Handbook

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Policies, procedures and sport rules
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Mission Statement

The Liberty University Intramural Sports Program (LU IMS) is committed to providing Intramural Sports opportunities to meet the needs and interests of the students, faculty, and staff of Liberty University. LU IMS allows students to compete as well as fellowship with other Christians. To achieve this purpose facilities are available to provide opportunities for Christian/competitive play in game form; the enhancement of participant physical fitness; and a medium through which students can learn and practice leadership, management, program planning and interpersonal skills. LU IMS also provides the opportunity to emphasize physical fitness. Cardio-respiratory endurance, muscular strength and endurance, flexibility, and body composition shall be increased during games. Stress relief from class is an important target for the program. The development of leisure time and recreational activities are an essential element in achieving our goals. A variety of intramural sports is available in the seasonal form as well as one and two day tournaments. These events are designed to contribute to the environment and the co-curricular learning of the students of Liberty University.

Contact Information

LU Campus Recreation Office 592-3148
LU Intramural Sports Office 592-3145
LU Intramural Sports Website www.imleagues/liberty
LU Facebook Page LU Intramurals
LU Twitter @LU_Intramurals

Intramural Sports Administrative Staff

Ed Barnhouse, Director of Intramural Sports eburnhouse@liberty.edu
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Intramural Sports Supervisors

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Emily Martsolf (Beach & Coed Volleyball) 592-3063 emartsolf@liberty.edu
Lauren Bosche (Indoor Soccer, 4v4 Flag FB) 592-3147 lbosche@liberty.edu
Nathan Fox (Broomball, Flag FB, Softball) 592-3147 nfox2@liberty.edu
Sean Lally (Basketball, Dodgeball) 592-3146 slally@liberty.edu
Talya Taylor (Office, Individual Sports) 592-3145 ttaylor22@liberty.edu
Assumption of Risk

Liberty University, Campus Recreation, and Intramural Sports assumes no responsibility for damage to property, bodily injury, or even death received by any person during participation or involvement in any intramural sport or activity. Participants are reminded that their involvement is voluntary, and they are responsible for their own well-being. It is highly recommended that all participants attain sufficient medical insurance prior to participation. Any student unsure of his or her physical condition should check with their family physician or LU Health Services before participating in LU IMS. Intramural Sports Supervisors and staff will respond to injuries and call LUPD but will not treat injuries. Any player who is injured while participating in LU IMS must notify the Site Supervisor of their injury before he or she leaves the playing facility or venue. Any participant that leaves a LU IMS game due to injury must provide written medical clearance by a physician before he or she can resume playing any LU IMS activity.

Blood Policy

Players will be removed from competition if they are bleeding or are wearing blood soaked clothing, even if the blood is not their own. The player will be allowed to return when the bleeding is stopped, the blood soaked clothing has been removed, or any open wound has been covered. You will not be allowed to participate if the clothing cannot be replaced. If by removing the player who is bleeding, your team falls under the minimum number necessary to play, the following will apply: The game will stop and the player will be allowed a maximum of five minutes to stop the bleeding. An LU IMS staff member must authorize the player returning. If the bleeding cannot be stopped, the team may choose to continue.

Fees

The fee for any team to play in a regular season sport is $50. The fee for all tournaments is $30 and most individual sports are only $5. 3 Point/Slam Dunk Contests and Fantasy Football leagues are free. Registration fees must be paid by the schedule deadline to avoid any late charges and to guarantee participation in the event. Deadlines are announced online on the LU IMS website, IMLeagues, Twitter (@LU_Intramurals), Facebook (LU Intramurals), and are posted on the LU IMS boards in the LaHaye Student Union and outside the Tilley Student Center. Any team, who does not pay their registration fee by the scheduled deadline, can still register their team up until the schedule is made, but will be charged a late fee of $5 per business day.

Fees can be paid online using a debit/credit card or by cash/check at the LU IMS office. No change (i.e. coins) will be accepted for registration fee payments. If for some reason a team decides not to play before the season starts then a full refund can be requested as long as the schedule has not been made. There will be no refunds once the season schedule is finished. Teams that pay online who would like to request a refund would need to stop by the LU IMS office to fill out a Refund Request Form. Once the Business office processes the Refund Request Form the refund will be credited back to the card used. Again, once the schedule has been made there will be no refund requests granted.

Eligibility

LU IMS provides the opportunity for students who cannot, or choose not to participate in NCAA sports at LU, to compete at a lower level of competition. An equal level of competition must be obtained, and in order to reach that level of equality the following are ineligible to compete in the LU IMS program:
• No one who has played a sport or listed on the team’s roster for Liberty University, or any other University, can play that same sport or similar sport in LU IMS for one school year. Player in question must sit out two full semesters. This policy includes Club Sports players as well.

• A list of similar sports include the following:
  ➢ NCAA Football-LU IMS Flag Football or 4v4 Flag Football
  ➢ NCAA Baseball-LU IMS Softball
  ➢ NCAA Soccer-LU IMS Outdoor or Indoor Soccer
  ➢ NCAA Basketball-LU IMS Basketball or 3 Point/Slam Dunk Contests
  ➢ NCAA Volleyball-LU IMS Coed Volleyball or Beach Volleyball
  ➢ NCAA Tennis-LU IMS Tennis

• Athletes who have been red-shirted (in the same or similar sport)
• Athletes who have been classified as Prop 48’s (in the same or similar sport)
• Athletes who are academically ineligible (in the same or similar sport)
• LU Club Sports Team members (in that same sport or similar sport)
  ➢ Club sports with more than one team (i.e. hockey), only the D1 level team will factor in
• Professional athletes (in that same or similar sport)
• Alumni of the university (unless considered Faculty/Staff or taking post graduate classes)
• Any other association decided upon by the Intramural Sport Director or Associate Intramural Sports Director

In an effort to allow Faculty/Staff members, Graduate students, and Law School students to interact with Undergraduate students, they will be eligible to participate in the LU IMS program under the following conditions:
• If participation requires a competitive and recreational division, any team with Faculty/Staff or graduate students must participate in the competitive division.
• All Faculty/Staff, Law students, and Graduate students must set an example for the students. You are out there to fellowship, not just to win.
• Faculty/Staff, Law, and Graduate students will be held to a higher standard than that of undergraduate students. There are no exceptions to the LU IMS rules or policies because you are not an undergraduate student. Any actions not fit for the program will result in that player losing his/her privilege of participating in LU IMS.

Online students are eligible to participate in LU IMS but must be currently enrolled in classes. Proof of enrollment will need to be shown to determine eligibility. Online students may participate only while their classes are in session. Online students who are only in a week intensive class may only participate that week. Enrollment in an intensive does not grant eligibility to a student for the entire semester. Any team caught with ineligible players will forfeit every game that the ineligible player participates. They will also be subject to a fine.

Showing ID’s

All participants (except online students) are required to have a Liberty University ID card (Flames Pass) in order to participate in LU IMS. LU IMS wants to provide the best opportunity for our students to participate. Players who are ineligible to participate put the program, Liberty University, and the players at risk. Ineligible players also take away the opportunity for an eligible player to participate.

Before each game players must show their Liberty University ID Card (Flames Pass) in order to sign in. Players will not be allowed to play in that game unless they sign in and they must swipe their card in order to sign in.
Online students who do not have a Flames Pass must provide a copy of their schedule showing they are currently enrolled in classes. Players who arrive late to a game must also sign in at the table and swipe their Flames Pass before they will be allowed to play. There will be a registration area set up at each venue where players must sign in before they play. **For all sports that are held in the LaHaye Student Union or Thomas Indoor Soccer Complex, a membership will have to be purchased before you can enter the building.** Students who have paid their activity fee are considered members. Signing up to play a sport held in those facilities does not give you the right to enter the building without a membership.

**Entry Procedures**

LU IMS uses an intramural sports site called IMLeagues, which provides exciting opportunities for our departments as well as each participating student. This site is currently being used by schools such as Baylor, BYU, Duke, Michigan State, Texas A&M, North Carolina, Florida, Kentucky, and many others. Some of the exciting features that IMLeagues will provide for you as a student are the following:

- Each team will have their own customizable team page
- Teams can interact with other team members through message boards much like Facebook
- Each player will have their own “player card” that tracks team records for your entire Intramural career at Liberty University
- Free live web support, provided by IMLeagues, for any participant that might need help customizing their team pages or help in registering for a particular sport

In order to register to play Intramural Sports here at Liberty University, each participant will be required to create an account on IMLeagues. In order to create your account at IMLeagues please complete the following steps:

- Go to [www.imleagues.com/liberty](http://www.imleagues.com/liberty) and click Create Account at the top right of the page.
- Enter your information using your Liberty email and submit.
- You should be automatically joined to Liberty’s IMS page, if not you can search for Liberty University by clicking the “Schools” link.

Once you have created your IMLeagues account, you can now sign up for an intramural sport by completing the following steps:

- Log in to your IMLeagues.com account.
- Click the Create/Join Team button at the top right of your User Homepage page.
- The current sports will be displayed and just click on the sport you wish to join
- Choose the league you wish to play in Men’s, Women’s, Coed, Competitive, Recreational, etc.
- You can join the sport one of three ways:
  - **Create a team (For team captains)**
    - Captains can invite members to their team by clicking the “Invite Members” link on the team page. Any invited members must accept the invitation to be joined to your team.
    - If they have already registered on IMLeagues you can search for their name and invite them.
    - If they have not registered on IMLeagues just scroll down to the “Invite by Email Address” box, and input their email address.
  - **Join a team**
    - Use the Create/Join Team Button at the top right of every page.
    - Accept a request from the captain to join his team
    - Finding the team and captain name on the Division/League page and requesting to join.
Go to the Captain’s player card page, viewing his team, and requesting to join.

