

Intramural Sports Activities

Please note the mandatory captain's meeting for your respective activity. As a captain, you must have a representative at the meeting to ensure your team a spot

The Campus Recreation Intramural Sports Program is now using an intramural sport scheduling program called [IMleagues](#). IMleagues provides lots of great advantages that will largely benefit the registration processes. Because IMleagues is new to many of us, we have included a few steps to help aid in the process.

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General Intramural Sports Rules

These will serve as a series of rules that encompass the whole Campus Recreation Intramural Sports Program. Please make sure to read sport specific rules as well.

Participants must be a CSU Channel Islands student, faculty, or staff. All other students are not eligible for participation in this program. This includes outside parties or potential students visiting campus. Any ineligible students, or others, who participate in intramural activities will result in your team's possible elimination from league.

Every student must be registered on IMleagues to participate. This requires students to sign a mandatory electronic waiver prior to participation. If not on the printed roster from IMleagues, students will not be able to participate. Participants not on the roster have not signed the waiver and are thus ineligible for participation.

Students will need to show their student ID to match the roster in order to participate. Failure to produce a current student ID will result in an inability to participate in any intramural activities until otherwise. **NO EXCEPTIONS.**

The game time listed is the time when your team is expected to be ready to participate. Teams are expected to be there earlier for warm-ups and preparations. Failure to do so will result in a forfeit for that game and possible elimination from the league.

Defaults vs. Forfeits. A forfeit is a failure to show up to your scheduled game. It also means the captain did not take any steps to inform IM staff your team was not able to attend your game/match. A forfeit will result in possible elimination from the league. A default is communicating with the IM Coordinator via email or phone call before 5pm on Friday to let IM staff know you will not be in attendance for that game/match. This allows IM staff to inform teams and other related staff that their services will not be necessary for that particular game/match. Defaulting teams will still be awarded a loss, but permitted to remain in the league for subsequent games/matches.

All intramural activities are alcohol and illegal substance free. Should participants appear to be intoxicated, or believed to be under the influence of an illegal substance, or be in possession of alcohol or an illegal substance, you will be asked to leave and face possible elimination from the league. If asked to leave, participants must leave the premises. If fans appear to be intoxicated, they will also be asked to leave premises. If refusal or protests are presented, the coordinator and official will call the event and award win to opposing team. Participants may also be asked to see IM judiciary for reinstatement back into league. In worst-case scenarios, campus security may be called to escort you or individuals off premises.

Conduct of participants is expected to be friendly, yet competitive. Any actions deemed by the coordinators to not meet these expectations will be warned. Any further warnings may result in forfeiture of game/match and possible elimination from the league. This also involves interaction with sport officials.

Indoor Volleyball Rules

General Rules

1. Be on time. If unable to fill full team by scheduled start time, team will forfeit. The IM staff will make the final decision on forfeits.
2. If both teams are unable to fill full teams, both will be given losses.
3. One forfeit will eliminate you from the league.
4. No drinking. Anyone caught drinking alcohol or acting intoxicated will immediately be thrown out of the league. This decision is at the discretion of the IM staff.

5. Net height is standard women's setting.
6. There will be six players on each team on the court, 2 of which must be female. Minimally, a team can play with 3 males and 1 female, but a female must be present, otherwise the match is recorded as a forfeit.
7. Players will rotate in a normal 6 person rotation format.
8. Substitutions can be made at dead ball situations. However, if player A is replaced by player B and player A comes back into the game, player A must substitute for player B only. This is set up to prevent players from only playing and subbing in desired positions.
9. Black line rule: Male players are allowed to spike the ball if only they attempt their jump before the black line (10ft). Male players are allowed to block inside the line. All other play in front of the black line is allowed.
10. Current female varsity players are allowed to participate in this league, though teams may only have 1 female varsity player on the court at any one time.
11. Teams are allowed only have 2 active men's club team members on the court at any one time.
12. Matches will be played best 2 of 3 games.
13. All games will be to 30, tie breaker to 15 (no side-outs).
14. In and out calls will be made by the players, all games are self-officiated.
15. Playoffs are single elimination, teams that qualify for playoff contention will be notified.
16. Champions will be awarded IM Champs T-shirts.

Indoor Tennis Ladder Rules

1. Players will be randomly assigned positions at the beginning of the tournament.
2. There is a limited number of rackets and balls for individual use by checking them out at the Recreation Center. This equipment is limited and can't be guaranteed.
3. All necessary contact information as well as ladder standings, will be posted on the website.
4. In order to move up the ladder, you may challenge someone (1) or (2) levels above you.
5. After each game the winning player is responsible for emailing the intramural director the results of the match by the end of the week.
6. Players will play an 8 game pro set format, tie breaker at 7, and win by 2.

7. If you beat the player you challenged, you take their spot, and the loser moves down one spot. If a player challenged an individual (2) spots above and wins, the loser will still only move down one spot, consequently pushing the payer underneath to a lower level.
8. If you beat the player who challenged you, there is no movement of positions on the ladder. Keep in mind your position can be go down even when not playing a match.
9. You are able to make (2) challenges a week and it is strongly recommended that at least one challenge is made per week.
10. If challenged, you have one week to set up a match. If a week (7 days) has gone by and there has been no contact, the challenger must contact the intramural director and that position will be awarded.
11. The player in the number 1 spot cannot make any challenges, they can only respond to challenges.

Soccer Rules

Spring Soccer will be a small sided game of 8 vs. 8, including the keeper. Two days will be offered. Each day teams will play each other in a true round robin style where top teams will advance to a playoff combining both days to determine one true champion.

This league is Co-Rec and requires a minimum of 2 female players must be on the field at all times.

