

I.M. Dodgeball Rules

1. Field of play:

Washington College I.M. Dodgeball is played either in the LFC, on the tennis courts or in the back gym of Cain Gymnasium. The boundaries for the tennis courts also determine out of bounds.

2. Number of Players:

Teams are allowed to have 8 players at a time on the court. Of the eight players, three must be women. If a team does not have a minimum of three women, they will play “man down” for that game.

3. Equipment:

Foot wear includes Sneakers or tennis shoes only, NO FLIPFLOPS. All players must also be appropriately clad.

4. Referees:

Referees are the law on the court.

5. Basic Play Breakdown:

The game begins with both teams lining up on their respective endlines. In the middle of the court is placed eight dodgeballs (one per person per team). The whistle is blown and play begins.

- When a player is hit by a ball they are out.
- If the ball hits the ground before it hits the player than they are not out.
- If a player catches the ball the person who threw it is out and a teammate can come back on.
- If the ball hits a person and goes up in the air the ball is still live, meaning;
 - If it is caught, the person who threw it is out and a team mate comes back on
 - If it hits another person, they are out

There is to be no throwing towards the head. A hit in the head will not count as an out, and if the referee determines that it was a deliberate hit, the person who threw the ball will be out.

One team cannot hold all of the balls. If one side has all of the balls and the other side has none, the referee is to announce this and count to ten out loud, if at the end of ten, that side still has all the balls, then one person will be out per ball on their side.

Boundaries: Dodgeball is played on the tennis court (minus the net) and, as a rule a person must stay on the tennis court unless they are going to get a ball. If they are out of bounds retrieving a ball, they can still get hit with a ball and be out, but if they catch a ball while out of bounds the person who threw it is not out. Any throws made over the mid-line do not count and results in the person being out. Both Feet must be in bounds for a player to be in bounds.

When a team is down to three players or fewer their half is reduced to only the front half of the court until a time when they have more than three players.

Time: Games are best out of three, or best out of thirty minutes. At the end of time, if in the middle of a match, the team with the most players wins the round, and most won rounds determines winner of the match.

Mission Statement:

The point of Intramurals is to have fun and promote good Sportsmanship.

I.M. FLOOR HOCKEY RULES

1. Field of Play:

Washington College I.M. Floor Hockey is played in the back Cain Gym, an area approximately the size of a basketball court. Since it is walled in, there are no out of bounds.

2. Number of Players:

Teams consist of five people on the court at a time, two of which must be females. Equal too other sports, a team will be a “man down” if they do not have at least two women on the court.

3. Equipment:

Players are to wear sneakers, and may not wear any Jewelry while playing. Washington College will provide the following for players: Sticks, Protective eye-gear (if requested), Goalie helmet, Goalie gloves, Goalie Chest Protector.

For field players, any other padding is allowed. For Goalies additional padding is allowed provided that it does not drastically increase the surface area of the goalie (i.e. Field Hockey Goalie Leg pads are not allowed)

4. Referees:

Referees are the law on the court.

5. Basic Play Breakdown:

- Face-off consists of one player from each team meeting in the middle and slapping their stick together three times before going for the ball.
- During play there is to be a minimum of physical contact between players. Checking will not be tolerated.
- Goalie can use his stick anywhere but may only use his glove if he can reach one foot into the mouth of the goal.
- Play goes on for two twenty minute running halves, with a five minute half time.

Mission Statement:

The Purpose of I.M. Sports is to have fun and promote good sportsmanship.

I.M. Flag Football Rules and Regulations

1. Field of play:

Game consists of two twenty minute running halves and starts on a kickoff (no onside kicks) in which you can either punt or place kick it and if the ball goes out of bounds the receiving team can elect for the kicking team to re-kick the ball

2. Number of Players:

Eight (8) players shall constitute a team. Seven (7) is the number needed to start the game. If a team starts with 7 members, it must play a man down

3. Equipment:

Tennis Shoes or cleats are welcome. Shoes with metal spikes or studs are prohibited from play.

Wear appropriate athletic attire, along with a flag football belt with two flags. The flags are not to be tucked into your shorts or rolled around the belt. They must be clearly visible.

