

2022-2023 Rowan University Intramural Sports Handbook

Table of Contents

Introduction
Contact Information
Cost
Creating a Team
Equipment
Eligibility
Protests
Postponements
Sports Information
Sport Deadlines
Forfeits
Defaults
Team Captains
Intramural Sports Scheduling
Assumption of Risk
Intramural Sports Supervisors
Sportsmanship
Sportsmanship Points
Unsportsmanlike Conduct and Ejected Players
Team Violations
Individual Violations
Flag Football
4v4 Flag Football
Basketball
Indoor Soccer
Outdoor Soccer
Indoor Volleyball
Ultimate Frisbee
Softball
Wiffleball
Kickball
Team Handball

2022-2023 Rowan University Intramural Sports Handbook



Introduction

This is the Rowan University Intramural Sports Handbook for 2022-2023. The information in this handbook will provide an overview of what intramural sports are and the rules for how to play them here at Rowan University. If there are any questions regarding any of the policies the contact information is below.

Intramural Office Contact:

Nyindu Kabangu
Graduate Coordinator of Intramural Sports and Special Events
kabang46@rowan.edu

Office Email
rowanintramurals@gmail.com

2022-2023 Rowan University Intramural Sports Handbook

Cost

As of the 2021-2022 Academic Year, Intramural Sports has changed to be a FREE program for students and there are no registration fees except for a select few special events. To participate, players must visit our homepage in IMLeagues to see the leagues and activities being offered where they can create a team or sign up as a “free agent” to be placed on a team.

Logging into IMLeagues

IMLeagues is where everything intramural sports related can be found. The steps to get to our homepage in IMLeagues are listed below:

1. Go to our Campus Rec portal → <https://campusrec.rowan.edu/> or open the Campus Rec App
2. Click on “Intramurals”
3. Click “Rowan Login”
4. Login using your Rowan username & password (same as what you use to access your Rowan email)
5. Verify information when redirected to IMLeagues home page (name, date of birth, etc.)
6. Click the button that says “Rowan University” towards the top left of the screen
7. Scroll down to see all of the leagues/sports that we offer

Creating a Team

All the teams and scheduling will be done for each sport on imleagues.com. The steps for setting up your team are below:

1. To create a team go to IMLeagues
2. Once you have completed the login process, click on “Rowan University” on the top left of the screen
 - a. On this page you will be able to see all the sports that you can join
3. Once you have selected the sport you want to play, click on the league under that sport. (these are in blue)
4. Now scroll to the waitlist to create your team.
 - a. Once you have created your team you can send requests for people to join your team, or they can request to join your team.
5. Once your team has enough players on the team to form a full team (i.e. 5 players for 5v5 basketball, 7 players for 7v7 flag football, etc.) you will be allowed to select the division that your team would like to participate in. This is done on a first come, first-served basis so please invite your teammates to join your team ASAP so you can select the day/time that works best for your team.

Equipment

- Equipment (balls, bats, gloves) for intramural sport activities will be provided by Campus Recreation unless otherwise noted.
- If a team requests the use of an alternate piece of equipment for a game, both teams involved and the intramural supervisor will need to agree on the equipment before it may be used. If disagreement occurs, the equipment provided by Campus Recreation will be used. For instances involving a softball/baseball bat, both teams must be able to use it if approved.

2022-2023 Rowan University Intramural Sports Handbook

- Jewelry (rings, watches, necklaces, ankle bracelets, earrings, rubber bands, etc.) and casts are prohibited. Placing tape over jewelry will not be allowed. Proper shoes are required (metal cleats are prohibited). Knee braces are allowed with the approval of the intramural sports supervisor.

Eligibility

- All undergraduate students carrying at least 6.5 credits and all graduate students taking 5 or more credits are automatically eligible to enjoy all intramural privileges and shall retain that status until they withdraw from school, or until they fail to comply with the rules and regulations of the program. Each participant must be able to present a Government-Issued Photo ID or Rowan ID card at each contest.
- All undergraduate students carrying less than 6.5 credits and all graduate students taking less than 5 credits, must purchase a part-time student Recreation membership (\$50) to be eligible to play intramural sports
- Members of the Rec Center (alumni and community members) are **NOT** eligible to participate in the team sports of the student intramural program. Faculty and staff may participate in any intramural offering as long as they have a valid and current membership with Campus Recreation.
- Olympic athletes and professional athletes, current or former, are not eligible to play in their respective sports.
- Members of varsity, junior varsity, and junior college sports are ineligible to participate for an intramural team in a similar sport during the school year in which they are squad members. Squad members shall be defined as any member who is listed on the team roster. A red-shirted player is considered a squad member. Each sport has individual restrictions on the maximum number of players allowed that are former NCAA or current club members of that sport. (the list of NCAA sports and the corresponding Intramural Sport are below)

● NCAA Sport

- Football
- Basketball
- Baseball/Softball
- Soccer
- Volleyball

● Intramural Sport

- Flag Football
- Basketball
- Wiffle Ball/Softball
- Indoor/Outdoor Soccer
- Indoor/Sand Volleyball

- To be eligible for intramural participation, every player must be listed on a team's roster on IMLeagues and have completed the waiver.
- Players must participate in at least one regular season game before they become eligible to participate in playoffs.
- A player may play on a maximum of two (2) teams per sport. A participant may play on:
 - a. One (1) team of their gender

2022-2023 Rowan University Intramural Sports Handbook

- b. One (1) “mixed gender” team
 - c. Women may play on a men’s team instead of a women’s team, but may not play in both. A player that participates in two (2) single gender teams for the same sport will be suspended from the intramural program and must meet with the Assistant Director (AD) of Intramural Sports prior to playing another intramural sport. A team that picks up an ineligible player may be forfeited from the league at the discretion of the Intramural Sports staff.
- No player may transfer from one team to another once they have played with a team without express written permission from the Assistant Director of Intramural Sports. Only after written approval by the Intramural Sports Assistant Director will the individual be allowed to participate.
 - A team that picked up an ineligible player shall forfeit all games or events in which that person participated. Each team captain is responsible for the verification of a player’s eligibility. Team captains will be responsible for checking the eligibility of their own players and should refer questionable cases to the AD of Intramural Sports for a ruling before competing. Campus Recreation does not assume the responsibility for checking the eligibility of a participant. Teams may not play with ineligible players even by mutual agreement of both teams in the contest.

Protests

- Protests can only be made on questions of eligibility or rule interpretation. Protests challenging the accuracy of a judgment call made by intramural officials or supervisors will not be accepted. Protests must be announced at the time of debate to the official and supervisor on duty. Do not wait until the end of the contest. A digital protest form will be completed by the team captain and the intramural supervisor on site.
- The protest must be submitted in writing to the AD Intramural Sports by 12:00 noon the following day.
- All upheld protests will be replayed from the point of rule infraction, when possible, except those concerning ineligible players, where a forfeit is awarded.
- During the playoffs, if a protest is deemed valid on player eligibility, the protesting team advances but the results from all prior rounds remain the same and will not be replayed

Postponements

Games may be rescheduled due to inclement weather. A decision on the weather will be made by 3pm. Cancellations will also be posted on the intramural website.

2022-2023 Rowan University Intramural Sports Handbook

Sports

	Registration Period	Regular Season	Playoff Draw	Playoff Dates	
Volleyball	Aug 28 - Sep 14	Sep 18 - Oct 6	Oct 7	Oct 9 - Oct 20	Fall
Sunday Sand Volleyball	Aug 28 - Sep 14	Sep 18 - Oct 6	N/A	Oct 9 - Oct 23	
Flag Football (7v7)	Aug 28 - Sep 14	Sep 18 - Oct 20	Oct 21	Oct 30 - Nov 17	
Indoor Soccer	Aug 28 - Oct 26	Oct 30 - Nov 17	Nov 18	Nov 20 - Dec 4	
Sunday Powerball Dodgeball	Aug 28 - Oct 26	Oct 30 - Nov 17	N/A	Nov 20 - Dec 4	
Midday Soccer	Aug 28 - Oct 26	Oct 30 - Nov 23	N/A	N/A	
Holiday Basketball	Aug 28 - Nov 30	Dec 5 - Dec 8	N/A	Dec 10 - Dec 13	
Indoor Cricket	Dec 4 - Jan 25	Jan 29 - Feb 19	N/A	Feb 26 - Mar 5	Spring
Basketball (5v5)	Dec 4 - Jan 25	Jan 29 - Feb 16	Feb 17	Feb 19 - Mar 5	
Midday Pool Basketball	Dec 4 - Jan 25	Jan 29 - Mar 5	N/A	N/A	
Slow Pitch Softball	Dec 4 - Mar 8	Mar 19 - Apr 6	N/A	Apr 10 - Apr 27	
Soccer (?v?)	Dec 4 - Mar 8	Mar 19 - Apr 6	N/A	Apr 10 - Apr 27	
Sunday Flag Football (4v4)	Dec 4 - Mar 8	Mar 19 - Apr 6	N/A	Apr 10 - Apr 27	
Floor Hockey	Dec 4 - Mar 8	Mar 19 - Apr 6	N/A	Apr 10 - Apr 27	

Defaults

In the event that a team cannot play in their game for any reason they can fill out the online Default Form by 3pm the day of their game, or 12pm if their game is on a Sunday. The default log can be found at the following [link](https://forms.gle/GZ9xoTeaQJaYHA5v7):

<https://forms.gle/GZ9xoTeaQJaYHA5v7>

There is no charge to default, unlike a forfeit.

Forfeits

- Game time is start time.
- Any team forfeiting a game will be required to pay a \$20/team reinstatement fee prior to their next contest.
- In the event of a double forfeit, both teams will have a forfeit recorded against their records and be required to pay the reinstatement fee to remain in the league.
- If a team forfeits two games, they will be dropped from further competition in that sport.
- The winning team must have the minimum number of players checked in to receive the win by forfeit.

2022-2023 Rowan University Intramural Sports Handbook

- The Intramural Supervisor will have the official time for each game.
- The only exception to the 5 minute grace period is if a team is waiting for participants that are playing another intramural sport. The game will be delayed until the minimum number of players are available to start the game.

Team Captain

- Every team must be represented by a team captain. The captain is the representative of the team in all matters concerning the team and is the liaison between the Intramural Sports Staff and all team members.
- It is the responsibility of the team captain to create the team and fill out their roster prior to the entry deadline
- The team captain is responsible for informing their teammates of the rules for each specific activity, as well as the time and place of their games.
- The team captain has the responsibility of getting their team to the game on time and to ensure all participants sign in with the Intramural Supervisor/Official with a valid form of ID.
- The team captain is responsible for their team's conduct as well as fans affiliated with the team before, during, and after games and must be aware of the rules and regulations of the intramural program. Any unsportsmanlike conduct by participants or fans affiliated with a team may result in ejection of individuals or forfeiture of the team.
- Captains should notify all players and fans that alcohol is prohibited at all intramural playing areas and no participants are allowed to participate while under the influence of any drugs or alcohol.

Preseason & Postseason Captain's Meeting

Before the start of the regular season, the majority of team sports will have a captain's meeting via zoom. The intramural department will communicate the time and date of the **MANDATORY** captain's meeting along with the zoom link. Each team will be required to have at least one (1) representative present. This representative does not need to be the actual team captain. If a team does not have a representative, **their highest sportsmanship rating from the season will automatically be changed to a 2 at the conclusion of the season.** A sportsmanship rating average of 3 is required to qualify for the playoffs.