Join as a Free Agent

- You can list yourself as a free agent in as many sports as you wish to play, just remember some leagues will overlap as to the times they will play.
- You will be visible to all members of the site and can request to join teams, or post information about yourself so teams can request to add you to their team.
- The more information you post about yourself, like skill level and years played, might give you a greater chance of being asked to join a team.
- There is no guarantee that you will be placed on a team if you sign up as a free agent.

Captains/Free Agent Meetings

After each registration deadline, a Captains/Free Agent meeting can be held for each sport. Captain quizzes, located on IMLeagues, can be used in place of Captains/Free Agent meetings at the discretion of the IMS Sport Supervisor. Each captain or a representative from each team is expected to be there to receive information regarding the upcoming season. It is the captain’s responsibility to give this information back to their team.

Players who do not have a team to play for or cannot find a team to play for are considered Free Agents. Free Agents are encouraged to attend the Captains/Free Agents meeting in order to help them be placed on a team. Some teams might still be looking for players and have open roster spots so they would be able to sign free agents right there at the meeting. LU IMS can also put all the free agents on their own team right at the meeting. IMLeagues also offers a section in each sport where free agents can sign up and give specific information about them in order to try and get chosen to participate on a team. LU IMS will make every effort we can to provide you with the opportunity to get on a team but we cannot guarantee everyone a team or “playing time.”

Captain’s Responsibilities

Each team competing in LU IMS must have one person designated as the team captain. The captain will act as the official contact between their team and LU IMS. Below is a list of the responsibilities a captain must assume:

1) Responsible for organizing their team of responsible individuals for competition prior to registering online at IMLeagues
2) Responsible for registering your team online at IMLeagues and making sure your team’s page is in accordance to Liberty University standards. This includes team names and logos. **Failure to keep one’s team page in accordance with Liberty University standards will result in that captain being referred to the Dean of Student Conduct.**
3) Responsible for attending or having a teammate attend all captains meetings or tournament drawings to receive the proper information given by LU IMS.
4) Responsible to take and pass the captain’s quiz for each league your team is created in
5) Responsible for notifying players of scheduled game dates, times, and locations in order to avoid forfeits
6) Responsible for being familiar with the LU IMS Handbook and familiar with rules associated with their sport in order to relay this information to their players
7) Responsible for making sure players check in before each game as well as signing the score sheet after each game
8) Responsible for making sure each player represents his or her team in a positive manner. This includes sportsmanship on and off the field or court and making sure players participate in the group prayer before and after each game.
9) Responsible for checking results posted online at IMLeagues for any discrepancies
10) Responsible for submitting all protests when necessary
11) Responsible for communicating to LU IMS staff all questions, problems, or ideas

**Team Rosters**

Each team is allowed a maximum number of players on their roster for substitution purposes. Rosters are closed after the first regular season game has been played by that team. **A player must play in at least one regular season game to be considered postseason eligible.** A roster for each team with all registered players will be available at the sign in table before each game. The team captain must make sure their roster is correct before their first game because after that game the roster we have will be set. Captains can let us know what changes need to be made prior to that first game. After the team’s first game, any roster additions must be approved through the LU IMS office. **The only reasons a roster addition will be approved will be if a current player is injured and will not be able to play the rest of the season or if a player withdraws from Liberty University.** The only way a player can be removed or dropped from the roster is at request by the team captain and must be made through the LU IMS office. Below is a list of the maximum number of roster spots available for each sport:

- Basketball: 10
- Beach Volleyball: 6
- Broomball: 14
- Coed Volleyball: 12
- Dodge Ball: 10
- Flag Football: 14
- Flag Football (4v4): 8
- Indoor Soccer: 12
- Kickball: 15
- Outdoor Soccer: 18
- Softball: 16
- Ultimate Frisbee: 14

**Scheduling**

All games scheduled for LU IMS are posted online at IMLeagues. You can access your schedule by going to [www.liberty.edu/ims](http://www.liberty.edu/ims) and clicking on the IMLeagues link or going directly to your IMLeagues team page. Most games are scheduled Monday-Thursday from 5:00-Curfew. Nevertheless due to a large number of teams that we might have registered or games cancelled due to weather, times and dates of games may be changed to include Friday, Saturday, or Sunday in order to allow more teams to play. Certain sports that are held as 2-day tournaments are usually held on a Friday and Saturday. Make-up and playoff games may be scheduled during any day of the week. There are no guarantees as to how times you will play per week. This will depend on the number of teams registered and the availability of facilities. **There are no schedule requests for teams that register.** Due to the large amount of teams that we have registered, it is impossible to schedule games according to all requests for each team. There are only so many times and days that we have available for our facilities so we have to use what we can.

**Rescheduling**

All rescheduling will be done by the Associate Director of LU IMS or the Sport Supervisor for your individual sport. In the event of inclement weather, we will try to make up all games that are not played. As stated above, Fridays are usually reserved for make-up games. It is important to check your schedule online the day after a
game is postponed. We will try to reschedule games cancelled the first Friday that we can. In the event a game cannot be made up on that Friday the game will be rescheduled later. It is the captain’s responsibility to check IMLeagues concerning game cancellations and rescheduled contests. It is not a guarantee that games will be rescheduled at a team’s request. The entire league schedule is done at the beginning of the semester so it is very difficult for us to reschedule games without it affecting each team in the league. If you know of a conflict in advance please let your Sport Supervisor know and we will try to switch it with another game if possible.

**Postponements and Cancellations**

Some LU IMS games may be postponed or cancelled due to inclement weather, unsafe playing conditions, unavailable playing facilities, or unforeseeable scheduling emergencies. We will do everything in our power to play a scheduled game and avoid cancellations. We will try to reschedule all postponed or cancelled games. Some games might not be able to be rescheduled due to time and facility limitations. We will notify teams of cancellations and postponements through the LU IMLeagues website, Twitter (@LU_Intramurals), Facebook (LU Intramurals), Splash Page, or via phone or e-mail. It is the captain’s responsibility to check IMLeagues concerning game cancellations and rescheduled contests.

**Inclement Weather Policy**

The LU IMS Director, Associate Director, or Supervisor will make decisions regarding inclement weather. A decision will be made if possible by 3:00 pm, posted on the Liberty IMLeagues web page, and announced through the LU IMS Twitter and Facebook outlets. Teams will be notified via phone or email as soon as a decision is made. If inclement weather occurs during LU IMS play then the situations below will go into effect:

*Flag Football, Soccer, and Ultimate Frisbee*

All games stopped in the first 10 minutes of the first half will be restarted. All games stopped after the 10-minute mark of the first half and before the 10-minute mark of the second half, will be completed from the point of interruption with the score as is. After the 10-minute mark of the second half, all games will be ruled as official contests.

*Softball*

If a game is stopped and has been played through 3 ½ innings (with the home team winning), or the 4th inning (the visiting team winning), it is considered an official game. If a game is stopped and has been played past the 4th inning, the score will stand as it was in the last complete inning. (Ex: rain in the middle of the 6th inning, score reverts to the end of the 5th inning) Any game stopped prior to these scenarios will be restarted.

*Beach Volleyball*

All matches will revert to the score at the end of the last set in case of inclement weather. If weather causes cancellation before the end of the first set, we will try to reschedule the match on a later date if possible.

**Tournament and League Play**

The number of teams registered as well as facility availability and time restrictions will determine the kind of league play and tournament that will be used. All playoffs will be single elimination. Weekend tournaments will usually consist of pool play preceding a single elimination type set up. No team regardless of their won-loss record is assured to make the playoffs (see below). The goal is for all teams to compete in the playoffs. The final decision as to who makes the playoffs is made by the LU IMS Director, Associate Director, and Sport Supervisor.

*No teams that have an average Sportsmanship rating below 3.0 will make the playoffs despite their won-loss record.*

In the event of league or division ties at the end of regular season play, the following measures will be used to determine a team’s seeding in the playoffs:

- Teams with a forfeit will be given lowest priority
• Head to Head competition (Winner will be given higher seed)
• Division won-loss record (if applicable)
• Point, Goal, or Run Differential (The total number of points given up will be subtracted from the number of points scored during the year. The team with the highest point differential will be given the higher seed.)
• Coin toss (by LU IMS Associate Director)

Some seasonal sports could consist of one or two preseason games before league play would start. All seasonal sports will have some type of playoff tournament.

***Winning a season Championship or Tournament does not automatically place a team in a NIRSA tournament or any other National Intramural Tournament. The final decision for participation in a Regional or National tournament is left to the LU IMS Director. For more information regarding the travel qualifications to participate in a Regional or National tournament, please click on the following link. (LU IMS Travel Policies)

Results and Records

All official won-loss records, participation records, sportsmanship ratings, and standings are maintained in the LU IMS office. Unofficial records will be posted online at IMLeagues. Captains should check records and standings periodically and notify LU IMS of any discrepancy.

Forfeit Policy

Teams and individuals who fail to show up for their games deprive themselves and other participants the opportunity to participate in LU IMS. Officials are scheduled to work at that time and are still paid to be out there even during a forfeit. Due to this circumstance, all forfeits without notification before 2:00 pm that day will result in a team being fined $5. This fine must be paid before that team is allowed to play any more of their scheduled games. If they miss another game because of an unpaid fine, they will be assessed another $5 fine. If those fines are not paid by the scheduled game, then that team could be dropped from the schedule. Three forfeits regardless of whether or not their fines have been paid could eliminate a team from participating in the playoffs. No forfeited games will be rescheduled. All LU IMS Supervisors have the authority to declare a game forfeited when:
• A team has not checked in by game time
• A team does not have the minimum number of players to play at the scheduled starting time
• An ineligible player is used in any game
• If the content and/or atmosphere of the game is considered unsafe by the LU IMS Supervisor
• A team or individual displays flagrant misconduct, is involved in a fight, or leaves the field or court prior to the completion of the game

Game Time is Forfeit Time! All games will be forfeited by the team that is short players at the scheduled game time. If both teams are short players, it will be a double forfeit, and both teams will be given a loss, as well as a fine for forfeiture of a game.

