



For more information about the Intramural program at BSC go to the  
BSC IMLeagues website at <http://www.imleagues.com/BSC>

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## Mission Statement

Bismarck State College Intramurals creates a positive, fun, and exciting atmosphere for students to participate with their fellow peers in a variety of sports and activities.

Every student is welcome to join. We provide activities that everyone will enjoy safely and make memories along the way.

### *Work Hard, Play Harder*

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# Intramural Rules and Regulations

- **ELIGIBILITY**

- *Who can play?*

- Only currently enrolled students, at Bismarck State College are allowed to participate in Intramural activities.
- If a team is found to be using an ineligible player they will automatically forfeit any game that the player played in.
- All participants must sign-up online at [www.imleagues.com/BSC/Registration](http://www.imleagues.com/BSC/Registration).

- *Athletes*

- Varsity athletes are ineligible to compete in their sport or any related sports (i.e. current basketball players may not play basketball).
- Any member of a varsity team who suits up for a game/match or is listed at any time on the team's roster during the 2017-2018 school year is ineligible for the remainder of the school year (2017-2018) in that sport or related sport.

- *Multiple Team Participation*

- Although participants are not limited to the number of intramural activities they can compete in, participants may not play on more than one team or in more than one division in a given sport.
- After entering a contest a player may not transfer to another team. An individual is considered a member of the team they play for first.
- If it is discovered that an individual has played for multiple teams or played in multiple divisions, both teams may be subject to forfeiture of the contests in which the individual competed.
- If a person is found participating on a team other than their original team during the playoffs, both teams will be subject to forfeiture of their postseason contests.
- The participant will also be unable to continue play with any team for the remainder of the season.

- **TEAM CAPTAIN**

- *Responsibilities*

- As a player, the team captain is held to a higher standard.
  - Team captains should set an example for their teammates by playing within the spirit of the rules and exhibiting an elevated level of sportsmanship.
  - In addition, team captains should address player conduct situations and incidents involving their teammates before intramural officials must step in to deal with the situation.
  - Captains' meetings are scheduled prior to league play for certain team sports.
  - The purpose of these meetings is to inform participants of rules, issue schedules for each sport, and provide feedback for tournament play prior to the first game. Attendance by the team captain or a representative is required.
- **ALCOHOL & DRUG POLICY**
    - *Alcoholic beverages are not permitted on or around the Intramural playing areas.*
      - Participants who appear under the influence of drugs or alcohol will not be permitted to participate (this includes spectators).
      - The official(s) assigned to the game or any staff member has the authority and responsibility to make a decision concerning the apparent state of all participants.
      - All teams/ individuals guilty of drug or alcohol infractions will be asked to leave the Intramural playing area immediately and may be banned from further participation.
- **DISCIPLINARY ACTION**
    - *Any action by a team or individual that is considered inappropriate by the intramural staff will result in disciplinary action.*
      - These actions include swearing, fighting, trash talking, yelling at officials or other players, intent to injure someone, or any other actions that are deemed inappropriate by the intramural staff.
      - If a player(s) should get in a fight they will automatically be ejected from the game.
      - Disciplinary actions include ejection from the present game and the next.
      - Possible banning from some or all intramural sports and a meeting with the intramural coordinator will also be necessary.
      - Serious infractions will be brought to the Director of Student and Residence Life.
- **FORFEITS**

- ***NOTE: Online registrations are a contract with the Intramural Program to the effect that the individual or team will be scheduled for competition, and that the individual or team will be ready to play at the scheduled date, time, and location. Please honor this contract.***
  - Intramural contests will begin at the scheduled game time. Game time is determined by the official's or supervisor's watch/clock on each field/court.
  - In case of an unavoidable delay (i.e. weather or overtime match), the starting time may be adjusted at the discretion of the on-site supervisor.
  - A team has 10 minutes after game time to field the needed number of players for competition. If one team is present on time and with the minimal number of needed players, they must wait 10 minutes for their opponent before winning by forfeit. After the designated wait period is exhausted, the team present will take the win and a forfeit loss will be recorded for the absent team.
  - Continued unsportsmanlike conduct or unnecessary roughness may result in the forfeiture of a contest. Officials and supervisors have the authority to forfeit any contest.
  - If a team is unable to participate at the scheduled time, the team captain or representative may call the intramural sports office prior to the scheduled game and a default may be requested.
  - Defaults must be made 24 hours before the start of an intramural activity. A default is listed as a loss but not a forfeit.
  - If it is found that a team is using an ineligible player (see Eligibility section) the team will forfeit the current contest and any contest that the ineligible player has played in.

