disc. The momentum of the receiver, however, must be taken into consideration. Should a player take steps obviously not required to stop, a foul is called. The player in possession may pivot on one foot, as in basketball. The thrower may not change the pivot foot. If the thrower changes the pivot foot, a foul is called. Only one player may guard the person in possession of the disc. The disc may not be wrenched from the grasp of an opposing player or knocked from his/her hand. A turnover results if the disc is dropped by the thrower without interference by a defender. If the disc is simultaneously caught, offense retains possession.

The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down, or goes out-of-bounds. A rolling or sliding disc may be stopped by any player, but may not be advanced in any direction. Possession is gained at the point where the disc is stopped.

A player may catch his/her own throw only if the disc has been touched by another player during its flight. Bobbling to gain control is permitted, but tipping to oneself is not.

Players may only hold the Frisbee for a count of ten. Defender begins count once they begin the actual guarding. Change of possession at that spot if the Frisbee is not released when the defender reaches ten.

## **FOULS**

A throwing foul is called only by the player fouled. Any physical contact during the throw is a foul against the defender. The thrower may not push the player defending. Contact that occurs during the follow-through is not sufficient grounds for a foul. If the pass is completed, the foul is automatically declined and play proceeds without stopping.

Players must play the disc, not the opponent. They may not position themselves or move for the purpose of impeding other players. To do so is a foul. In playing the disc, players must respect the established positions of others. Low momentum contact during and after the catching attempt is often unavoidable, and is not a foul. Violent impact with legitimately positioned opponents constitutes harmful endangerment and is a foul.

## **CALLING A FOUL**

The player who is fouled calls "foul", play stops, and the player gains possession at the point of the infraction. For a momentum or pivoting foul, play stops, a check of the disc occurs, but possession is retained by the thrower. Play continues when both teams are ready. Should a foul occur in the end zone, possession is gained at the goal line.

## **ELIGIBILITY**

Current students, faculty and staff of the University of Oregon who appear on the roster are eligible. (EVERY PLAYER MUST SIGN THE ROSTER BEFORE PARTICIPATING) Players must bring a valid ID to each game. (NO ID = NO PLAY) Players can only play on one co-ed and one gender specific team at the same time. Club Ultimate Players are not eligible.

## **Teams/Players**

Teams consist of 6-8 players on each team. Open-Rec competitions allow all to participate on a first-come-first serve basis. All players should check in with a CR staff member prior to participating. CR staff will introduce and place in the appropriate lineup.

**All-Play:** This is an All-Play event which encourages men and women to participate.

**Co-Rec:** N/A

**Men's:** N/A

**Women's:** N/A

### **Team Captain/Representative Responsibilities**

Prior to each game, a team representative will be chosen by the CR Staff to be team captain and choose the teams.

### **Equipment and Uniforms**

Field Discs and Pennies are provided.

### **SAFETY**

Proper footwear and attire is mandatory. Any articles that may endanger other players are not permitted (i.e. jewelry, plaster casts, etc.) Contact lenses or protective goggles are highly recommended.

### **Court and Field of Play**

A full size Football Fields will be set-up for play

### **PLAYING FIELD**

If a pass is completed outside the lateral boundary, it is considered incomplete, and the defensive team gains possession of the disc. In order to be considered in-bounds, a player must land both feet inside the lateral boundary line. Should the disc land outside the lateral boundary, it is returned to play on the main playing field at the point where the disc went out of bounds. The player throwing the disc in-bounds must have his/her pivot foot on the line.

### **ENDZONES**

Any time a team gains possession in the end zone which they are defending, the player immediately chooses to resume play where the disc is stopped, or at a goal line. A player may carry the disc up to the goal line, provided that he/she approaches it perpendicularly. The player may not pass the disc during the approach to the goal line. If a team gains possession in the end zone which it is attacking, a goal is scored.

### **Game/ Scoring**

A goal is scored when an offensive player lands in bounds with any part of both feet in the end zone after receiving a pass from a teammate. The goal line is not considered part of the end zone. One point is scored per goal.

### **TIES**

During league games, ties will remain as such, with each team being credited with a win for playoff considerations. **PLAYOFFS:** If tied, a 5-minute period will be played; if still tied after 5 minutes, then sudden death with the first team to score being declared the winner.