Default Policy

In order to avoid a forfeit and having to pay a $5 fine, teams will be given the opportunity to request a default for any game they will not be able to attend. In order to request a default, a team captain must notify the LU IMS office before 2:00 pm the day of the scheduled game. A default is recorded as a loss in the standings but is not considered a forfeit and the team is not charged a $5 fine.
**Player and Team Fines**

Fines may be assessed by the LU IMS Supervisor or upon review by the LU IMS Director or Associate Director. Fines can be given for disregard of rules, disrespect to officials, or disregard for opposing teams and players. Fines can be given to a team as a whole or to an individual. Fines are generally $5, unless otherwise stated by the LU IMS Director, Associate Director, or Supervisor.

***Referees do not set fine amounts, so any questions concerning fines should be brought to the LU IMS Sport Supervisor first, then to the LU IMS Associate Director, and then to the LU IMS Director if there is still a question.***

Any player who is ejected from a game will automatically receive a fine. An ejection results in that player sitting out the remainder of that game as well as his/her team’s next game. That player is also not eligible to play again until his/her fine has been paid. Depending on the severity of the action, further discipline can be applied to the mandatory one game suspension. The LU IMS Director, Associate Director, and Supervisor reserve the right to administer any discipline that they deem necessary. The amounts and/or length of fines and suspensions will be set according to their discretion. Any player ejected twice in a semester, no matter if the ejections occur in different sports, will be suspended from playing any activity associated with LU IMS for two full semesters.

A team will be assessed a $5 fine for forfeiture of any game as mentioned earlier. A team may also be assessed a $5 fine for misrepresentation of roster information. This includes, but is not limited to the following:

- Participation in a game by someone who is not on your roster
- A player playing for two different teams in the same sport (The team at fault as decided by LU IMS Supervisors is responsible for paying the fine. A personal fine as well as a possible suspension will be handed out to the individual offender.)
- Registration of a player who is ineligible to participate in LU IMS (Any team caught with ineligible players will forfeit every game that the ineligible player participates)

**Championship Awards**

The winner of each seasonal playoff tournament or 2-day tournament will get LU IMS Championship T-shirts for their accomplishments. The team captain must come up to the office and collect the Champion t-shirts for their team. The maximum number of t-shirts handed out will be according to LU IMS roster limits. All Seasonal Sport Champions will also have their team name engraved on their LU IMS Champion’s Cup, located in the LaHaye Student Union.

**Protest Policy**

All rule interpretation protests must be given by the team captain at the time the situation occurs. Rule interpretation protests will be settled at that time by the LU IMS Supervisor. Should the team captain believe that the decision was rendered in error, only he/she has the right to notify the officials and the LU IMS Supervisor that the team wishes to play the game under protest. A written protest along with a $10 protest fee must be submitted to the LU IMS Associate Director no later than 1:00 pm the day following the game. A ruling will be made by the LU IMS Associate Director or the LU IMS Director. A matter involving an official’s judgment is not subject to protest. Player eligibility protests must also be made in writing, along with a $10 protest fee, to the LU IMS Associate Director. A protest regarding the eligibility of players must be made before either team plays its next scheduled game. Participants found ineligible will be penalized according to the policies in the LU IMS Handbook.
**Code of Conduct**

The purpose of this code is to insure safe and enjoyable recreational participation while encouraging individuals to exercise good sportsmanship. Any person, who commits, attempts to commit, incites or aids others in committing any of the following acts of misconduct shall be subject to disciplinary procedures. *(Clarification: Captains are responsible for the conduct of their players and are responsible to the same disciplinary actions as their players.)*

- Registering a team with an inappropriate name or inappropriate material found on your team’s web page on IMLeagues
- Physical conduct in a threatening manner towards officials, timers, scorers, supervisors, and players will result in a one game suspension and a fine. Players may be withheld from further games at the discretion of the LU IMS Director, Associate Director, and Supervisor.
- Threatening behavior (verbal or physical intimidation toward an official or player) will result in a warning. The second offense will result in a one game suspension. The official and the LU IMS Supervisor reserve the right to skip any warnings and give an immediate suspension for any action they deem worthy.
- Verbal abuse, including derogatory language of an LU IMS staff member or a player will result in an immediate ejection and a one game suspension. Repeated violation of this by any individual will result in expulsion from the league.
- Ejection from any game will result in a minimum one game suspension. Anyone ejected must leave the facility immediately. Lengths of all suspensions are decided by the LU IMS Director, Associate Director, and Supervisor.
- More than one ejection per semester in any sport will result in suspension from all LU IMS activities for two full semesters.
- The code of conduct as described in the Liberty Way is in effect at all times. Reprimands can and will be given out for all Liberty Way violations that occur at an LU IMS event. This includes players and fans.

**Sportsmanship**

The mission of LU IMS is to provide a recreational environment for the LU community that is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of LU IMS.

The LU IMS Sportsmanship Rating System is intended to be an objective scale by which teams’ attitude and behavior can be assessed throughout the LU IMS leagues and playoffs. Behavior before, during, and after a LU IMS contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.

A team is responsible for the actions of the individual team members and spectators related to it. Additionally, LU IMS does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc.) Furthermore, the team captain’s efforts in assisting officials/staff to calm difficult situations and to restrain troubled teammates are necessary to controlling team conduct.

Sportsmanship is vital to the conduct of every LU IMS contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize, or eject players or teams for poor sportsmanship. These decisions are final. The LU IMS Director and Associate Director will rule on further penalties because of unsportsmanlike conduct.
Each participant should choose his/her team name and members carefully, as all team members will suffer the consequences of any disciplinary action taken by the LU IMS staff against that team for violation of the LU IMS rules and sportsmanship guidelines. Protest or appeals of sportsmanship ratings will not be recognized. The LU IMS administrative staff reserves the right to review any rating given to a team.

**Team Sportsmanship Rating System**

Good sportsmanship is a necessity, not a choice, for involvement in LU IMS. Bad attitudes, constant complaining, or abusive language toward officials, supervisors, players, fans, or any other LU IMS staff, and exploitation of the rules are not a part of the game as some people might think. In order to make certain each team portrays quality sportsmanship, the Team Sportsmanship Rating System has been implemented. Each team will receive a “team sportsmanship rating” at the end of every game given by the game officials. Obviously, a player or captain’s behavior or attitude will greatly affect the team’s sportsmanship rating. A team must maintain an average of 3.0 during the regular season in order to be eligible for the playoffs. Each team must maintain a rating of 3.0 for each game of the playoffs in order to advance despite the outcome of the game. **Note: If the winning team is removed from the playoffs for a sportsmanship rating below 3.0, no team will advance in the tournament. The loser of the game will not advance.**

Below is a copy of the scale officials will use in order to evaluate each team on their sportsmanship. A rating scale of 0-5 will be used for each team.

- 5=Excellent (No complaining to officials, total cooperation with LU IMS staff)
- 4=Good (Little complaining or minor questioning of officials; no unsportsmanlike incidents or ejections)
- 3=Average (Some complaining or questioning officials; one unsportsmanlike incident or ejection)
- 2=Poor (Constant complaining or questioning officials; two or more unsportsmanlike incidents or ejections)
- 1=Unacceptable (Completely uncooperative with LU IMS staff)
- 0=Dismissal (Problems requiring a team’s dismissal from league)

**Officials Ratings System**

In order to help keep our officials accountable and to help them do the best possible service for the students we will give each team’s captain the opportunity to rate the officials after each game. It is important for the captain to give an honest evaluation for each official in order to improve our service to you.

Below is a copy of the scale each team captain will use when evaluating the officials. A rating scale of 0-5 will be used to evaluate the officials.

- 5=Excellent Game Control (Demonstrated thorough rule knowledge and excellent professionalism and effort)
- 4=Good Game Control (Demonstrated acceptable rule knowledge and showed good professionalism and effort)
- 3=Adequate Game Control (Demonstrated adequate rule knowledge and reasonable professionalism and effort)
- 2=Poor Game Control (Demonstrated inadequate rule knowledge and a lack of professionalism and effort)
- 1=Unacceptable Game Control (Demonstrated improper rule knowledge, professionalism and effort)
- 0=No Game Control (Demonstrated no rule knowledge and no professionalism and effort)

**National Intramural-Recreational Sports Association (NIRSA)**

The National Intramural-Recreational Sports Association has a rich history as the pioneer of organized recreation, primarily for colleges and universities. NIRSA was founded in 1950 in New Orleans by 20 African-American men and women Intramural Directors from 11 colleges. Today, NIRSA is a non-profit membership organization serving a network of more than 4,000 highly trained professionals, students, and Associate Members in the recreational sports field throughout the United States, Canada, and other countries. It is the leading organization in many areas: training and
professional development, intramural sports, sport clubs, recreation facilities, fitness programming, outdoor recreation, wellness programs, informal recreation, and aquatic programs. Of NIRSA’s 740 Institutional members, 94% come from college and university recreational sport programs. Liberty University has been an Institutional member of NIRSA since 2000. Most of our sport rules and regulations are through NIRSA.
LIBERTY UNIVERSITY
CAMPUS RECREATION

Intramural Sports Rules
**The 3-Point Competition Rules**

1) Participants must be in athletic wear (athletic shoes only; no boots, no jeans/dress slacks)
2) Preliminary rounds are usually held during LU IMS play on Monday or Tuesday evening, the week of the contest.
3) The top eight (8) contestants after preliminary rounds will compete in the actual contest.
4) Participants will have 1 minute to complete all five racks.
5) Each rack will have five balls. The first four balls will be worth 1 point and the final ball (Money ball) will be worth 2 points.
6) The Money ball cannot be shot until the other four balls on the rack have been shot.
7) Participant can choose which corner to start from, but cannot start from the top of the key or either wing.
8) Participants feet cannot be on the line when he/she attempts shot. Spotter will notify shooter and official scorer if infraction occurs.
9) The top four participants with the highest score advance to the semifinals. (Tiebreaker: participant with the most Money balls made will advance; if tie persists, there will be a 1-minute shoot-out where the same rules apply.)
10) The semifinal round will follow the same rules as above with the top two advancing to the Championship Round.
11) The Championship Round will follow the same rules as above with the player who scores the most points becoming the Champion.