- **SAFETY**

- ***Participation in Intramural activities is voluntary and injuries may occur***
  - When creating an account on IMLeagues, all participants will have to sign an injury waiver and have acknowledge that they will play at their own risk.
  - Proper safety attire such as braces, mouth guards and other applicable equipment are recommended.
  - The participant is liable for any injury that occurs during an Intramural activity and Bismarck State College and its employees are not responsible.

- **OFFICIALS**

- ***The officials for each game or match will be appointed by the Intramural Coordinator.***

- The officials will make calls and answer questions about situations that arise during the course of play.
- The Intramural Coordinator will make a final decision on any call that is disputed.

- **SPORTSMANSHIP, SPORT RULES, AND SCHEDULES**

- *Sportsmanship*

- All participants, teams, and spectators are expected to conduct themselves in an appropriate way.
- A team and its captain are responsible for the sportsmanship of their team and spectators associated with its team.
- If a team is deemed to be using poor sportsmanship they will be subject to appropriate disciplinary action as stated above.

- *Sport Rules*

- Each intramural sport has its own set of rules.
- These rules combine national, collegiate and high school rules along with additional intramural rules.
- All sport rules can be found on the BSC Intramural website <http://www.bismarckstate.edu/life/intramurals>.
- A handout of all rules for a specific sport will be available at all team representative meetings.
- There are no restrictions on the number of sports in which an individual may participate.

- *Game Procedures*

- All participants should arrive at the playing field/court at least 10 minutes prior to the scheduled game time.
- Participants should check in with the on-site intramural supervisor. The supervisor will then direct the team to their designated field/court.
- Participants should seek out the clipboard for their game. Clipboards are available from the supervisor, the game official for a team's designated field/court, or at the field/court's scorer's table.
- All participants must have joined the team through [www.imleagues.com](http://www.imleagues.com). This is the official team roster for the contest and will be used in determining a team's participation.

- Any participants wishing to use intramural equipment for warm-ups must present a valid BSC ID card to the equipment manager.
- Individuals are held responsible for all damaged, lost, or stolen equipment.
- ***League Schedules***
  - Schedules for each Intramural activity will be made available by the Friday of the week of the Captains' meeting.
  - The schedules will be available at the intramural office in the Student and Residence Life Office of the Student Union and online at the IMLeagues website.
  - For team sports, the days and times of league play are determined prior to the online registration date.
  - If teams need to play at a certain time they need to notify the Intramural Coordinator at the Captains' meeting.
  - The Intramural Coordinator will try and accommodate students' schedules.
- ***League Standings***
  - League standings will be made available by Monday afternoon unless it is a holiday, in which case the standings will be available on Tuesday afternoon.
  - Standings will be posted online at the IMLeagues website.
- ***Playoffs***
  - Post-season tournaments are single elimination.
  - The winners of each respective bracket will be crowned Intramural Champions.
  - The playoffs will use the best-worst method of seeding whenever possible.
  - Tournament games may be played at different times and days other than a team's regular league playing time. Therefore, teams should be prepared to play at any time.
  - The playoff schedule will be posted by 1:00 p.m. the day following the last day of regular season play.
  - All team captains should check the tournament brackets immediately and direct any questions or game conflicts to the intramural staff before 6:00 p.m. on the day the brackets are posted.
- ***Cancellations***
  - Cancellations due to inclement weather or other unscheduled events are possible.