I. PLAYER ELIGIBILITY

1. Participation is limited to currently-enrolled, fee-paying CI students, faculty members, and full-time staff.
2. In order to participate in an intramural contest, each player must present his/her current, valid Channel Islands ID card. Check-in takes place at the field.

II. TEAM COMPOSITION

1. Team line-ups may include up to 8 players.
2. Teams in all leagues may begin and end a game with 6 or 7 players.
3. A team's roster is limited to 12.

III. EQUIPMENT & PLAYING FIELD

1. All players must wear shoes; tennis shoes and soft-soled shoes are legal. Cleats that are rubber or rubber-type synthetic material that are non-chipping and do not form a cutting edge are legal. Sandals, flip flops, and boots are not permitted. No metal cleats or shoes with detachable cleats are allowed. Any player caught wearing metal cleats will be ejected from the game.
2. Soccer balls will be provided by the Intramural Sports staff at the game site.
3. Wrist and hand jewelry is NOT allowed to be worn by any participant during intramural soccer. This jewelry consists of any visible rings (including wedding bands), watches, bracelets,

and any other such similar jewelry. Medic alert bracelets must be taped to the body or secured under clothing such as a wristband or sock to be worn during play. A player is subject to ejection for failure to remove any jewelry after first warning.

IV. General Ground Rules

- 8 players; 1 goalie and 7 in the field of play.
- Of the 8 players on the field, a minimum of 2 must be female.
- All fouls are Indirect Kicks (two people must touch it before it goes in).
- Any major fouls in penalty area will result in a penalty kick (10 yards).
- Off-side rules do apply.
- Forfeits will exclude that team from the league as determined by Student Intramural Lead.
- Championship team will receive T-shirts.
- Keepers may not punt the ball. They must throw it or kick it from a stand-still on the ground.
- No slide tackling allowed. Don't leave your feet to go in for a defensive challenge. You may slide to keep a ball inbounds if no one is near you.
- Be on time. If unable to fulfil team by scheduled start time, team will forfeit.
- If both teams are unable to fulfil teams, both will be given losses. Minimum of 6 players to start.
- The referees' decisions are final. Anyone arguing with the officials may be thrown out of the game.
- Any player thrown out of more than one game will be thrown out of the league.

V. GAME TIME & LENGTH

1. Game time is forfeit time. A team needs at least 6 legal players to begin the game. Any team that forfeits a game will not be eligible for the playoffs. If the forfeiting team wishes to play the rest of its regular season games, the team captain must contact the Rec Sports Coordinator or Student Intramural Lead by the next day.
2. Each game has a 2 twenty minute periods with running time. 5 minute half-time. Game can be shortened or lengthened at the official's discretion.
3. Overtime will be permitted providing there is day light. A 5-minute golden goal period will be played following regulation if necessary. If still tied and enough light, a shootout with the best 5 shooters on the field at the end of the 4-minute overtime will take place. One shooter must be female.
4. (Mercy Rules) After a team is ahead by 17 or more points, the game will be called.

V. INCLEMENT WEATHER

1. The CI Intramural Sports Office reserves the right to postpone or reschedule a contest if circumstances warrant such action. Regular season games cancelled by rain are generally not rescheduled. Contests postponed due to other reasons may or may not be rescheduled at the discretion of the Intramural Sports staff.

2. Weather conditions at the playing facility shall be monitored by Campus Recreation staff utilizing electronic technology with postponements and cancellations made in accordance with prescribed departmental weather policy.

B. When games are cancelled due to the weather; the fields will not be available for practice.

Dodgeball Rules

General Rules

1. Be on time. If unable to fill a full team by the scheduled start time, team will forfeit. The officials will make the final decision on forfeits in conjunction with the intramural coordinator on site. All students must show valid ID to be eligible.

2. If both teams are unable to fill full teams, both teams will be awarded losses.

3. One forfeit will exclude that team from the league. If a team thinks they will not be able to make a game, it is that team's responsibility to call before 3pm of that day in order to avoid a forfeit. A loss will still be awarded, but that team will not be eliminated from the league.

4. No drinking. Anyone caught drinking or acting intoxicated will immediately be thrown out of the league. This decision is at the discretion of the officials and intramural staff.

5. The officials' decisions are final. Anyone arguing with the officials, will be warned. After that point, anyone arguing will be ejected.

6. If one player is ejected from two games in a season, they will be ejected from the league.

7. The purpose of the game is to eliminate all of the players on the opposing team. Eliminate players by hitting them with the ball. A player who is hit with the ball, without catching the ball, is out and must wait on the sideline.

8. If a player catches a ball, they bring back a player on their team who is out.

9. Players are brought back into the game in the order they were knocked out.

10. Players may deflect a ball with a ball they are holding. This does not knock them out. Once a held ball deflects a ball, the ball is dead. No one can be knocked out by the deflected ball and no one can catch the ball.

11. If a ball is used to deflect a ball and the ball used as a deflection is dropped, the player is out.

12. Only one player out per thrown ball.

13. No head hunting is allowed. Any player who intentionally is caught head hunting will be out.
14. Clothes are considered to be a part of the person, therefore if ball hits clothing the person is out.
15. If player A throws at player B and the ball deflects in the air and player C who is on player B's team, catches it, nobody is out and nobody can come back in. Play just continues.
16. Players on the sidelines may hand active players dead balls on their side of the court. If there are no substitutions available, then a player may walk out of the end line to acquire a ball but must return through the same line they left. Once the player comes back to the court they become active.
17. Balls must pass the black line before any throws can be permitted at the start of games.
18. 6 players on each team will be on the court. A team is allotted 10 spots maximum.
19. Only thrown balls will be allowed, no kicking, heading, kneeling or any other type of action will be allowed.
20. Any person who attempts to dodge out of the designated court space will be called out.
21. Games will be played best 2 out of 3.
22. Each individual match will be capped at 15 minutes. This time may be increased or decreased at the officials' discretion. Whoever has the most players on the court at that time wins the match. If both teams have equal numbers, the match becomes sudden death.
23. No stalling. If one team is hoarding the balls, they will be warned once and then forfeit that match. A team who has a ball advantage will have 5 seconds to throw balls. The rule for infraction is that the officials will call a random person out.