**Slam Dunk Competition Rules**

1) Players must be in athletic wear (athletic shoes only; no boots, no jeans/dress slacks)
2) In the first round of competition, participants will be given two separate chances to dunk
3) Each participant will be given one minute to complete a dunk
4) As soon as the first dunk is completed, the dunk will be scored by our judges on a scale of 1-10
5) The participant will have a second dunk in the first round after all the other participants have attempted their dunks
6) The two scores will be averaged together for a final score
7) The top three participants will advance to the final round “Dunk Off”
8) In the case of a tie, both participants will advance
9) The same rules will apply for the final round “Dunk Off”
10) Judges will be chosen by the LU IMS Director, Associate Director, and Basketball Supervisor.
4v4 Flag Football Rules

Any rule not specifically covered will be governed in accordance with the 2009 and 2010 NIRSA Flag and Touch Football Rules Book and Official’s Manual. Modifications have been made to fit the LU IMS 4v4 Flag Football program.

I. Equipment

- Jewelry is not allowed. Medical or religious medallions must be removed, taped, or sewn under the uniform.
- A head sweatband or stocking cap is permitted; however, billed hats, bandanas, and “do-rags” are not permitted.
- Rubber, cloth or elastic bands may be used to control hair. Hard items such as beads, barrettes, and bobby pins are not permitted.
- A guard, cast or brace made of hard and unyielding leather, plaster, pliable plastic, metal or any other hard substance, even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm or elbow.
- Supports are permitted on other parts of the body as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least ½ inch foam rubber (or ¼ inch closed cell, slow recovery foam rubber).
- NO POCKETS OR BELT LOOPS, board shorts, pockets with zippers or hoodies are allowed. All other forms of pockets on pants, shorts, or shirts are prohibited.
- Pants or shorts must be a different color than the flags you wear.
- Shirts or jerseys must be long enough to be tucked in or can be short enough to be a minimum of four inches above the belt.
- Running shoes or shoes made specifically for indoor soccer are the only footwear acceptable. There will be no cleats of any kind allowed on the field.
- Teams will be permitted to use their own ball as long as it is approved by the LU IMS Supervisor.

II. Players

- The game shall be played between two teams of four players each. Three players are required to avoid a forfeit.
- All players must check in using a valid LU ID (Flames Pass) or current copy of class schedule (online students).

III. Play

Start of Game

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

Timing

- The game shall consist of two (2) 10-minute halves with a one (1) minute halftime.
- The clock will start on the snap to begin each half. It will run continuously for the first 11 minutes unless stopped by a teams or referee’s timeout.
- Each team will be notified at the one minute mark by an official and the clock will then stop for the following reasons:
  - Incomplete pass-clock restarts on snap
  - Out of Bounds-clock restarts on snap
Penalties - clock restarts depending on the previous play
Score-clock restarts on opponent’s next snap from scrimmage
Timeouts - clock restarts on the snap
First Downs - clock restarts depending on the previous play
Change of possession - clock restarts on the snap

- Each team is entitled to two (2) charged timeouts per game, including over times.

**Scoring**
- Breaking the vertical plane of the goal line with the football will score a touchdown
- Each touchdown will be worth six (6) points
- A team may try a PAT and go for one (1) point from the three (3) yard line, two (2) points from the ten (10) yard line, or three (3) points from midfield
- The defensive team may return a PAT for two (2) points regardless of whether it was a try for one (1) or two (2) points
- A team scoring a safety will receive two (2) points and the ball on its own five (5) yard line.

**Mercy Rule**
The clock will run if a team is up by 19 or more points with one (1) minute remaining in the contest.

**The Field**
- The field will be approximately 55 yards long and approximately 25 yards wide with two (2) 23-yard zones and two (2) five-yard zones.
- There will be a first down at midfield.

**Putting the Ball in Play**
The ball shall be placed at the Team A five (5) yard line to begin each half of a game and following a PAT try, touchback, or safety, unless moved by penalty. Note: There are no kicks.

**Play**
- Teams will have four (4) consecutive downs to advance to the mid-field stripe for a first down or to the end zone for the touchdown.
- A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains possession of the ball by penalty, pass interception or failure to advance to the next zone.
- The offensive team must have at least one (1) player on their scrimmage line at the snap
- A Team A runner cannot advance the ball through Team A’s scrimmage line. There are not restrictions after a change of possession or once a legal forward pass has been touched beyond Team A’s scrimmage line.
- There must be a legal forward pass each down. The receiver must touch the ball beyond Team A’s scrimmage line. Team A has seven (7) seconds to release the ball on a forward pass. If not, it is a loss of down and the ball is next snapped at the previous spot. The referee will sound his whistle at seven (7) seconds if the passer has possession of the football.
- The play clock shall be 20 seconds in length.
- The ball will become dead immediately upon contact with any netting or post (ceiling or side).
- All ten (10) yard penalties are five (5) yards and all five (5) yard penalties are three (3) yards.
- There will be no punts. If the offense fails to convert a 4th down, the ball will be placed on the defense’s own five (5) yard line with a change of possession.
• The offensive team must have at least one player (besides center) on the line of scrimmage at the snap.
• Interceptions may be returned in a game. When the player’s flag is pulled, the ball is spotted at the spot where the flags are pulled.

Overtime
• There will be no overtime during the regular season. Regular season games will end in a tie.
• Each team will attempt to score by passing from the three (3) yard line for one (1) point or from the ten (10) yard line for two (2) points
• If the defense intercepts a pass or fumble, the attempt is over.

IV. Fouls and Penalties
3 Yard Penalties
• Use of Illegal Equipment
• Delay of game
• False Start
• Encroachment
• Illegal Procedure
• Illegal Forward Pass (3 yards from the point of the pass and loss of down)
• Helping the runner: the runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate
• Illegal Touching (Down is repeated)

5 Yard Penalties
• Delaying the start of either half
• Two (2) or more consecutive encroachments during the same interval between downs
• Illegal participation
• Offensive pass interference (Loss of down)
• Defensive pass interference (Automatic first down)
• Illegally secured flag belt on TD (TD nullified and loss of down)
• Unsportsmanlike conduct
• Spiking the ball or not returning the ball to the official during the dead ball
• Attempting to steal the ball from the carrier
• Hurdling
• Unnecessary conduct of any sort
• Defensive illegal use of the hands
• Guarding the flag belt and stiff arming
• Illegal batting
• Illegal flag belt removal
• Personal foul
• Flagrant unsportsmanlike conduct (Ejection)
• Flagrant personal foul (Ejection)
• Intentional tampering with the flag belt (Ejection)
**5v5 Basketball Rules**

*LU IMS 5v5 Basketball will abide by current National Federation (High School) Basketball Rules except for the modifications listed below. All rules are subject to change at the discretion of the LU IMS Director.*

I. Eligibility
   - Participation is open to all currently enrolled Liberty University students (Online, Graduate, & Law included) as well as all Faculty/Staff of LU. All areas of eligibility are covered in the Policies & Procedures section in the LU IMS Handbook.
   - All participants must have a current membership to the LaHaye Student Union in order to participate in LU IMS 5v5 Basketball.

II. Team Rosters
   - Participants can only compete for one basketball team per semester. Players cannot play in both competitive and recreational leagues.
   - Each team consists of a minimum five (5) players, one whom is designated captain. Only the captain may address an official on rules interpretations.
   - All participants must have a valid LU ID card (Flames Pass) in order to sign into each game. Online students who do not have a LU ID must show proof of their current class schedule.
   - Four (4) players must be present and checked in for a game to begin. After game begins, players who arrive late must check in at the table and may enter the game during a dead-ball period.
   - Substitute players reporting into the game should move along the sideline of the court to the scorer’s table. Substitutions are not to be made until acknowledged and summoned to come onto the floor by one of the officials during a dead ball.
   - The benches for the players will be on opposite ends of the scorer’s table for each court. Teams shall warm up and shoot at the end of the court farthest from their own bench for the first half. All spectators and fans must remain outside of the playing area, behind the divider walls. **NO EXCEPTIONS**

III. Equipment
   - All players must wear similar colored numbered jerseys or numbered pennies. Pennies will be provided for each team by LU IMS if needed.
     - If one player does not have the same jersey on then all players will be required to wear pennies.
     - No numbers greater than double digits will be accepted.
     - Taped on numbers are not allowed. They must be written, painted, or sewn on shirt.
   - Appropriate gym footwear must be worn to participate.
   - Each team must use their own basketball for warm-up. Basketballs are available for checkout from the front desk at the LaHaye Student Union. LU IMS will provide the game ball.
   - No participants may wear caps or bandanas while playing.
   - Jewelry, casts, or any other items deemed dangerous by the official **MAY NOT BE WORN** during the game. Jewelry consists of any visible rings (including wedding bands), watches, necklaces, earrings, studs, bracelets, etc. Only medical alert bracelets are permitted.
     - Any player in the game found to be wearing prohibited equipment will be assessed a technical foul. No warnings will be given!
     - The opposing team will shoot two (2) free throws and will be awarded the ball at midcourt.