Intramural Rescheduling

During the regular season, only games that are cancelled due to errors made by the Intramural sports staff will be rescheduled. Other games that are cancelled due to inclement weather or any other unforeseen circumstances will be recorded as a "tie".

Assumption of Risk

Individuals are encouraged to have a physical examination and obtain adequate health and accident insurance **PRIOR TO PARTICIPATION** in intramural sports. Individuals who participate in Intramurals do so at their own risk. Rowan University is not responsible for any injury that may occur to individual participation in Intramurals. Participation in Intramurals is voluntary. If an accident occurs, an intramural supervisor will complete an accident

2022-2023 Rowan University Intramural Sports Handbook

report. Intramural supervisors are not responsible for any lost or stolen items at the game site.

Game Day

Intramural Supervisors

- The Intramural Supervisor is the final authority during an intramural activity. The supervisor will be in charge of organizing the event, directing teams to proper fields and courts, and monitoring the contests to ensure a positive competitive environment.
- Participants must realize that the game officials are the first source of ruling and information. The supervisors may only be consulted when interpretations or applications of the rules are in question. They will not overrule any judgment calls.
- The supervisor may intervene to stop play at any time. Situations such as disorderly conduct, abusive language and fighting are potentially dangerous and can lead to a supervisor terminating the contest and assessing a forfeit to the team or removing a player from the event and asking them to leave the facility

Sportsmanship

- A part of the philosophy of the Intramural Sports program is that good sportsmanship is vital to every contest. In order to encourage proper conduct during games, the officials, supervisors and administrative personnel shall make decisions on whether to warn, penalize, or eject players, teams, or fans for poor sportsmanship. These decisions are final.
- In team sports, all teams must have a 3 sportsmanship average per game on a scale of 0-5 in order to be eligible for the playoffs. Teams regardless of their record that fall below this average are ineligible for the playoffs. Requests for special circumstances may be made to the AD of Intramural Sports.

Sportsmanship Points

- The Intramural Sports Program expects all participants to conduct themselves in a sportsmanlike manner. In order to be eligible for the playoffs, a team must accumulate an average of 3.5 sportsmanship points per contest to be eligible for playoffs. During the playoffs, a score of at least (4) will guarantee advancement for the winning team. A winning team with a sportsmanship rating less than 4 will be reviewed by the IM Staff to determine if they advance.
- Following the game, officials evaluate and issue sportsmanship points to all teams. The breakdown of points is as follows:

Points Description

- 5 Normal Game: No complaints about officials' calls.

2022-2023 Rowan University Intramural Sports Handbook

- 4 Some static: Some question of judgment or repeated complaints. No infractions issued.
- 3 Difficulty: Repeated question of judgment. Unsportsmanlike call in softball, volleyball, flag football; a yellow card in soccer or a technical foul in basketball, failure to clean up trash on sidelines or in dugouts
- 2 Harassment: Multiple unsportsmanlike calls, yellow cards, technical fouls (not on the same participant) or spectators' harassment of the officials.
- 1 Ejection: Any ejection, whatever the cause.
- 0 Forfeit or fighting: Includes threatening an employee. If involved in a fight your team could be removed from the league for the remainder of the season.

Unsportsmanlike Conducts and Ejected Players

The following may be considered as evidence of unsportsmanlike conduct:

1. Profanity
2. Unnecessary delay of game
3. Striking or shoving an opponent
4. Arguing with officials concerning decisions
5. Derogatory and abusive remarks toward an opponent, officials or spectators
6. Any action that shows disregard for the rules or policies of intramural sports

The following are the possible consequences of unsportsmanlike conduct of intramural teams and participants.

Team violations

- Intramural probation - Intramural probation would cause a suspension from intramural participation for any further unsportsmanlike conduct. The term of probation may be set for a particular sport, for a semester, year or for an indefinite period.
- Intramural Suspension - Suspension from Intramurals prohibits the suspended organization and its individuals listed on the team roster from participating and spectating in any sports during the period of intramural suspension. A period of Intramural suspension is automatically followed by a period of intramural probation of no less than one full year.

Individual violations

- Any major violation may be sent to the Judicial Affairs at the discretion of the Campus Recreation Professional Staff. The disciplinary measures that may be taken in case of individual unsportsmanlike conduct are as follows.

2022-2023 Rowan University Intramural Sports Handbook

- Any player ejected from an Intramural contest for any reason is automatically suspended from playing and spectating the next game their team plays. They must meet with the AD of Intramural Sports prior to participating in any Campus Rec programs or using any of the facilities. If that individual fails to meet with AD Intramural Sports Director and misses additional contests, those missed contests do not count towards the minimum 1 game suspension. The person is also subject to further disciplinary action ranging from further suspension from play to full revocation of Intramural and/or Campus Recreation privileges.

2022-2023 Rowan University Intramural Sports Handbook

Flag Football Rules



Table of Contents for Flag Football

Rule 1 – The Game, Field, Players, and Equipment	12
Rule 3 – Periods, Time Factors, Substitutions	14
Rule 4 – Ball in Play, Dead Ball, Out-of-Bounds	15
Rule 5 – Series of Downs, Number of Down, and Team Possession	16
Rule 6 – Kicking	16
Rule 7 – Snapping, Handing, and Passing the Ball	17
Rule 8 – Scoring Plays and Touchback	18
Rule 9 – Conduct of Players and Spectators	19
	21

7 on 7 Flag Football Rules

- Each player must present a government issued ID card (Rowan Card is acceptable) before each contest to be eligible to participate.
- All intramural participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the Wellness Center before participating in intramural sports.
- Game time is start time. If at least one player is present and checked in from the team, a 5 minute “grace

2022-2023 Rowan University Intramural Sports Handbook

period” will begin to allow a team a chance to obtain the minimum number of players required to play and the game clock will be started. For each minute after game time that the game must be delayed, the team in which everyone is waiting will be penalized by spotting the opposing team 3 points per minute (maximum 12 points).

- The officiating will be done by student officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players, or coaches can result in assessment of a penalty, ejection or forfeiture of the game.
- Spectators must also remain in the area designated by the officials. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.
- The NIRSA Flag Football Rulebook will govern play for any rules not mentioned in the following intramural rules.

Rule 1. The Game, Field, Players, and Equipment

- The Game (1-1-1) the game shall be played between two teams of seven players each. Five players are required to start the game and avoid a forfeit.
- 1.1. B. Eligibility (1-1-4) all players must have checked in with the supervisor and be recorded on the game sheet before they are allowed to participate. Intramural Flag Football limits each team to 2 or less former collegiate football players.
- 1.1.C. Persons Subject to the Rules (1-1-5) Team representatives, including players, substitutes, replaced players, coaches, trainers, spectators and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game.
- 1.1 D. Referee’s Authority (1-1-6) The Referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The Referee’s decisions are final in all matters pertaining to the game.

The Field

- Field Layout (1-2-1) the field dimensions are 80 yards by 40 yards with 10-yard end zones. The playing field is divided into four 20-yard zones. Both 14 yd. lines shall be marked with an "X" on the hash mark.
- Inbounds/Out-of-Bounds (1-2-4) the lines bounding the sidelines and the end zones are out-of-bounds.
- Team Box and Spectator Area (1-2-5) each team box is a designated area for players. Each box is marked between the 20- yard to 20-yard line and one yard from the sideline. Players must stay within this team box. The spectator area is designated five yards from the sideline and extends from 20-yard line to 20-yard line.

Game Equipment

- The Ball (1-3-1) each team may use the ball provided or may use their own ball when on offense. The official ball shall be pebble-grained leather or rubber covered and meets the recommendations of size and shape for regulation football. There are no requirements regarding ball pressure and markings. Men’s leagues shall use the regulation size while women’s and/or mixed leagues shall use the men’s, intermediate,

2022-2023 Rowan University Intramural Sports Handbook

youth, or junior size. The referee shall be the sole judge of any ball offered for play and may change the ball during play at their discretion. During the game each team must use a legal ball of its choice when in possession.

Player Equipment – Required

- Jersey (1-4-1) Jerseys may not have pockets, holes, or buttons. All team members must wear the same shade of color shirt. Jerseys must be either:
 - Long enough so they remain tucked in the pants/shorts the entire down, or
 - Short enough so there is a minimum of 4” from the bottom of the jersey to the player’s waistline.
- **Pants/Shorts (1-4-2) each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), holes, or exposed drawstrings. Pants or shorts must be a different color than the flags. Pants or shorts may not be turned inside out, and pockets may not be taped.**
- Flag Belt (1-4-3) The Referee must know that a player was not wearing a flag belt during the down in order to penalize a team.
- Shoes (1-4-4) All players must wear shoes made of canvas, leather or synthetic material, which cover the entire foot.

Player Equipment – Optional

- Headwear (1-5-3) - Players may wear a knit stocking cap. The cap must have no bill. - Players may wear a single-colored headband no wider than 2”
- Sunglasses (1-5-6) Players may wear pliable and non-rigid sunglasses.
- Play Book (1-5-6) Players may carry a playbook inside their clothing as long as it is not made of unyielding material.

Player Equipment – Illegal

Illegal Equipment (1-6-1) a player wearing illegal equipment shall not be allowed to play. Types of equipment that shall be declared illegal include:

- Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots, such as bandanas.
- Jewelry and rubber bands of any kind - Pads or braces worn above the waist.
- Shoes with metal, ceramic, screw-in, or detachable cleats unless the screw is part of the cleat.
- Jerseys that have been altered in any manner which produces a knot-like protrusion.
- Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges.
- Towels may not hang from a participant’s waist.

Rule 3. Periods, Time Factors, Substitutions

Start of Each Half

- Coin Toss (3-1-1) the captain winning the toss shall have the choice of options for the first half or shall

2022-2023 Rowan University Intramural Sports Handbook

defer their option to the second half. The options are:

- To choose whether their team will start on offense or defense.
- To choose the goal their team will defend.
- The captain not having the first choice of options for a half shall exercise the remaining option.

Game Time

- **Playing Time and Intermissions (3-2-1)** Playing time shall be 36 minutes, divided into two halves of 18 minutes each. The clock will run continuously for the first 16 minutes of each half unless stopped for charged time out, officials' time out, or injury. Half-time will be three minutes.
- **Play (3-2-2)** Play at the beginning of each half will start at the offense's 14 yard line.
- **Extension of Periods (3-2-3)** A half must be extended by an untimed down, except for unsportsmanlike or nonplayer fouls, if during the last timed down, one of the following occurred:
 - A. There was a foul by either team and the penalty is accepted.
 - B. There was a double foul.
 - C. If a touchdown was scored, the Try is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game.
 - If (A), (B), or (C) occurs during the untimed down, the period will be extended by the same rule.
- **Last 2 Minutes (3-2-7)** During the last two minutes of each half, the clock will stop for a/an:
 - Incomplete legal or illegal forward pass – starts on the snap.
 - Out-of-bounds – starts on the snap.
 - Safety – starts on the snap.
 - Team time-out – starts on the snap.
 - First down – if down in bounds on the whistle if out of bounds on the snap
 - Touchdown – starts on next offensive snap (Point Tries are untimed)
 - Penalty and administration – dependent on the previous play (except delay of game – starts on snap)
 - Referee's time out – starts at his/her discretion.
 - Touchback – starts on the snap.
 - Team attempting to conserve time illegally – starts on whistle.
 - Team attempting to consume time illegally – starts on snap.
- A game is considered official at 10 minutes in the second half (during the regular season only).

