

INTRAMURAL SPORTS

VOYAGEURS

SPORTS INTRAMUROS

Intramural Handbook

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1. INTRAMURAL SPORTS RULES AND REGULATIONS

1.1 - Code of Conduct

Code of Conduct is designed to facilitate the goal of Voyageurs Intramurals; to provide the Laurentian University community with a safe, enjoyable, affordable, and memorable recreational sporting experience. By signing the Laurentian Intramural Sports Waiver, you agree to abide by all the rules of the Code of Conduct, as listed below.

i. Participant, Volunteer, and Game Site Safety

- a. Drugs are NOT permitted.
- b. Alcohol and cannabis is NOT permitted.
- c. Harassment is NOT permitted.
 - i. Including, but not restricted to, harassment of the officials, scorekeepers, or any Laurentian Intramural Reps and Coordinators.
- d. Fighting is NOT permitted.
 - i. If a conflict amongst players, spectators, or volunteers starts, the game will be paused or cancelled until the participants involved have been removed.
- e. Players and spectators are required to show good sporting behavior on and off the playing area, before, during, and after the games.
- f. Injuries must be reported to the closest Intramural Representative or Coordinator.
 - i. Injured participants will be closely monitored by appropriate individuals with qualifications (CPR-C or higher) and will be administered First Aid. A report must be made prior to dismissal.
 - ii. Before returning to the sport, players must complete a quick assessment by any member affiliated with Intramural Sports in order to encourage health and safety throughout the program.
- g. Any jewelry must be taken off or taped prior to the start of any game for the safety of all participants.
- h. Proper footwear and gym attire must be worn by all participants.
 - i. Boots, dress shoes, or street shoes will not be permitted.
 - ii. Gym attire is also subject to rules set by Campus Recreation.

ii. Game Site Access

- a. Only Laurentian University students, alumni, and staff who have a valid identification card and/or number are permitted to participate in Intramural Sports; participants are required to bring a valid identification card to gain access to the campus recreation facility. This rule will be enforced by front desk staff at the point of entry to the facility.

iii. Team Rosters

- a. Registered players are expected to show up to every game.
- b. All games must be played with the appropriate amount of players.
- c. Teams unable to have a full player roster for the games are permitted to find replacement players for that given game. A “fill in player” who is not on the original roster may be used.
 - i. If a “fill in player” is needed, it is the team captain's responsibility to notify the coordinators no less than 6 hours before that team's game. The “fill in player” **MUST** be informed of the game rules, regulations and the Code of Conduct by the TEAM CAPTAIN prior to being able to play.
 - ii. “Fill in players” must fall under each aspect of the player eligibility regulations.
- d. Teams must play with the appropriate amount of girls and boys on the court/field at a time; one member of each gender.
 - i. In the case there are insufficient members of either gender, the team may play without the required number of players per gender.

- ii. Participants will be associated according to the gender they identify as.
- iii. Non-binary participants or participants with gender associations other than the ones stated will be able to associate themselves to either, neither, or both genders but must be under an agreement with the Intramural Coordinators with their requested associations.
- iv. An individual may represent only one team within a sports league. Teams using other players to avoid forfeiting must gain approval from the opposition in the presence of an Intramural Representative.

iv. *Player Eligibility*

- a. Voyageurs varsity athletes are limited to 4 players per Intramural team in a related sport (e.g., any student listed on the Voyageurs soccer roster on lvoyageurs.com is welcome to play volleyball, basketball and floor hockey, but a maximum of 4 players from Voyageurs (men or women) can play together on one soccer team).
- b. Only 2 varsity athletes will be permitted on the court/field at a time.
- c. All participants must play a minimum of 3 regular season games to be eligible for playoffs.

v. *Free Agency*

- a. Free agents are individuals who would like to join a league but do not have an assigned team.
- b. Free agents will be able to sign-up to a league without any payment commitments until:
 - i. A team with open spots on their roster requests to have them on the team.
 - ii. A team is created with the accumulated free agents and payments are organized amongst the newly created team. A team captain will be appointed by the team, who will be responsible for the final payment before the first regular season game.
 - iii. If no teams are looking for free agents, free agents will be placed on teams with the least amount of registered players
- c. Teams who are missing players for a single game may call up a Free Agent from the waitlist as a “fill-in-player”.

vi. *Forfeits and Defaults*

- a. A team that has not shown up to a scheduled game without notice will forfeit the game.
- b. Teams that have forfeited three (3) games during the regular season must request to play in the playoff season.
 - i. They must provide an explanation for missing games, and a reasonable argument as to why they should be allowed in the playoff season.
 - ii. Games will NOT be scheduled for a team that has been removed from the league for this reason.
- c. Team captains have up to six (6) hours before their scheduled game to default their game.
 - i. Coordinators will reschedule games if time slots are available. Team captains will be notified if a rescheduled game will not be possible.