IV. Timing of Game
• Game time is Forfeit Time! A team needs at least four (4) legal and checked in players to begin the game.
• Games are divided into two halves of 20 minutes each. The time between halves will be left to the discretion of the Head Official. It will not exceed two (2) minutes.
• Mercy Rule
  ➢ If a team is leading by 50 points or more at halftime or at any point of the second half the game will end.
  ➢ If a team is leading by 35 points or more at or below the 5:00 mark of the second half, the game will end.
• LU IMS basketball will use “running time” which means the clock will not stop with one exception being timeouts.
  ➢ The clock will continue to run on fouls, violations, free throws, and out of bounds situations.
  ➢ After timeouts, the clock will start when the ball is touched inbounds, or becomes live on a free throw attempt (passed to the free throw shooter).
  ➢ The clock will stop and start as in high school basketball the last two minutes of each half.
  ➢ The clock will continue to run after a made basket.
  ➢ **20 at 2:00 Rule**: A running clock will be used during the final two (2) minutes of both halves if a team is leading by at least 20 points.
• LU IMS basketball uses a 35 second shot clock in all men’s basketball leagues. There is no shot clock in women’s leagues.
• Each team receives three (3) timeouts per game. All timeouts are one (1) minute in length. Only the designated coach/captain or players on the court may call a timeout. Subs may not call timeouts.
• Games that are tied at the end of regulation will proceed to an overtime (OT) period.
  ➢ Overtime (OT) will last three (3) minutes with the clock stopping on violations and fouls throughout the final minute of the overtime period.
  ➢ A jump ball at center court will be used to start each OT period.
  ➢ Teams will continue to shoot at the same basket as in the second half.
  ➢ All timeouts and fouls will carry over from the second half and each OT period.
  ➢ Each team receives an additional timeout for each OT period.

V. Shot Clock
• A 35-second shot clock will be used for all Men’s Intramural basketball.
• At the beginning of the game the shot clock will start when possession of the ball is claimed by the team that won the tip (not when the ball is first touched during the tip). The shot clock will be used for the entire game, including all overtime periods, except when 35 seconds or less remains in the half or overtime, in which the shot clock will be turned off.
• The shot clock horn by itself does not stop play, the official’s whistle is blown after the buzzer from the shot clock goes off to report the violation and stop play.
• The shot clock will be stopped and reset when:
  ➢ Team control is re-established after a team loses possession of the ball
  ➢ Possession of the ball changes
  ➢ A foul occurs
  ➢ There is a jump ball and the possession changes
  ➢ A violation occurs
  ➢ An inadvertent whistle occurs and there is no player or team control at the time of the whistle
The shot clock is to be reset at 15 seconds when the ball is intentionally kicked by the defense. If the shot clock is over 15 seconds, then it does not restart and stays where it is at the time of the kick ball.

- The shot clock will always start when a player in-bounds the ball and either team legally touches or is touched by the ball. (Notice this is different than from a jump ball as possession is not necessary for the shot clock to start).
- On a missed field goal the shot clock will only restart after a player from either team gains possession of the ball. (Just touching or tipping the basketball does not restart the shot clock after a missed field goal attempt).
- If a try for goal by the offense is blocked by a player on the defense and the ball goes out of bounds and the shot clock sounds before the ball is whistled dead by the referee, the ball is awarded to the defense as this is considered to be a shot clock violation (despite the defense being the last one to touch the ball before it went out of bounds).
- The shot clock will be stopped without being reset when:
  - The ball is deflected out of bounds by a defensive player
  - A player is injured or loses a contact lens
  - A charged timeout has concluded
  - A defensive player causes a jump ball but the possession arrow favors the offense
  - After a double personal foul, simultaneous personal foul or an inadvertent whistle when there is team control.

**SCENERIO:** Team A is dribbling the ball in the front court. Team B slaps the ball away which results in a loose ball. A player from team B is the first player to gain possession of the ball, but is quickly tied up by a player from team A. **RULING:** If team A has the arrow, team A is awarded the ball out of bounds nearest the spot of the held ball and the shot clock is reset. If team B has the arrow, team B is awarded the ball out of bounds nearest the spot and does not get a reset if the shot clock had already changed due to possession change, but does get a reset if the shot clock had not yet changed.

**VI. General Rules**
- Two (2) point field goals and three (3) point field goals will be used.
- A jump ball will occur only at the beginning of the game and any OT periods.
- Alternate Possession-The team not gaining possession on the initial jump ball will be awarded the ball at the next jump ball situation. The other team will be awarded possession at the next jump ball.
- No dunking is permitted during pre-game warm-ups, at halftime, after the game, or during any other dead ball period. It is permitted during live action.
- Hanging on the rim is prohibited at all times. A technical foul will be issued to all violators.

**VII. Violations and Throw-Ins**
- Some violations include the following:
  - Traveling
  - Double dribble
  - Carrying/palming the ball
  - Intentionally kicking the ball with the leg
  - Excessively swinging the elbows (even w/o contact)
  - Five (5) second closely guarded count in the front court
  - Ten (10) seconds in the backcourt
  - Three (3) seconds in the lane
  - Basket interference
Goaltending

- 35 second shot clock violation

- After any violation, the ball is awarded for a throw in at the spot nearest to where the violation occurred.
- Two (2) or three (3) points are awarded on goaltending depending on the position of the shooter at the time of the shot.
- After any called timeout, the ball is awarded at the spot nearest where the ball was at the time of the timeout.
- The throw in count ends when the ball is released by the thrower. It is a violation if the thrower does not release the ball within five (5) seconds.
- It is a violation for any player to hit the backboard unless they are legitimately attempting to block a shot. This will result in a goaltending call.

VIII. Common Fouls and Penalties

- A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders the opponent from performing normal offensive or defensive movements.
- A personal foul also includes contact by or on an airborne shooter when the ball is dead.
- Examples of personal fouls:
  - Illegal Use of Hands
  - Holding
  - Illegal Blocking
  - Illegal Screening
  - Pushing
  - Charging
  - Hand Checking

- A player control foul (charging) occurs when a personal foul is committed by a player in possession of the ball or while in flight as an airborne shooter. There are no free throws for the offended team following a player control foul. Additionally, no basket will be scored when an airborne shooter is charged with a player control foul.
- After a non-shooting foul (common foul before the bonus or any player control foul), the ball is awarded out of bounds for a throw in at the spot nearest where the foul occurred. Simultaneous personal fouls (double fouls) against opposing players (1 against a player from each team) result in no free throws for both teams and a throw in at midcourt for the team to be awarded the next alternating possession.
- Fouls against the shooter will be shot throughout the game. Except in the final two (2) minutes of the second half and any OT, the clock will not stop during the free throw attempts.
  - An airborne shooter who is fouled by an opponent while in the air, but after the ball is released on a try, is considered to be in the act of shooting until both of the airborne shooter’s feet return to the floor.
- Bonus free throws are awarded to the offended team following common non-shooting personal fouls on and after the seventh team foul of the half. No bonus free throws are shot following a player control foul.
  - For seventh, eighth, and ninth team fouls committed in the half, the shooter will shoot the bonus (1 and 1).
  - For team fouls ten (10) and above, two (2) shots will be awarded to the shooter for any common, non-player control foul.
- During free throw attempts, a maximum of six (6) players are permitted to line up along the lane for rebounding.
The bottom spaces (below the block) will remain vacant at all times.
- The defense must occupy the first space on each side above the block. Players may NOT position themselves on the block separating the lane spaces.
- The offense has the option to occupy the next lane space on each side. In the event that the offense does not wish to occupy these lane spaces, the spaces will remain empty. The defense may NOT occupy the second space on either side.
- The defense has the option to occupy the top lane space (closest to the shooter) on each side. In the event that the defense does not wish to occupy these lane spaces, the spaces will remain empty.
- Thus, 2-4 members of the defense will line up along the lane while 0-2 members of the shooting team will take a lane space (not including the shooter).
- No player, the shooter or those players lined up along the lane, may enter the lane until the free throw attempt has hit the rim. The remaining players from both teams not lined up along the lane must remain behind the free throw line extended and the three-point line until the ball hits the rim.
- The ball becomes live when it is placed at the disposal of the free thrower.
- During free throw attempts, all players may attempt a rebound when the ball has made contact with the rim.

IX. Intentional, Flagrant, and Unsportsmanlike Fouls

- An intentional foul at any time during the game results in two (2) free throws and the possession of the ball out of bounds at the spot nearest to where the foul occurred. Two (2) free throws are awarded regardless if a basket is scored on the play.
- A technical foul at any time during the game results in two (2) free throws and loss of possession. The opposing team will receive a throw-in at mid-court. Upon the second technical foul charged to an offender, that same person is ejected from the game. **If a player receives four (4) technical fouls over the course of a semester, he/she could be suspended for the rest of the season immediately.**
  - Simultaneous technical fouls against opposing players (1 against a player from each team) result in no free throws for both teams and a throw-in at mid-court for the team to be awarded the next alternating possession.
  - Unrelated technical fouls against opposing teams (1 against a player from each team not in the same incident) result in penalties assessed in order of occurrence with free throws shot for each foul.
- Any profanity (or anything that sounds like profanity) or degrading of the officials will result in a technical foul and immediate ejection. Anyone ejected from a game will be expected to leave the gym. Failure to comply will result in forfeiture of the game.
- Altercations involving two or more players will result in flagrant technical fouls.
  - The offending players will be ejected from the game.
  - They must meet with the LU IMS Director or Associate Director before they may participate again in LU IMS.
  - Outright fighting will result in expulsion and suspension from further LU IMS participation for one (1) year and reprimands can be give out in accordance to the Liberty Way.
- All unsporting and contact technical fouls count toward a player’s five (5) fouls for disqualification and toward team fouls in reaching bonus free-throw situations.
X. Sportsmanship

- The mission of LU IMS is to provide a recreational environment for the LU community that is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of LU IMS.

- The LU IMS Sportsmanship Rating System is intended to be an objective scale by which teams’ attitude and behavior can be assessed throughout the LU IMS league and playoff seasons. Behavior before, during, and after an LU IMS contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.

- A team is responsible for the actions of the individual team members and spectators related to it. Additionally, LU IMS does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc.). Furthermore, the team captain’s effort in assisting officials/staff to calm difficult situations and to restrain troubled teammates is vital in controlling team conduct.

- Sportsmanship is vital to the conduct of every LU IMS contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize, or eject players or teams for poor sportsmanship. These decisions are final! The LU IMS administrative staff will rule on further penalties due to unsportsmanlike conduct.