4. Referees:

Referees are the law on the field, all calls made are final. Arguing will result in ejection from the field.

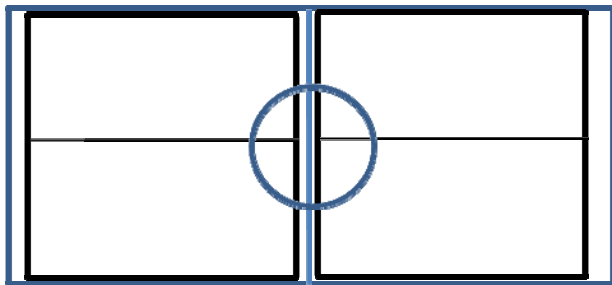
5. Basic Play Breakdown:

- -Before the half line, you have 4 downs to get there and if by the 3rd you do not make it, you may punt or go for it on 4th down
 - Once past half line, you have 4 downs to score, and if you do not make it by the third down you may punt or go for it on 4th down
- If failing to convert on 4th down, where the ball was last in play is where the opponent will start their drive
- “No contact blocking” is permitted. Offensive players may screen for the ball carrier by keeping both arms in contact with the body and moving laterally into the path of an opponent.
- Advancement via the run from behind the line of scrimmage is restricted to women only. There are no advancement restrictions for a male once he has obtained possession of the ball past the line of scrimmage.
 - The rule for blitzing is once the ball is hiked; the opponent who is blitzing MUST COUNT OUT LOUD to seven Mississippi and then proceed to blitz
 - After the center hikes the ball he is eligible to go out for a pass
 - The quarterback may not throw the ball after the line of scrimmage
 - The ONLY way to be stopped is NOT by two hand touch, but ONLY if a flag is ripped off
 - If you score a touchdown it is 6 points and you have the option just to take the one by telling the referee you want the extra point or you can go for two in which the ball is placed around 3 steps out from the goal line and must score again to obtain 2 points
 - Once play is over the team in possession has 40 seconds to run another play, and if they go over this it is a five step penalty
 - The only real penalties are offside, encroachment, defensive and offensive pass interference (if offensive it is a 5 step penalty on the offense from the line of scrimmage and for defensive the ball is placed where the spot occurred), tackling, unnecessary roughness, and illegal forward pass, all of which will result in 5 step penalties (except defensive pass interference)
 - Only need one foot in bounds for it to be a catch
- Those that are warned about unnecessary roughness and/or tackling, but precede to do the same acts, will be immediately ejected from the game.

I.M. Soccer Rules and Regulations

Washington College Intramural Soccer is played on the Kirby Stadium Field, under the lights. Due to the size of the teams two games will be played simultaneously width wise on the field (see diagram below). One field will have two regulation size goals on it, while the second field will have two smaller goals. At no time should a game be played in which one team is defending a large goal and another small goal. The field on which each game is played will be determined by the captains of the teams; the captains that are playing each other will play "Rock, Paper, Scissors" to determine who begins with the ball (best out of three), the winning captains will play each other for who gets which field, winner's choice. Referees will either be assigned fields or they may pick their own.

The boundaries are labeled with either lines or cones but in either case it is up to the referee's discretion as to whether the ball is out of bounds or not and players are encouraged to keep playing until they hear the whistle. If the ball goes out on either side-line then a player from the team who did not hit it out will throw it in. The ball must go straight behind the players head and the player's feet cannot leave the ground while throwing, nor can his/her torso twist in anyway. If the ball goes out on the end line and the offensive team kicked it out, it is a goal kick. For this make sure the ball is no more than three strides from the goal (there is a white line directly in front of each goal) If the ball goes out on the end line and the defensive team kicked it out, it is a corner kick. The ball must go within a foot of the corner, and a player may not rest the ball on the cone and kick it.



What the Referee says goes. The referee is law on the field which means that all calls made by the referee must be respected. This also means various responsibilities for the referee. This includes remembering the true purpose of intramural soccer: to have fun. No offensive language or gestures will be tolerated. Referees do have the authority to tell a player to leave the game, or in some cases to leave the stadium. After each game the final score must be reported to a member of the

2) Number of Players:

Games are played on half fields, so a team may have at most seven people on the field at one time, including goalie. Substitution can be done only during dead balls (throw-ins, free-kicks etc.). Title Nine: There must be equal athletic opportunities for both sexes. Title Nine does apply to intramural sports. That being said it is required that each team have at least three girls on the field at all times, putting a girl in as goalie does not count towards that requirement. If a team has fewer than three girls present they must play man down. No team can have more than four males (including Goalie) on the field at anytime.