- If games are canceled they will not be rescheduled, and the schedule will pick up with the games of the next week.
- ***Tie-breakers***
  - Tie-breakers for Flag Football, Men's Basketball, and Women's Basketball will be as follows: 1<sup>st</sup> Head to Head, 2<sup>nd</sup> Point Differential, and 3<sup>rd</sup> Coin Flip.
  - Tie-breakers for Volleyball and Dodge ball will be as follows: 1<sup>st</sup> Head to Head, 2<sup>nd</sup> Game differential (Games won –Games Lost), 3<sup>rd</sup> Coin Flip.
- ***Awards & Prizes***
  - The team or person that is the champion of an Intramural sport will receive a prize that will be selected by the Intramural Coordinators.
  - Consolation prizes may be given out to the rest of the participants if the Intramural Coordinators agree to do so.

# Flag Football

The goal of the BSC Intramurals Flag Football League is to provide opportunities for teams to participate in league play in a cooperative manner.

\*Please review these rules with your team!\*

General Rules Adapted for Intramural Play; in other cases, rules of the National Intramural and Recreational Sports Association will be in effect.

1. **THE GAME:** The game shall be played between 2 teams of 7 players each. Five players are necessary to start and continue a game. Players must be prepared to show a valid identification card. Each team captain is responsible for ensuring that each player on his/her team is legibly signed in on the score sheet, with the proper W number. If an ineligible player is on a team, the team may be subject to forfeiture of the contests and all contests in which the ineligible player participated.
2. **THE FIELD:** The field will be approximately 80 yards long and 40 yards wide. The field will consist of 4 zones, each 20 yards in length. Sidelines and end lines are out-of-bounds.
3. **EQUIPMENT**
  - a) Men shall use a regular size football and women shall use a junior size football. Players are allowed to use their own football if agreed upon by both captains.
  - b) **NO JEWELRY WILL BE PERMITTED** in Intramural Flag Football. Jewelry includes, but is not limited to, earrings, wedding rings or bands, other rings, necklaces, bracelets, rubber bands, and metal barrettes. The only exception to this rule is a medic alert bracelet or necklace. In that case it must be taped down. If you refuse to remove your jewelry you will not be allowed to participate. **TAPING OF JEWELRY TO THE BODY WILL NOT BE PERMITTED. ALL JEWELRY MUST BE REMOVED PRIOR TO THE INTRAMURAL EVENT.**
  - c) Players may wear a headband or stocking cap for headgear. No billed hats are allowed.
  - d) It is recommended that players wearing glasses use some form of safety glass or a protective mask over the glasses.
  - e) The use of any hard or dangerous head, face, or body protective equipment is illegal. Padding for body protection must be of either felt or sponge rubber.
  - f) All shirts/jerseys must be tucked into pants/shorts at all times.
  - g) Players must wear pants/shorts without any belts, belt loops, or exposed drawstrings.

- h) Each player must wear shoes. Players may wear cleats provided that the rubber cleats are short and molded into the sole of the shoe. METAL CLEATS ARE NOT PERMITTED.
- i) Each player must wear a one-piece belt, free of knots, at the waistline with 3 flags permanently attached, one flag on each side and one in the center of the back (provided by the IM office). Flags must be hooked on the outside of clothing at all times.

**PENALTY:** Delay of game – 5 yards from previous spot. A player wearing illegal equipment shall not be permitted to play until the equipment problem is corrected.

**4. START OF EACH GAME:** Games will start at the specified time. A 10-minute forfeit time will be allowed before a game is called due to forfeit. Each captain must list roster players on the scorecard. The game will begin with a coin toss or some other random method. The winner of the toss has first choice of options in the first half, and the loser of the coin toss will have the first choice of options in the second half. The two options are either:

- a) To have first possession of the ball or to defer.
- b) To choose the goal his/her team will defend.