- Each participant should choose his/her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the LU IMS staff against that team for violation of the LU IMS rules and sportsmanship guidelines. Protest or appeals of sportsmanship ratings will not be recognized. The LU IMS administrative staff reserves the right to review any rating given to a team.

- Additional information regarding team and participant sportsmanship including the rating method, factors, and scale is available in the Sportsmanship section of the LU IMS Handbook, available online at www.liberty.edu/ims.
Beach Volleyball (4v4) Rules

GAMETIME IS FORFEIT TIME

I. Players
Each team shall consist of four team members.
Coed teams shall consist of two women and two men. A minimum of three players must be present to start at game time; two of the three must be women.

A. Scoring
All games will be rally scoring. The first 2 games will be to 21 with a 23 point cap. If a third game is required, it will be played to 15 with a 17-point cap.

B. Timeouts
Each team is allowed one, 30-second time-out per game.

C. Game Start
The captains will rock, paper, scissors for the choice court side or the service. The winner chooses either side OR service. The loser receives the remaining option.

D. Changing Sides
In games 1 and 2, sides will be changed every 7 points
In game 3, sides will be changed every 5 points

E. Jewelry
No jewelry is allowed!!

II. The Service
- At the instant the ball is hit for service, the server shall not have any portion of the body in contact with the end line, the court or the sand outside the lines marking the service area.
- A served ball cannot be contacted with an open hand.

A. Serving Faults
A service is considered a fault when the ball passes under the net; the ball touches a player of the serving team; or the ball lands outside the opponent’s player area.

B. Change of Service/Rotation
The team, which receives the ball for service, shall rotate one position clockwise before serving.

III. The Net
- No part of the body, arm, or hand may pass over the top of the net during play except on the block
- There is no center line under the net. A players’ body may partially or completely pass under the net into the opponents’ court. Interference occurs only if the opponent is hindered in playing the ball.
- Interference results in a side-out or point in favor of the hindered team
- No contact with the net or a cable that attach the net to the standards is allowed.
- Incidental contact with the standards is allowed but a player may not attempt to support themselves or catch their balance on the standards.
- The ball must pass over the net entirely between the antennas.

IV. Legal Handling of the Ball
- The ball must clearly rebound off the player’s body.
- Double-Hits are only allowed when playing a hard driven ball. Double-Hits are illegal while setting the ball.
- A Held Ball (any time the ball comes to a visible rest) is illegal. This may occur while digging the ball, lifting the ball to change direction or setting.

V. Yellow/Red Cards
- A yellow card is a point or side out and point.
- If the receiving team gets a yellow card, it is a point for the serving team.
• If the serving team gets a yellow card, it is a side out to the receiving team and a point.
• A red card means the person is expelled from the rest of the game (game ends at 21, match ends best of three) but they can return the next game.
• Any player who gets a red and a yellow card the same match is disqualified for the rest of the match.
• Swearing results in an automatic ejection.
• Yellow cards automatically drop sportsmanship ratings one point.
• Red cards automatically drop sportsmanship ratings two points.
• Teams who fall below the minimum number of players due to yellow or red cards will forfeit that game.

VI. Sportsmanship

• The mission of LU IMS is to provide a recreational environment for the LU community that is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of LU IMS.

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Billiards (8 Ball) Rules

For general rules that apply to all IMS Billiard competitions, please go to http://www.bca-pool.com/play/tournaments/rules/rls_gen.shtml. The following rules apply to 8-Ball games only.

I. Object of the Game

- Eight ball is a call shot game played with a cue ball and 15 object balls, numbered one (1) through fifteen (15).
- One player must pocket balls of the group numbered one (1) through seven (7) (solid colors), while the other player pockets nine (9) through fifteen (15) (stripes).
- The player pocketing either group first and then legally pocketing the 8-ball wins the game.

II. Call Shot

- In Call Shot, obvious balls and pockets do not have to be indicated.
- It is the opponent’s right to ask which ball and pocket if he/she is unsure of the shot.
- Bank shots and combination shots are not considered obvious, and care should be taken in calling both the object ball and the intended pocket.
- When calling the shot, it is never necessary to indicate details such as the number of cushions, banks, kisses, caroms, etc.
- Any balls pocketed on a foul remain pocketed, regardless of whether they belong to the shooter or the opponent.
- The opening break is not a “called shot”.
- Any player preforming a break shot in 8-Ball may continue to shoot so long as any object ball is legally pocketed on the break.

III. Racking the Balls

- The balls are racked in a triangle at the foot of the table with the 8-ball in the center of the triangle, the first ball of the rack on the foot spot, a stripe ball in one corner of the rack and a solid ball in the other corner.

![Diagram of the ball rack](image)

IV. Order of Break

- Winner of the lag has the option to break
- The winner of each game breaks in the next.
- The following are common options that may be designated by the tournament officials in advance:
Players alternate break
Loser breaks
Player trailing in game count breaks the next game

V. Legal Break Shot
- Definition-To execute a legal break, the breaker (with the cue ball behind the head string) must either pocket a ball or drive at least four (4) numbered balls to the rail.
- When the breaker fails to make a legal break, it is a foul, and the incoming player has the option of accepting the table in position and shooting or having the balls re-racked and having the option of shooting the opening break or allowing the offending player to re-break.

VI. Scratch on a Legal Break
- If a player scratches on a legal break shot, all balls pocketed remain pocketed (exception, the 8-ball: see rule 8), it is a foul and the table is open.
- The incoming player has cue ball in hand behind the head string and may not shoot an object ball that is behind the head string, unless he first shoots the cue ball past the head string and causes the ball to come back behind the head string and hit the object ball.

VII. Object Ball Jumped Off Table on the Break
- If a player jumps an object ball off the table on the break shot, it is a foul and the incoming player has the option of accepting the table position and shooting or taking cue ball in hand behind the head string and shooting.

VIII. 8-Ball Pocketed on the Break
- If the 8-ball is pocketed on the break, breaker may ask for a re-rack or have the 8-ball spotted and continue shooting.
- If the breaker scratches while pocketing the 8-ball on the break, the incoming player has the option of a re-rack or having the 8-ball spotted and begins shooting with ball in hand behind the head string.

IX. Open Table
- Defined-The table is “open” when the choice of groups (stripes or solids) has not yet been determined.
- When the table is open, it is legal to hit a solid first to make a stripe or vice-versa.
- The table is always open immediately after the break shot.
- When the table is open, it is legal to hit any solid or stripe first in the process of pocketing the called stripe or solid.
- When the table is open and the 8-ball is the first to be contacted, it is a foul and no stripe or solid may be scored in favor of the shooter. The shooter loses his turn and the incoming player is awarded cue ball in hand. Any balls pocketed remain pocketed and the incoming player addresses the balls with the table still open.
- On an open table, all illegally pocketed balls remain pocketed.

X. Choice of Group
- The choice of stripes or solids is not determined on the break even if balls are made from only one or both groups because the table is always open immediately after the break shot.
- The choice of group is determined only when a player legally pockets a called object ball after the break shot.
- If the groups have been determined and the player mistakenly shoots at and pockets a ball of the group, the opponent must call a foul on him before he takes his next shot. If he fails to do so, the player automatically takes over the group of balls (solids or stripes) at which he/she has been shooting during this inning.
XI. Legal Shot
- Defined-On all shots (except on the break and when the table is open), the shooter must hit one of his group of balls first, and pocket a number ball or cause the cue ball or any numbered ball to contact a rail.
- It is permissible for the shooter to bank the cue ball off a rail before contacting the object ball; however, after contact with the object ball, an object ball must be pocketed or the cue ball or any numbered ball must contact a rail. Failure to meet these requirements is a foul.

XII. “Safety” Shot
- For tactical reasons, a player may choose to pocket an obvious object ball and discontinue a turn at the table by declaring “safety” in advance.
- A safety shot is defined as a legal shot.
- If the shooting player intends to play safe by pocketing an obvious object ball, then prior to the shot, the shooter must declare a “safety” to the opponent.
- It is the shooter’s responsibility to make the opponent aware of the intended safety shot. If this is not done and one of the shooter’s object balls is pocketed, the shooter will be required to shoot again.
- Any ball pocketed on a safety shot remains pocketed.

XIII. Scoring
- A player is entitled to continue shooting until he/she fails to pocket (legally) a ball of his/her group.
- After a player has legally pocketed his entire group of balls, he shoots to pocket the 8-ball.

XIV. Foul Penalty
- Opposing player gets cue ball in hand.
- Player can place the cue ball anywhere on the table (does not have to be behind the head string except on opening break). This prevents a player from making intentional fouls that could put an opponent at a disadvantage.
- With “cue ball in hand”, the player may use a hand or any part of the cue (including the tip) to position the cue ball.
- When placing the cue ball in position, any forward stroke motion contacting the cue ball will be a foul, if not a legal shot.

XV. Combination Shots
- Combination shots are allowed, however, the 8-ball cannot be used as a first ball in the combination unless it is the shooters only remaining legal object on the table. It is considered a foul should such contact occur on the 8-ball.

XVI. Illegally Pocketed Balls
- An object ball is considered to be illegally pocketed when that object ball is pocketed on the same shot a foul is committed, the called ball did not go in the designated pocket, or a safety is called prior to the shot.
- Balls that are illegally pocketed will remain pocketed and then scored in favor of the shooter who controls that specific group of balls, solids or stripes.

XVII. Object Balls Jumped off the Table
- If any object ball is jumped off the table, it is a foul and loss of turn, unless it is the 8-ball, which is a loss of game.
- Any jumped object balls are not re-spotted.
XVIII. Jump and Masse Shot Foul

- A player should be aware that it would be considered a cue ball foul if the impeding ball moves during an attempt to jump, curve, or masse the cue ball over or around an impending numbered ball, which is not a legal object ball.
- It does not matter if the ball was moved by hand, cue stick follow-through, or bridge.