Flag Football Rules

Channel Islands Flag Football League (CIFFL)

I. TEAM COMPOSITION

1. Players can compete on only one team in each league.
2. Eight (8) players, male or female, constitutes a team, teams can have a maximum of 12. A team may play a scheduled game with a minimum of six (6) players.

II. EQUIPMENT

1. All players must wear shoes or rubber cleats. Metal spikes or baseball style spikes are prohibited.

Any player caught wearing spikes will be ejected from the game

III. TIME

1. Game time is considered forfeit time. A team needs at least six (6) legal players to begin the game. 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 team that wins the coin toss has two options:

- a. First possession of the ball.
- b. Defend the goal of their choice.

Note: If a team with first option chooses to defend a goal, the other team automatically gets the ball. 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.

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.

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.

- c. An overtime period consists of one possession by each team.

- d. 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.
 - e. If the score is still tied after one overtime period, as many periods as necessary will be played to determine a winner.
 - f. Try for points will be attempted and scored during overtime.
 - g. Each team is entitled to one timeout for the entire overtime session, and time outs do not carry over from regulation.
 - h. 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.
3. There will be no kickoffs. In all "kickoff" situations, the "receiving" team will get the ball on their own 20-yard line, 1st and 10.
4. Games will consist of two 20-minute halves and a 5-minute halftime. Timing will be continuous for the entire first half and for the first 18 minutes of the second half. Time will stop in the final two minutes per the official's discretion.

IV. RULES & REGULATIONS

Summary

1. Flag Removal

- a. De-flagging (removal of the flag of an offensive player by a defensive player) is the equivalent to tackling in football and marks the end of play. A player must have possession of the ball before he/she can be legally de-flagged.
- b. When a player loses a flag belt, accidentally or otherwise, play resumes. The de-flagging will then be a one handed tag of the runner between the shoulders and the knees.
- c. In circumstances where the flag is removed illegally, play should continue with the option of the penalty of the play. Penalty is a personal foul.
- d. Tampering with the flag belt in any way to gain an advantage is an unsportsmanlike conduct penalty.
- e. Holding in any way is considered a tackle (15 yards + 1st down).

2. Flag Guarding

- a. Ball carrier must attempt to avoid defenders. Swinging the hand or arm over the flag to

prevent defender access or lowering the shoulder to prevent access is prohibited (flag guarding - 10 yards). Spinning is allowed as long as the runner is not attempting to flag guard. Diving for additional yardage is not allowed in will result in a penalty (diving- 5 yards).

3. Passing

a. Forward passes can only be made from behind the line of scrimmage (illegal forward pass - 5 yards & loss of down). All players are eligible receivers.

b. One foot in bounds for a legal catch. If, after catching a ball a player lands out of bounds, play must be determined a legal catch if the official determines the player was pushed. In cases of a simultaneous catch, the ball is dead and possession goes to an offensive team.

4. Delay of Game

a. Twenty five seconds between plays. Time starts at ball placement (dead ball, delay of game, 5 yards).

5. Offside

a. Any player crossing the line of scrimmage prior to the snap will result in an infraction and play is dead (offside - 5 yards). If a player lines up in the neutral zone, play will proceed. A flag will be thrown at the start of play and a penalty will be called. False start will be called when a player simulates the start of the play (offside - 5 yards). The play will be blown dead. Only one person on offense may be in motion prior to the snap.

6. Fumbles and Turnovers

a. Fumbles are an immediate dead ball where the ball makes contact with the ground and no change of possession can occur. Interceptions may be advanced. If a player advances an interception from a two-point conversion or one point conversion, the attempted points are rewarded to the other team and play will resume as normal.

7. Infractions

Offside-5 yards-from line of scrimmage

Illegal Procedure-5yards-from line of scrimmage

Delay of Game-5 yards- from line of scrimmage

Diving-5 yards-from point of infraction

Illegal Forward Pass-5-yards and loss of down-point of infraction

Straight Arm-10 yards-point of infraction

Flag Guarding-10 yards-point of infraction

Down Field Blocking-10 yards point of infraction

Holding (Offense)-10 yards-line of scrimmage

Holding (Defense)-10 yards and loss of down-line of scrimmage

Intentional Grounding-10 yards plus loss of down-line of scrimmage

Pass Interference-10 yards loss of down/first down-line of scrimmage

Personal Foul-15 yards-point of infraction (this includes charging)

Unsportsmanlike Conduct-15 yards-point of infraction

Tackling-15 yards & first down-point of infraction

Unnecessary Roughness yards & first down-point of infraction

Roughing the Passer-15 yards & first down-line of scrimmage

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

I. 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/neutral zone 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 while behind the line of scrimmage.

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

I. The game shall be played between 2 teams of 8 players each. six 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 from 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 should wear shorts or pants without belt loops or pockets. Shorts with pockets must 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 two yards 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

Football, 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 player's 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.

Time Factors

A game will consist of two halves with a 5-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.

Basketball Rules

General Rules

PLAYERS:

Roster size is limited to 12 players. Teams must have a minimum of 8 players to register a team.