5) Play Time:

Games begin as scheduled. If some members of a team are not present the game can either begin without them, or if both teams agree play can be delayed but due to scheduling the clock must begin running at the scheduled beginning of the game. The game is divided into two twenty minute halves with a six minute halftime. If at the end of the designated time, the teams are at a tie, during the regular season it will be next goal or ten minutes, during play-offs a shootout will take place. "Rock, Paper, Scissors" for first shot. If first shot is made, the other team still shoots as per their turn and if they make it also then the first team will shoot again. This will continue until either the first team makes a goal and the second team misses or until the second team makes a goal after the first team has missed. Games are played with running clocks, regardless of injuries, fouls or ejections.

3) Equipment:

Every player must wear proper equipment including but not limited to; sneakers or rubber-tipped cleats, shin guards are preferable but not mandatory. No sharp jewelry can be worn. Players will be asked to remove: watches, ear rings, and anything else that the referee feels poses a threat to a player's well-being. All players must wear their teams color T-shirt. On the season schedule it is made clear as to which team is to wear light colors and which team is to wear dark colors. Pennies will be available on site in the event that a player is in the wrong color, and said player as well as his/her team will wear the pennies for the game.

6) Scoring:

If the ball goes past the goal line while the game is in play, and the whistle was not blown, it is a goal.

I.M. Basketball Rules and Regulations

NATIONAL INTERCOLLEGIATE ATHLETIC ASSOCIATION (NCAA) BASKETBALL RULES WILL GOVERN PLAY UNLESS SPECIFICALLY MODIFIED IN THE ITEMS THAT FOLLOW. MODIFICATIONS ARE INTENDED TO GIVE TEAMS THE GREATEST POSSIBLE PLAYING TIME IN THE SAFEST AND FAIREST MANNER POSSIBLE

PLAYING TIME: A game consists of two 20-minute halves with the game clock stopping only for injuries, time-outs, rules discussions, or lengthy breaks to retrieve the basketball. However, during the last minute of each half (and of overtime) the clock will stop for all "dead ball" situations. Half-time will be no longer than 5 minutes in duration.

TIME-OUTS: Each team will be permitted one time-out per half (1 minute in duration) and one additional 30 second time-out for overtime. Time-outs cannot be carried over to subsequent periods and can only be called by those players on the court. Requests for additional time-outs result in a technical foul.

OVERTIME: In the result of a tie score at the end of regulation three minute overtime will be played. Additional overtimes will be played until a winner is decided. All bonus situations remain in effect during the overtime periods.

SUBSTITUTIONS: Substitutes may enter anytime the ball is dead. They must report to the scorekeeper before entering and they must be waived in by the official. Illegal substitution will result in a technical foul.

DISQUALIFICATIONS:

1. Any player committing 5 personal fouls or 2 technical fouls
2. Flagrant fouls, abusive language, striking a referee or an opponent, etc. will result in automatic disqualification, two foul shots, and possible suspension from further play; The disqualified player must leave the main gym area immediately or his/her team will forfeit the contest.
3. Any player dunking the ball or hanging from the rim before, during or after the game (also a two shot technical)

FOULS: All fouls committed against a player in the act of shooting will result in two shots. If officials are present all fouls will be added until a team reaches seven. Then the other team is put into the one-and-one bonus situation. If there are no officials present then in the last minute of each half the supervisors will call fouls and all fouls will result in a one-and-one.

PLAYERS: A team must be at the gym and ready to play within 10 minutes of the scheduled time. A team must have one girl on the court at all times. Teams are permitted to start a game with four players and may finish a game with fewer players due to injuries, disqualification, etc.