1.2 - Disciplinary Action, Conduct Enforcement, and Appeals Process

i. *Registration Process*

- a. All participants must complete and pass the registration quiz pertaining to the sport rules and the code of conduct. Players who have not completed the registration process will be able to complete it at the game site before their first game.

ii. *Disciplinary Action*

- a. Violations of rules set in section *1.1 - Code of Conduct*, will result in disciplinary actions set in this section, dependent on the inherent severity of the violation or the number of violations accumulated by the player or team.
- b. *First violation*
 - i. An initial warning will be issued to the individual or the group involved with the infraction (depending on the severity of the infraction, this may be omitted) and the appropriate suspensions will be issued if necessary.
- c. *Second Violation*
 - i. If a code of conduct infraction is made a second time, the individual or group will be asked to leave the facility for the remainder of the event and suspensions will be issued accordingly.
- d. *Third and/or Subsequent Violations*

- i. An individual or group will be removed from Intramural Sports indefinitely until appealed by Campus Recreation Management under these conditions:
 1. If the individual or group return prior to the end of their suspension period in protest.
 2. If the individual or group return to the facility the same day they have committed the third or serious offence.
 3. If the individual or group have committed a serious violation upon returning from suspension/removal.

e. *Severe Violations*

- i. Violations of rules from *Section 1.1.1 - Code of Conduct, i. Participant, Volunteer, and Game Site Safety* are serious offences and jeopardize the safety of any Campus Recreation Members at the facility. Final judgement of the severity of the violation will be under the discretion of the Intramural Coordinator and Campus Recreation Management.
- ii. Players and spectators suspected of being under the influence, showing any signs of harassment and/or excessive aggression towards players or officials, or instigating any physical violence will be asked to leave the facility *immediately*.

f. *Team Infractions*

- i. Team offences are subject to the same rules set in section *1.3.ii*.
- ii. Team suspensions will result in an automatic default of any games scheduled during the duration of their suspension and will not be rescheduled.
- iii. All members of a team that has been decided by the Intramural Coordinators and Campus Recreation Managers to be removed from Intramural Sports will not be allowed to register for any leagues for the rest of the academic year unless an appeal is approved.

iii. *Suspensions, Reporting, and Appeals Process*

a. *Reporting*

- i. All infractions and injuries will be recorded and reported to the Manager of Programming & Development in Athletics & Recreation by the Intramural Coordinators, Game Day Leaders, Head Referees or Intramural Representatives.

b. *Suspensions*

- i. Suspensions that are issued to a player or against a team can be found in Fusion IM.
- ii. Suspension length will be set according to the offence and/or severity and will be enforced by the Intramural Coordinator and/or Campus Recreation Management.
- iii. Suspensions can be appealed through Campus Recreation Management in the process set below.

c. *Appeals Process*

- i. All appeals must be submitted in writing to the Manager of Programming & Development in Athletics & Recreation (campusrec@laurentian.ca) within 24 hours of the hearing. Appeals of sub-committee decisions will be accepted only on procedural grounds. An Appeals Committee will then be formed with the Associate Director and a committee of students. The Appeals Committee will have ultimate authority on such appeals, including but not limited to: disallowing the appeal, varying the penalty imposed, acquitting the individual, or scheduling another hearing. If the team or individual wins the appeal, the administrative fee will be returned in full.

1.3 - Intramural Representatives, Referees, and Game Day Leaders

i. *Responsibilities*

a. All volunteers

- i. Volunteers are responsible for maintaining a fun, exciting and inclusive sports program.
- ii. Volunteers must be neutral in any conflicts that arise between teams.
- iii. Volunteers must be knowledgeable in the rules and regulations pertaining to the sport they are volunteering for.

- iv. All volunteers have the final decision for any sport ruling. Any issues can be discussed with the Game Day Leader(s) or Sport Head Referee. Formal complaints can be sent to sportsIM@laurentian.ca
- v. Any volunteer is able to request a(n) suspension, immediate dismissal, or expulsion, towards any participant, team, or spectators given there is a witness. Final decisions will be made by the Intramural Coordinators.
- b. Head Referees
 - i. Head Referees are responsible for the collective agreement among all referees of the rules in their sport.
 - ii. Any rule changes can be formally requested by the Head Referees.
 - iii. Discrepancies of rules among the referees of a sport will adjusted by the Head Referee
- c. Game Site Leaders (GSL)
 - i. Game Site Leaders are responsible for the daily operation of the night they are assigned to.
 - ii. Sign-in, setup and takedown
 - iii. When the Coordinators are unavailable, Game Site Leaders will take on any responsibilities designated for the Coordinator(s) until they return.
 - 1. GSLs will be able to eject a team or players if needed during the absence of a Coordinator.

ii. Limitations

- a. Volunteers are not able to sign-in individuals who have not registered to a team (fill-in-players). Intramural Coordinators are the only individuals who are able to approve new players during the regular season.
- b. Volunteers cannot approve the removal or administration of suspensions or expulsions.
- c. Volunteers cannot administer payments or refunds.