#### **5. GAME TIME**

- a) Playing time will be 2 halves of 20 minutes each with a 5-minute half time. In case of an overtime period, there will be a 3-minute interval between regulation and overtime.
- b) In case of inclement weather, playing time may be shortened by mutual agreement of the captains and the referee.
- c) The clock runs continuously except for the last 2 minutes of each half. A two-minute warning will be given by the officials. The clock will begin when a team breaks an offensive huddle. The back judge will keep the game time.
- d) The clock stops during the last 2 minutes for a(n):
  - i. incomplete pass
  - ii. out-of-bounds
  - iii. score
  - iv. team time-out
  - v. first down

- vi. fair catch
- vii. penalty and administration
- viii. referee's time-out
- ix. touchback
- x. change of possession
- xi. team attempting to conserve time illegally
- xii. first touch on a free kick or when the ball strikes the ground
- xiii. inadvertent whistle

**6. TIE BREAKING PROCEDURE** (occurs only during tournament play)

In case of a tie, each team will be awarded 4 downs in which to score a touchdown, and if successful, the team will receive one play to score an extra point. Procedure is as follows:

- a) A coin toss will determine possession, in the same manner used to start the game. Only one coin toss will occur during overtime play. The winner of the toss may choose to play offense, defense, or defend a goal. All overtime periods will be played toward the same goal after one is selected. After the initial toss is won, the remaining overtime periods will begin with the opposite team making a selection of offense or defense.
  - b) The team taking possession begins with the ball on the 10 yard line and attempts to score at the nearest goal.
  - c) In the event of an interception, the play is dead and the team that intercepted the ball gets the ball on the 10 yard line.
  - d) There is no requirement that a team must go for 2 points after a certain number of periods. The procedure is repeated until one team has scored more points than their opponent at the end of the overtime period
- 7. TIME-OUTS:** Each team is entitled to 2 time-outs per half, which do not carry over to the next half. No time-outs are given for the overtime period. Each time-out shall not exceed 60 seconds. A team requesting excessive time-outs will be charged a delay of game penalty (5 yards). The referee will warn both teams 5 seconds before a charged time-out expires. The offensive team has 25 seconds to put the ball in play.
- 8. INJURED PLAYER:** 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 1 down unless the halftime or overtime intermission occurs. A player who is bleeding, has

an open wound, or has any amount of blood on his/her uniform or on the player shall be considered an injured player.

**9. DELAYS:** All players must be on the field at the scheduled game time with their flags in the proper position. A delay of game penalty is given to a team that:

- a) Consumes more than 25 seconds to put the ball in play.
- b) Deliberately advances the ball after it has been declared dead
- c) Deliberately puts the ball in play before it is declared ready for play.

**PENALTY:** Delay of game – 5 yards from the line of scrimmage

**10. SUBSTITUTION:** Substitution infractions include:

- a) Entering the game during a live ball.
- b) Entering/leaving the game away from his/her team area.
- c) Entering and leaving during the same dead ball - the player must play at least 1 down.
- d) Entering a game without being ready to play

**PENALTY:** Illegal Substitution – 5 yards from the previous spot

**11. STARTING THE GAME:** There will be no kickoff. The game begins with a scrimmage play at the 10-yard line of the team that has been awarded the ball.

**12. DEAD BALL**

- a) A live ball becomes dead when:
  - i. A runner's flag belt is removed legally by a defensive player
  - ii. It goes out-of-bounds or when it touches the goal line of the runner's opponent
  - iii. Any part of the runner other than a hand or foot touches the ground
  - iv. A touchdown, touchback, safety, or successful try-for-point is made
  - v. A fumble or pass touches the ground
  - vi. A passer is deflagged prior to releasing the ball
  - vii. An untouched punt comes to rest on the ground and no player attempts to secure it

- viii. An official blows his/her whistle (even if inadvertently)
  - ix. A protected scrimmage kick breaks the plane of the receiving team's goal line.
  - x. The defense secures possession of the ball during a try or overtime.
- b) A loose ball is out-of-bounds when it touches anything, including a player or game official, which is out-of-bounds.