### **Determining Winner**

Teams with the highest point total at the end of each regulation period will win.

### **Forfeits/Defaults**

No forfeits. It's for fun.

### **Time Factors**

Games are played to 15 points or 50 minutes (whichever comes first).

### **TIME OUTS**

Each team is permitted two time-outs per game, each lasting one minute. Time-outs may be called by either team after a goal and before the ensuing throw-off. A team must be in possession of the disc in order to call time-out during play. A time-out called in the last five minutes stops the clock.

### **Substitutions**

Substitutions may be made at each dead ball or time out.

## **VOLLEYBALL**

### ***Students vs. Faculty/Staff Volleyball Game***

Date: Tuesday, April 9

Scheduled Time: Warm-up begins at 6:00 p.m., Game Time 6:30 p.m

Location: Rec Center (Arroyo Hall)

Registration: Wufoo Form

Rules: Volleyball Official Rules

This friendly game of Student vs. Faculty is a game to promote and encourage the faculty and student relationship here on campus. Both teams will come together to play a full on competitive game of volleyball, officiated by our CI intramural staff.

### ***6 on 6 Volleyball Two-Day Tournament***

#### **Rules and Regulations**

Games shall consist of 21 points, must win by 2.

1. Rally scoring will be used for all games.
3. Each team may take one time out of one minute during each game.
4. The server must serve with both feet behind the serving line. A player must make contact with the ball before stepping over the serving line.
5. There are no restrictions as to how the ball can be served except that it must be clearly hit, not thrown or pushed. Side out is declared when a served ball does not land in play, a serve may hit the net but has to be in play to count.
6. If the player touches the ball, or the ball touches a player, s/he is considered as having hit the ball.
7. It is permissible to run out of bounds to hit the ball. All balls which are knocked out of bounds by an opponent must be permitted to hit out of bounds on the floor, wall, or any other out of bounds object before being touched for a point to be scored.
8. A ball touching any part of the boundary line is good.
9. Players are not permitted to push, scoop, carry, or hold the ball. The ball must not come visibly to rest on a players hands, fingers, or any other part of the body. You are not permitted to contact the ball underhanded with an open hand. You must use the forearm or a semi-closed to closed hand in playing the ball underhanded. This is to avoid carries. Violations of this rule is an infraction of the rules.
10. A ball touching the body more than once except on a hard driven spike and on reception of the serve, is considered a double hit.
11. A player must have hands together when playing above their head, if this is not the case the ref will make a judgment call as to whether it is a double hit or not. A player may use any part of their body above the waist in playing a ball.
12. A ball, may be recovered from the net, provided the player avoids contact with the net and does not catch or hold the ball (as stated in rule 9).
13. One person may play the ball twice during a volley but not twice in succession.
14. The ball must always be returned over the net by the third contact.
15. Defensive players are allowed to block shots over the net so long as they do not interfere with the offensive team playing the ball, touch an offensive player, or touch the



net. In other words, the only time a player can reach over the net is to attempt to block a definite shot (a player cannot interfere with passing or setting up a ball) and if during his attempt to block the shot s/he touches the net or the offensive player in any way, it is a violation. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players, as distinguished from such player actually touching the net by his/her own impetus, such contact shall not constitute a foul.

16. A player may not touch the court on the opposite side of the center line.

17. A back line player may not spike the ball unless s/he is behind the 10 foot line. S/he is allowed freedom in moving about the court, but may not run up to the net and spike and kill the ball nor may the player block the ball when s/he is a back-line player. The back line player may leave their feet to spike the ball.

18. Each match will consist of three games and the team winning 2 out of 3 games is the match winner.

19. A team shall consist of no more than 6 players; however, a team may play with less than six players. Teams need at least 4 people to play. A team must play their game or they will forfeit.

20. All matches will start at the designated times; however, 5 minutes forfeit time is allowed from the time the event is scheduled. If a team does not appear within 5 minutes, that team will lose the first of the three games scheduled. If they appear after five minutes, but within 10 minutes, they may start the 2nd game (the first game is a forfeit loss.) If a team does not appear within 10 minutes of the schedule time, they shall forfeit the match. (Use field house clock).