2. OFFICIAL INTRAMURAL SPORT RULES

ALL RULES FOR INTRAMURAL SPORTS ARE MADE IN REFERENCE TO WORLD OFFICIAL SPORTS DOCUMENTS. ADJUSTMENTS AND ADDITIONS MADE ARE FOR THE BENEFIT OF TIME RESTRICTIONS AND FAIR PLAY. ANY ISSUES WITH THE RULES OF INTRAMURAL SPORTS CAN BE DISCUSSED WITH THE COORDINATORS.

2.1 BASKETBALL

Rulebook Reference: NBA Rules and Regulations 2014 - 2015

2.1.1 GAMEPLAY REGULATIONS

- i. Duration**
 - a. Each game will consist of four equal quarters of 10 minutes each
 - b. Clock will be “continuous” (still runs when the ball goes out of bounds, etc.)
 - c. Remaining 2 minutes of the fourth quarter will change to stop-time (time pauses for all stoppage of play)
 - d. 1-minute intervals between quarters, 2 minutes between halves.
 - e. Each team is allowed one 60 second timeout per quarter.
- ii. Equipment**
 - a. Basketballs will be provided to teams for warm-up.
- iii. Tie Breakers**
 - a. For regular season, the game will end in a tie.
 - b. For playoffs, the game will proceed to 5 minutes of overtime.
 - c. For any ties in overtime, there will be an extra 5-minute overtime period.
- iv. Players**
 - a. Varsity Basketball athletes must follow rules under “1.1 Code of Conduct, iv. Player Eligibility.”
 - b. Participants are only permitted to play for one basketball team per league.
 - c. All players must be eligible according to rules within the “*Player Eligibility*” section of the Intramural Handbook.
 - d. During games, all players must be wearing a team matching shirt - pinnies will be provided, if needed.
 - e. Game will be played 5-on-5. Each team must have a minimum of 1 player from each gender on the court at a time.
 - f. Teams that are missing the minimum gender requirements may request with the opposing team to play with a missing spot on the court.
 - g. A match may not start if either team consists of fewer than 4 players.
 - h. Teams have 15 minutes after the scheduled start time to fill in the remaining spots before forfeiture.
- v. Substitutions**
 - a. Substitutions can occur at any time during gameplay (changing on the fly is permitted).
 - b. Teams are given 10 seconds to make any line-up change. Failure to do so will result in stoppage of play.

2.1.2 OFFICIALS

- i.** All decisions made by the referees are final.
- ii.** Two referees and one timekeeper per game.
- iii.** Any individual affiliated with Campus Recreation or Intramural Sports has the authority to eject a player or team from a game because of a severe violation of the Code of Conduct.

2.1.3 KEY RULES AND MODIFICATIONS

- i. Personal Fouls & Free throws**
 - a. Fouls will be awarded in correspondence to the foul called.
 - b. Blocking, pushing, holding, and other personal fouls during a shot attempt will award the player 2 free throws. 1 free throw if the fouled shot attempt was made.
 - c. Fouls made outside the key will award the offensive team a possession.
 - d. Offensive fouls will award the defensive team the possession.
 - e. 5 personal fouls result in an ejection from the game.
 - f. Free throws are “off-the-rim” basis.
 - g. Only 3 players per team (including shooter) are permitted in the key during foul shots.
- ii. Fourth Quarter Bonus**
 - a. Bonus free throws will be awarded to the offensive team when the defensive team purposely fouls a player in possession of the ball after the second team foul.
- iii.** When a technical foul occurs, one free throw and possession of the ball at the center court line are awarded to the opposing team. Committing an unsportsmanlike conduct foul will result in a technical foul, including, but not limited to:
 - a. Profanity

- b. Disrespecting referees
- c. Disrespecting opponents and teammates
- d. Throwing a dead ball
- e. Grasping the basket (unless a player is fouled to prevent injury)
- f. Strike or slap the backboard to gain an advantage
- g. Delay of game tactics (interference after a basket, repeated violations of a throw-in, or purposeful fouling)

2.1.4 DISCIPLINARY ACTION

- i. Violations will result in disciplinary actions set in section 1.2, *“Disciplinary Action, Conduct Enforcement, and Appeals Process.”*
- ii. A player receiving a second technical foul will be ejected from the game and given a one (1) game suspension.

