

THE COLLEGE OF WOOSTER INTRAMURAL HANDBOOK

RESPONSIBILITIES OF INTRAMURAL ADMINISTRATION

Chairperson, Department of Physical Education

- To oversee and advise the Intramural Program.

Faculty Intramural Director

- To maintain the philosophy and purpose of the program.
- To implement the provisions of the Intramural Handbook.
- To be present at all intramural meetings.
- To schedule the annual calendar of intramural contests.
- To advise the student administrators of the program.

Student Intramural Directors

- To be present at all intramural meetings.
- To prepare schedules, maintain records, and publicize the results of all contests.
- To assist in the implementation of the provisions of the Intramural Handbook and Web Page.
- To encourage broad-based participation by the College community in the intramural program.
- To verify all eligibility cases.
- To implement daily the responsibilities and duties of the program.
- To advise student assistance.

Supervisors of Officials (flag football and basketball)

- To take part in the training sessions for student officials.
- To be present (at least one supervisor) at all intramural football and basketball contests.
- To provide support to the officials.
- To make suggestions to individual officials that will enhance their ability to work a contest in a safe and effective manner.
- To terminate a contest that appears to be getting out of hand, or take other necessary action to see that the contest is played under intramural rules and in the spirit of good sporting behavior.
- To communicate on a regular basis with the Director of Intramurals, regarding any potential problems and concerns.

STATEMENT OF PHILOSOPHY

The intramural program at The College of Wooster is designed to offer a number of popular sports and activities for students, faculty, and staff. The accent is on participation. More specifically, the program provides an outlet for athletic interests, which are not satisfied by participation in either physical education courses or varsity athletics. Individuals with interests that extend beyond physical education courses may be attracted to intramurals because they do not have the time, skill, or inclination to pursue these skills at the varsity level. Those individuals involved in a particular varsity sport may look to the intramural program as a venue of socialization and fellowship in athletic activities beyond their varsity participation.

The intramural program at Wooster seeks to provide an opportunity for students, faculty and staff to be involved in organized physical activity and positive use of leisure time. A variety of activities are provided for members of The College of Wooster community. The intramural program provides both competitive and recreational alternatives. Opportunities for individuals to compete with others of their own ability, to cooperate with others in athletic participation, to socialize, and to improve participant's health and physical fitness are each important components of the intramural program.

INJURY WAIVER FORMS

- Every participant in the Intramural program must sign the injury waiver form. (See Appendix A)
- Each student is entirely responsible for all injuries suffered while taking part in Intramurals. The College will not be held responsible for accidents or injuries.

In case of serious injury:

- Do not move injured person.
- Call the Safety and Security office at extension 2590 immediately or DIAL 911 immediately for emergency transportation to Wooster Community Hospital.
- Notify the Student Health Center, Longbrake Student Wellness Center, ext. 2319.
- Notify the Director of Intramurals, Steve Moore.ext.2176, home 330-264-2652.
- Prior to the beginning of each intramural season, copies of the above rules will be distributed and explained to each participant.

INTRAMURAL RULES

Eligibility (for all sports)

- The participant must be enrolled as a full-time student at The College of Wooster or be a member of the College faculty or staff.
- Faculty and staff may not participate on a team with students in flag football, soccer, softball, and basketball. In other sports, they may participate on team composed of students.

- All students who are on a Junior Varsity or Varsity roster on the date of the first varsity contest are ineligible to participate in the corresponding intramural sport.
- To be eligible for a game, a person must be on an Intramural roster (See Appendix A) or signed up individually. If a captain wishes to add an individual to the roster, the captain must submit this person's name to the Intramural Office 24 hours before the next contest.
- A player cannot transfer from an A league to a B league. However, a B league player may transfer to the A league with permission from the Intramural Office.
- To be eligible for the post-season tournament, a player must have competed in at least two regular season games. This regulation is designed to prevent the use of "ringers" (i.e., superior athletes or persons not affiliated with the College).
- No one is eligible to participate in a sport in which he/she is a professional.
- The penalty for violating eligibility rules is the forfeit of all games in which the in which an ineligible player is used.

Forfeits

- Any team failing to report ready to play within 10 minutes of the scheduled time will forfeit the contest to the opposition. In the event that both teams fail to report, each time will be credited with a forfeit.
- A team receiving a forfeit must have required number of players present at the scheduled time. Participating players must be listed in the scorebook or on the score sheet. No forfeit may be claimed without the other team being present to claim it. (See requirement for number of player to begin game or match.)
- If a team forfeits two games, it will be removed from the league and it will forfeit its \$10.00 deposit. The first forfeit will result in the loss of \$5.00 of the deposit.