### 13. DOWNS & TEAM POSSESSION

- a) A team has 4 consecutive downs to advance the ball from one zone to the next.
- b) During the first possessions of each half or after a team has scored, the ball is placed on the team's 10 yard line. In order to gain a first down, the team only has to move the ball 10 yards to the next zone. If this occurs, the next zone line (20 yards) must be reached for a first down.
- c) A new series of downs is awarded when a team moves the ball into the next zone. If a player carries the ball so that it only temporarily "dents" the line-to-gain before going out-of-bounds, it would be a first down.
- d) When a scrimmage follows the penalty for a live ball foul committed during a free kick, the down and distance established by the penalty shall be the first down with the next zone line-to-gain.
- e) 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 zone line-to-gain.
- f) If a penalty is declined, the number of the next down will be whatever it would have been if that foul had not occurred.
- g) After a penalty between downs, the number of the next down shall be the same as established before the foul unless the foul leaves the ball on or beyond the zone line-to-gain.

### 14. PROTECTED SCRIMMAGE KICK

- a) The team captain must inform the referee when he wants a protected scrimmage kick. Once requested, the ball must be kicked.
- b) The offense must have 4 players within one yard of their scrimmage line and they may not cross the line of scrimmage **until the kick is made**.

**PENALTY:** Illegal Procedure – 5 yards from the previous spot.

- c) Kicker must be at least 5 yards behind scrimmage when receiving the snap. The kicking team has the option of either snapping the ball or holding the ball 5 yards behind the line of scrimmage & then kicking the ball.
- d) If a player of the kicking team catches a protected scrimmage kick beyond the kicker's scrimmage line, provided the kicked ball had been touched by a receiver of the non-kicking team who was clearly beyond the kicker's scrimmage line at the time of touching, the ball is dead and belongs to the kicking team.
- e) There are no onside kicks or fake punts.
- f) If a protected scrimmage kick goes out-of-bounds, the ball is dead and belongs to the receiving team at the spot where it left play.
- g) When any protected scrimmage kick breaks the plane of the receiving team's goal line, the ball is dead and is a touchback.
- h) If the ball is kicked out-of-bounds outside the area of the end zones or touches the ground between the goal lines without being touched by a receiving team player, the ball is dead and a touchback at the 10-yard line will occur.

## 15. FAIR CATCH

- a) Once a player gives a fair catch signal, a member of the kicking team shall not touch the ball or the receiver nor obstruct the receiver's path to the ball. The kicking team must give the receiver a 3-yard cushion.

**PENALTY:** Fair Catch Interference – 10 yards

- b) The ball becomes dead and may not be advanced once a receiver gives a fair catch signal and catches the ball. If the ball hits the ground first, it remains live.

**16. THE SCRIMMAGE:** Scrimmage must be started by a legal snap from a point on the inbound line, unless the rules provide for a free kick. The offensive team is responsible for retrieving the ball after a scrimmage down. Players may use a two-, three-, or four-point stance.

## 17. PRIOR TO THE SNAP

- a) Once the ball is set on the line of scrimmage:
  - i. The snapper may neither move nor change the position of the ball.
  - ii. Defensive players may not jump into the neutral zone nor touch the ball or an offensive player.
  - iii. No offensive player shall make a false start.

**PENALTY:** Dead Ball Foul – 5 yards from the previous spot.

**18. POSITION AND ACTION DURING THE SNAP:** The offensive team must have at least 4 players on the scrimmage line. One offensive player may be in motion horizontal to the line of scrimmage. The player receiving the snap must be at least two yards behind the offensive scrimmage line. Before the snap, all offensive players must be within 15 yards of the ball. The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hands.

**PENALTY:** Illegal Procedure – 5 yards

**19. HANDING THE BALL:** Any player may hand the ball forward or backward at any time.

## **20. BACKWARD PASS AND FUMBLE**

- a) A runner may pass the ball backward or lose player possession by a fumble at any time except if intentionally thrown out-of-bounds to conserve time or to avoid being deflagged.

**PENALTY:** Illegal Pass – 5 yards from the previous spot and loss of down

- b) A backward pass or fumble may be caught in flight in bounds by any player and advanced.

## **21. LEGAL AND ILLEGAL FORWARD PASS**

- a) Only one forward pass per down. All players are eligible to catch a pass.
- b) A forward pass is illegal if:
  - i. The passer is beyond the line of scrimmage.
  - ii. Intentionally thrown to the ground or out-of-bounds to save loss of yardage.