EQUIPMENT:

1. All teams must have numbers printed on their shirts or possess taped numbers. Colors will be chosen during the captain's meeting.

2. Balls provided by Campus Recreation.

TIME:

1. All games will consist of two - twenty (20) minute halves with a continuous clock. The final two minutes of the second half will be stop time.

2. If necessary, a three-minute overtime period will be played. Stop time will be used during the last minute of overtime.

3. If a second overtime is needed the first team to score a point will be declared the winner.

4. A *five-minute half time* will result in between regulation periods. This can be shortened at the officials' discretion to keep the game on schedule.

5. Each team is allowed *two time-outs* per contest. Teams will be awarded one time-out for overtime. In overtime, teams will still only receive the one time out; time outs from regulation will not carry over into overtime.

6. Game time is forfeit time. Teams must have **four** players signed in and ready to play prior to game time. One forfeit will eliminate that particular team from the league upon discretion of Student Intramural Lead.

COURT PLAY:

1. Substitutions are allowed provided the ball is dead and the courtside scorer has given permission to enter the contest.

2. The *seventh* foul per half on either team will result in a bonus free-throw situation for the opponent. The seventh foul, and on all common fouls thereafter, will result in a one-and-one. The tenth foul, and all common fouls thereafter, will result in a double bonus (two foul shots).

3. Any two technical fouls on one player will result in dismissal from the game for misconduct. Any player dismissed from a game for misconduct will not be allowed to participate in the next played contest until he/she has met with the Intramural staff.

4. Any player dismissed for misconduct must leave the facility immediately. Failure to comply will result in a forfeiture of the contest for that team.
5. Players are disqualified after the assessment of their fifth foul.
6. All jump-ball situations, with the exception of the initial toss and at the beginning of any overtime periods, will follow the alternate possession arrow format.
7. Three-point rule is in effect. All shots must be taken from behind the arc and made to be awarded three points. Any foul on a shooter while attempting a three point shot will be awarded three foul shots. Red arc: competitive league, black arc: non-competitive league.
8. The intentional foul rule will be strictly adhered to. The following are considered to be intentional fouls:
 - (a) Any foul that is not a legitimate attempt to directly play the ball.
 - (b) Running into the back of a player that has the ball, wrapping the arms around a player, grabbing a player around the hips.
 - (c) Any time a player holds, pushes, or grabs a player away from the ball.
10. Flagrant fouls will be called for unnecessary or excessive roughness, unsportsmanlike conduct, or dangerous intentional fouls. Flagrant fouls will result in dismissal.
11. All technical fouls will result in two shots and the ball out of bounds for the opposing team.

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. Captain’s meeting agreement completed.

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 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. 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.
- c. 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
- d. Teams receiving 3 technical fouls will forfeit the game under the team misconduct rules.
- e. There is no grasping the rim, nets, dunking, or attempting to dunk permitted at any time!! **(unless to prevent injury, which is at the referee's discretion.)** No points will be awarded for a made basket, plus a technical will be called. The player may be removed from the game.
- f. 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.

- g. 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.
- h. A team has 5 seconds to release an inbound pass (throw-in). Failure to do so results in a change of possession.
- i. The back court rule is in effect (over and back, ten (10) seconds).
- j. 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.
- k. 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.
- l. 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. If a team is leading by 20 points or more at, or after the two minute mark of the second half, the game will be terminated immediately.

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. 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.
- f. Note: No free throws for double or simultaneous technical fouls. Alternating possession throw-in is awarded.
- g. For non-shooting fouls the ball will be put into play at the nearest side-line following a violation.

2. Technical fouls

- 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 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. 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 Open Play)

- 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 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 60% 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.

Softball Intramural Rules

General Rules

1. Eight players are needed to play. All positions must be filled, including a catcher. Teams can play with less people, but a person must be on every base, there must be a catcher and a pitcher. The outfield is where you may play less if needed.
2. Teams must alternate their batting order to be 2 male payers and then a female player. Any team who does not have enough females will have an out at that point where the female should be.
3. There will be an official's discretion/commit line between third and home, and a home base line. Once a runner has crossed this discretion line on his/her way home the runner must commit to home. All plays at the plate are a force out. Runners are not required to touch the plate, only cross the home base line where the plate would be to prevent collisions. If a collision occurs affecting play, the runner will always be called out.
4. Strikes are called for anything that hits the home plate and or its extension. All batters begin batting with a 0-1 count or one strike. Batters are allowed one foul tip and the next foul or tip is an out. Pitchers must pitch from the rubber. This is meant to be a hitter's game and not a ball watching game, this rule is an attempt to get players to swing the bat. We want to play softball.
5. Teams listed first are the visitors. They bat first.
6. Three outs per at bat.
7. Anything close: tags, running to base, etc. go to the runner or offensive player.
8. Games go 7 innings or one hour, whichever comes first or until the supervisor calls the game due to light.
9. NO SLIDING, result will be an automatic out for runner.
10. A 20 run rule after 4 complete innings is the mercy rule. Only 10 runs can be scored by any team in any one inning. If a score is made and that particular run gives the team 10, all other scores do not count and the inning is over.
11. Pitching must be underhand and pitches must be below 12ft and above 6ft. Any pitch that does not fall into these parameters will be called an illegal pitch by the umpire while in the air. If a player decides to swing at a pitch that is called illegal then that play is on, if the player takes the pitch, regardless of its outcome it will be a ball.
12. No Throwing bats after a hit.
13. There are no steals or lead offs and runners must tag up. Force outs and tag outs still apply, except for the third base mid-line rule (see #3) and the home plate runner rule.