EQUIPMENT: The Recreational Sports Office will provide a game ball, game clock, scorecard, and colored jerseys. It is recommended that teams wear the same-colored jerseys when

possible. No black-soled shoes will be allowed on the gym floor. The Department will not be held responsible for lost or stolen basketballs or other personal belongings.

INJURIES: The Division of Recreational Sports assumes no responsibility for injuries sustained during participation in this tournament. Only basic first-aid will be provided when necessary and appropriate. Players are not entitled to training room services.

START OF GAME: Initial possession will be determined by tip off. On all subsequent jump-ball situations (tie-ups, start of the second half, double fouls, etc.) Teams will alternate possession with the ball being put into play at the point nearest to where the jump-ball situation occurred.

DISPUTES: If for any reason there is a need for further clarification or discussion of an official's interpretation of the rules, it must be dealt with at the time the dispute occurs even though it may involve checking the rule book and/or getting a final interpretation from the Rec Sports supervisor. Only the team captain is permitted to question an official's interpretation of the rules. A judgment call is not subject to protest or discussion.

LINE-UPS: Each team captain or team rep. must enter the line-up of all players who are present. These names are to be printed.

OUT-OF-BOUNDS: The ball is awarded out-of-bounds after the following:

13. successful field goal or free throw
14. a common foul until bonus rules go into effect
15. a held ball
16. a violation or infraction of the rules
17. start of each period

THROW-INS:

14. A player has 5 seconds to put the ball in play
15. The player cannot leave the designated throw-in spot

(Except on those after a successful field goal or free throw) no field goal can be scored from a throw-in. A game official must handle the ball on all throw-ins (except after a successful field goal or free throw)

FREE THROWS:

Teams must line up promptly for free-throw attempts. Officials are instructed to penalize teams that attempt to consume time by using obvious stalling tactics in this situation.

No player may touch on or beyond the free-throw line until after the ball is released.

The free-thrower has 10 seconds to shoot the ball after he/she receives it from the official.

LOSS OF BALL:

16. 3 second violation
17. 10 second violation (may not consume more than 10 seconds in the backcourt)
18. Over-and-back
19. Offensive foul, player control foul, technical foul
20. Ball out-of-bounds last touched by offensive team
21. Double dribble or traveling

SCORING: Recreational Sports will supply a scorer and timekeeper to record fouls and team score.

I.M. Ultimate Frisbee Rules

1. Field of Play:

I.M. Frisbee is played in the LFC, with the out of bounds being marked by the red curtain.

2. Number of players:

Teams consist of eight players, four boys and four girls. As always female participation is a requirement, not an option.

3. Equipment:

Sneakers and athletic apparel, no sharp jewelry, no flip flops.

4. Referees:

Referees are the law on the court.

5. Basic Play Breakdown:

Games begin with one team throwing off to another, if the throw goes out the other team begins at the top of the tennis court nearest them. The Frisbee may hit the ground on throw off.

Players catch and throw the Frisbee to team mates, if the Frisbee hits the ground it changes possession at the point of impact.

Players may intercept the Frisbee in route but they may not smack the Frisbee out of another player's hand.

I.M. Frisbee follows the rule of 3:

3 steps once caught (and a pivot afterwards)

3 feet between the player with the Frisbee and the opponent

The End-zone will be clearly labeled by cones, a player holding the Frisbee must reach this area.

Games are 2-30 minute halves with a five minute half time, and are open to change if there are too many teams.

Violent and overly aggressive behavior will not be tolerated.

Mission Statement:

The point of Intramural Sports is to have fun and promote good Sportsmanship.

I.M. Kickball Rules

- Game lasts 6 innings or one hour in length, having three outs per team per inning
- An out qualifies as a player catching the ball or throwing the ball to the base before the kicker can reach it
- 9 players on the field per team- There must be 3 girls on the field at all times
- A strike is a ball that is in the strike zone that is neither kicked or not attempted
- A ball is a ball outside the strike zone
- A foul is a ball hit either outside of the parameters of the field on the sides, a ball that is struck while the foot is in front of the plate, or a ball hit behind the base (3 foul balls = 1 out)
- Pitches must be underhand and cannot be too fast
- Hitting a player with the ball while running the bases, unless on base, qualifies the runner as out
- Battle order much consist of Boy, Girl, Boy, Girl, etc....