**PENALTY:** Illegal pass – 5 yards from the end of the run or previous spot and loss of down.

- c) If a legal forward pass is caught simultaneously by members of the opposing team, the ball is dead and belongs to the team that snapped the ball.
- d) A forward pass is complete when and only if the receiver has at least one foot in bounds.
- e) If a member of the opposing team intercepts a forward pass, it is counted as a completion as long as the person remains inbounds.

## **22. PASS INTERFERENCE**



- a) During a forward pass there shall be no interference with any player of either team who is eligible to catch the pass except such incidental contacts as may occur when 2 or more eligible receivers make a simultaneous and bona fide effort to catch or bat the ball.
  - i. No contact is allowed by both the offense and defense from the time the ball is snapped. The defense is not allowed to jam the receiver at the line of scrimmage.
- b) If an eligible receiver is deflagged prior to catching a pass, it is considered pass interference.

**PENALTY:**

Offensive Pass Interference – 10 yards from the previous spot of the snap and a loss of down

Defensive Pass Interference – 10 yards from the previous spot and an automatic first down

- c) Intentional or unsportsmanlike pass interference shall be penalized by an additional 10 yards.

**23. SCORING**

- a) A touchdown is worth 6 points. After a touchdown is scored, a team has a choice of points possible from the try-for-point. A try-for-point from the 3-yard line is worth 1 point. A try-for-point from the 10 yard line is worth 2 points. The try ends when the defense secures possession.
- b) A safety is worth 2 points. A team that scores a safety gets the ball on their own 10-yard line.

**Exception:** A try-for-point that is intercepted by a defender who then leaves and returns to his/her end zone and is deflagged for a safety is worth 1 point.

- c) On a score, a team may protest that the player's flags are illegally tied or attached. In this case, the player will stand with hands raised and the official will pull off the flag belt in order to enforce or penalize the touchdown call.
- d) If there is a foul by the defensive team (including unsportsmanlike or nonplayer) during a down which results in a touchdown, the scoring team may accept the results of the play and then choose to have the foul enforced at the succeeding spot (Try) or after the Try at the 10-yard line.
- e) If after a touchdown and prior to the initial ready for play signal for the Try, either team commits any foul for which the basic spot of penalty enforcement is the

succeeding spot (Try), the offended team may have the penalty enforced from the succeeding spot (Try) or after the Try, at the 10-yard line.

**24. MERCY RULE:** If a team is 17 or more points ahead when the referee announces the 2 minute warning for the second half, the game shall be over. If a team scores during the last 2 minutes of the second half and that score creates a point differential of 17 or more, the game shall end at that point.

**25. TOUCHBACK**

- a) A touchback occurs when:
  - i. A kick touches anything while the ball is on or behind the receiving team's goal line, or is caught by a receiver in the end zone and downed rather than run out.
  - ii. A pass is intercepted in the end zone by a defensive player and is downed rather than run out of the end zone
- b) The ball is put in play on the 10 yard line following a touchback

**26. UNSPORTSMANLIKE CONDUCT:** There shall be no unsportsmanlike conduct by players, substitutes, coaches, or others subject to the rules. This includes but is not limited to:

- a) Abusive or insulting language
- b) Any acts of unfair play
- c) Verbally or physically interfering with another team's signals or movements
- d) Intentionally kicking another player
- e) Leaving the field between downs to gain an advantage
- f) Intentionally swinging an arm
- g) Intentionally kicking, spiking, or throwing the ball into the air or ground
- h) Failure to return the ball to the huddle
- i) Attempting to influence a decision by an official
- j) Disrespectfully addressing official
- k) Indicating objections to an official's decision
- l) Using profanity, insulting, or vulgar language or gestures

**PENALTY:**

Unsportsmanlike Conduct – 10 yards

Flagrant Unsportsmanlike Conduct – Ejection and possible suspension from further intramural competition.