14. Runners coming home do not need to tag the base. They simply have to cross the plane of the home base line (official's call). Catchers need only to catch ball with foot on the plate/bag before runner crosses imaginary plane to prevent run from scoring. Again, no sliding or runner is out. Also, if runner passes the mid line between third and home, the runner becomes a force out at home and cannot go back to third in any circumstance.

15. Be on time. If unable to fill full team by scheduled start time, the team will forfeit. If both teams are unable to fill full teams, both will be given losses. One forfeit will eject you from the league.

16. No drinking. Do not bring alcohol; do not have fans with alcohol. Anyone caught drinking alcohol or acting intoxicated will immediately be thrown out of the league, NO EXEPTIONS. This decision is at the discretion of the IM officials.

Indoor Soccer Rules

General Rules

1. Court shoes only!

2. Six (6) players on a side

-Minimum four (4) players to start a game.

-Free substitutions will be in effect.

-Teams must have three (3) female on the court at all times. If not, teams will play one less person.

-Teams can have female varsity players on their teams. However, only 2 can play on the court at any one time.

3. Games will be two twenty minute periods.

- Running time.

- 5 minute half-time.

- Game can be shortened or lengthened at the referee's discretion.

- Games with a tie will end in a 4 v 4 shoot out until a winner is declared (one shooter must be female). All shoot outs are stationary from top of the three point arc.

4. Ball out of play: The ball will be out of bounds when it completely crosses the line. All out of bounds plays will result in an indirect kick from that spot. Corners and goal kick rules are in effect.

5. There are no offside calls.

6. All fouls will result in indirect kicks, unless they are in the penalty box area. In that case, a free kick will be awarded.

7. Two Minute Penalties (yellow card): A player must spend two minutes off the floor and his/her team must play shorthanded. If determined to be deliberate or major foul. The penalty time will be annulled when a goal is scored on the opposing team. Meaning, if team A is playing team B and team A has a person in the box, and team B scores on team A, the person in the box can come out. End of periods will carry over.

-Attempting to kick, strike, trip, push, tackle, or charge at an opponent.

-Holding

-Any attempt at deliberately striking the ball with a hand or arm.

-Any player attempting to enter the goal area and obviously obstruct the goal keeper. Goal will also be dis-allowed and a goal kick will take place.

-Persistent infringement on any rule.

-Objections to the officials.

-Unnecessary delay.

-Deliberate tactical foul.

8. Red card Infractions: Disqualification of player and number of players on floor will be reduced. Indirect kick from spot of the ball.

- Second Yellow.
- Violent conduct.
- Inappropriate behavior. -Any other foul deemed by the official.

10. Any ball that hits the roof will be an indirect kick from the spot. All kicks are indirect.

11. Be on time. If unable to fill full team by scheduled start time, team will forfeit.

12. If both teams are unable to fill full teams, both will be given losses.

13. The officials' decisions are final. Anyone arguing with the officials may be thrown out of the game.

16. Any player thrown out of more than one game will be thrown out of the league.

17. No drinking. Anyone caught drinking alcohol or acting intoxicated will immediately be thrown out of the league. This decision is at the discretion of the officials and IM officials.

Kickball Rules

I. PLAYER ELIGIBILITY

1. Participation is limited to currently-enrolled, fee-paying CI students, faculty members, and full-time staff.
2. In order to participate in an intramural contest, each player must present his/her current, valid Channel Islands ID card. Check-in takes place at the field.

II. TEAM COMPOSITION

1. Players can compete on one men's or women's team, regardless of league classification, and play for one co-rec team as well.
2. Team line-ups may include up to 8 players. In a co-rec game, the kicking order will alternate between male and female kickers. 8 players will play in the field.
3. Teams in all leagues may begin and end a game with 6 or 7 players. In a co-rec game that starts with 7 players, a member of the majority gender must kick first in the line-up. For teams which begin with 6 or 7 players, any late arriving players may be added to the line-up or join the team in the field immediately (after properly signed in).
4. A team's roster is limited at 10. Limited free substitution is permitted in order to encourage maximum participation. Limited substitution is available to all players in the line-up. Once a substitute has entered the line-up, he/she must play for a full inning (team's offensive and defensive halves of an inning). This rule allows for re-entry of both the starter and any

subsequent substitutes. In the event of an injury, a substitute may enter the game prior to the full inning period. Ejected players may not be replaced in the line-up or in the field. An out will be recorded when an ejected player's turn occurs in the line-up.

5. The use of the EH / EK (extra hitter / extra kicker) is not permitted in any league.

III. EQUIPMENT & PLAYING FIELD

1. All players must wear shoes; tennis shoes and soft-soled shoes are legal. Cleats that are rubber or rubber-type synthetic material that are non-chipping and do not form a cutting edge are legal. Sandals, flip flops, and boots are not permitted. No metal cleats or shoes with detachable cleats are allowed. Any player caught wearing metal cleats will be ejected from the game.

2. Kickballs will be provided by the Intramural Sports staff at the game site.

3. Wrist and hand jewelry is NOT allowed to be worn by any participant during intramural kickball. This jewelry consists of any visible rings (including wedding bands), watches, bracelets, and any other such similar jewelry. Medic alert bracelets must be taped to the body or secured under clothing such as a wristband or sock to be worn during play. A player is subject to ejection for failure to remove any jewelry after first warning.

4. The distance between bases shall be 60 feet. The pitching line shall be a dashed line which connects 1st and 3rd bases and shall be approximately 35 feet from home plate. Solid white lines shall indicate the foul lines. The kicking line shall be a straight line which connects points 5 feet down the 1st and 3rd base lines from home plate. The bunt line shall be a straight line which connects points 35 feet down the 1st and 3rd base lines from home plate.