Tie Game

- **Overtime (3-3-1)** during the regular season, there will be no overtime period and a tie will be recorded if both teams are tied at the end of regulation. During playoffs, overtime will continue until a winner is determined.
- **The Coin Toss (3-3-2)** there will be only one coin flip during the overtime. ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE. The end zone used is at the discretion of the Intramural Staff and game officials.

2022-2023 Rowan University Intramural Sports Handbook

- Tie Breaker (3-3-3) unless moved by penalty, each team will start first down and goal from the 10-yard line. The team will have four downs to score, unless awarded first down automatically, or a penalty allows for repeating the down. If the defense 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. Each team is entitled to one time-out per overtime period.
- Overtime-Fouls and Penalties (3-3-4) the goal shall always be the zone line-to-gain in overtime.

Time Outs

- Charged Time-outs (3-4-3) each team is entitled to two charged timeouts per half.
- Length of Time-outs (3-4-4) A charged time-out requested by any player which is legally granted shall be one minute and can be shortened if both teams are ready.
- Injured Player (3-4-8) an injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the halftime or overtime intermission occurs. A player who is bleeding, or has an open wound, or has blood on their uniform shall be considered injured.

Delays

- Delay of Game (3-5-1) the ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is delay of game. This includes:
 - Failure to snap within 25 seconds after the ball is whistled ready for play.
 - Putting the ball in play before it is whistled ready for play.
- Illegally Conserving or Consuming Time (3-5-2) The Referee may order the game clock started or stopped whenever, in their opinion, either team is trying to conserve or consume time unfairly.

Substitutions

- Eligible Substitutions (3-6-1) No substitute shall enter during a down. An incoming substitute must enter the field directly from the team area. A replaced player must leave the field at the sideline nearest their team area prior to the ball being snapped.
- Legal Substitutions (3-6-2) No substitute shall become a player and then withdraw, and no player shall withdraw and then re-enter as a substitute unless a penalty is accepted or there is a charged time-out.

Rule 4. Ball in Play, Dead Ball, Out-of-Bounds

Ball in Play – Dead Ball

- Ball Declared Dead (4-1-2) A live ball becomes dead and an official shall sound the whistle or declare it dead:
 - When it goes out-of-bounds,

2022-2023 Rowan University Intramural Sports Handbook

- When any part of the runner other than a hand or foot touches the ground.
- When a touchdown, touchback, safety, or successful Try is made.
- When a forward pass strikes the ground or is caught simultaneously by opposing players.
- When a backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players. A ball snapped, which hits the ground before or after getting to the intended player is dead at the spot where it hit the ground.
- When a runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached by another player from the belt.
- When a runner is legally tagged with one hand between the shoulders and knees, including the hand and arm when the flag belt inadvertently becomes detached.
- When a punt has touched the receiving team and then touches the ground

Inadvertent Whistle

- Inadvertent Whistle-Clock (4-2-1) there is no time added to the clock during a down with an inadvertent whistle.

Rule 5. Series of Downs, Number of Down, and Team Possession

- Zone Line-to-Gain (5-1-3) 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.
- Awarding a new series (5-1-4) A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the defense moves the ball into the next zone; or an accepted penalty against the defense involves an automatic first down; or either team has obtained legal possession of a ball as a result of a penalty, punt, touchback, pass interception, or turnover on downs.

Down and Possession after a Penalty

- Penalty Resulting in a First Down (5-2-1) After a penalty which leaves the ball in possession of a team beyond its zone line- to-gain, or when a penalty stipulates a first down, the down and distance established by that penalty shall be first down with the next line-to-gain.
- Foul before Change of Possession (5-2-2) the down shall be repeated unless the penalty also involves a loss of down, or leaves the ball on or beyond the line-to-gain.
- If the penalty involves a loss of down, the down shall count as one of the four in that series.
- Rule Decisions Final (5-2-5) No rule decision (interpretation) may be changed or protested after the ball is next legally snapped.

Rule 6. Kicking the Ball

Punting

- Punt (6-1-2) prior to making the ball ready for play on the fourth down, the Referee must ask the offensive

2022-2023 Rowan University Intramural Sports Handbook

team captain if they want to punt. The team captain may request to punt on any down. After such an announcement, the ball must be punted, unless a charged time-out is called or a penalty occurs prior to or during that down which allows the kicking team to repeat the down.

- Formation and Snap (6-1-3) Neither the Kicking team nor Receiving team may advance beyond their respective scrimmage line until the ball has been punted. All scrimmage line rules regarding the snap, encroachment, false start, minimum line players, motion and shift in Rules 7-1, 7-2, and 7-3 apply.
- Punting the Ball (6-1-4) after receiving the snap, the kicker must punt the ball immediately in a continuous motion.
- After the Punt (6-1-5) once the ball is punted, any receiving team player may block the kick. If the blocked punt touches the ground, the play is dead at that spot. If the punt is blocked by any receiving team player and then caught by any kicking team player behind the line of scrimmage, they may advance the ball. The receiving team may advance the punt anywhere in the field. A kicking team player cannot punt the ball to themselves or any other kicking team player. The kicking team may only punt once per down.

Rule 7. Snapping, Handing, and Passing the Ball

The Scrimmage

- The Start (7-1-1) all plays must be started by a legal snap from a point on or between hash marks.
- Ball Responsibility (7-1-2) the offensive team is responsible for retrieving the ball after a down.

Prior to the Snap

- Encroachment (7-2-1) Following the ready for play whistle, and until the snap, no player on defense may encroach, touch the ball, nor make contact with opponents or in any other way interfere with them (verbally or otherwise). This includes standing in or shifting through the neutral zone.
- False Start (7-2-2) No offensive player shall make a false start or simulate the start of a play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment shall be canceled.
- C. Snap (7-2-3) The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of play until the snap. When over the ball, the snapper shall have their feet behind the scrimmage line. The snapper shall pass the ball backwards from its position on the ground with a continuous motion (cannot pick up the ball & snap).

Position and Action During the Snap

- Legal Position (7-3-1) Anytime on or after the ball is marked ready for play, each offensive player must be within 15 yards of the ball before the snap (i.e., they must come inside the hash marks)
- Minimum Line Players (7-3-2) the offensive team must have at least four players on or within one yard of their scrimmage line.

2022-2023 Rowan University Intramural Sports Handbook

- Motion (7-3-3) one offensive player may be in motion, but not toward the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the feet, body, head, or arms.
- No Direct Snap (7-3-4) the player receiving the snap must be at least two yards from the offensive line of scrimmage.
- Shift (7-3-5) If more than one offensive player is in motion after the ready for play whistle has sounded, all offensive players must come to a complete stop and remain still for one second prior to the snap.

Legal and Illegal Forward Pass

- Legal Forward Pass (7-7-1) all players are eligible to touch or catch a pass. During a down and before a change of possession a forward pass may be thrown provided the passer's feet are behind the offensive line of scrimmage when the ball leaves the passer's hand. Only one forward pass is allowed per down. A play involving a run across the line of scrimmage and then back behind the line of scrimmage where a forward pass is thrown is a legal play.
- Illegal Forward Pass (7-7-2) A forward pass is illegal if:
 - If the passer's foot is beyond the line of scrimmage when the ball is released.
 - If intentionally thrown to the ground or out-of-bounds to save loss of yardage
 - If a passer catches their untouched forward or backward pass
 - If there is more than one forward pass per down
- Simultaneous Catch by Opposing Players (7-8-2) if a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead at the spot of the catch and belongs to the offensive team.

Forward Pass Interference

- Contact (7-10-1) during a down in which a legal forward pass crosses the offensive line of scrimmage, contact or action that interferes with an eligible receiver who is beyond the line of scrimmage is pass interference. It is also pass interference if an eligible receiver is deflagged prior to touching the ball.

Rule 8. Scoring Plays and Touchback

Mercy Rule

- Two Minute Warning (8-2-1) if a team is 19 or more points ahead when the Referee announces the two-minute warning for the second half, the game shall be over.
- After the Two Minute Warning (8-2-2) if a team scores during the last two minutes of the second half causing a score difference of 19 or more points, the game shall be over.
- 8.1.C. If a team is up by 50 or more points at any point in the second half the game shall be over.

Touchdown

- Player Responsibility (8-3-3) the player scoring the touchdown must raise their arms so the nearest official can deflag the player. If the player is not deflagged with one pull to the left or right and the official

2022-2023 Rowan University Intramural Sports Handbook

determines the belt has been secured illegally, the touchdown is nullified and the player is ejected.

Point(s) after Touchdown Tries

- One, Two, or Three Points (8-4-1) An opportunity to score one point from the three yard line, two points from the ten yard line, or three points from the twenty yard line by running or passing shall be granted to the team scoring a touchdown. Note: If a touchdown is scored on the last timed down of the second half, the Try is not attempted, unless it will affect the outcome of the game.
- Decision (8-4-2) Once the scoring captain makes the choice, the decision may only be changed when either team takes a charged time-out. A penalty does not allow for a change in point value, nor does awarded or lost yardage affect the point value. If the defense intercepts a pass or fumble on a Try the down is over.
- Penalties during a Try (8-4-3) if a double foul occurs, the Try will be replayed. If the offensive team is penalized on a successful try, the down will be repeated if the penalty is accepted. If the offensive team incurs a loss of down penalty, the Try will not be repeated.
- Subsequent Series (8-4-4) After the Try, the new offensive team shall snap the ball from their own 14-yard line unless moved by a penalty.

Momentum, Safety, and Touchback

- Safety = 2 points (8-6-1) A safety occurs when:
 - A runner carries the ball from the field of play to or across his/her own goal line and the ball becomes dead
 - A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across their own goal line and the ball becomes dead behind their goal line
 - A player on offense commits any penalty for which the penalty is accepted and measurement is from a spot in their end zone; or throws an illegal forward pass from within their end zone, or any situation which leaves the offense in possession of the ball in their own end zone.
 - After a safety, the scoring team shall snap the ball at their own 30 yard line, unless moved by a penalty.
- Touchback (8-6-2) A touchback occurs when:
 - The receiving team downs a punt that touches anything while the ball is on or behind the receiving team's goal line
 - On a punt, the ball crosses the plane of the receiving team's goal line without being in the possession of the receiving team.
 - The ball is out-of-bounds behind a goal line (except from an incomplete forward pass)
 - After a touchback, the ball shall be snapped from the nearest 14- yard line, unless moved by penalty.

Rule 9. Conduct of Players and Spectators

Unsportsmanlike Conduct

- Noncontact Player Acts (9-1-1) No player shall commit acts including:

2022-2023 Rowan University Intramural Sports Handbook

- Using words similar to the offensive's audible or quarterback cadence prior to the snap in an attempt to interfere with the offense
- Intentionally kicking the ball, other than a punt
- Participating while wearing illegal player equipment
- Fighting or attempting to fight (results in disqualification)
- Dead Ball Fouls (9-1-2) When the ball is dead, no player shall:
 - Intentionally kick the ball
 - Spike the ball
- Prohibited Acts (9-1-3) there shall be no unsportsmanlike conduct by players, substitutes, coaches, or others subject to the rules. Examples include, but are not limited to:
 - Attempting to influence a decision by an official
 - Disrespectfully addressing an official
 - Using profanity, taunting, insulting or vulgar language or gestures
 - Intentionally making contact with a game official during the game
 - Fighting
 - Leaving the team area and entering the playing field during a fight
- Second Unsportsmanlike Conduct Foul (9-1-4) the second unsportsmanlike conduct foul by the same player results in disqualification. If a spectator receives the penalty, it will be assessed to the captain.