2.2 ULTIMATE FRISBEE

Rulebook Reference: UPA Tenth Edition

2.2.1 GAMEPLAY REGULATIONS

- i. Duration**
 - a. Each game will consist of two equal halves of 20 minutes.
 - b. Clock will be “continuous” (still runs when the disc goes out of bounds, etc.)
 - c. Half-time Interval: 5 minutes
 - d. Each team is allowed 1 timeout per half.
- ii. Equipment**
 - a. A 175-gram Ultrastar Discraft will be used, or whatever is agreed upon by the captains.
- iii. Players**
 - a. Participants are only permitted to play for one Ultimate Frisbee team.
 - b. All players must be eligible according to rules within the “*Player Eligibility*” section of the Intramural Handbook.
 - c. During games, all players must be wearing a team matching shirt - pinnies will be provided, if necessary.
 - d. Each match is played by two teams - each consisting of 8-10 players.
 - e. Match will be played 5-on-5.
 - f. A match may not start if either team consists of fewer than 4 players.
- iv. Substitutions**
 - a. May occur at any time during gameplay. Changing on the fly is permitted.
- v. Boundaries**
 - a. Play space is limited to the outermost black boundary lines (basketball court lines, not including the middle boundary line connecting both courts)
- vi. Tie Breakers**
 - a. For regular season, the game will end in a tie.
 - b. Playoff games will continue with 5 minutes of overtime.
 - c. A coin-flip will determine who will start with the throw-off.

2.2.2 REFEREES

- i.** All decisions made by the officials are final.
- ii.** Ultimate Frisbee is self-officiated. Any issues will be discussed with the timekeeper.
- iii.** Any individual affiliated with Campus Recreation or Intramural Sports has the authority to eject a player or team from a severe violation of the Code of Conduct.

2.2.3 KEY RULES AND MODIFICATIONS

- i.** 8-second stall count.
- ii.** Must be within 3 meters to initiate stall count.
- iii.** The game length is determined by time. A whistle at the end of the game signals that the time has run out and the game is over, regardless of what is taking place at the time of the whistle. The point in progress is not played out.
- iv.** For a valid point, the player needs to have BOTH feet in the end zone.
- v.** If the disc crosses or touches the back-end zone line, the disc may be put into play at the front end-zone line.
- vi.** After a point, the scoring team stays in that end-zone, while the other team makes their way to the other end-zone. Once teams are settled in their respective end-zones, the recent scoring team sends the Frisbee to the other team and play is resumed.
- vii.** During play, any disc contacting the curtain or ceiling will be considered out of play. The defending team will gain possession and play will resume where the disc hit the curtain or ceiling.
- viii.** If a defender hits a disk out of a player’s hands during a stall count, the disc is dead, and the stall count is restarted.
- ix.** If a pull lands out of bounds beyond the end zone, the disc is taken at the beginning of that end-zone. If the pull lands in bounds, it will be played from where it lands. If a pull lands in bounds and rolls out, it will be played from the point on the field where it landed.
- x.** If a team gains possession in the end-zone which it is defending following a turnover, the player taking possession may bring the disc to the front of the end-zone. If the player who picks up the disc establishes a pivot foot, however, he/she may not then decide to walk the disc up to the front, as per UPA 10th Edition rules.
- xi.** Players are not allowed to walk with the disc. If the player is running while catching the disc the player must attempt to stop as soon as possible.

2.2.4 DISCIPLINARY ACTION

- i. Violations will result in disciplinary actions set in section 1.2, "*Disciplinary Action, Conduct Enforcement, and Appeals Process.*"