IV. Ground Rules

1. There is no out-of-play area in IM kickball. Balls that are obstructed (over a fence, behind an immovable object) shall be declared dead with bases awarded to runners. (Ground-rule double)

2. Teams shall remain clear of the fields while games are in progress.

V. GAME TIME & LENGTH

1. Game time is forfeit time. A team needs at least 6 legal players to begin the game. Any team that forfeits a game will not be eligible for the playoffs. If the forfeiting team wishes to play the rest of its regular season games, the team captain must contact the Rec Sports Coordinator or Student Intramural Lead by the following day.

2. Each game has a 45-minute or 6-inning limit. Any inning started before the end of the 45-minute time period will be completed. No inning shall begin after 45 minutes.
3. Regular season games can end in a tie. Extra innings will be played only if they start before the 45-minute time limit. . All tournament games will continue into extra innings until a winner is determined.
4. (Mercy Rules) After four complete innings (or 3½ if the home team leads), if a team is ahead by 20 or more runs, the game will be called. After five complete innings (or 4½ if the home team leads), if a team is ahead by 9 or more runs, the game will be called.
5. (Insurmountable Leads) Due to the maximum of 8 runs per inning, if one team is ahead by 1 more run than the number of outs remaining for the opponent in a traditional six inning game (or the current inning if the 45-minute time limit has already been reached), the game will be called. For example, if the defending team leads by 7 runs, and the first 2 kickers get out in the final inning, the game will be called as only 6 outs / 6 possible runs remain for the kicking team.

V. INCLEMENT WEATHER

1. The CI Intramural Sports Office reserves the right to postpone or reschedule a contest if circumstances warrant such action. Regular season games cancelled by rain are generally not rescheduled. Contests postponed due to other reasons may or may not be rescheduled at the discretion of the Intramural Sports staff.
 2. Weather conditions at the playing facility shall be monitored by Campus Recreation staff utilizing electronic technology with postponements and cancellations made in accordance with prescribed departmental weather policy.
- B. When games are cancelled due to the weather, the fields will not be available for practice.

VI. PITCHERS

1. Teams will pitch to their own kickers. A member of the defensive team will position themselves no closer than 3 feet from the pitcher to act as a fielder.
2. Pitchers (of the kicking team) will not be responsible for playing defense. When the pitcher is

struck by a kicked ball before it passes a member of the defensive team, the kicker will be called out and runners must return to the base occupied at the time of the at bat. In all other situations, the pitcher must move clearly out of the way of a defender making a play or the potential path of a throw. If, in the umpire's opinion, the pitcher interferes with any part of a defense's play, the umpire may call out a runner or the kicker as appropriate. The ruling will follow guidelines similar to "interference" and "obstruction" in the ASA softball manual.

3. The pitcher must be a member of the offensive team, but does not have to be one of the kickers in the line-up. All-time pitchers are permitted (must be signed-in as a team member). If the pitcher is a kicker in the line-up, when it is the pitcher's turn in the line-up, another player will be required to enter the game to pitch. Only 2 pitching changes are permitted in any half-inning. Examples include:

A. The first pitcher may pitch to the first 3 batters. Another pitcher enters to pitch to the next 2 batters. Finally, the original pitcher returns to pitch to the final 3 hitters.

B. The first pitcher pitches to batters 1 thru 4. Another pitcher enters to pitch to numbers 5 thru 7. A third pitcher rolls to the number 8 hitter in the order.

VII. PITCHING

1. In the act of delivering the ball to the kicker, the pitcher shall stand with at least one foot in contact with the pitcher's line until the ball leaves the pitcher's hand. A legal delivery shall be a ball that is delivered underhand and a slow to moderate speed. Bouncies are permitted.

2. Each kicker will receive a maximum of 3 pitches. If a kicker allows three pitches to pass and has not kicked the ball, he/she will be out.

3. The pitcher has 10 seconds between pitches. If he/she exceeds this time, the kicker will lose the right to a pitch (from 3 down to 2, down to 1, then out).

VIII. KICKING

1. All players in the line-up will kick in each inning. Therefore, up to 8 outs may be recorded during a team's at-bat.

2. The kicking order may change each inning.

3. The offensive team (pitcher or kicker) is responsible for notifying the defensive team when the last kicker is preparing to kick. If the final kicker kicks without the offense notifying the

defense that it is their last kicker, that kicker will be ruled out and the inning will be over.

4. When the last kicker of an inning kicks, play reverts to regular "2-out softball play".

Therefore, the inning will end when ANY out is recorded (when the kicker is put out or any base runner is put out). The inning will also end when the defense is in possession of the ball while touching home plate. No tag is necessary at home plate during the last kicker's at-bat. No runs will score when a force out is recorded during the last kicker's at-bat.

5. The kicker must contact the ball behind the kicking line, which is approximately 3 feet in front of home plate. If, in the umpire's opinion, a kicker contacts the ball beyond the three-foot kicking line, he/she will be called out and all runners must return to their original base.

6. Any foul ball is an out (whether on the first, second, or third pitch).

7. There are no walks.

8. A kicked ball must clear the 30-foot bunt line in front of home plate to be in play. Balls that come to rest inside this area or that are fielded (touched by a defensive player with any part of the body above the waist) in this area are considered foul and an out will be recorded for the kicker. All balls fielded in this area are considered dead when touched by a fielder and all runners must return to their original bases. Fly balls caught in this area are also dead; runners do not have a chance to tag up.

IX. RUNNING

1. No stealing is allowed. Base runners may leave the base when the pitch is kicked. If a runner is off base before the pitch reaches the plate, the runner is called out and a "no pitch" is declared.