Postponements

- Team sports (flag football, soccer, volleyball, basketball, softball) may be postponed by:
- Officials or the faculty or student Intramural Directors in the case of inclement weather.
- The faculty and student Intramural Directors and the two teams concerned.
- The official will call the game when it is not possible to complete a game or a contest that has already started due to inclement weather or darkness.
- Postponed games will be played as soon after the postponement as possible.

Protests

- Any protest, which involves a judgement call by an official, will be deemed acceptable.
- An error in rule interpretation is considered a valid reason for a protest.
- All Protests must be made in writing to the Intramural Director within 24 hours after a contest is completed.

- The Protest Board consists of the Director of Intramurals, the Student Directors, and the captains of each team in the league.
- Both contestants and officials will be permitted to present their version of the case before a decision is made by the Protest Board.
- If a protest is allowed, the game will be replayed from the point of the protest. A record should be kept by the official scorer of the score, playing area, the time left in game, etc., at the point of protest by the original scorer.
- A protest on the playing field may only be made by the captain, or intramural representative of that particular sport. Such protests must be made at the time of the dispute at which time the play will be resumed. The official in charge (or the captain in the case of individual sports) will notify both teams that a protest has been lodged and that the contest is being played under protest. The official score card will indicate that the game was placed under protest and list the score, area of the field, time left in the game, and other particulars.

Officials

All officials must go through the training program provided by the Intramural Office. No person may officiate contest that involves a person's section, club, or organization with which he or she is affiliated.

Player Conduct

It is a privilege to play intramurals and a player may lose this privilege as a result of unsportsmanlike conduct. The Suspension Board will be comprised of the same members as the Protest Board.

Captains

- The captains of each team will meet with the Student Directors before the beginning of each season to review the rules of play, expected conduct, and schedules.
- Each captain is required to submit a roster of all players to the Intramural Director by the date specified by each sport (rosters available on the web page)

RULES FOR SPECIFIC INTRAMURAL ACTIVITIES

INTRAMURAL SOFTBALL RULES

Regulation American Softball Association slow-pitch rules will be used with a few exceptions as noted below. Clarifications or modifications of the rules includes:

Equipment

- Any foot gear may be worn with the exception of track spikes or any other spikes with sharp points.
- Only official wooden or metal softball bats are permitted. Baseball bats will not be permitted.
- Tape or other foreign material may not be used more than fifteen inches above the bat.
- Only first base players and catchers may use first base players' gloves or anything other than standard fielders' gloves.

Players

- A minimum of 12 eligible players must be listed on a team's roster throughout the season.
- A maximum of 10 rostered players may play for each team at one time. A team must field nine rostered players in order to begin any game.

Pitching

- Before each pitch, the pitcher must assume a ready position, facing the batter, with at least one foot on the rubber, and with the ball held in both hands in front of his/her body. He/she must maintain the ready position for no less than one second and not more than 20 seconds before delivering the pitch.
- The pitch starts when the hands are broken. In the act of delivering the ball, the pitcher must not take more than one step, which must be forward, toward the batter, and simultaneously with the delivery of the ball to the batter.
- A legal delivery includes:
 - The release of the ball and the follow-through of the hand and the wrist going forward past the straight line of the body.
 - The hand being below the hip and the wrist not farther from the body than the elbow; no sidearm delivery is permitted.
- The pitcher may use a wind-up as desired, providing that the wind-up is not begun by a breaking of the hands without continuing. The wind-up should not include a stop or reversal of the forward motion.

- The arm does not make more than one revolution in a windmill motion. (the arm may be dropped to the side and/or rear of the body before beginning the windmill motion.)
- The body is not turned away from the batter at any time during the wind-up or delivery.
- The arc of a pitch must be between a minimum of five feet and a maximum of 10 feet from the ground. A pitch with an arc not within these limits may be swung at by the batter. However, if the batter does not swing, the umpire will call the pitch a ball whether it passes through the strike zone or not.
- The strike zone is determined by the bow behind home plate. If the ball lands inside the box or on the lines it is a strike. **THE CATCHER IS RESPONSIBLE FOR CALLING BALLS AND STRIKES.**

Hitting

- The batter must have both feet in the batter's box while in the ready state and throughout the swing until contact is made with the ball.
- Bunting is not allowed. The batter must make a full swing.