Personal Fouls

- Player Restrictions (9-3-1) No player shall:
 - Strip or attempt to strip the ball from a player in possession by punching, striking, or stealing.
 - Contact an opponent who is on the ground
 - Throw a runner to the ground
 - Hurdle any other player
 - Contact an opponent either before or after the ball is dead
 - Make contact of any nature which is deemed unnecessary
 - Deliberately dive or run into a defensive player
 - Tackle the runner by grasping or encircling with the hands or arms.
- Roughing the Passer (9-3-2) Defensive players must make a definitive effort to avoid charging into a passer after it is clear the ball has been thrown forward legally. No defensive player shall contact the passer who is standing still or fading back as they are considered out of the play after the pass.
 - NOTE: The passer remains the passer while the ball is in flight or until they move to participate in the play.

Screen Blocking

- Offensive Screen Blocking (9-4-1) the offensive screen block shall take place without contact. The screen blocker shall have their hands and arms at their side or behind the back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A blocker must

2022-2023 Rowan University Intramural Sports Handbook

be on their feet before, during, and after the screen.

- Screen Blocking Fundamentals (9-4-2) A player who screens shall not:
- Make contact when assuming a position at the side or in front of a stationary opponent.
- Take a position close to a moving opponent such that the opponent cannot avoid contact.
- After assuming the legal screening position, move unless the blocker moves in the same direction as the opponent.

Runner

- Flag Guarding (9-5-1) Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Examples of flag guarding include, but are not limited to:
 - Placing or swinging the hand or arm over the flag belt
 - Placing the ball in possession over the flag belt
 - Lowering the shoulders in such a manner which places the arm over the flag belt
- Obstructing the Runner (9-5-4) the defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt.
- Charging (9-5-5) a runner shall not charge into nor contact an opponent in their path. If a runner in progress has established a straight path, they may not be crowded out of that path, but if a defensive player legally established position, the runner must avoid contact by changing direction.

2022-2023 Rowan University Intramural Sports Handbook

4-on-4 Flag Football



Rule 1-1-2: The Game

- The game shall be played between two (2) teams of four (4) players each. Three (3) players are required to avoid a forfeit

Rule 1-2-3: Field Markings

- The field measures forty (40) yards in length, goal line to goal line, and thirty (30) yards in width. There shall be one (1) hash mark dividing the field into halves.

Rule 3-1-1: Coin Toss

- The captain winning the toss shall select offense, defense, direction, or defer the choice to the second half.

Rule 3-1-4: Putting the Ball in Play

- The ball shall be placed at A's 10 yard line to begin each half of the game and following a try, touchback, or safety, unless moved by a penalty
- NOTE: there are no kicks

Rule 3-2-1: Game Time

- Playing time shall be two (2) halves of twelve (12) minutes each

Rule 3-2-5: First 11 Minutes

- The clock will start on the snap to begin each half. It will run continuously for the first eleven (11) minutes unless stopped by a team or referee's timeout.

Rule 3-2-6: 1 Minute Warning

- Approximately one (1) minute before the end of each half the referee shall stop the clock and inform both captains/teams of the playing time remaining in the half. The clock starts on the snap.

Rule 3-3-3: Tie Breaker

2022-2023 Rowan University Intramural Sports Handbook

- Each team will attempt to score by passing from the three (3) yard line for one (1) point, from the ten (10) yard line for two (2) points, or from the twenty (20) yard line for three (3) points.

Rule 3-4-3: Charged Time-Outs

- Each team is entitled to two (2) charged time-outs per game, including overtimes.

Rule 5-1-2: Series of Downs

- Each team shall have three (3) consecutive downs to advance the ball to the next zone by scrimmage.

Rule 5-1-4: A New Series of Downs

- A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains team possession of the ball by penalty, pass interception, or failure to advance to the next zone.

Rule 6: Kicking the Ball

- All kicks are illegal.
- *Penalty:* Illegal Kicking, Five (5) yards

Rule 7: Rushing the Quarterback

- B cannot cross their scrimmage line until the pass is released
- *Penalty:* Illegal Advancement, three (3) yards

Rule 7-5-1: Runner

- An A runner cannot advance the ball through A's scrimmage line. There are no restrictions after a change of possession or once a legal forward pass has been touched beyond A's scrimmage line.

Rule 7-7-1: Legal Forward Pass

- There must be a legal forward pass each down. The receiver must touch the ball beyond A's scrimmage line. A has five (5) seconds to release the ball on a forward pass. If A fails to release the ball in time, it is a loss of down and the ball is next snapped at the previous spot. The referee will sound his/her whistle at 5 seconds if the passer still has possession of the football.

Rule 8-3-1: Mercy Rule

- The mercy rule does not apply

Rule 10: Enforcement of Penalties

- All ten (10) yard penalties are five (5) yard and all five (5) yard penalties are three (3) yards.

2022-2023 Rowan University Intramural Sports Handbook

Basketball



Any rule not mentioned in the following will be governed by National Federation of State High School Association rules.

Players

- Each Men's, Women's, and Mixed Gender team will consist of 5 players.
- Games may be started with 4 players.
- Teams may play with 3 players if an individual cannot continue due to injury or fouling out
- No Rowan University varsity basketball player may participate in the league. This includes all players that regularly practice with the team
- The number of former NCAA and/or current Club Basketball players is limited to a combination of 2 per team.
- In order for a team to win by forfeit, they must have 4 players checked in order to receive the win.

Identity

- For all intramural basketball league and play-off games the participants must take their Government-issued photo ID to the courts with them
- Prior to entering a contest, a player must report to the scorer's table and present his/her ID to the Official scorekeeper.
- The official scorekeeper will then record the player's name and number on the official scoresheet and hold on to the ID.
- An individual whose name appears on the official scoresheet will be considered as having played in that contest. Thus, no player's name will be placed on the official score sheet until the identity check has been conducted by the scorekeeper.
- Entering a game without name being on the scoresheet OR Name on scoresheet but does not show ID:
 - If the individual enters a game without first having his/her name placed on the scoresheet, or an individual's name is on the scoresheet but the ID is not checked, it becomes the responsibility of the scorekeeper to notify the officials of such violations when the ball becomes dead. (The clock does

2022-2023 Rowan University Intramural Sports Handbook

- not stop)
- The official is to call a technical foul on the individual and he/she is out of the game until he/she enters legally. Each illegal entry is to be assessed a technical foul.

Player Equipment

- All players must wear non-marking rubber-soled athletic shoes. Headbands are permitted up to 2” in width. No other forms of headwear are legal!!! Including hats, scull caps, t-shirt sleeves, etc.
- Jewelry of any kind (friendship bracelets, chains, rubber bands, rings or earrings) may not be worn on any part of the body. Penalty: Technical foul.
- Casts (plaster, metal or other hard substances in their final form) or any other item judged to be dangerous by the supervisor, official or athletic trainer may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed.
- Teams must have the same colored shirts with numbers (3” high) on the front and/or back of the shirt.

Length of Game

- The game will consist of two 18-minute halves with the clock stopping within the last two minutes of EACH half. Clock will be stopped for team timeouts and official’s timeouts
- Running clock is in effect until the last two minutes of the EACH half unless one team is winning by 20 points or more. The clock stops for every dead ball in the last two minutes only
- If at any time a team is leading by 50 points or more in the second half, the game will be declared over; If a team is winning by 20 with two minutes left, then the game will be over.
- Halftime will be 2 minutes.

Time Outs

- Each team is permitted THREE TIMEOUTS PER GAME, which will NOT carry over to any overtime periods.
- Time-outs may only be called by the team with possession of the ball or during a dead ball situation. Only players that are in the game may call a time-out. Bench personnel and coaches may not call time-out. After a time-out the ball will be in-bounded closest to the spot where the ball was when the time-out was called.
- 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.

Overtime

- Overtime periods are 4 minutes with a running clock until the last minute of play
- During the regular season, there will be no overtime periods and the game will end in a tie. During playoffs, overtimes will be played until a winner is declared. There will be a 1 minute intermission after each overtime period.

2022-2023 Rowan University Intramural Sports Handbook

- Each team will have one timeout during overtime play. There is no carrying over from other halves.

Substitution

- Substitutions may only occur after the whistle, or at halftime AND all substitutes must report to the scorer. Failure to report to the scorer will result in a technical foul.
- A player cannot enter the game during play.

Fouls

- A player shall be allowed 5 personal fouls per game. On the fifth personal, that player shall be removed from the game. A personal foul is a player foul that involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
- Two technical fouls against a player or coach result in immediate ejection of that person from the game.
- Slapping either backboard or grabbing the rim is a technical foul. One may hit the backboard in an attempt to block a shot.
- Dunking is not allowed before or after a contest. Dunking is allowed during a contest. Participants that violate this will be assessed a technical foul.

Technical Fouls

- Any individual who has two technical fouls called against him/her during an intramural basketball game will automatically be barred from further participation in that game. The individual is also automatically suspended from the next game his/her team plays, AND until they meet with the Assistant Director of Intramural Sports
- Any player who accumulates FOUR technical fouls over the course of the season will be ineligible for further intramural basketball play for the remainder of the season, including playoffs.

Free Throws

- In each half, free throws will be awarded for each common foul (except player control) committed by a player of a team, beginning with that team's seventh foul.
- Personal fouls not in the act of shooting
 - One and one after seven team fouls.
 - Two shots after ten team fouls
- Personal fouls in the act of shooting
 - Two shots, unless shot is made (one)
 - Three point shot has been attempted (three shots)
- Intentional fouls
 - Two free throws plus the ball out of bounds to the offended team
- Flagrant fouls
 - Two free throws, plus disqualification of the offending player
- Player control fouls

2022-2023 Rowan University Intramural Sports Handbook

- No free throws, ball awarded to offended team out-of-bounds
- Technical fouls
 - Two free throws, plus shooting team's possession at mid-court

Miscellaneous

- No dunking is allowed by any player prior to the game and at halftime. A technical foul will be given.
- The following are examples that will result in technical fouls (2 shots and the ball and maybe disqualified from the game):
 - Abusive language or conduct towards opponents or officials
 - Delay of game (i.e. rolling or throwing the ball away from an opponent)
 - Intentionally slapping the backboard
 - Anyone but the team captain talking to the officials
- Intentional fouls will be called. They will result in a technical.
- Hand-checking is not allowed and will result in a personal foul.
- If two or more players from the same team are removed from the league, the entire team will be removed from the league.

Mixed Gender Basketball Rules

All rules will be the same as the basketball rules for the other leagues except for the following:

Players

- Each team shall consist of five players
 - A maximum of three of a particular gender is allowed on the court at a time
- A minimum of four legal participants is required to start a game

Equipment

- Equipment: A men's or women's ball may be used. If teams cannot agree on a ball, a coin toss will determine which ball is used.

Indoor Soccer

2022-2023 Rowan University Intramural Sports Handbook



Summary

Indoor soccer will be played at the Rowan University Rec Center on Courts 1 and 2. Each player on the team must have a valid ID card with them at each match and present it to the Intramural Supervisors to be eligible to play. Each player must also be on the team's roster on IMLeagues, and can only be on a maximum of one single gender team and one mixed team.

Length of Game

Regular Season

- Game time is start time.
 - If necessary and if at least one player is present from the team at game time, a team that is late has until five (5) minutes after game time until the game will be called a forfeit.
 - For every two minutes after game time that the game must be delayed, the team in which everyone is waiting on will be penalized by spotting the opposing team one goal per two minutes of wait time (maximum 2-0 start)
- The game will consist of two (2) twenty (20) minute halves with a running clock.
- Half time will be five (5) minutes maximum.
- There are no time-outs; the clock will only stop for injury time (or when officials stop the clock).
- During the regular season there is no overtime, matches will result in a tie.