2. The base path for a runner is the direct line between the player and the base to which he is advancing at the time a play is being made on that specific base runner and the three feet to either side of that direct path. Note: this path may be different from the straight line connecting two bases. For example, a player who has run past 1st base a distance of about 10 feet decides to run for second. His/her base path for any tag plays is the direct line from where he/she made his turn towards 2nd base (10 feet down the line from 1st) and 2nd base. This is different from the direct line from 1st to 2nd base. For plays between home plate and 1st base, the runner shall run in the 3-foot lane of the foul side of the foul line.

3. A player who runs outside his base path (including the 3-foot lanes on either side) in an attempt to avoid a tag shall be declared out.

4. Base runners are responsible for avoiding all collisions with fielders anytime a fielder is making a play on the ball (fielding, throwing, catching). If the base runner does not avoid the collision, play will be ruled dead, the base runner is called out, the batter is awarded first (unless involved in the collision), and all runners return to their original base unless forced to the next base.

5. A defensive player cannot stand in the base path or obstruct the path of a base runner unless he/she is making a play on the ball. A fielder has absolute right to any position on the field to field a ball and all runners must avoid a fielder in these cases. In the event the defense obstructs a runner, the umpire shall award the runner and each other runner affected by the obstruction the bases they would have, in the umpire's opinion, reached had there been no obstruction. It is also obstruction when a fielder without the ball fakes a tag. In this case, bases are awarded as a normal obstruction AND the fielder will be ejected from the game.

6. Any runner in fair territory and not in contact with a base that is struck by a fair kicked ball is out except when (a) the ball has passed an infielder and in the judgment of the umpire, no other fielder had a chance to make an out, (b) when a runner is hit with a fair batted ball over foul territory and no other fielder had a chance to make an out, or (c) when a runner is touched with a fair batted ball after it is touched by any fielder, including the pitcher. In the event of one of these 3 exceptions, all runners must return to their previously occupied base and the kicker-runner is awarded first base. If the award of first to the kicker-runner causes another runner to be forced, that runner will advance to the next base.

7. In case of a possible double play, the base runner must slide into the base or get out of the way of the thrown ball. Base runners who fail to get out of the way may be charged with interference resulting in both the base runner and the batter-runner being called out on the play.

8. When a defensive player has the ball and is waiting for the runner, and the runner remains on his feet and deliberately, with great force, crashes into the defensive player, the runner is declared out. The ball will be declared dead and all runners must return to the last base they legally occupied. If the act is to be judged flagrant by the umpire, the offending player will be

declared out and ejected from the game and the runner closest to home will also be called out.

9. There is no out-of-play area. Overthrows must be retrieved by the defensive team unless obstructed by immovable objects (over a fence, etc.). In the event of an obstructed ball, regular softball out-of-play rules will apply:

A. On an initial overthrow by an infielder that lands in an obstructed area, the award is 2 bases from the time of the throw; i.e., batter gets second base, any base runners are awarded 2 bases from where they were at the time of the throw.

B. On an overthrow by the outfielder that lands in an obstructed area, the award is 2 bases from the time the fielder releases the ball, not when it goes out of play; i.e., if a man is one step away from second when the outfielder released the ball, the runner is awarded second and third.

10. When a fielder carries the ball over an out-of-play line, the play becomes dead and the base runners are awarded one base (if unintentional) or two bases (if intentional) from the time the fielder carried the ball out of play.

11. All base awards are based on the position of the lead runner. For example, if two players are between 1st and 2nd at the time of an overthrow which lands out of play, the first runner will be awarded 2nd and 3rd (two bases) and the second runner will receive 2nd base only.

12. There are no courtesy runners in kickball.

X. FIELDING

I. Defensive positioning is restricted by the following:

A. No more than 6 players (including a "fielding pitcher" and catcher) may position themselves within the infield area prior to a pitch being kicked. In a game with 8 fielders, 2 must begin each play in the outfield area.

B. Each team must provide a catcher. The catcher must field from behind the kicker. The catcher must remain at least 3 feet behind the kicker and may not cross home plate until the ball is kicked.

C. If a team provides a "fielding pitcher", the "fielding pitcher" may align themselves on either side of the offense's pitcher no closer than 3 feet from the pitching rubber. The "fielding pitcher" may not position themselves in front of pitcher's rubber (closer to the plate) until a ball is kicked.

D. Only one other infielder, other than the "fielding pitcher", may position themselves inside

the diamond (inside the 1st/2nd/3rd base diagonals) until the ball is kicked.

2. In co-rec play, a maximum of 3 males and 3 females may play in the infield. This maximum includes the pitcher and catcher. The remaining players will play the outfield.

3. The kicker is out in situations similar to softball (force-outs, fly-outs, etc.). In addition, a runner is out when he/she is hit by a thrown ball below the shoulders. The ball must be thrown with the hands/arms in order to record an out in such cases. Balls kicked or contacted by the defense in such a way that they hit a runner will not result in an out. A thrown ball that bounces prior to legally contacting a runner still puts out the runner.

4. Any runner hit above the shoulders is safe. In this case, the play continues but the runner who was hit above the shoulders is NOT liable to be put out until after he/she touches the next base. However, if the runner intentionally uses the head to block the ball or ducks, the runner will be called out (the ball is immediately dead and runners must return to the base they last touched). In the event a fielder intentionally throws a ball towards and contacts a runner's head, the play will be immediately dead and the fielder will be ejected. The runner will be awarded home and all runners in advance of the runner hit by the ball will also score.

5. There is no infield fly rule.

XI. APPEAL PLAYS

1. An appeal play is one in which an umpire cannot make a decision until requested by a member of the defensive team. Appeals must be made prior to the next legal or illegal pitch or before the defensive team has left the field.