Games

- All games are seven innings long.
- Once the game has started, the umpire has the sole power to call the game in case of rain or darkness. 3 1/2 or 4 innings (depending on which team is leading) will constitute a full game. If one team is deliberately stalling, the umpire may call a forfeit.
- The 10 run rule will be in effect. If a team is ahead by 10 or more runs after its opponents have batted in the fifth or any later inning, the game will be declared over.
- All games must begin within 10 minutes of the scheduled starting time or within 10 minutes after the previous game is completed. If the team fails to produce nine rostered players within the time limit, the game will be forfeited.

No postponements will be accepted. If a team cannot play at a scheduled time, games may be rescheduled with the permission of the Intramural Director.

A notice will be posted in the front window of Armington Physical Education Center and on the intramural bulletin board notifying teams whether or not games have been postponed due to weather.

FLAG FOOTBALL RULES AND REGULATIONS

All rules and regulations not discussed below follow NCAA rules.

Regulations

- No postponement in the schedule is permitted unless it is for inclement weather. Postponement decisions will be made by the Intramural Office; rescheduled times will be announced by the Intramural Office.
- If a team does not report for a scheduled game by 10 minutes after the scheduled time, the team forfeits the game.
- A roster of all players must be turned into the Director of Intramurals before a team may begin play.
- Players may be added to this roster at any time. (Add forms may be picked up from the Intramural representative at the Intramural Office.)
- "B" players may move up to "A" team; however, a "A" player may not move down to a "B" team.
- Duties of each team:
- Each team must finish one game helper (a timer or a ball spotter).
- The home team is responsible for picking up and returning the game equipment at the Physical Education Center.
- All players who are on Junior Varsity or Varsity football roster on the date of the first scheduled varsity contest are considered ineligible for the remainder of the Intramural flag football season.
- Eight players comprise a team. A game may start with five players.
- Games consist of two 20 minute halves. After 20 minutes, there will be additional six plays to complete half.
- Time outs:
There are two one-minute time outs each half. Five minutes allowed between halves.
- A player may wear tennis shoes or rubber cleated football shoes.
- A game will remain a tie with each team receiving a half win toward league standing.

Rules

- Each offensive player and defensive player must wear two flags, one each hip, belt high.
- A player may not wear a helmet, shoulder pads, or special pads
- Penalty: A player violating this rule will be dismissed from the game until this equipment is removed.
- No football cleats are allowed; only rubber multi-cleated shoes or sneakers will be permitted.
- Snapping the ball: The ball must be snapped between the center's legs.
 - Penalty – five yards; the down is repeated.

- Kick-offs: There are no kickoffs. Each possession after a score begins from the first 15 yard line.
- Passing the ball:
 - All players are eligible to receive a pass.
 - Pass interference: pulling the flag before the receiver has caught the ball or playing the payer instead of the ball is considered pass interference.
 - Penalty: an automatic first down at the spot of the foul.
 - One forward pass may be thrown during the course of the play.
 - No roughing the passer is allowed; hitting the player or pulling a player's flag after he/she passes the ball constitutes roughing.
- Any ball that is fumbled will be declared dead at the spot of the fumble if a player (including the center) has touched the ball. A punt that has not been handled remains alive until a defensive player has touched it or an offensive player gains control of the ball.
- Blocking:
 - It is illegal for a player to block in any other way other than an upright position and with both feet on the ground.
 - No use of forearms on defense or offense is permitted.
 - No knee blocking, tripping, or roll blocking is allowed.
 - Only one on one blocking is allowed. NO DOUBLE TEAM OR WEDGE BLOCKING is permitted.
 - Penalty: 15 yards from the line of scrimmage.
- Ball carrier Maneuvers
 - If a player not in possession of the ball has one or both flags accidentally removed, and then gains possession of the ball, the whistle immediately blown and the play is rerun. If the flag of a player is intentionally removed by an opponent before the player receives the ball, the play continues and a penalty is called on the opponent. The offense can then accept the play or the 15-yard penalty. If an offensive player intentionally removes his own flag or flags and then gains possession of the ball, the whistle is blown and the offense is penalized 15 yards.
- In protecting flags, the ball carrier must adhere to the following rules:
 - the ball carrier may use a stiff arm, on the defensive player, but may not do so to the face or head.
 - the ball carrier cannot use the hand, open or closed, in a hacking motion to knock the hand of a would-be pursuer from the flag. The ball carrier must keep his/her hands and arms above the flag to avoid a penalty. He/she cannot protect the spot of the foul.
- Deflagging the ball carrier occurs with the capture of the ball carrier's flag by a defensive player.
 - If, in attempting to take the flag, the defensive player holds the ball carrier until the flag is removed, a foul should be called.
 - It is a foul if a defensive player unnecessarily knocks the ball carrier down, pushes, or trips the ball carrier in attempting to capture the flag.
 - Use of hands:

- The defensive players may use their hands on the line of scrimmage to ward off blockers. NO FOREARM BLOWS are permitted.
- Penalty: 15 yards from the line of scrimmage.
- Substitutions:
 - Defensive players may be substituted any time before the ball is snapped.
 - Offensive players must report to huddle.
 - Penalty: 5 yards to the line of scrimmage.
 - The offense has 25 seconds after the whistle is blown to get the play started.
 - Penalty: 5 yards.
- Method of Scoring:
 - A touchdown counts six points.
 - Two points are counted for a pass or run conversion.
- Other
 - On a safety, the scored on will punt from its 15 yard line.
 - A touchback occurs when the defensive team catches or recovers a loose ball in the end zone. When a touchback occurs, the ball is awarded to the team defending its goal, on its 15-yard line.
 - The offensive team has four downs to reach the next yard line or score, unless a penalty is called.
 - Yard lines will 15 yards apart.
- Unsporting Conduct penalties will be called for:
 - Deflagging a player after the offensive player calls for a fair catch.
 - Roughing a player.
 - Foul language to officials or on game field.
 - Penalty: 15 yards from the line of scrimmage.
 - A “hot” player will receive a five minute off-the-field penalty to cool down. Any “hot” player throwing punches, or called for a second offense, will be automatically ejected from the field, and coaches will be informed immediately.
 - Penalty: 15 yards for each offense.
- No game may begin without following:
 - 1 official football IM
 - 3 paid officials
 - 3 officials’ shorts
 - 3 whistles
 - 1 timer
 - 1 ball spotter

BILLIARD TOURNAMENT RULES

- 8-ball rules are the official game rules.
- Players will split the rental costs of the table.
- Brackets will be made by IM directors.
- Contests consist of the best of 7 games for all rounds.
- Player must make arrangements for their individual games.

- If a particular game is not played, both players or teams are eliminated unless one or both of the two informs the Intramural Director. NO EXCEPTIONS TO THIS RULE ARE PERMITTED.

INTRAMURAL SOCCER RULES

- The ball is put into play from the center of the field by a forward kick by one of the forwards consisting of at least one circumference of the ball. The initiator may not touch the ball again until it has been touched by another player.
- When the ball crosses one of the side boundaries it is out of play. The team which did not last touch the ball is awarded a throw in. A throw-in must be thrown two-handed, directly over the head with both feet touching the ground.
- When the ball is kicked across one of the end lines by the attacking team, it is put into play by the defending team by means of a kick from the 6-yard line.
- An attacking player who crosses midfield must have at least two defending players and/or the ball between him/herself and the goal or he/she is off sides. Offside penalties consist of a free kick given to the defending team from the point of the infraction.
- Infractions outside the penalty box are punishable by indirect free kicks. An indirect free kick consists of a free kick with the stipulation the ball must be touched at twice before a goal can be scored.
- Infractions within the penalty box are punishable by a direct free kick from the penalty stripe. A direct kick is a free kick, which can be kicked directly into the goal.
- When a direct kick is taken within the penalty box, all players except the goalie must be outside the penalty box.
- Exceptions: a handball and flagrant violations of any kind are punishable by a direct kick regardless of position on the field; this is the referee's decision.
- Punishable violations:
 - Handball
 - Tripping
 - Obstruction
 - Roughing – referee's decision
 - Playing the player instead of the ball
 - High kicks (i.e., any kick above the waist with an opposing player within 5 yards; this is the referee's decision.
 - Unsporting conduct – all complaints of unsporting conduct must be filed through the team captain.
 - Offenses against the goalie:
 - When a goalie has control of the ball no opposing player may touch either the goalie or the ball.
 - Intentional roughing of the goalie is a serious infraction and is punishable with a direct kick.
 - All flagrant violations with malicious intent will result in a warning; subsequent violations will result in ejection from the game.
- Games will consist of two 20 minute halves with a five minute half time break. These will be straight running time with NO timeouts permitted, except in case of serious injury.

