

# Soccer Rules and Regulations

\*\*\*11 players per side.

1. Schedule will be a round robin divided into two divisions.
2. Playoffs for each division will consist of:
  - First Vs Fourth
  - Second Vs Third
3. Men's regular season games will consist of two, 25-minute straight-time halves, with a five-minute half-time break. Women's regular season games will consist of two, 20-minute straight-time halves, with a five-minute half-time break.
4. Men's semifinals and finals will each be one game with 30-minute halves, and a five minute half-time break.
  - Women's semifinals and finals will each be one game with 25-minute halves, and a five minute half-time break.
5. If a tie occurs in a regular season game, it will remain a tie. If a tie occurs at the end of regulation time in the semi-finals or finals, there will be one five-minute overtime period; if the score is still tied, penalty shots will be taken. Five people from each team will take penalty shots; if the score is still tied, three more people from the team will compete. If the score is still tied, then the teams will shoot one and one until a winner is decided.
6. A team **MUST** have 9 players to start the game
7. Uniform should consist of shorts, sneakers, or soccer cleats, and T-shirt.
8. If a game is won by default, the winning team will receive an automatic plus two towards their goals for and against.
9. A Five-minute grace time will be given to late teams.
10. Coed teams are required to have at least four women and are required to follow the women's rules and regulations.
  - 11. *New Rule:* 6 second rule with regards to goalie.
  - 12. **NO STEEL CLEATS/ NO SOFTBALL CLEATS.** Only proper soccer cleats are permitted. Otherwise regular sneakers must be worn.

## **Table Tennis Rules and Regulations**

1. The tournament will be played with a single elimination perspective. (Once you lose you are out)
2. The tournament will take place at the fieldhouse
3. Event will be “singles” only.
4. The games will be best two out of three to eleven (11) points.
5. Maximum of 10 entrants per residence or faculty.
6. A five minute grace period will be given to late participants
7. Equipment will be provided, but players are encouraged to bring their own paddles.
8. Each player serves two points in a row and then switch server. However, if a score of 10-10 is reached in any game, then each server serves only one point and then the server is switched. The game ends when one player wins by two (2) points. After each game, the players switch side of the table. In the final game (i.e. 3rd game), the players switch sides again after either player reaches 5 points.
9. Serves are considered good unless they hit net and then land in the opponents court. This is called a “Let” and the point should be reserved.

**Performance Bond:** \$15 per player

# Intramural Softball Rules and Regulations

## General Rules and Regulations:

1. NO Steel Cleats
2. A game will be five innings or fifty minutes, whichever ever comes first.
3. No inning is to start after the fifty minutes.
4. If the visiting team is ahead in runs and is batting before the hour is up, and the inning carries on past the hour, then the home team must be given a chance to bat in the bottom of the inning.
5. A team must have at least eight players to start a game and a maximum of ten on the field.
6. If a team has eight players to start a game, but they write two extra names on the line-up sheet in anticipation of the players' arrival, it will result in an out each time these players are supposed to bat if they have not arrived.
7. If a team is ahead by ten runs at the end of the third inning, the team will be declared the winner.
8. A FIVE-minute grace time will be given to late teams.
9. There will be no leadoff or sliding while on base.
10. Pitchers must have a six-foot release arch on each pitch.
11. Foul on the third strike is out.
12. ***Absolutely no disputing of calls made by officials will be TOLERATED!***
13. Five-run mercy rule will be in effect for all innings except for the fifth. The last inning will be an open inning for both teams, if time permits and the ten-run rule has not been applied.
14. Coed teams are required to have a minimum of four women to start a game.
15. There is a force on home plate.
16. Players reaching home are not permitted to touch the plate.
17. Teams are permitted to hit +2 home runs. In which case, the team batting first can hit as many home runs as they can and the team batting second can hit 2 more runs than the opposing team did. For example, team 1 batting first hits 2 home runs, the team batting second can hit 4 home runs. After the +2 on the other team's number of home runs, a ball hit over the fence will be considered an out.
18. Umpires will ask teams to designate a player to fetch balls hit outside the fence. The play will not resume until the ball is found.
19. NEW RULE: Players can overrun first base, and not be tagged out as long as they turn toward the fence.