Playoffs

- During playoffs, a five-minute overtime sudden death will be played. In the event of a tie after the five (5) minutes sudden death:
 - The game will be decided by a series of three penalty shots. Teams will alternate kicks which must be taken by players on the field at the conclusion of the game.
 - If a tie still remains after the three penalty kicks, teams will alternate one shooter at a time until a winner has been declared.

Players

2022-2023 Rowan University Intramural Sports Handbook

- Each team will consist of a total of six (6) players (five field players and one goalie).
- Intramural Indoor Soccer limits each team to three (3) or less former varsity collegiate players or current club soccer players.
 - Former collegiate players may not play for one the entire academic calendar year from when they were on the roster.
 - No current NCAA Collegiate soccer athletes may play.
 - If you are on the ProfLink roster for club soccer you are considered to be a club player (even if you do not play in games or go to practice)
- Mixed-gender teams may have a maximum of 3 participants of any gender on the court at at time
- Teams must have at least 4 players to begin a game (including a goalie).

Substitution

- Substitutions may be made at any time during the contest. When a player reaches the bench area, then the substitute may enter the game.
- Exception: The goalie may only be substituted for on a dead ball play.

Equipment

- The Intramural Department will provide a ball.
- Shin guards are highly encouraged and recommended to be worn by all participants

Mercy Rule

- When a team is up 6 or more goals with 5 minutes or less remaining in the second half, the game will be ended by mercy rule.
- When a team is up 10 or more goals at any point in the second half, the game will be ended by mercy rule.

Playing Area

- Backboards are considered out of bounds when they are pulled up and are out of play; if for some reason they are down during a game they are considered in play.
- Ceiling, backboard supports, and lights are out of play.
- Track rails are out of play.
- The underside of the track is out of play.
- When the ball hits the ceiling, it is awarded to the team not causing the violation at the half court circle
- If the ball is declared out of play, the ball will be brought to the half court circle for any violation
 - Note: This includes the white part of the divider behind the goal. This is equivalent to a ball hitting the track rails on the opposite side of the court, which would result in the ball being brought to the half court circle.

2022-2023 Rowan University Intramural Sports Handbook

Offsides

- There is no offsides.

Putting the Ball into Play

- A flip of a coin will determine the team kicking off.
- A kick off from the center circle will be used at the beginning of each half and after each goal.
- The defense must be behind the white line on their side of the court before the kick on all kickoffs
- When ball is put into play it can go forward or backward as long as it completes one full rotation before another player touches it.
- The player initiating the kick off cannot touch the ball again until another player has touched it.

Goalie Play

- Any throw by the goalie must bounce and/or touch another team member prior to crossing the mid-court line or hit the court prior to the line.
- Goalies cannot kick or throw the ball across half court on a goal kick, punt, drop kick, or thrown ball without it bouncing or touching a player first. All Goal Kicks are indirect.
- The goalie is the only player who may slide, but they must be making an attempt on the ball. Goalies must play the ball. Goalies can only use their hands inside the goal box.
- Any pass back purposely to the goalkeeper from the waist down where the goalie uses their hands will result in an indirect kick at the top of the goal box. Situations where the goalkeeper may play the ball with hands includes balls that are passed back to them from the waist up, deflections from defensive players, or unintentional contacts from the defensive team which travel towards their own goalkeeper. Goalies are allowed to play the ball with their feet at anytime when passed backwards.
- Goalies may dribble the ball back inside the box and pick it up, provided it was not passed back to them by a teammate who used a body part from the waist down.

Free Kick and Penalty Kicks

- All free kicks, except for penalty kicks, will be indirect.
- Defense must stand 5 yards away from player taking the kick.
- Penalty kicks are awarded for defensive fouls which take place inside the box, except for the 3 fouls listed below:
 - Dangerous Play
 - Goalkeeper Handling Violations
 - These 3 situations will result in an indirect free kick from the top of the penalty box
- Penalty kicks will take place from the opposite side of the circle closest to the goal.

Fouls

2022-2023 Rowan University Intramural Sports Handbook

- Kicking
- Pushing
- Tripping
- Holding
- Charging
- Dangerous Play
- Illegal Use of Hands
- Too Many Players Penalty: Offended team will put the ball into play at the offended spot of the foul with indirect kick.
- Slide Tackling (automatic red card)
- Body Checking
- Goalie Interference
- Abuse to Officials
- Unsportsmanlike Conduct
- Purposely handling an obvious goal (red card to offending player and goal scored)

Yellow and Red Cards

- Each player is limited to one yellow card with a second one resulting in disqualification for the remainder of the game.
- A yellow card will result in the offending team playing a player down for 2 minutes. The team will be able to bring that player or a substitute back in if an opposing goal is scored, or when the 2 minutes expire, whichever comes first
- When a player receives a red card the team plays down a player for 5 minutes and that player is disqualified. Even if a goal is scored within those 5 minutes, the team must still play with a player down for the complete 5 minutes.
- 2 yellow cards or 1 red card will result in removal of the game for that player
- 4 yellow cards on one team or 2 unsporting red cards will result in forfeiture of the game.
- Players that have been removed from the game may be asked to leave the gym area by a supervisor if their conduct was unsportsmanlike

2022-2023 Rowan University Intramural Sports Handbook

Outdoor Soccer



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

Equipment

- Teams must wear the same shade of shirts. Goalkeepers must wear a different colored shirt than either team.
- All players must wear shoes. The shoes must have a rubber sole, and screw-in cleats will be allowed as long as the screw is part of the cleat. **Metal spikes or cleats with metal tips are not allowed.**
- Equipment that may be dangerous to another player such as hats, bandannas, casts, or any form of clothing with visible knots are not allowed. **Hooded sweatshirts are also prohibited.** The trainer/supervisor/official will determine if an article is dangerous and will ask the player to remove the article. If the player refuses he/she will be asked to leave the field. Shin guard use is strongly encourage. Long socks must be worn to cover the shin guards fully.
- Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed.
- Jewelry, rubber bands, bands or strings may not be worn, regardless of religious or sentimental value.
- The Intramural Department will provide balls. However if one team wishes to use a personal ball that they brought then that is allowed so long as both teams agree to using that ball

2022-2023 Rowan University Intramural Sports Handbook

Players and Substitutes

- A regulation team consists of 11 players (one of which will be the goalkeeper). A team may play with a minimum of 7 players.
- A maximum of 4 total club or former NCAA players are permitted per team. An NCAA and Club player is considered part of that team for the full academic year, regardless of semester played.
- If a player has been disqualified (red card), or 2 yellows resulting in a red card, he/she will not be allowed a replacement.
- A team must notify the referee on all substitutions. No player may come onto the field without permission of the referee.
- Either team may substitute under the following conditions:
 - On either teams goal kick or their own throw-in or their own corner kick.
 - When a player has been injured, and only for the injured person. The opponents may substitute a like number of players.
 - When a player has been cautioned (yellow card). Each team may substitute one player for each player cautioned. The player cautioned must leave the field until their team's next substitution opportunity.
 - After a goal.

The Game

- The game will be a running clock with 20 minute halves. Halftime will not exceed 5 minutes.
- Any injury time will be added on at the end of the game.
- The referee reserves the right to stop the clock at his/her discretion for player(s) actions that violate the spirit of the game.
- Time outs will not be allowed.
- Winner of the coin toss will choose either if they want the ball in the 1st half or which goal they want to defend.
- The referee will whistle the ball into play. The kickoff must be taken from the center of the field. Each team must be on their own half, and the defensive team must be 10 yards off the ball at the time of the kickoff. The player who kicked off the ball may not touch the ball until another player touches the ball. All kickoffs are direct kicks.
- A goal may be scored during play directly from a direct free kick, penalty kick, corner kick, goal kick, or drop ball. A goal may not be scored directly from an indirect free kick or a throw-in. To score a goal, the ball must completely cross the goal line. After the goal, the ball is returned to the center of the field for another kickoff. The team that gave up the goal will kick off.
- Teams will change ends at halftime. The team that did not kick off in the 1st half will kick off in the 2nd half.
- The ball is out of play when it completely crosses the sidelines or the end lines. The referee will blow their

2022-2023 Rowan University Intramural Sports Handbook

whistle to signify when the ball is out of play.

- The referee blowing their whistle causes a dead ball (even if inadvertent).
- To restart play, the following methods are used:
 - Throw-ins: When the ball crosses the sidelines.
 - Goal kick: When the ball crosses the end line and the offense touched the ball last.
 - Corner kick: When the ball crosses the end line and the defense touched the ball last. The ball is placed a yard away from the corner marker and kicked. A goal may be scored directly from the corner kick.
 - Direct and indirect free kicks: Taken after a foul has been called.
- Ball in play: The ball is still in play if it stays in-bounds after rebounding off the goal, referee, or corner flags.
- A drop ball will be called when play is stopped due to an injured player, inadvertent whistle or when it is not clear whom the ball last touched before going out of bounds. A drop ball is when the referee drops the soccer ball between a person from each team; the ball has to touch the ground before it can be kicked by either player.
- Mercy Rule: If a team is ahead by ten or more goals at half time or by five or more goals with five minutes or less remaining in the second half, or the game will end.
- During the regular season, tie games will stand. During playoffs, ties will be broken using the following rules: Two 5-minute consecutive sudden death overtime periods will be played. The first team to score is the winner. If there is no score in the first overtime, play is stopped, teams switch ends of the field, and possession changes as if starting a new half. If there is no scoring in the second overtime, then a shootout (penalty kicks) will be conducted with 5 players from each team chosen to take the kicks.
- Regular season games canceled due to extenuating circumstances will be considered a tie. If inclement weather causes a playoff game, which has already started to be canceled, the game will be continued from the point where it was suspended.

Offside

- A player is in an offside position when nearer to their opponent's goal line than the ball, unless (1) the player is in his/her own half of the field of play or (2) the player is not nearer to the opponents' goal line than at least two opponents (3) the player is level with the last two defenders.
- A player will be penalized for offside if, at the moment the ball touches/is played by a teammate, that player is, in the opinion of the officials:
 - Interfering with the play or an opponent.
 - Gaining an advantage by being in that position. Penalty: Indirect free kick at the spot of the foul.
- A player shall not be penalized for offside if they receive the ball direct from a:
 - corner kick
 - throw in
 - drop by an official

Rules Clarifications

- Coaches must stay off the field at all times. Fans must be in the stands. Continued violations of this rule

2022-2023 Rowan University Intramural Sports Handbook

will result in a yellow card issued to the team captain. If they continue to violate this rule, the captain will receive a red card. Another captain will be appointed and the preceding rules will be applied. Ejected players must go to the stands and if they are unruly, they will be told to leave the facility.

- Players causing excessive delays by intentionally kicking the ball over fences in order to delay the restart of play may receive a yellow card for delay of game.