2. Once the ball has been returned to the infield and time has been called, any infielder (including the pitcher or catcher), with or without possession of the ball, may make a verbal appeal on a runner missing a base, a runner leaving a base too soon, or the batter batting out of order. The plate umpire should acknowledge the appeal, and the administering umpire should then make a decision on the play. Base runners cannot leave their base during this period, as the ball remains dead until the next pitch.

Ping Pong

Ladder Play:

1. You will be responsible for challenging your opponents to matches!!!
2. You may challenge 2 spots up/down
3. You may decline up to 2 challenges
4. Two teams can play each other up to 2 times
5. You must complete 4 matches by 3/31/2015

If the worse seeded opponent wins then they will take the better seeded opponent's place and the better seeded opponent will move down 1 spot, if the better seeded opponent wins then both opponents will remain in their current rankings.

Rules:

All participants **MUST** bring a valid student ID to the Student Union in order to check out ping pong paddles and balls from the ASI desk. Participants are welcome to bring their own paddles.

Ping pong is self-officiated and self-scored. Players at the end of the match should report the final score to the intramural staff member through IM Leagues.

Matches consist of a best of three games to 21 points. Players alternate serve after every five points. Players must win each game by at least two points. Players will also switch sides after each game.

Scoring

- A player wins a point when the opponent cannot hit the ball with a paddle over the net and onto the other side of the table.
- A **game** is won by being the first player to win 21 points, and be at least 2 points ahead of his or her opponent.
If both players have won 20 points, then the first player to get a 2-point lead wins the game.
- A **match** is the best of 7 games in the Men's Singles and Women's Singles events, and the best of 5 games in the Men's Team and Women's Team Events. In the team events, the first team to win 3 matches is the overall winner.
- The score begins at 0-0, and the server will serve first. Each player gets to serve for two points in a row, and then the other player has to serve.
- The server must serve the ball so that it touches his side of the table once, then bounces over or around the net, and then touches his opponent's side of the table. A serve that touches the net assembly (the net, net posts, and net clamps) on the way, but still touches his side first and then the opponent's side on the second bounce, is called a let serve (or just let)

and must be replayed, with no change to the score. There is no limit on how many lets the server can serve in a row.

The receiver will then attempt to return the ball over or around the net so that it bounces first on the server's side of the table. If he cannot, the server wins the point. If he does, the server must hit the ball over or around the net so that it bounces first on his opponent's side of the table. If the server cannot, the receiver wins the point. Play continues in this manner until either the server or the receiver cannot return the ball legally, in which case the other player wins the point.

- When a point is won, that player adds one to his score. If a score of 20-all is reached, both players will only serve 1 serve each until the game is won. The score is called out with the server's score first.
- In the final possible game of a match, when the first player (or doubles team) reaches 5 points, the players must change ends.

The Paddle

- The paddle must be black on one side of the blade, and bright red on the other. This is so a player's opponent can quickly and easily tell which side of the bat has been used, since the player may have rubber with very different characteristics on each side.

Service Rules

- The intention of the service rules is to give the returner the ability to see the ball at all times in order to have a fair chance of reading the spin put on the ball by the server. In order to make this happen, there are several rules that are enforced during the serve, including:
 - The ball must always be visible to the returner throughout the serve - it must never be hidden.
 - The ball must be always be behind the end line of the table, and above the level of the playing surface.
 - The ball must be throw up near vertically at least 16cm (around the height of the net), and must be hit on the way down, not the way up.
 - If the umpire is doubtful whether a serve is legal, he may warn the player. If any more of the player's serves are of doubtful legality, the umpire will fault the player and award the point to his opponent.

- If a serve is clearly illegal, the umpire will fault the player and give the point to his opponent.

Obstructing the Ball

- An obstruction only occurs if a player touches the ball (with his bat, body or anything he is wearing), when the ball is above the playing surface, or traveling towards the playing surface, and has not yet touched his side of the court. (Law 2.5.8) It is not an obstruction if the ball has passed over the end line, has passed over the sideline going away from the table, or is moving away from the playing surface - Point 9.7 ITTF Handbook for Match Officials (HMO). So you can be hit by the ball in front of the end line and still not obstruct the ball, provided the ball is not over the playing surface and it is moving away from the table.

Hitting the Ball

- It is legal to hit the ball with the fingers of your hand that is holding the racket, or even the racket hand below the wrist, provided that contact is made only once. Double hits are not allowed, so you may not hit the ball with the fingers of your racket hand, and then hit the ball with your racket.
- It is legal to switch the racket between hands during the point, although it is rare to find a player that does this.
- A player may not throw the racket at the ball in order to hit the ball.
- If a player drops his racket, he must pick up the racket in order to hit the ball. The ball must be hit by a racket held in your racket hand, so if you drop the racket, you no longer have a racket hand!

The Free Hand

- The free hand is the hand not carrying the racket. A player is not allowed to put his free hand on the playing surface at any time. He can put his racket hand on the playing surface, sit on the table, or even jump up on the table, provided that he does not touch the table with his free hand, or move the table in any way!

Rest Periods and Time-Outs

- You are allowed to towel off every 6 points during a match, starting from 0-0. You are also allowed to towel off at the change of ends in the last possible game of a match.

- Each player (or team in doubles) is allowed to claim 1 time-out period of up to 1 minute during a match, by making a T-sign with the hands. Play resumes when the player(s) who called the time out are ready, or when 1 minute has gone by, whichever happens first. (Point 13.1.1 HMO)
- You are allowed a maximum rest period of 1 minute between games. During this rest period you must leave your racket on the table, unless the umpire gives you permission to take it with you. (Law 3.04.02.03, Point 7.3.4 HMO)