Performance Bond: \$60.00 per team

Registration Fee: \$15.00 per team



## **Rules and Regulations for Volleyball**

1. A team must have 5 players to start the game
2. Co-ed teams must have at least 3 females on the court at all time
3. Round Robin games will be best 2 of 3 to eleven points
4. Semi finals and finals will be best 2 of 3 to fifteen points
5. Teams will be given a 5 minute grace period
6. Games will be a maximum of 30mins in length even if game is not finished
7. Points will be decided using the rally point system

Games will take place during the following times

12pm-6pm on Saturday's

9am-9pm on Sunday's

## **Road Race Rules**

- The Race will begin at 2:00pm for Female, and 3:00pm for Male
- The Race will start from the Education Building and end by the Library
- Only the first 15 participants to come through will be recorded
- The residence will receive participation points as per All points system
- Only those whose Waiver's I have will get participation points!

## **Badminton Rules**

### **Object of the game**

The object of the game is to hit the shuttlecock back and forth over a net without permitting it to hit the floor in bounds on your side of the net.

### **Some general rules and terms**

1. A player may not touch the net with a racquet during play.
2. A birdie may not come to rest or be carried on the racket.
3. A birdie may hit the net on its way across during play and the rally can continue.
4. A term of service is called an inning.
5. A player may not reach over the net to hit the shuttlecock.
6. A loss of serve is called a side out.
7. Games will be played to 9 points and a match is 2 out of 3 games.
8. Some types of shots are the lob, drop shot, smash and drive.

### **Serving**

1. A coin toss or spin of the racquet determines who will serve first.
2. The serve must travel diagonally (cross court) to be good.
3. A serve that touches the net and lands in the proper court is called a let serve and is reserved, otherwise, only one serve is permitted to each court until a side out occurs. A serve that is totally missed may be tried again.
4. The racket must make contact with the birdie below the waist on a serve.
5. The server and receiver shall stand within their respective service courts until the serve is made.
6. Points may only be scored when serving.
7. All lines are considered in bounds.
8. In singles, when the server's score is an even number, the serve is taken from the right side. When the server's score is an odd number, it is taken from the left. (Serving in a doubles game is different)

**\*\*I know the games are shorter then usual but this has to be the case to fit in all games\*\***

**\*\*This is a single elimination tournament\*\***

## Ultimate Frisbee Rules

- A game will consist of two 10- Minutes halves.
- Teams will be given a two minute break between halves.
- Teams Switch sides at half.
- The team with the highest score at the end of the game will be the winner.
- The game ends if a team is leading by 15 points or more “Mercy Rule”
- The game will be self-refereed. Players are responsible to resolve their own disputes.
- Sportsmanship and Fair play are encouraged!
- The games will be played in the Mun Gym or the Fieldhouse
- Each Half Begins with both teams lining up on their respective endzone lines. The defense throws the disk to the offense to start the game.
- Each time the offense completes a pass in the defenses endzone, a point is awarded.
- Possession switches after a point has been scored
- When a pass is not completed (OB, hits wall, blocked, dropped or intercepted) possession changes.
- No physical contact is permitted. Physical contact is considered a foul. When a foul disrupts possession the play resumes as if possession was retained. If the player disagrees with the foul call then the play is re-done.
- Players must sub on and off “on the fly” and must tag hands.
- Each team is allowed one timeout per game (30 Seconds). (When they have possession)
- Timeouts can not be called in the last 5 minutes
- Games will be Played 5 on 5 in the Mun Gym
- Defaults count as a 15-0 Score
- Stall Count = 7 Seconds

At the end of each game there will be a 5 minute break before the start of the next game. Scores are to be reported to the coordinator or wrote in on the schedule.



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- No physical contact is permitted. Physical contact is considered a foul. When a foul disrupts possession the play resumes as if possession was retained. If the player disagrees with the foul call then the play is re-done.
- Players must sub on and off “on the fly”
- Games will be Played 5 on 5
- **Co-ed teams must have 2 girls on the court/field at all times**
- Defaults count as a 15-0 Score
- Stall Count = 7 Seconds (One one thousand, two one thousand...)