Fouls and Misconduct

- Kicking-Striking-Tripping-Jumping
 - A player shall not intentionally attempt to kick, strike or jump at an opponent. Penalty: Direct free kick.
 - A goalkeeper may not intentionally strike or attempt to strike an opponent by throwing the ball at the opponent. Penalty: Direct free kick
 - A player shall not intentionally trip an opponent. Penalty: Direct free kick
- Handling
 - A player shall be penalized for intentionally handling, carrying, striking or propelling the ball with a hand or arm. Penalty: Direct free kick.
 - If a player handles the ball on an obvious (official's judgment) goal-scoring play, the goal will count and the player will be issued a red card.
 - Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball. This is NOT a handball.
 - A player shall not hold, push or impede an opponent with hands or arms extended from the body. Penalty: Direct free kick.
- Charging
 - A player shall not intentionally charge an opponent unfairly. An unfair charge is one in which a player does not use shoulder-to-shoulder contact with an opponent, does not have arms and elbows close to the body, and has at least one foot on the ground and the ball within playing distance. Penalty: Direct free kick.
 - A player having one or both feet on the ground shall not charge into an opponent that has no feet on the ground. Penalty: Direct free kick.
 - A player shall not charge into the goalkeeper in the penalty area. Penalty: Direct free kick.
 - An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball.
 - Possession or control of the ball is when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play.
 - Outside the penalty area, the goalkeeper has no more privileges than any other player does. Note: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.
- Dangerous Play - In the opinion of the official, all high kicks above the waist in a dangerous manner will be prohibited. Penalty: Indirect free kick.
- Obstruction
 - Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle. Penalty: Indirect free kick.
 - The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by

2022-2023 Rowan University Intramural Sports Handbook

an opponent. This includes the act of bouncing the ball or dropping the ball for a kick or attempting to throw the ball. Penalty: Indirect free kick

- Goalkeeper Restrictions
 - From the moment the goalkeeper takes control of the ball with the hands in the penalty area, the goalkeeper is penalized for taking more than five seconds bouncing or throwing the ball into the air and catching it again, without releasing it into play. The ball must be played by another player for the goalie to be allowed another five seconds. Penalty: Indirect kick
 - A goalkeeper shall not touch the ball with his/her hands after receiving a throw-in or a deliberate kick by a teammate.
 - A goalkeeper may not hold the ball for more than five seconds after taking possession/control.
- Misconducts
 - A player is cautioned and shown the yellow card if they commit any of the following offenses:
 - is guilty of unsporting behavior
 - shows dissent by word or action
 - persistently infringes the Laws of the Game
 - delays the restart of the game
 - fails to respect the required distance when play is restarted with a corner kick or free kick
 - enters or re-enters the field of play without referees permission
 - deliberately leaves the field of play without the referee's permission
 - denies the opposing team a goal or an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick
 - A player is sent off and shown the red card if he/she commits any of the following offenses:
 - is guilty of serious foul play
 - is guilty of violent conduct
 - spits at an opponent or any other person
 - uses offensive, insulting or abusive language
 - receives a second yellow card in the same match
 - An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball. Possession or control of the ball is when the goalkeeper has the ball trapped by either or both hands, when bouncing it to the ground, and when releasing the ball into play. Outside the penalty area, the goalkeeper has no more privileges than any other player does. Note: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.

Two red cards, one red AND three yellow cards, or 4 yellow cards on a team in the same game will result in forfeiture of the game.

Free Kicks

- Description of a free kick:
 - Free kicks shall be classified as "direct" from which a goal may be scored against the offending team or "indirect" from which a goal may not be scored unless the ball is played by another player from either team.
 - Any player of the offended team may take all free kicks in any direction.

2022-2023 Rowan University Intramural Sports Handbook

- Direct kick offenses:
 - Tripping/kicking or attempting to trip/kick an opponent.
 - Deliberately handling ball.
 - Pushing/Holding
 - Unfair charging.
 - Charging the goalkeeper in possession of the ball.
 - Striking or attempting to strike an opponent.
 - Jumping at an opponent.
 - Using foul or abusive language or spitting at other persons.
 - Slide tackle
- Indirect free kick offenses:
 - Leaving the field of play without permission.
 - The kicker playing the ball next after a kickoff, free kick, penalty kick, goal kick or corner kick or the thrower playing the ball before another player plays the ball.
 - Offsides.
 - Kicking or attempting to kick the ball while it is in possession of the goalkeeper.
 - Obstruction.
 - Dangerous play.
 - Taking more than five seconds by the goalkeeper to release the ball.
 - Goalkeeper illegally handling the ball after relinquishing possession.
 - Delay of game.
 - Unsportsmanlike conduct
- Rules free kick:
 - Opposition players must be at least 10 yards from the ball until it is kicked, unless standing on their own goal line between the goalpost.
- Penalty kick: When taken.
 - A penalty kick is awarded for any infringement of the rules by the defending team which would normally result in a direct free kick within the penalty area. A penalty kick can be awarded regardless of the position of the ball, if the infraction by the defending team is committed in the penalty area. A goal may be scored directly from a penalty kick.
- Penalty kick: How taken.
 - The penalty kick is taken from any place on the penalty mark spot. When it is being taken, all players (except for the kicker and the opposing goalkeeper) shall be within the field of play but outside the penalty area and at least ten yards away from the penalty mark. The opposing goalkeeper may move laterally, but is not permitted to advance off the goal line until the ball has been kicked by the offensive player. The player taking the kick must kick the ball forward in order for it to be in play. If the ball is not put into play properly, the kick must be retaken. If the ball hits the goalpost or the crossbar and returns to play, the kicker may not play the ball until another player has played it. The goalkeeper may not be substituted for on a penalty kick unless they were injured during the infraction. The kicker must wait for the official to start the play. The distance for a penalty kick is 12 yards from the goal line.
- Penalty kick: Infringements
 - During a penalty kick, any encroachment by the defending team or forward movement by the

2022-2023 Rowan University Intramural Sports Handbook

defending goalkeeper is not penalized if the goal is scored. If a goal is not scored, the kick is retaken. If there is an infringement by the attacking team and the ball enters the goal, the goal does not count and the kick shall be retaken. If there is an infringement by the attacking team and the ball does not go into the goal, there is no re-kick. In cases where players from both teams are guilty of infringements, the kick shall be retaken regardless of the outcome of the kick.

- End of time variations
 - The ball is dead at the moment the whistle sounds to end either half. The whistle shall sound when time expires, unless the official needs to put time on for injuries or prolonged delays for out of bounds. A goal cannot be scored if the ball was in the air when the whistle was blown; the ball must have completely crossed the goal line. Time may be carried over only for a penalty kick. If the ball touches the goalkeeper during a penalty kick, before passing between the posts or after the expiration of time, the goal is good. If necessary, time of play shall be extended at the end of either half to allow a penalty kick to be taken. If a penalty kick is taken after the expiration of time, only the kicker may play the ball once with the goalkeeper in place.
- Goal Kick: When taken
 - A goal kick is taken by a member of the defending team when the ball passes completely over the goal line, either in the air or on the ground, having last been touched by a member of the offensive team.
- Goal kick: How taken
 - The ball is placed on the ground from any point in the goal area nearest to where it crossed the goal line. The ball must be kicked beyond the penalty area, or the kick will be retaken. The goal kick is a direct kick.
- Corner kick: When taken
 - A corner kick is taken by a member of the attacking team when the ball passes completely over the goal line, either in the air or on the ground, having last been touched by the defending team.
- Corner Kick: How taken
 - A member of the attacking team shall take a kick from within one yard of the nearest corner. A goal may be scored directly from a corner kick. The opposing team shall not approach within 10 yards of the ball until the ball has been kicked, if the opposing team approaches within 10 yards the kick is retaken. The kicker may not play the ball until another person has touched it. If the ball hits the goalpost and rebounds towards the kicker, he/she still cannot play the ball until another player has touched it.
- Throw-in: When Taken
 - A throw-in is taken after it has passed completely over a sideline, either on the ground or in the air.
- Throw-in: How Taken
 - The thrower, at the moment of delivering the ball, must face the field of play with both feet behind or on the line and both feet on the ground. The thrower shall use both hands equally and shall deliver the ball from behind and over his head. The ball shall be in play when it enters the field of play. If the ball never enters the field of play, the same team will retake the throw-in. A goal may not be scored by the throw-in. If the ball is improperly thrown in, a member of the opposing team shall take the throw-in. The thrower cannot play the ball until someone else has touched it. Penalty:

2022-2023 Rowan University Intramural Sports Handbook

Indirect free kick from point of infraction.

Penalty Shootout

- Any five players from each team that were on the field at the end of the second overtime will be selected by the team to shoot.
- The goalkeepers will be the same as the goalkeepers from the end of the second overtime.
- A coin flip will decide which team will shoot first. (The winner of the flip chooses whether to kick first or second.)
- Each team has a total of 5 penalty kicks and will alternate each shot. No rebounds are allowed.
- The kicker must wait for the official to start the play on each kick.
- If the score is tied at the end of the shootout, a sudden death shootout will be held, with any player on or off the field eligible to shoot. A player may not shoot twice unless all other players have shot once.
- The sudden death shootout will have each team alternate kicks until one of the teams misses a shot.

Slide Tackles

- Slide tackles are illegal in Intramural Soccer.
- On the 1st offense, if the slide tackle is made and is not deemed malicious, it will result in a yellow card, direct free kick and an automatic 3 "Sportsmanship Rating". The entire team will be given a verbal warning.
- On the 1st offense, if the slide tackle is made and is deemed malicious (playing the player and not the ball and/or from behind), it will result in a red card, direct free kick for the other team and an automatic 2 "Sportsmanship Rating". The entire team will be given a verbal warning.
- The second offense by any player on the team will result in an automatic red card
- Two ejected players on a team in the same game will result in forfeiture of the game and a 0 "Sportsmanship Rating".
- A goalkeeper may leave his/her feet to play the ball, as long as they do not play the ball with their feet. A goalkeeper leaving his/her feet within 6 feet of another player must do so with their legs in a bent position and may not at any time attempt to play the ball with their feet while on the ground. Doing so will be deemed a slide tackle.

Mixed Gender Soccer

- A regulation team consists of 11 players (one of which is the goalkeeper). A team may play with a minimum of 7 players to start the game. Teams may use any combination within this rule to achieve the minimum # of players but may NOT use more than 6 players of one gender at any given time.
- If in the overtime period a shootout occurs, teams must alternate shots on goal between different genders
- Mercy Rule: If a team is ahead by ten or more goals by the end of the first half or by five or more goals with five minutes or less remaining in the second half, the game will end.

2022-2023 Rowan University Intramural Sports Handbook

Indoor Volleyball



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

Team Requirements and Equipment

- A team shall consist of 6 players. A team may start with a minimum of 4 players. All players must be checked in with the intramural supervisor before they are allowed to participate.
- All players must wear non-marking rubber-soled athletic shoes.
- Jewelry may not be worn.
- Casts and/or any other item deemed to be dangerous by the official or athletic trainer may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inch of slow recovery rubber or similar material will be allowed.

The Game

2022-2023 Rowan University Intramural Sports Handbook

- All matches will consist of the best two out of three games. All games will be rally scoring: Rally scoring means a point is won on each serve, no matter whether the team who won the point served the ball or not. In the first two games a game shall be won by the team which has earned 25 points and a two-point advantage, with a cap of 30 points. If the score is tied 24-24, then the first team to gain a two-point advantage is the winner, or the first to 30 points. In the third game, the team which achieves 15 points first is declared the winner. If the score is 14-14, then the first team to gain two points in a row will be declared the winner. The cap for the 3rd game is 20 points
- A coin toss at the beginning of the match will determine the choice of court or service. The team which does not serve first in game one will serve first in game two. Teams must switch sides between the first two games. A coin toss will be conducted for the choice if there is a third game.
- One time out will be given to each team per game.