- Because soccer is a game where footwork and traction are vital to the strategy of the game, soccer cleats will be allowed. NO HARD RUBBER OR METAL SPIKES WILL BE PERMITTED.
- Other ground rules or questions concerning the rules should be discussed with the officials prior to the kick off. After the kick off, the official will call the game to the best of his/her ability. Judgement calls cannot be protested.

ONE-ON-ONE BASKETBALL RULES AND REGULATIONS

- The one-on-one play will be in the form of a single elimination tournament.
- A match consists of one game of 30 points.
- One player must win by four points.
- All matches will be officiated by a qualified intramural basketball official.
- On the fourth personal foul, the player fouled shoots one foul shot and maintains possession of the ball.
- All shots hitting the rim must be cleared back to the foul line (both feet back). The warning will be given for the first violation of this rule. Each ensuing violation will result in loss of the ball.
- The ball will change possession after each successful basket.
- The three-second-lane violation will be extended to four seconds. A violation will result in loss of the ball.
- After clearing the ball, the player has 12 seconds in which to shoot the ball (and at least hit the rim).
- Players must be on the floor, ready to play, no later than five minutes after the scheduled match time or a forfeit will result.

IM SPECIAL BASKETBALL RULES

(All NCAA Rules apply with the following exceptions)

- Games consist of two 20-minute halves. The first 18 minutes are non-stop except for timeouts or if the referee stops the clock for an injury. The last two minutes are run as a regular game.
- There will be two timeouts per half. Timeouts do not carry over from one half to the other.
- One overtime period will consist of a two-minute period.
- A technical foul resulting from abuse to the referee or another player will automatically require a player to take a five-minute cooling-off period. Two technicals result in ejection from the game.
- Halftime will be five minutes long.
- Teams will have 10 minutes from starting time to show up for the game or they will have to forfeit.
- Any team, which forfeits a game twice, will be dropped from the league.
- The home team has the option of choosing uniforms (i.e., shirts) for the game.
- The home team is responsible for picking up cans with equipment. No changing of IDs is permitted.

- The home team is responsible for providing the official scorer. The visiting team is responsible for providing the timer

VOLLEYBALL RULES AND REGULATIONS

- The volley determines who has the choice of having either the serve or the court.
- Each member of the team will serve in turn and may have one try to get the ball over the net.
- The server will stand with both feet back of the rear boundary line.
- There are no restrictions as to how the ball may be served, aside from the fact that the server must be in the serving area.
- NCAA College scoring rules will be used. A point is awarded on every volley
- (ie. If the non-serving team wins the volley, they receive a point and gain the serve).
- If a player touches the ball or the ball touches a player, the player is considered as having played the ball.
- It is permissible to run out of bounds and play the ball. A ball, which is knocked out of bounds by the opponents, must be allowed to hit the floor or the wall outside before being touched, or unless successfully returned; otherwise it counts as the player touching it.
- When the ball touches a boundary line, it is considered good.
- Players are not permitted to scoop or hold the ball; it must be clearly batted.
- The losing team gets the first serve of the next game.
- In playing the ball, it is permissible to use any part of the body, except for the feet.
- A ball is kept in play if it hits the net and goes over in the opponent's court.
- A ball hit into the net may still be kept in play, provided that the net is not touched by another player.
- One may play the ball twice during a volley, but not twice in succession.
- The ball must be returned over the net on the third contact.
- Players may not touch the net, reach over the net, or step over the centerline. This results in a point for the opponents. If both sides touch the net simultaneously, the ball is declared dead and is served again.
- Back line players may not spike the ball. The player is allowed freedom in moving about the court, but may not run up to the net and spike the ball.
- Substitutions may be made only when the ball is dead; substitutes must report to the referee.
- Thirty points win the game provided there is a two-point lead. A match consists of the best two out of three games in a series.
- * A team consists of six players. A game may be played with only five players;
- * having less than five players present will be considered a forfeit.

INTRAMURAL BOWLING RULES

- Each team will consist of four bowlers.
- A minimum of two bowlers must be present in order to bowl.
- The bowling fee must be paid for four bowlers each week whether bowlers show up or not.
- A 70% handicap will be used.
- The average of the bowlers not present will be used as the blind