**27. PERSONAL FOULS:** A personal foul is:

- a) a.) stealing, attempting to steal, or batting the ball from a player in possession
- b) b.) tripping, clipping, or tackling a runner
- c) c.) contact made to a runner who is on the ground
- d) d.) hurdling a player
- e) e.) contacting a player before or after the ball is declared dead
- f) f.) deliberately driving or running into a defensive player

**PENALTY:**

Personal Foul – 10 yards

Flagrant Personal Foul – Ejection and possible suspension from further play

**28. ROUGHING THE PASSER:** Defensive players must make a definite effort to avoid charging into a passer after it is clear that the ball has been thrown.

**PENALTY:** Roughing the passer – 10 yards from the previous spot and an automatic first down.

**29. BLOCKING**

- a) Blocking must be done without the use of hands or extended arms and without contact. All blockers' hands must be kept behind their backs. Any use of the arms, elbows or legs to initiate contact during an offensive player's screen block is illegal.
- b) A player must be on his/her feet before, during and after blocking.
- c) Teammates may not use interlocking interference to block for a runner.
- d) Defensive players must go around the offensive player's screen. They must refrain from using their hands or arms extended to move the offense.

**PENALTY:** Personal Foul—10 yards

### 30. RUNNER

- a) Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for opponents to pull or remove the flag belt.

**PENALTY:** Flag guarding—10 yards from the spot of the foul

- b) The runner is prohibited from contacting an opponent with an extended hand or arm.

**PENALTY:** Personal Foul – 10 yards from the spot of the foul

- c) The runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.

**PENALTY:** Helping the Runner—5 yards from the spot of foul

- d) The ball will be spotted at the point where the ball was located when the runner goes out of bounds.

### 31. FLAG BELT REMOVAL

- a) Players must have possession of the ball before they can legally be deflagged.
- b) Play continues if a player loses his/her flag belt either accidentally or inadvertently. The deflagging then reverts to a one-hand tag of the runner between the shoulders and the knees.
- c) The ball is declared dead when a runner has a flag belt removed legally by an opponent. A flag belt is removed when the clip is detached from the belt, the belt is torn into more than one piece, or the flag is torn off the belt.
- d) A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.
- e) If a flag belt is removed illegally, play continues with the option of the penalty or the play.

**PENALTY:** Personal Foul—10 yards from the previous spot

- f) Intentionally pulling a flag belt from an offensive player without the ball is illegal.

**PENALTY:** Personal Foul—10 yards from the end of the run

- g) Tampering with the flag belt in any way to gain an advantage including tying or double wrapping is illegal.

**PENALTY:** Unsportsmanlike conduct—10 yards from previous spot, loss of down, and possible player ejection.

**32. SPORTSMANSHIP:** A team is responsible for the action of all individual members and spectators directly related to the team before, during, and after the game. Any individual that is involved in any type of physical altercation or unsportsmanlike conduct may be automatically suspended along with the entire team.

**33. PROTESTS:** All contest protests must be made by the protesting team's captain in the presence of the officials, the opposing team's captain, and the supervisor at the time and place of the incident. Protests involving judgment calls will not be received. The supervisor makes the final decision. The protest must be made immediately before the next play. Once play has resumed following a protest, the protest is complete.

#### **34. ADMINISTRATION**

- a) The Intramural Sports Staff reserves the right to stop any game whenever such stoppage is in the best interest of safety and/or program goals.
- b) The Intramural Sports Staff reserves the right to combine divisions and move teams to another classification for tournament competition.

\*\*\*Any fighting, swearing, abuse of equipment, arguing, or attempt to play while intoxicated or under the influence of drugs will result in the loss of the match and possible removal from intramural activities.\*\*\*

# Co-Ed Volleyball

The goal of the BSC Intramurals Co-Ed Volleyball program is to provide opportunities for teams to participate in league play in a cooperative manner.