XIX. Playing the 8-Ball

- When the 8-ball is the legal object ball, a scratch or foul is not a loss of game when the 8-ball is not pocketed or jumped from the table.
- Incoming player will have cue ball in hand.
- A combination shot can never be used to pocket (legally) the 8-ball, except when the 8-ball is the first ball contacted in the shot sequence.

XX. Loss of Game

- A player loses the game by committing any of the following infractions:
  - Fouls when pocketing the 8-ball (Exception: see 8-ball Pocketed on the Break)
  - Jumps the 8-ball off the table at any time
  - Pockets the 8-ball in a pocket other than the one designated
  - Pockets the 8-ball when it is not the legal object ball
- All infractions must be called before another shot is taken or else it will be deemed that no infraction occurred.
**Broomball Rules**

Broomball is a game very much like hockey. Most hockey rules apply except that the game is played with a regulation broomball stick (which is shaped like a broom) and a regulation broomball (which is a heavy plastic ball, slightly bigger than a softball). Helmets, sticks and balls will be provided by LU IMS. Games will be played at the LaHaye Ice Center. LU IMS reserves the right to revise, or update, at any time, any rules related to LU IMS Broomball.

I. **Player’s Equipment**
   - Footwear: Rubber soled non-marking tennis or basketball type shoes suitable for running on ice are recommended. No skates, spikes, cleats, heavy boots, street shoes, or similar footwear is allowed. Players should change into their shoes once at the Ice Center.
   - Helmets are mandatory and will be provided by LU IMS.
   - Gloves, shin pads, elbow pads, and mouthpieces are optional, but recommended. Goalie pads/leggings are not allowed. Hand protection is limited to the use of mittens or gloves. Softball gloves can be used by goalies; however, no ice hockey goalie gloves can be used.
   - Balls and sticks (brooms) will be provided by LU IMS and must be used. **Note: Players, who are seen damaging equipment, will be charged a fee to replace that equipment.**
   - No jewelry will be allowed.

II. **Officials or Supervisor**
   - The officials shall not permit any player to wear equipment, which, in his /her judgment, is dangerous to other players. The supervisor will make the final decision on acceptable equipment.
   - The supervisor shall have the power to make decisions on any points not specifically covered in the rules. The officials shall conduct the game in accordance to the rules.
   - The officials shall penalize unsportsmanlike conduct by any player, coach, substitute, or spectator by removing them from the game and the area.
   - Teams consist of five (5) players, one being the goalie. A minimum of four (4) players is required to start the game.
   - Each team will designate one captain. He/she will be the only individual to discuss with the officials.
   - The team captain will notify the officials when the team pulls their goalie, or subsequently, puts the goalie back into the game.
   - If multiple penalties occur, a team can only play two (2) people short of the number they have on ice at full strength.
   - In a simultaneous minor penalty situation where both teams are at even strength and one team scores a goal, nobody returns to the ice. Therefore, a team cannot score and make themselves short-handed.
   - If a team is playing two players short of full strength and a third penalty occurs, that offending team player’s penalty time will not start until he/she reports to the box, and the individuals already in the box must wait for that person to report to the box before leaving the penalty box.

III. **Timing and Scoring**
   - Game time is forfeit time. Teams should report to the LaHaye Ice Center at least fifteen (15) minutes prior to their scheduled game time.
   - There are two (2) twelve (12) minute periods of running time with one (1) minute between periods, no timeouts. Teams shall switch ends at the end of the first period. The last minute of the second period will be stop time in all dead ball situations (i.e. violations, penalties, injuries, and when the ball leaves the playing area) as long as a team is not ahead by three (3) or more goals.
   - Mercy Rule
• 10:00 minute mark of the second half, 8 goal lead
• 6:00 minute mark of the second half, 6 goal lead
• 2:00 minute mark of the second half, 4 goal lead

Tied games
• There will be no shoot-out for tie games in the regular season.
• For playoff games, if the game ends tied at the end of regulation, a shootout will take place.
• Five (5) players from each team will attempt a penalty shot from the designated penalty shot line (five yards in front of the goal line). If still tied, the shootout procedure will continue in sudden death fashion (i.e. one player from each team attempts a shot, and if still tied, one more from each team until the tie is broken).

Shootout Rules
• Goalies can take shootout shots.
• Every player on a team that is signed in must shoot before any player can shoot a second time.
• No player in the penalty box at the end of regulation may participate in the shootout.
• Shootout and penalty shots will be taken from five (5) yards in front of the goal line with all other players behind and away from the shooter, except the goalie.
• At the referee’s signal, the shooter may take the shot from the spot. A shootout or penalty shot may only be contacted once by the shooter, no rebounds.
• There is no faking of shootout or penalty shots. If done, goal will not count and no retry is awarded.
• The backward and forward arc of the stick during the swing of his/her shot must be kept below the waist. If in violation, the shot is no good and no retry.
• The goalie must remain in the crease until the ball is touched. The goalie may not throw his stick or glove. A goal shall be scored if he/she is in violation whether the shot is good.
• If, during a penalty shot, any player on the opposing team causes a distraction or interference, a second penalty shot attempt shall be awarded (provided the first attempt was unsuccessful) and a misconduct penalty will be given.
• If a penalty shot is awarded during the game, the following provisions apply:
  1) If a goal is scored off a penalty shot, play will resume with a face-off at center ice.
  2) If the penalty shot is unsuccessful, there will be a face-off at the nearest face-off circle.
  3) The fouled player must take the penalty shot, unless he/she is physically incapable of doing so. In such a case, the captain will choose from a participating player on the ice.

IV. General Rules of Play
• THERE IS ABSOLUTELY NO CHECKING! The penalty is an ejection and a five (5) minute major penalty.
• Play begins with a face-off at center ice with players in their defensive zone. A face-off at center ice also occurs after a goal is scored and at the beginning of each period. Any face-off requires all players not facing off to be at least six (6) feet from the face-off spot.
• The ball must be passed from player to player using the stick. There is NO KICKING. If kicked, indirect shot will be awarded to opponent at spot of infraction.
• To score, ball must be hit with the broomball stick into the goal. No goal for a ball diverted into the goal by an offensive player’s foot. The entire ball must cross goal line.
• Players may not catch the ball. They may knock it down with their hand, but if this occurs, they must be the first to play it with their broom before it touches another team member. No hand passes.
• A broom may never be swung above waist height. This results in a minor violation-the ball being awarded to the opponent at the spot of the infraction for an indirect shot-or a two (2) minute minor penalty.
• A ball knocked out of play will be put back in play with a face-off at the nearest spot where the ball was last touched by a player.
• Players must play the ball, and not the body, at all times.
• After each penalty, a face-off will result at the face-off circle nearest the spot of the penalty. Face-offs will be made at the center circle when the penalty occurred in the attacking area of the player/team being penalized.

V. Substitution
• Players may substitute during live ball situations providing the following conditions:
  ➢ Players entering the game must wait until the player leaving the floor is completely off the ice before entering the playing area.
  ➢ Players leaving the ice must exit at the same place that the substitute is entering the ice.
  ➢ Goalies must notify the referee when substituting.
  ➢ Players entering the ice after an expired penalty may not participate in a play until touching the centerline along the sideline
• Goalies
  ➢ They may use a broom.
  ➢ They can use their hands and may catch and/or freeze the ball as long as some part of their body is in the crease. If completely out of the crease and ball is frozen, an indirect shot is awarded to the opponent at the spot of the infraction.
  ➢ A goalie in possession of the ball has five (5) seconds to get rid of it. Opponents must back off enough to allow the goalie to pass the ball.
  ➢ The goalie may not roll or throw the ball outside their half of the ice. If this occurs, possession of the ball will be given to the opponent at center ice for an indirect shot.
  ➢ A goalie leaving the crease loses all goalie privileges.
  ➢ Goalie may not use goalie thigh/shin pads, but may wear a softball glove and dress similar to other players. A helmet/mask is required and will be provided.
  ➢ The goalie may be pulled or put back into goal at any time, as long as the officials have been notified.
  ➢ No player (offensive or defensive), except the goalie, is allowed in the crease area. A goal is scored by an offensive player in the crease is disallowed, unless the player was pushed by a defensive player into the crease. A defensive player, other than the goalie stopping the ball in the crease, will be penalized by awarding a penalty shot to the opponent. The goal crease is a four (4) foot radius making a half-circle and extends from the center point of the goal line perpendicular from the front of the goal.
  ➢ Goalies will serve all penalties they receive.

VI. Offside
• There will be no offside in broomball except during face-off situations.

VII. Minor Violations/Indirect Shots
• The following violations will be penalized by awarding the ball to the opponent at the spot of the infraction for an indirect shot:
  ➢ Playing the ball with a high stick when others are not close and in a non-threatening manner
  ➢ Hand passes or kicking the ball to another team member
  ➢ Players other than goalie catching/freezing the ball
  ➢ Goalie completely out of the crease freezes the ball
  ➢ Goalie holding the ball longer than five (5) seconds (ball awarded to opponent at nearest face-off spot)
  ➢ Goalie rolling/throwing the ball past center ice without it being touched by another player on either team (ball awarded at center ice)
  ➢ Offside on face-off situation
  ➢ Player in the crease or breaking plane of crease with stick or body
1) When the offensive team breaks the rule, the official shall stop play immediately and award the indirect shot.
2) When the defensive team violates this rule, the official will blow the whistle and award the indirect shot only when the ball has come into the possession of the defensive team.
3) If defense stops a goal or ball in the crease, penalty shot awarded to attacking team.
4) A goal may not be scored directly from an indirect shot.
5) The ball must be touched first by a teammate or an opponent before going into the goal.