21. Substitutions: Substitution shall take place only when the ball is dead, i.e., when a point has been scored, a change of serve or timeout.

24. All the games shall be officiated.

Programs Concerns - Each captain should know procedures and policies regarding:

- a. Forfeits - time is five minutes past game starting time.
- b. Protests - Eligibility
- c. Disciplinary Action
- d. Rules Discussion

e. Postponements

f. Playoffs

26. Each participant must have ID or participation pass in order to play.

VERBAL ABUSE OF INTRAMURAL OFFICIALS WILL RESULT IN THE TEAM BEING PLACED ON PROBATION. FURTHER ABUSE WILL RESULT IN THE TEAM BEING REMOVED FROM THE LEAGUE. (NO REFUND).

SUPPLEMENT

### **Eligibility**

CSU Channel Islands students, faculty, staff, administrators, alumni, and University Glen residents with a current Student ID or Dolphin Passports are eligible to participate.

### **Teams/Players**

Teams consist of 6 players on each team. This is a tournament style event. All players should check in with a CR staff member prior to participating. CR staff will introduce and place in the appropriate lineup.

**All-Play:** This is an All-Play event which encourages men and women to participate.

**Co-Rec:** N/A

**Men's:** N/A

**Women's:** N/A

### **Team Captain/Representative Responsibilities**

A Team must choose the person they wish to represent their team to the officials and coordinators. This person must be chosen and registered as so before the end of on-line registration.

### **Equipment and Uniforms**

Volleyballs and Pennies are provided.

### **Court and Field of Play**

Two full Volleyball Courts will be set-up by the CR Staff for this event inside of the Rec Center.

### **Game/ Scoring**

Game to 21 that is scored by a Rally type scoring pattern. A team must win by two point

### **Determining Winner**

Teams with the highest point total at the end of each match will win will advance towards the championship match in their bracket.

### **Forfeits/Defaults**

N/A

### **Time Factors**

Each Open-Rec Volleyball game will last 55 mins at the most

### **Substitutions**

Substitutions may be made at each dead ball or time out

### ***Open-Rec/ Women and Men Volleyball:***

#### **Teams/Players**

Teams consist of 6 players on each team. Open-Rec competitions allow all to participate on a first-come-first serve basis. All players should check in with a CR staff member prior to participating. CR staff will introduce and place in the appropriate lineup.

**All-Play:** This is an All-Play event which encourages men and women to participate.

**Co-Rec:** N/A

**Men's:** N/A

**Women's:** N/A

#### **Team Captain/Representative Responsibilities**

Prior to each game, a team representative will be chosen by the CR Staff to be team captain and choose the teams.

### **Equipment and Uniforms**

Volleyballs and Pennies are provided.

### **Court and Field of Play**

Two full Volleyball courts are provided

### **Game/ Scoring**

Game to 21 that is scored by a Rally type scoring pattern

#### **Determining Winner**

Teams with the highest point total at the end of each regulation game will win.

### **Forfeits/Defaults**

No forfeits. It is for fun.

### **Time Factors**

#### **Length of Game or Match**

Each Open-Rec Volleyball game will last 55 mins at the most

## **Substitutions**

Substitutions may be made at each dead ball or time out.

## **Open-Rec/ Co-Rec Volleyball:**

### **Teams/Players**

Teams consist of 6 players on each team. Open-Rec competitions allow all to participate on a first-come-first serve basis. All players should check in with a CR staff member prior to participating. CR staff will introduce and place in the appropriate lineup.

**All-Play:** N/A

**Co-Rec:** This is a Co-Rec event which encourages equal percentages of men and women to participate.

**Men's:** N/A

**Women's:** N/A

### **Team Captain/Representative Responsibilities**

Prior to each game, a team representative will be chosen by the CR Staff to be team captain and choose the teams.