2.3 FLOOR HOCKEY

2.3.1 GAMEPLAY REGULATIONS

- i. Duration
 - a. Each match will consist of two equal periods of 20 minutes.
 - b. Clock will be “continuous” (still runs when the ball goes out of bounds, etc.)
 - c. For playoffs, the last remaining 2 minutes will be stop-time.
 - d. Half-time Interval: 5 minutes
 - e. Each team is allowed 1 timeout per half.
- ii. Equipment
 - a. Players can get equipment for warm-up.
 - b. Helmets are not necessary for players but are required for goalies.
 - c. Gloves are not necessary but highly recommended.
 - d. Goalie equipment will be provided.
 - e. The equipment issued is what all players are required to use. Players are NOT permitted to use their equipment.
- iii. Players
 - a. Four Varsity Hockey players are allowed on a team (only 2 on the court at a time).
 - b. Participants may play for one Floor Hockey team.
 - c. All players must be eligible according to rules within the “*Player Eligibility*” section of the Intramural Handbook.
 - d. During games, all players must be wearing a team matching shirt - pinnies will be provided, if necessary.
 - e. Each match is played by two teams (each consisting of 8-10 players).
 - f. Match will be played 5-on-5 (4 players and a goalie).
 - g. A match may not start if either team consists of fewer than 4 players.
- iv. Substitutions
 - a. Substitutions can occur at any time during gameplay. Changing on the fly is permitted.
- v. Boundaries
 - a. Pucks that end up out-of-bounds will be placed on the boundary line and a turnover of possession will take place.
 - b. Pucks out of play in an end zone shall be put back in by a pass from the corner if possession is awarded to the offensive team, or from anywhere on the goal line if possession is awarded to the defensive team.
 - c. A minimum of 4-feet is required between an in-bounding player and the defender’s stick.
 - d. Goals will be disallowed if the player reaches in the goalie’s crease to score a goal. This is intended to encourage safe gameplay.
 - e. Boundary lines will be set out by the referees before the beginning of the game.
- vi. Offsides
 - a. There are no offsides in Floor Hockey
- vii. Tie Breakers
 - a. For regular season, the game will end in a tie.
 - b. For playoffs, the game will proceed to a 5-minute sudden-death overtime.
 - c. If game is still tied, the game will proceed to a shootout.
 - d. Three (3) penalty shots will be taken by each team, followed by sudden-death penalty shots.
 - e. Penalty shots may be taken by any team member who has signed in with the scorekeeper, regardless of whether the player was on the court at the completion of the game.
 - f. All players must take a penalty shot before any player can take a second shot.

2.3.2 REFEREES

- i. All decisions made by the refs are final.
- ii. One referee and one timekeeper will be present for each game.
- iii. Any individual affiliated with Campus Recreation or Intramural Sports has the authority to eject a player or team from a severe violation of the Code of Conduct.

2.3.3 KEY RULES AND MODIFICATIONS

- i. Goalies are held to the same expectations as well as players in regard to infractions.
- ii. If the puck goes out of bounds by the goalie, possession will go to the offensive team and result in a pass inbounds from the corner.
 - i. The goalie’s crease is indicated by the blue vertical lines and the red horizontal line in front of the net.
- ii. A goal is disallowed if the player who scored was in the goalie’s crease at the time of the goal.

- iii. Teams are permitted to substitute the goalie for an extra player.

2.3.4 DISCIPLINARY ACTION

- i. Violations will result in disciplinary actions set in section 1.2, *“Disciplinary Action, Conduct Enforcement, and Appeals Process.”*
- ii. All Major Penalty infractions will result in immediate ejection from the game and supplementary discipline. In addition, the team will serve a 2-minute “time penalty” during which they will play short-handed (3 players and a goalie). The referee will signal once the team can return to full-strength.
 - a. Major infractions include:
 - i. Any excessive contact indented to cause harm to a player.
 - ii. Any verbal or physical abuse directed towards a volunteer or coordinator.
- iii. All Minor Penalty infractions will result in a two (2) minute penalty.
 - a. Minor infractions include:
 - i. Slashing, tripping, slapshots, or high-sticking.
 - ii. Unsportsmanlike conduct, such as heckling towards players or game officials.
- iv. Suspensions are in effect in the league. The coordinators will meet and discuss the incident after the game and decide if the player should receive supplemental discipline.
- v. Supplementary discipline and suspensions are to the discretion of the Intramural Coordinators.

2.4 FUTSAL (INDOOR SOCCER)

Rulebook Reference: FIFA Futsal 2014

2.4.1 GAMEPLAY REGULATIONS

- i. Duration
 - a. Each match will consist of two equal periods of 20 minutes.
 - b. Clock will be “continuous” (still runs when the ball goes out of bounds, etc.)
 - c. For playoffs, the last remaining minute of the second half will be stop-time.
 - d. Half-time Interval: 2 minutes
 - e. Each team is allowed 1 timeout per half.
- ii. Equipment
 - a. Teams will receive futsal balls for warm-up. Students may bring their own.
 - b. Shin guards are not mandatory but strongly recommended.
 - c. No cleats are allowed.
 - d. Goalies are responsible for their own equipment.
- iii. Players
 - a. Four Varsity soccer players are allowed on a team (only 2 on the court at a time).
 - b. Participants are only permitted to play for one soccer team per league.
 - c. All players must be eligible according to rules within the “*Player Eligibility*” section of the Intramural Handbook.
 - d. During games, all players must be wearing a team matching shirt - pinnies will be provided, if needed.
 - e. Each match is played by two teams (each consisting of 8-10 players).
 - f. Match will be played 5-on-5 (4 players and a goalie).
 - g. A match may not start if either team consists of fewer than 4 players.
- iv. Substitutions
 - a. Substitutions can occur at any time during gameplay. Changing on the fly is permitted.
- v. Goal keepers
 - a. Goalies are allowed to handle the ball up to the black basketball three-point line.
 - b. If the ball is kicked out by the opposing team at the goal line it is a goalie kick.
 - c. Goalkeepers cannot touch the ball with their hands after a team member passes the ball back.
- vi. Tie Breakers
 - a. For regular season, the match will end in a tie.
 - b. For playoffs, the match will proceed to 5 minutes of sudden death overtime.
 - c. If game is still tied, the game will proceed to a shootout.
 - d. Three (3) penalty shots will be taken by each team,
 - e. If score is still tied after these shots, sudden-death penalty shots will be taken.
 - f. The team who scores a goal first will be the winner of the game regardless of shooting order.
 - g. Penalty shots may be taken by any team member who has signed in with the scorekeeper, regardless of whether the player was on the court at the completion of the game.
 - h. All players must take a penalty shot before any player can take a second shot.