\*Please review these rules with your team!\*

1. Each team will consist of 6 players (3 men & 3 women.) Teams may play to their disadvantage with 5 or 4 players, but there must be an equal or greater number of females on the court. The roster may contain 10 players total.
2. Each team must have one person serving as a captain each night of play. Captains will participate in a coin toss to determine serving team and sides at the beginning of each match.
3. A match is best 2 out of 3 games. Games 1 & 2 are played to 25 points by rally point scoring with a 2-point advantage by the winning team with a cap of 27 points. The third game if needed will be a straight race to 15 points.
4. Teams that do not have enough players (4) to compete will forfeit the match 5 minutes after game start time.
5. The server is allowed one attempt to put the ball in play. Net serves are legal.
6. Balls that hit the line are “in.”
7. Three hits are allowed to get the ball over the net. One female player must always hit the ball if there is more than 1 hit before the ball can be sent to the opponent’s side.
  - a) Examples:
    - i) 1 hit (female) = legal
    - ii) 1 hit (male) = legal
    - iii) 2 hits (male, female) = legal
    - iv) 2 hits (male, male) = illegal
    - v) 3 hits (male, female, male) = legal
    - vi) 3 hits (male, male, male) = illegal
  - b) A blocked ball that is on the blockers side of the net does not count as a hit. The ball may be hit three more times.
8. Rotations must be made at the same position throughout the entire game.
  - a) Example: You rotate in at the back middle spot.

9. The referee has final say in all calls and will call the following fouls:
- a) Touching the net while ball is in play
  - b) Catching, scooping, dunking or lifting the ball
  - c) A person hitting the ball twice in succession
  - d) More than three hits per side
  - e) Serving out of order
10. The team receiving serve may not block or attack the serve. The players in the front line may not leave their feet to block or attack a serve.
11. The ceiling is in play as long as the ball does not cross the plain of the net

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# 5 on 5 Men's & Women's Basketball

The goal of the BSC Intramurals Basketball Leagues is to provide opportunities for teams to participate in league play in a cooperative manner.

**\*Please review these rules with your team!\***

1. Players may play on one team only. BSC basketball players **are not** eligible to play.
2. Teams must be ready to play at game time. You must have 4 players to begin. The other team will still play with 5 players. 5 minutes after the start of game-time a forfeit will be called if a team does not have enough players.
3. Games will be two 12-minute halves with a four minute half time. The time will only be stopped for official time-outs.
4. Each team is allowed 1 time-out per half. The time-out will be 30 sec.
5. Substitutions may be made on the fly as long the players due not interfere with the ongoing play.
6. Fouls will not be tracked. The person in charge of the game has the right to warn or eject any player who continually fouls or fouls in a manner that is deliberate and dangerous.
7. Fouls are to be called by the referees.
8. Free throws are not taken on fouls committed by the offensive team.
9. During the last 2 minutes of the game with a point difference of less than 6 points, all fouls will be a 1 and 1 situation with the clock stopped.
10. Technical fouls will result in 2 free throws and possession of the ball at half court. Any act that may be considered unsportsmanlike will be given a technical foul. This includes, but is not limited to, excessive swearing, arguing with players or officials, purposefully harming another player, intentional fouls and derogatory comments to players, officials or spectators.
11. During a free throw, players may enter the lane once the ball leaves the shooter's hand. The shooter must remain behind the free throw line until the ball touches the rim.
12. If officials do not agree on a call, a jump ball shall be called. Jump balls will be awarded on an alternating basis.
13. Overtime: In the case of a tie, two minute overtime will be taken. There will be one time-out allowed. Play will begin with a jump ball.

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# Dodge ball Rules

The goal of the BSC Dodgeball League is to provide opportunities for teams to participate in league play in a cooperative manner.

\*Please review these rules with your team!\*

1. Each team will consist of 6 players all of whom must be BSC students. A team may play with a minimum of 3 players. The roster may contain 10 players.
2. The games will be played on a regulation tennis court. When a team is down to 3 players or less, the players must remain inside the “T” line.
3. A player is considered in if they have one foot on the tennis court for them to be able to play.
4. Players may leave the court to chase down loose balls in the red area but they must leave and re-enter from the baseline.
5. A player is out when his ball is caught by a player on the other team, they cross the center line, or are hit by a ball thrown by the other team.
6. A player may use a ball to deflect a ball thrown at them. If the thrown ball is caught the player throwing then thrower is out.
7. A team may gain another player by catching a ball thrown by the other team.
8. Each match will consist of best of 5 games.
9. When a player is out they may help their teammates by retrieving loose balls from the red area around the court.

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# **INTRAMURALS**