### **Equipment and Uniforms**

Volleyballs and Pennies are provided. No street clothes (i.e. jeans, button shirts, hard-soled shoes) may be worn. Splints, casts, or anything which is dangerous to other participants may not be worn. However, protective devices may be worn provided any metal parts are covered and it has been approved by Campus Recreation. Players must remove all jewelry prior to participating. **New Policy:** Headgear Policy: Headgear is not allowed to be worn by any participant during an Intramural event, except for one piece head/sweat bands that do not have to be tied or do not have any knots. For INDOOR sports, all illegal headgear consists of any hats, bandannas, baseball caps, winter/wool hats, and any other such similar headgear. This also applies to OUTDOOR sports with the following exceptions: winter/wool hats are also allowed for all outdoor sports, and baseball type caps are allowed only during Intramural Softball. The officials and supervisors on duty have the authority to disallow any participant from participating which they feel would endanger the person wearing the headgear or his/her opponents.

### **Court and Field of Play**

Two full Volleyball courts are provided

## **Game/ Scoring**

Game to 21 that is scored by a Rally type scoring pattern

## **Determining Winner**

Teams with the highest point total at the end of each regulation game will win.

## **Forfeits/Defaults**

Forfeit time is 10 minutes from the scheduled starting time of the contest.

B. A team may start and compete with as few as four (4) players.

1. The game will begin when four (4) players are present.

2. Additional players may be added to the score sheet and enter the game as they arrive.

C. In order to claim a forfeit, a team must have the correct number of players present and ready

to play.

D. If neither team is able to field the correct number of players, a double forfeit will be declared.

E. If a contest is discontinued due to unsportsmanlike conduct the offending team(s) will receive a forfeit and be dropped from further league competition.

F. Mandatory Managers' Meetings are held each Monday at 3:30 p.m. The first meeting for a team sport will be held on Monday following the entry deadline date. **(The first meeting of every sport, and the meeting immediately prior to play-offs are mandatory. Teams not represented at either of these meetings will not be eligible for play-offs.)**

Attendance at each Manager's Meeting will earn 10 Golden Team points for the team(s) represented. The "sport season" is defined as the period of time from when an entry is turned in until the team is terminated from play-offs.

G. If a team forfeits an intramural game, the forfeiting team will automatically receive a "0" (F) sportsmanship rating and the team winning by forfeit will automatically receive a "10" (A) for that scheduled game. These ratings will be averaged the same as if the game were played.

**Time Factors**

Each Open-Rec Volleyball game will last 55 minutes at the most

**Substitutions**

Substitutions may be made at each dead ball or time out.

## **GENERAL INFORMATION**

***Informal Recreation***

The Informal Recreation program provides an outlet for the University community to participate in a variety of sports. Opportunities are provided for individuals to participate at their leisure whether it is to just shoot some hoops, play in a small pickup game or work on skill development of a sport. The campus recreation areas have specified hours that are designed for informal (open recreational) play.

This program is intended to give participants a chance to just plain have fun, “Open-Rec” events embody the essence of intramurals by inviting all to participate within a casual environment where “spirit of play” and physical activities with friends are the only objectives. These scheduled events encourage students to attend during the scheduled times and play. No individual or team registration is necessary prior to participating. Participants will be randomly placed on a team. These types of events range from Flag Football to Softball and are meant to encourage the core concepts of intramural sports: fun activities and open participation by everyone. When a specific sport and division of sport is designated, the activity offers informal play in that sport designated, and division stated. (ie. Open Rec Basketball/All-Play) All Open activities and events follow Open-Rec Etiquette. (see the Campus Recreation Open-Court and Open-Field schedule for details)

***General Rules and Guidelines***

**Open-Rec Etiquette:** Open-Rec play encourages CI participants to have fun while participating in recreation. Proper etiquette includes allowing all willing participants to receive equal playing time by rotating in and out of the games. When courts or fields are full, there will be a sign-in-sheet located at the front office or at the field. Campus Rec staff members’ will help control the flow of the games and encourage equal participation of the courts and fields. Open-Rec/All-Play Basketball encourages all that want to play basketball to join in and participate in full-court and half-court basketball. This is a first-come-first-serve participation event.

***Eligibility***

All CI Student and University members that have a current Student ID or registered as Dolphin Passport member through Campus Recreation.

### ***Informal Rec Team Divisions***

Every Campus Recreation facilitated Open-Rec opportunity will consist of a specific division of play. In some cases, divisions will be combined in order for the team games to proceed. This decision will be made by Campus Recreation staff after evaluating the number of players attending. See Intramural Sports Overview for details.