2.4.2 REFEREES

- i. All decisions made by the refs are final.
- ii. Minimum one referee and one timekeeper will be present for regular season. Additional officials will be added according to the game being played, unless requested by a captain.
- iii. Any individual affiliated with Campus Recreation or Intramural Sports has the authority to eject a player or team from a severe violation of the Code of Conduct.

2.4.3 KEY RULES AND MODIFICATIONS

- i. Any ball that goes out of bounds shall be put back into play with a kick-in from the sidelines by the defending team, at the point where the ball exited the playing area.
 - a. Corner kicks are awarded when the defending team kicks the ball out-of-bounds through the goal-line. Goalie kicks are awarded when offensive team kicks the ball out of bounds through the goal-line.
 - b. The ball must be on the floor, off the pitch for a legal in-bound kick.
 - c. Failure to successfully in-bound kick results in the switch of possession.
 - d. Opponents are not permitted within 5m of the position of the kick-in. Failure to do so will result in disciplinary action.
 - e. Goals may not be scored from a kick-in.
- ii. Any fouls committed by a player will result in stoppage of play and a free kick or penalty kick will be awarded to the opposing team. Fouls are penalized when a player commits any offences considered by the referee to be careless, reckless, or using excessive force.
 - a. Opponents are not permitted to be within 5m of the position of the free kick.
 - b. All fouls committed by the defending team, outside the penalty area, are INDIRECT.
 - c. All fouls committed by the defending team, inside the penalty area, will result in a penalty kick. Play will resume if the penalty kick does not result in a goal.
 - d. All fouls will be recorded by the timekeeper.
- iii. There are no offsides in Indoor Soccer.

2.4.4 DISCIPLINARY ACTION

- i. Violations will result in disciplinary actions set in section 1.2, "*Disciplinary Action, Conduct Enforcement, and Appeals Process.*"
- ii. All yellow card infractions will result in the player getting sent off for a 2-minute penalty.
 - a. Two yellow-card infractions will result in a red-card infraction.
 - b. Teams can replace any penalized players.
- iii. Slide tackles are not permitted. A foul will be called, and an indirect free kick or penalty kick will be awarded.
- iv. Yellow cards received during regular game are reset at the beginning of the playoffs.
- v. Suspensions resulting from yellow-card accumulation remain throughout the season.
- vi. All red cards result in immediate dismissal from the game and an automatic one (1), two (2), or three (3) game suspension.
 - a. One game suspension will be given when:
 - i. A player is given a red card.
 - ii. A deliberate handball is made to deny a goal-scoring opportunity.
 - b. Two game suspensions will be given when:
 - i. A player uses offensive, insulting and/or abusive language/gestures.
 - ii. A player commits a serious foul play.
 - c. Three games suspensions will be given when:
 - i. A player spits at an opponent or any other person.
 - ii. A player commits violent conduct.
- vii. Team Suspensions
 - a. Violations that involve more than three (3) individuals from a single team will result in a full team suspension.
 - b. Teams will be warned or suspended if their supporters also show misconduct.
 - c. Conflict among two teams will result in immediate dismissals and suspensions of both teams. The current game will be ultimately stopped and will not be rescheduled. Disciplinary action will take place against both teams.

2.5 VOLLEYBALL

Rulebook Reference: FIVB Volleyball 2017 - 2020

2.5.1 GAMEPLAY REGULATIONS

- i. Duration
 - a. Each match will consist of best 2-out-of 3 sets.
 - b. Between sets interval: 2 minutes
 - c. Each team is allowed 1 timeout per set.
- ii. Equipment
 - a. Teams will receive balls to warm-up.
 - b. The net will be set to senior women's height (2.24m).
- iii. Players
 - a. Participants are only permitted to play for one volleyball team per league.
 - b. All players must be eligible according to rules within the "*Player Eligibility*" section of the Intramural Handbook.
 - c. During games, all players must be wearing a team matching shirt - pinnies will be provided, if needed.
 - d. Each match is played by two teams (each consisting of 8-10 players).
 - e. Match will be played 6-on-6.
 - f. A match may not start if either team consists of fewer than 5 players.
 - g. Players are only permitted to play for one volleyball team per league.
- iv. Substitutions
 - a. Substitutions can be made at any point when the ball is not in play.
- v. Scoring
 - a. All matches are played to the best of 3 sets, rally point system. The first two sets are played to 25 points (must win by at least 2 points capped at 28). The third set (if applicable) is played to 15 points, capped at 18.
 - b. Points can be made by:
 - i. Rule violations made by the opposing team.
 - ii. Successful attacks.