Playing the Ball

- Maximum of three team contacts: Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. The only exception to this rule is that a block is not considered to be one of the three contacts.
- Contacted ball: A player who contacts the ball shall be considered as playing the ball.
- Contact of the ball with the body: The ball may be hit with any part of the body, but cannot come to rest visibly on the body or be kicked. If a participant swings their leg in a kicking motion and the ball hits off of it, it shall become dead.
- Illegal hit: An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. This is a judgment call by the official and cannot be questioned by anyone. Holding, catching, throwing, lifting, and pushing are illegal hits because of prolonged contact with the ball. Rolling is considered an illegal hit because there is continued and steady contact between the ball and the player's body.
- Double hit: A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball.
- Simultaneous contact by the opponents:
 - If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times.
 - If the ball is held simultaneously by two opposing players, it is a double fault and the official will direct a 6 on 6 Indoor Volleyball replay.
- Net play: A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area. Exception: A service hitting and not clearing the net results in a dead ball.
- Net foul: A net foul occurs while the ball is in play and:
 - A player contacts any part of the net including the cable attachments. It is not a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or net cables into the player.
 - There is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball.
- Center Line Foul: A player that has crossed their foot completely over the center line will be called for a

2022-2023 Rowan University Intramural Sports Handbook

foul. A player may touch the center line with the foot. If a player falls to the ground and any part of their body goes over the line, a fault has occurred.

- Screening: A screen is an intentional act, which obstructs the receiving player's view of the server or the flight of the ball from the server. Screening includes:
 - The server being hidden behind a group of two or more teammates who are standing in an erect position and the ball is served over a member of the group.
 - A player with hands extended clearly above the height of the head or with arms extended sideways at the moment of service if the serve passes over the player(s).
- Blocking the ball: A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack. (Note: The serve may NOT be blocked) The attack is considered complete when the:
 - Attacking team has completed their three allowable hits.
 - Attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with the intent to return it to the opponent's court.
 - Ball is falling near the net on the attacking team's side and in the official's judgment, no member of the attacking team could make a play on the ball.
- Front line players may contact the ball from any position inside or outside the court (except crossing the center line and its out-of-bounds extension). A player may cross the center line or its out-of-bounds extension with one or both feet/hands, provided a part of the foot/feet or hand/hands remains on or above the center. Contacting the floor across the center line with any other part of the body is illegal.
- Back-line player attack: A back-line player may attack the ball only if he/she leaves the floor from behind the 10 foot line and its imaginary extension. If any part of the player's foot touches the 10 foot line at the time of contact; a foul shall be called. Back-line players may not attempt to block the ball in front of the 10 foot line. A back-line player shall not return a ball which is completely above the height of the net while:
 - On or in front of the 10 foot line or its out-of-bounds extension.
 - In the air, they left the floor on or in front of the 10 foot line.

Service

- The server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted. If the ball is served before the official's beckon, a re-serve shall be directed. During a team's term of service if the ball is served a second time before the official's beckon, then it is a side-out. If the serve hits the net and still fall inside the non-serving team's court, then the ball is ruled in play. If a serve hits the net and does not fall inside the non-serving team's court, then it is considered to be illegal and a point will be awarded to the non-serving team. The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from the serving area.
- A serve is legal if: the server serves from the service area, may not hit the ball with both hands, and may not step on the back line or inside the court until the ball is hit.
- A good serve must land on the line or inside the court. If any part of the ball touches the line, then the ball is considered to be "good". If the ball lands out and is not touched by any player on the receiving team before it hits the ground, then a point is awarded.
- The server has five seconds to make a legal serve. The server may toss and catch a bad toss as long as no

2022-2023 Rowan University Intramural Sports Handbook

swinging motion has been made to attempt the serve. The server is allowed only one re-serve per term of service.

- Positions of players at service: The positions of players at the moment of service must be in proper alignment. This means that no player on the court may be closer to a sideline, end line, or centerline, than an adjacent player on the court.
- Front-row players: A team can have no more than 3 front-row players on the court, during a particular rotation, regardless of the total number of players (4, 5 or 6) on the court.

Live ball/Dead ball

- The ball becomes live when it is legally contacted for the service.
- The ball becomes dead when:
 - The ball touches the antennas or any part of the net outside the playing court
 - The ball strikes the floor
 - The ball contacts a permanent object (excluding the net) above or outside the playing court.
EXCEPTION: a ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team. Any ball contacting the track railing will be considered out of bounds and will be a side out and point for the opposition. Balls that become stuck in the ceiling will be ruled out of bounds: side out
 - A player commits a fault
 - A served ball contacts and does not clear the net or if the official blows the whistle for any reason.
- The point shall be replayed if a ball from an adjacent court enters the playing area.

Substitutions

- There are an unlimited number of substitutions
- Substitutes must replace the server
- A team may only substitute during a dead ball.

Co-Rec Rules

- A team consists of six individuals but may play with a minimum of four individuals. Teams may have a minimum of one of each gender and a maximum of 3 of each gender on the floor at a time.
- There are no restrictions on the amount of hits per gender.

2022-2023 Rowan University Intramural Sports Handbook

Ultimate Frisbee



All rules that are not listed here can be found from USA Ultimate.

The Field

- A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.

Initiate Play

- Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.

Length of the Game

- The game consists of two 20-minute halves with a 5-minute half time. Time is continuous for each half, except when there is an injury time-out or a team calls time-out.

Scoring

- Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is

2022-2023 Rowan University Intramural Sports Handbook

initiated after each score.

Movement of the Disc

- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.

Change of Possession

- When a pass is not completed (e.g. out of bounds, drop, and block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.

Substitutions

- Players not in the game may replace players in the game after a score and during an injury timeout.

Non-contact

- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

Fouls

- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

Self-Officiating

- Players are responsible for their own foul and line calls. Players resolve their own disputes.

Softball



The Amateur Softball Association of America rules will be followed, unless otherwise noted in the following rules.

2022-2023 Rowan University Intramural Sports Handbook

Playing Area and Conditions

- All games will be played at the Intramural Field
- Weather information – emails will be sent if inclement weather causes game cancellation.
- Jewelry is not permitted (earrings, necklaces, watches, fitness trackers, etc.)
- Teams consist of 10 players, may start with 7
- Teams can bat up to 15 players, may never drop below 5
- If a team does not have a sub for a player who leaves the game for any reason, an automatic out is taken in that players batting position.

Time Period

- Teams will be allowed a maximum five (5) minute grace period as long as at least one player is checked in and ready to go for a team at game time.
- If no players from a team are checked in at game time, the game will immediately be ruled a forfeit win for the opposing team.
- The team that is on time (on the field and signed in on the score sheet by the starting time) will be awarded the decision of home or away, and they will receive up to one run per minute that the other team is late (maximum of 4-0 to start the game)

NOTE: all games are under a (50) minute time limit and the game clock will always start at game time. In order for an inning to begin (in the top half) there must be at least 5 minutes remaining (no more than 45 minutes into game). Umpires may call last inning with more than 5 minutes remaining at their discretion.

- If both teams are late within the grace period, then the game will be started as normal with the timer being started at the scheduled starting time. NOTE: both teams must still be signed in and on the field no later than five (5) minutes after the scheduled start time for the game to be played.

The Game

- A game is seven (7) innings or 50 minutes, regardless of the number of innings played. However, once an inning has started, it must be completed unless the home team is winning going into the bottom half of the inning.
- If a fifteen (15) run difference occurs during a contest and four innings (3 1/2 if home team is ahead) have been completed, the game will be called for mercy rule. If a 10 run difference occurs during a contest and five innings (4 1/2 if home team is ahead) have been completed, the game will be called for mercy rule. A minimum of four innings must be played in order for the run rule to take effect, unless the home team is ahead after 3 1/2 innings.
- All batters will start with a 1-1 count.

Equipment

2022-2023 Rowan University Intramural Sports Handbook

- No metal spikes are allowed.
- Metal knee braces must be covered.
- Baseball hats are allowed.
- No baseball bats are permitted. Softball bats only.
- ASA Certified bats only. If bats appear to be tampered with, they will be deemed illegal.

Scorekeeping

- The Intramural Department will supply scorekeepers, who will provide the official score.
- Umpires will check score sheets each half inning. It is suggested that the captains also review the score regularly.
- All scoring discrepancies must be brought to the umpire's attention prior to the first legal pitch of the next half inning or the score will stand as is.

Pitching

- The pitcher shall take a position with one or both feet on the ground and in contact with the mound.
- This position must be maintained at least one second and not more than ten seconds before taking one hand off the ball.
- The ball must be delivered toward home plate on the first forward swing of the pitching arm past the hip.
- The pivot foot must remain in contact with the pitcher's plate until the pitched ball is released.
- There is no restriction on the position or movement of the free foot except that if a step is taken, it must be toward home plate.
- The ball must be delivered underhand at moderate speed.
- The ball must be delivered with a perceptible arc of at least 6 feet from the ground but no more than 12 feet at its highest point from the ground. Speed and height are left solely to the judgment of the umpire.
 - A strike shall be called if the ball hits any part of the home plate or the extender.
- Any infraction is an illegal pitch. The umpire shall loudly signal "illegal" and the pitch will be a ball regardless of whether or not it hits the plate or the extender.
 - EXCEPTION: If a batter chooses to swing at any illegal pitch, it shall be a strike and there shall be no penalty for such an illegal pitch. The ball shall remain in play if hit by the batter.
- No pitch shall be declared when:
 - The pitcher pitches during suspension of play.
 - The pitcher attempts a quick return of the ball before the batter has taken his/her position or is off balance as a result of the previous pitch.
 - The runner is out for leaving the base too soon.
 - The pitcher pitches before the base runner has returned to his/her base after a foul ball has been declared and the ball is dead.
 - EFFECT: The ball is dead and all subsequent action on that pitch is canceled.

Batting

2022-2023 Rowan University Intramural Sports Handbook

- A strike shall be called anytime the ball hits the home plate or the extender and was thrown with an arc between 6 to 12 feet.
- The batter should be declared out if he/she intentionally chops, or bunts at the ball.
- Infield Fly Rule: Batter should be called out immediately when he/she hits an infield fly (see below)
 - Ball which in the umpire's judgment, can be easily caught by an infielder with runners on first and second, or on first, second, and third with less than two outs. Runners that are on base when an infield fly rule is called advance at their own discretion, but are not forced to run if the fielder drops the ball. The ball is still a live ball.
- All batters will start with a one ball, one strike count (1-1 count). Once the count reaches two strikes, batters will receive one “courtesy foul” where they are permitted to hit one foul ball without penalty. If the batter hits another foul ball in the same at bat after receiving their “courtesy foul”, the batter will be declared out. Note: If a batter fouls off a pitch while it is still a one strike count, that foul ball does NOT count as the courtesy foul.
- If a batter chooses to bat but would like a substitute runner, it must be the player who made the last out for their team OR a substitute player who is not in the batting order. The runner must start with their hand on the fence on the 3rd base side of home plate and may not leave the fence until the ball is hit.

Base Running

- Stealing: Under no condition is a runner permitted to steal a base. The runner only may leave his/her base when a pitched ball has been hit.
 - EFFECT: The runner is out and a no-pitch is declared. All other runners must return to the base previously occupied.
- A runner may not run more than three feet outside of the imaginary line connecting the bases line to avoid a tag or to run interference with a fielder. Exception: A runner may run outside the three-foot area to avoid interfering with a fielder who is attempting to play the ball.
- A runner must avoid contact at any base. The runner may not attempt to knock the ball from a fielder to prevent being out. Any runner who initiates the contact will be AUTOMATICALLY EJECTED. Also, no fielder may intentionally block any base or home plate to prevent the runner from reaching the base. The penalty is an automatic one base awarded to the runner.
- There is NO SLIDING in this league (either feet first or head first). All bases may be overrun without penalty unless a distinctive move is made towards the next base, at which point the runner will be eligible to be put out
- All outs are force outs, and a runner that has gone more than halfway to the next base has committed to going to that base (except for a fly ball where a runner is forced to tag up after the ball is caught)
- Runners may still be tagged to be put out, but tags are not required if a runner has committed to the next base.