2.5.4 REFEREES

- i. All decisions made by the referees are final.
- ii. One referee and one timekeeper. Additional referees will be available upon request.
- iii. Any individual affiliated with Campus Recreation or Intramural Sports has the authority to eject a player or team from a severe violation of the Code of Conduct.

2.5.7 KEY RULES AND MODIFICATIONS

- i. Spikes
 - a. MALE players may only spike from behind the attack line but may land in front of the line after the spike.
 - b. Male players must be in a backcourt position in order to be in a spiking position.
 - c. FEMALE front row players may spike from anywhere on the floor, but backcourt hitting regulations still apply.
 - d. If a MALE player contacts the ball above the height of the net (ball is entirely above the net) and the player's foot is touching (or touched) the ground on or in front of the attack line, the attack/hit must land on or beyond the attack line on the opponent's court.
 - e. If a MALE player tips the ball, the ball must land on or beyond the attack line in order to receive a point.
 - f. MALE players cannot follow through a one-handed swing.
- ii. Serves
 - a. Both overhand and underhand serves are permitted, for players of any gender.
 - b. A maximum of 8 seconds will be given to serve the ball.
 - c. If a player crosses the back line when serving, a point will be awarded to the other team.
 - d. For recreational leagues, there will be a 5 serve limit per player per possession.
 - i. If a player serves 5 times in a row, a forced rotation will occur and the next player will serve.
 - e. There is no serve limit for competitive leagues.
- iii. Rotation
 - a. Players are REQUIRED to rotate throughout each position.
 - b. Players must remain in their position until the serve is made. A point is awarded against the receiving team for out of rotation faults.

iv. Fouls

- a.** If a player crosses the centerline and interrupts or endangers the opponent's play, the play will be stopped, and a point will be awarded to the other team. (Exceptions if crossing does not interrupt the play or puts other players in danger).
- b.** Contact with the net during the action of playing the ball is a fault.
- c.** In blocking, players are allowed to touch the ball over the net after the third contact, provided that they do not interfere with the opponent's play before or during the attack.
- a.** Penetration of the plane of the net may only occur if the opponents have contacted the ball twice during their possession.
- b.** If a player lifts/carries the ball, a point will be awarded to the other team.

2.5.9 - DISCIPLINARY ACTION

- i.** Violations will result in disciplinary actions set in section 1.2, "*Disciplinary Action, Conduct Enforcement, and Appeals Process.*"
- ii.** Only the CAPTAIN is permitted to challenge a call on a play.
 - a.** In the event of a missed call, a re-service will be announced unless overturned by a ground referee, or the timekeeper.
 - b.** Players are not permitted to challenge a call and may result in a yellow card if ignored.
 - c.** Continuous unregulated challenges will result in a red card, an ejection, and supplementary suspensions.
- iii.** Suspensions
 - a.** Two (2) accumulated yellow cards will result in a single (1) game suspension.
 - b.** One (1) red card will result in a single (1) game suspension.
 - c.** Suspensions reset at the beginning of the playoff season.
 - d.** Team Suspensions
 - i.** Excessive call challenges, disrespecting volunteers, or instigating conflicts with other teams will result in a team suspension.
 - ii.** Issue length will be decided by the Intramural Coordinators and/or Campus Recreation Management.

2.6 DODGEBALL

Rulebook reference: World Dodgeball Federation Rulebook 2017

2.6.1 GAMEPLAY REGULATIONS

- i. Players
 - a. Six (6) players start on the court.
 - b. Maximum three (3) ball retrievers off the courts.
 - c. Only the six (6) original players may participate in that set.
 - d. If there is an injury the team may substitute a player from the bench.
- ii. Boundaries
 - a. Players are required to stay within volleyball court lines.
 - b. Each side is separated by a middle bisecting line.
- iii. Duration
 - a. 30-minute games
 - b. Two 15-minute halves run time.
- iv. Winning
 - a. Team with most set wins is declared the winner.
- v. Time-outs
 - a. One (1) time out is given to each team, per half, with a duration of thirty (30) seconds.
 - b. Time out calls must not interfere with ongoing play.
- vi. Playoff Season Rules
 - a. 4-minute tiebreakers will take place in the event of a tie at full-time.
 - b. If the teams are still in a tie breaker at the end of 4 minutes, the match will go to sudden death.

2.6.2 REFEREES

- i. All decisions made by the referees are final.
- ii. Two (2) referees. Additional referees will be available upon request.
- iii. Any individual affiliated with Campus Recreation or Intramural Sports has the authority to eject a player or team from a severe violation of the Code of Conduct.
- iv. If a player is intentionally disregarding rules, the referee may give a warning and may result in forfeiture of a ball or that player being called out.

2.6.3 KEY RULES AND MODIFICATIONS

- i. Outs
 - a. Balls must be thrown.
 - b. Kicking is not allowed.
 - c. If a player is hit below the head, they will be considered out.
 - d. If a player catches a ball thrown by the opposing team, the thrower is considered out.
 - i. One (1) player from the team that caught the ball will be brought back in the game.
 - e. If a ball in-hand is dropped trying to block another ball, that player will be out.
 - f. Players will be called out if a player touches the boundary lines or the centre line with any part of their body.
 - g. Players cannot reach over the centre line to retrieve a ball with exceptions of the start of a set.
 - h. If a player is out, they must raise their hand to indicate to the opposing team.
- ii. Set Starts
 - a. Balls will be placed on the centre line to start.
 - b. 3 balls on each side of the court.
 - c. Teams can only take the three (3) balls on their side of the court.
 - d. Players must have one foot on the back line of the court.
 - e. Whistle will signal the start of play.
 - f. Ball is not considered live until the ball crosses the attack line to start a set.
 - g. False starts will be called with a long whistle blast and the set will restart.
- iii. Team Advantages
 - a. Advantage is given to the team with the following criteria, in order, if the previous criteria is even between teams:
 - b. Most amount of balls in their possession.
 - c. The team with the greatest number of players left on the court.
 - d. The last team to win a set.
 - e. If a team has the advantage it means they must throw a (1) ball within 10 seconds.

- f. A count from 5 seconds up to 10 will be signalled from a referee.
- g. If the team does not throw a ball, they will be forced to forfeit all the balls on their side of half.

iv. Sudden Death

- a. Sudden Death rules will start under these conditions:
 - i. The remaining number of players on both teams is the same after 3 minutes beyond regulation time, after half-time and after full-time.
 - ii. If the final score is the same between players during the playoff season, an extra set with Sudden Death rules will apply.
- b. Sudden Death rules:
 - i. Each team is given 3 balls to start play.
 - ii. Blocking is NOT allowed.
- c. Sudden Death overtime sets
 - i. Overtime sets have no time limit.
 - ii. Set will start with the same number as regulation time.
 - iii. Sudden Death rules apply to the whole set.

v. Ball Retrievers

- a. Ball retrievers may not touch any ball that is still in play.
- b. If the ball is still on the line it is considered in play.
- c. If a retriever retrieves an invalid ball a warning will be given, and that ball will be given to the opposing team.
- d. Any ball on their side of half that is out of bounds is a valid ball.
- e. Ball retrievers may pass the balls back to live players.
- f. Balls that are being thrown by the opponent are still in attack if the retriever contacts the ball being passed to a player on their team.

2.6.8 DISCIPLINARY ACTION

- i. Violations will result in disciplinary actions set in section 1.2, *“Disciplinary Action, Conduct Enforcement, and Appeals Process.”*
- ii. Minor infractions include but are not limited to:
 - a. Hitting a player with a ball who has signalled they are “out” and/or is leaving the court.
 - b. Arguing a call against themselves in being “out”.
 - c. Arguing a missed “out” on an attack.
- iii. Major infractions include but are not limited to:
 - a. Refusing to leave the court after being signalled by the referees as “out”.
 - b. Disrespecting referees or any volunteers.
 - c. Kicking a ball in aggression to being “out” or receiving a consequence to a violation.
 - d. Instigating or starting conflict with another player or team.
 - e. Any physical or verbal aggression intended to hurt.
- iv. Consequences
 - a. Minor infractions
 - i. A referee will declare the individual as “out” when the offence is made.
 - ii. Three subsequent minor infractions will result in a suspension of the following set.
 - iii. Five (5) accumulated violations in a single game will result in immediate dismissal and a single (1) game suspension.
 - b. Major infractions
 - i. First violation will result in one (1) set suspension.
 - ii. Second violation will result in immediate dismissal and supplementary suspensions. Suspension length will be decided upon completion of the game.
 - iii. Severe violations and resulting disciplinary actions are under the discretion of the referees and the supervisors.
 - c. Accumulated violations
 - i. Players that have been suspended once will be under scrutiny of the Intramural Coordinators.
 - ii. Violations accumulated in a game will reset once the game is completed.

- iii. Three (3) suspensions will result in a complete dismissal from the league.