Overthrows

- An overthrow is considered when the ball goes into the dugout or rolls through the fence or over the fence; it is considered out of play and the runner is awarded two bases from the release of the fielder’s throw.

2022-2023 Rowan University Intramural Sports Handbook

Appeal Play

- Appeal plays will be dead ball situations.
- During an appeal, runners may not advance.
- The tag on the player or the base in question is not necessary to make an appeal; a request to the umpire to rule on the situation must be made.
- All appeals must be made before the next legal pitch or they will be deemed invalid.

Substitutions

- Re-entry Rule: A starting player may re-enter the game as many times as they wish.
- The starting player may return to the line-up, but must take his/her same position in the batting order

Injury

- If a player is injured and cannot run but still wishes to bat, the team may elect to have a pinch runner for their batter who will be the first available player (not currently on the bases) who is furthest away from the batter in the lineup OR a substitute player on the bench
 - If a team elects to use a pinch runner for a batter, the runner must begin at the fence behind home plate on the 3rd base side of the field and may not start running until the ball is hit (significantly further distance from 1st base than the batter's box)
- If a player is injured after hitting the ball and cannot run, the same rules apply and a pinch runner may be utilized (furthest available player in the batting order away from the runner OR a substitute player on the bench)

Mercy Rule

- The game ends and a winner is declared if:
 - A team is ahead by 15 or more runs at the completion of the fourth inning (or 3 ½ innings if home team is ahead)
 - Team is ahead by 10 or more runs at the completion of the fifth or sixth inning (or half inning if home team is ahead)

Co-Rec Rules

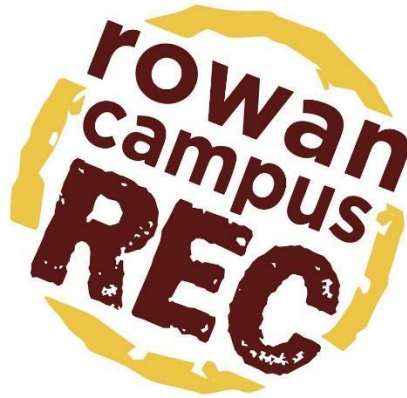
- Teams must have at least 1 of each gender and no more than 4 in the field to legally begin a **half-field softball game (minimum of 5 players)**. All combinations of males/females are acceptable as long as there

2022-2023 Rowan University Intramural Sports Handbook

is a minimum of 1 and a maximum of 4 players of each gender on the field and no more than 7 total players in the field at a time (counting the pitcher and catcher)

- Teams must have at least 1 of each gender and no more than 5 in the field to legally begin a **full-field softball game (minimum of 7 players)**. All combinations of males/females are acceptable as long as there is a minimum of 1 and a maximum of 5 players of each gender on the field and no more than 10 total players in the field at a time (counting the pitcher and catcher)
- Batting orders must alternate men and women. In the case that members of the same sex bat back to back an automatic out will be recorded.
 - Batting orders will be taken with one list of male batters and one list of female batters. The order will alternate back and forth between males and females. If at least 3 individuals of a gender are not present for a game (for either half-field or full-field softball), the team without this minimum number of individuals will take an out for each time they are unable to bat a person of that gender.
 - Example: Team A comes to the game with 1 male and 5 females which is a legal minimum combination of players. The batting order must still alternate between male and female, but each team needs at least 3 players of each gender in order to avoid taking an out for that spot in the lineup. If the team wishes to have the females bat first, then the one male will bat 2nd and the “4th” and “6th” batters in the lineup will be recorded as an automatic out. If an additional male comes for the team after the start of the game, they may be added to the lineup to avoid taking those automatic outs.
- If a male batter receives a walk and a female batter is next to bat, the female has the option of taking first base with no liability to be put out or to become a batter. The only time this does not come into effect is if the bases are loaded. If the bases are loaded the female must bat.
- While females are at bat, all fielders must be either in the infield OR behind the 175’ restraining arc which is painted in the outfield until the ball is hit.

Wiffleball



Players & Game Length

- Four players on a team.
- The minimum number of players is three
- Positions will be: Pitcher, Catcher, and two fielders.
- Games will last six innings or thirty minutes.

Balls & Strikes

- Balls and strikes will be determined by the pitch hitting or going through the pvc strike zone, above the stand. No Fastballs will be allowed. The pitcher will be given one warning by the supervisor, then be removed from the mound for the remainder of the game.
- The batter will be called out if:
 - Strikeouts
 - Any batted ball that is hit on the ground and fielded "cleanly" by the infielder is out.
 - Any batted ball that is caught before it touches the ground. This includes playing off the ceiling.
 - Foul ball after two strikes following the "courtesy foul".
 - If playing with less than 4 players, missing players at bat counts as an automatic out.
 - If a team has more than 4 players, they may bat their entire team, but players must bat and play the field at least one full inning.

Fair/Foul Balls

- The basketball sideline and baseline will govern all calls for fair and foul. The only exception will be the following:
 - On the left field side of the gym, any ball that goes to the left of the divider will be considered foul. Any ball to hits the divider will be fair.
 - On the right side of the gym, any ball that hits underneath the track or the side of the track before the foul pole (marked with yellow tape), will be ruled a foul ball.

2022-2023 Rowan University Intramural Sports Handbook

Hits & Base Runners

- The batter will be awarded the following bases:
 - Homerun: Ball must carry onto the track or ball goes over the divider
 - Double: Ball lands past half court/before far baseline, or hitting the white part of the net.
 - Base on balls.
 - Singles: Ball hits the black section of the divider or a ball that is hit on the ground and not fielded cleanly by the infielder
 - No hit batters: the pitch will be called a ball.
 - There will be no runners on base. A scoresheet will be kept by the supervisor. Time and score will be kept by the supervisor. All runners must be forced to advance to the next base. If there is a runner on second and a single is hit, the runner will stay on second base
 - Bats and balls will be provided. You may use your own bats. No tape on bats allowed.
 - Any ball that becomes stuck in the curtain in the field will be ruled a double.
 - Any ball that becomes stuck in the ceiling without passing over the curtain will be ruled a double.

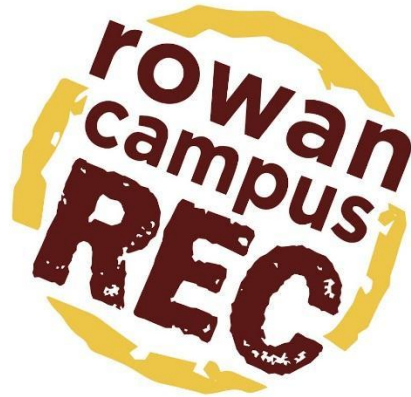
Mercy Rule

- Maximum of ten runs per inning
- If either team is winning by 20 or more runs following the start of the 5th inning, the game is over
- If team A scores a run to give them an advantage of 20 runs in the bottom of the fourth inning, the game will be over.

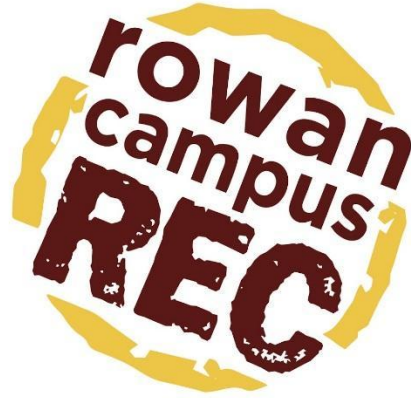
Indoor Cricket



Dodgeball



Pickleball



Foosball



Serving the Ball

- After the first serve, the team last scored upon serves the ball.
- Before serving, it's good etiquette to tap the ball on the server side of the table to signify that play is about to begin. Wait until all players are grasping the rods to serve.
- The player who serves can influence the roll of the ball (i.e. spin it), and position it where they want before serving it
- Once the ball is in play, the server cannot have any part of either hand in the playing area.
- No player can touch or strike the ball until it has touched the play field.
- You cannot score on the serve by serving it directly into a goal; however, if the served ball ricochets off a player and enters the goal, it counts.

Ball in Play

- Once a ball is put into play it shall remain in play until the ball is hit off the table, a dead ball is declared, time out is called, or a point is scored.
- A ball entering a goal counts a point.
- A ball that enters a goal but bounces back out to the play field is still a point.
- When a ball is in play, no player may reach into the play area, even if they do not touch the ball, unless they have permission from the opposing team.

No Spinning!

- A spin is when you rotate a figure more than 360 degrees before or after making contact with the ball.
- In calculating the 360 degrees, you do not add the degrees spun before to the degrees after striking the ball (i.e. 2 half spins don't make a whole spin).
- If you spin and:
 - Score a goal: no point scored and the ball is put back in play by the goalie.
 - Strike the ball but no goal: the opposing team can either continue play from that spot or choose to re-serve the ball.

2022-2023 Rowan University Intramural Sports Handbook

- If you spin without contacting the ball, just keep playing, but if you spin and knock the ball backwards into your own goal, it counts as a point for the opposing team.

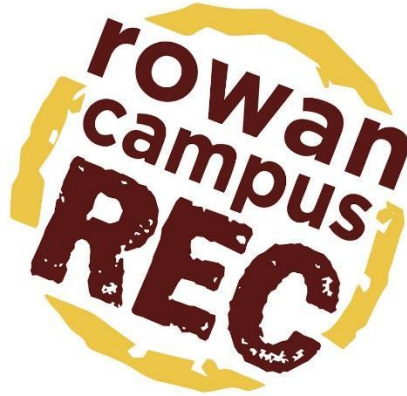
No Jarring!

- Jarring is considered to be a forceful slam of the rods against the wall of the foosball table.
- Jarring also includes lifting, sliding or moving the table in any way.
- If you are called for jarring, the opposing team has the option of continuing play from the current position, playing from the point of infraction, or re-serving the ball.

Dead Ball

- A ball is dead when it's no longer in motion (completely stops) and is not within reach by any player.
- If it's still spinning, it's not a dead ball.
- If the ball is dead between two opposing rods, the ball shall be re-served by the team that last served.
- If the ball is dead between the goalie and the 2-man rod, it should be placed within reach of the nearest player.

Ping Pong (Table Tennis)



1. Scoring

- A Game is played to 21 points
- A Game must be won by two points
- Rally scoring
- Any hit that lands outside of the table plane is the opponents point
- If the ball hits the ceiling, re-do the point

2. Service

- Each side of the table alternates serving five points at a time.
 - Exceptions: After tied 20-20 (“deuce”)
 - Serve for game point (losing player serves)
- Hold the ball in your open palm, behind your end of the table.
- Toss at least 6” straight up, and strike it on the way down.
- Ball must hit your side of the table and then the other side
 - NOTE: Once the ball leaves the server’s hand it is in play, and so counts as the receiver’s point if the ball is missed or mis-hit.
- The serve can land anywhere in singles
 - In doubles, the serve must go right court to right court
- A serve that touches the net on the way over and lands as a legitimate hit is a “let”; The server must re-serve (can happen an unlimited amount of times)

Board Games



[Connect 4 Rules](#)

[Chess Rules](#)