VIII. Penalties

- Penalty time shall be kept by “stopped time”. Stopped time begins as soon as a penalty or violation occurs.
- Minor violations-indirect shot (clock does not stop)
- Minor penalty-penalized player removed for two (2) minutes during which no substitute is permitted unless the penalized team gives up a goal
  - High sticking or brooms carried in a manner considered dangerous by the official
  - Too many players on ice
  - Deliberate delay of game (This shall include a player who deliberately or intentionally knocks or shoots the ball out of the reach of the official who is retrieving it or shoots the ball out of the playing area)
  - Goalie who participates in a play in any manner beyond the centerline
  - Cross-checking and pushing off with the hands
  - Slashing with the broom
  - Interference-imposed on a player who interferes with or impedes the progress of an opponent who is not in possession of the ball, who knocks a broom out of an opponent’s hand, or who prevents a player from regaining possession of a dropped stick
  - Holding, tripping, and elbowing
  - Unnecessary roughness-a minor or major penalty may be imposed on any player
  - Slapping of brooms or any other equipment on the playing floor or in an inappropriate manner
  - Playing with a broken broom (player must drop the broom to the ice immediately)
  - Sliding into opponents (both intentional and unintentional)
  - Removing helmet during play, including shoot-outs
- Major penalty-penalized player removed for five (5) minutes during which no substitute is permitted not even if the penalized team gives up a goal
  - Checking and cross-checking a goalie (plus ejection)
  - Charging
  - Throwing broom or gloves at a ball
  - Boarding-shall be imposed on any player who body checks, cross checks, elbows, charges, trips, or throws an opponent into the boards or ice
- Misconduct penalty-penalized player is removed for ten (10) minutes during which a substitute is permitted immediately
  - Verbal abuse to officials (can result in immediate game penalty)
  - Showing disrespect for an official (A game penalty may be levied if the player persists in disrespectful behavior)
  - Any player who, after being warned by an official, persists in any action designed to delay the game or incite an opponent into an altercation or penalty
  - If, after the assessment of a misconduct penalty, a player persists in any course of conduct for which he/she has previously been assessed a misconduct penalty, a game penalty will be assessed.
- Game penalty-penalized player is ejected for the remainder of the game and is fined and suspended from his/her next scheduled game
- Fighting—a player shall also be ejected for joining in an altercation or fight
- Deliberate roughing of an opponent (CHECKING)
- Slashing, spearing, butting, or swinging stick at a player (hitting or missing)
- Attempt to injure an opponent
- Unsportsmanlike conduct or repeated acts of abuse to officials
- Player(s) using obscene gestures or language
- Players leaving bench or sidelines to participate in an altercation
- Note: For a second major penalty to the same player in a game, the player shall be ejected from the game.
- He/she will be fined and suspended from their next scheduled game.

- After each penalty, a face-off will result at the face-off circle nearest the spot of the penalty. Face-offs will be made at the center circle when the penalty occurred in the attacking area of the player/team being penalized.

IX. Penalties Resulting in a Penalty Shot
- Defensive player other than the goalie stopping the ball in the crease or knocking the ball out of the crease with a chance of scoring
- Offensive player has obvious breakaway when defensive player throws anything at the player, including the body or the broom, and makes him/her lose control
- When defensive player catches up to the offensive player from behind and plays the body instead of the ball
- Throwing a stick or helmet in frustration or anger

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Coed Volleyball Rules

Current National Federation (High School) Rules will govern play except for the modifications listed below. All rules are subject to change at the discretion of the LU IMS Administrative Staff.

I. General
- There are a maximum six (6) players per team on the court (three men and three women).
- A team may play with no fewer than five (5) players.
- If a team plays with five (5) players then three (3) of those five (5) must be female.
- Net Height-Eight (8) feet
- Matches will be the best two (2) out of three (3) games played to twenty-five (25) by rally scoring. Games one and two will be capped at thirty (30). Game three (3) will only go to fifteen (15) and be capped at twenty (20).
- Championship match of the playoffs will still be best two (2) out of three (3).
- If a team is not there at game time, the first game of the set will be forfeited. After ten (10) minutes, the entire match will be forfeited.
- Substitutions may be made anytime the ball is not in play, but must stay in rotation.
- There will be one (1) thirty (30) second timeout per team per game.
- Any unsportsmanlike conduct will result in a loss of point and side out for the first offense. The second offense will result in removal of the game and facility.

II. Clarification of Select Rules
- Ball hitting on line is in bounds
- Ball hitting overhead obstacle or basket support is in bounds if hit on your own team’s side and if is not the third hit. However, if the ball hits the ceiling on your side on a hit and lands on the other team’s court, the ball is then out.
- Ball hitting net on serve is a live ball.
- Server must be behind line
- Teams rotate clockwise upon receiving serve
- Contact with the ball must be a “clear” hit. No palming, lifting, pushing or carrying of the ball allowed. Any palming or pushing of the ball will be called a lift.
- Teams change courts and serve at end of each game.
- Ball may be contacted by any part of the body. Use of head, fist, and feet are permissible.
- Ball cannot be contacted twice in succession by the same player; however, simultaneous contacts by more than one player on same team are allowed and are considered as one play. Players participating in such simultaneous contact may participate in the next play.
- Simultaneous contact by players on opposing teams also permit players involved to participate in next play; however, if this results in ball being shorty held it is a double fault and played over.
- When players on opposing teams commit fouls simultaneously, it is a double foul and played over. Points are not scored on a double foul.
- Touching net at any time is a foul, except when a hard driven spike forces net into a player while he/she is on his/her side of the court. Any player that touches the net after spiking a ball, the play will be whistled and called a side out.
- A player may reach over the net while blocking or in follow-through of a hit ball, but cannot reach over net in attempt to intercept ball until opponent has completed attack. Thus, a spiked ball cannot be blocked until it has been hit.
• A player may step on the centerline but not on the floor in the opponents’ court. Any part of a player’s body may be in the air below the net and beyond the centerline if he/she does not interfere with opponents play by either touching ball or opponent.
• Three hits maximum each side; except when ball touches blockers hand(s) (three more hits are legal).
• A girl must hit the ball at least once before it goes over the net unless there are less than three total hits.
• A player cannot attack or block the ball directly off the serve.
• A player rotating off the front row must wait three rotations before returning to the front row.

III. Yellow/Red Cards
• A yellow card is a point or side out and point.
• If the receiving team gets a yellow card, it is a point for the serving team.
• If the serving team gets a yellow card, it is a side out to the receiving team and a point.
• A red card means the person is expelled from the rest of the game (game ends at 21, match ends best of three) but they can return the next game.
• Any player who gets a red and a yellow card the same match is disqualified for the rest of the match.
• Swearing results in an automatic ejection.
• Yellow cards automatically drop sportsmanship ratings one point.
• Red cards automatically drop sportsmanship ratings two points.
• Teams who fall below the minimum number of players due to yellow or red cards will forfeit that game.

IV. Sportsmanship
• The mission of LU IMS is to provide a recreational environment for the LU community that is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of LU IMS.
• The LU IMS Sportsmanship Rating System is intended to be an objective scale by which teams’ attitude and behavior can be assessed throughout the LU IMS league and playoff seasons. Behavior before, during, and after an LU IMS contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.
• A team is responsible for the actions of the individual team members and spectators related to it. Additionally, LU IMS does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc.). Furthermore, the team captain’s effort in assisting officials/staff to calm difficult situations and to restrain troubled teammates is vital in controlling team conduct.
• Sportsmanship is vital to the conduct of every LU IMS contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize, or eject players or teams for poor sportsmanship. These decisions are final! The LU IMS administrative staff will rule on further penalties due to unsportsmanlike conduct.
• Each participant should choose his/her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the LU IMS staff against that team for violation of the LU IMS rules and sportsmanship guidelines. Protest or appeals of sportsmanship ratings will not be recognized. The LU IMS administrative staff reserves the right to review any rating given to a team.
• Additional information regarding team and participant sportsmanship including the rating method, factors, and scale is available in the Sportsmanship section of the LU IMS Handbook, available online at www.liberty.edu/ims.
Disc Golf Rules

All Rules are subject to change at the discretion of the LU IMS Administrative Staff.

I. General
• Players will need to provide their own discs while playing.
• The course is an 18-hole course located just past the Campus East Intramural fields. Here is a map of the LU IMS Disc Golf Course. www.liberty.edu/discgolf

II. Courtesy
• Players should not throw until they are certain that the thrown disc will not distract another player or potentially injure anyone present.
• Players should take care not to produce any distracting noises or any potential visual distractions for other players who are throwing.
• A player violating a courtesy rule may be warned by any affected player with all players of the group advised of the warning. The player shall be assessed one penalty throw for each subsequent courtesy violation of any type in the same round.

III. Order of Play
• Teeing order on the first tee is determined at random.
• Teeing order on all subsequent tees is determined by the scores on the previous hole, with the lowest score throwing first, and so on. If the previous hole was a tie, the scores are to be counted back until the order is resolved.
• After all players in the group have teed off, the player farthest from the hole throws first.
• Players should take a maximum of 30 seconds to make a throw after the previous player has thrown and marked their lie.

IV. Teeing Off
• Tee throws must be completed within or behind the designated tee area.
• When the disc is released, at least one of the player’s feet must be in contact with the surface of the teeing area.

V. Marking the Lie
• After each throw, the thrown disc must be left where it came to rest until the lie is established by the placing of a marker.
• A player may also choose, without touching or repositioning the thrown disc, to use the thrown disc as the marker.
• A marker inadvertently moved prior to the throw shall be returned to its correct location.

VI. Stance, Subsequent to Teeing Off
• When the disc is released, a player must:
  ➢ Have at least one foot in contact with the playing surface on the line of play and directly behind the marker disc.
  ➢ Have no contact with the marker disc or any object closer to the hole than the marker disc.
  ➢ Have both feet in bounds.
• Stepping past the marker disc is permitted after the disc is released, except when putting within 10 meters.
• Any throw within 10 meters to the hole is considered a putt. A follow through after a putt, that causes the thrower to make contact closer to the hole, constitutes a falling putt and is considered a violation.
• A player must choose a stance that will result in the least movement of any obstacle that is a permanent part of the course.
• If a large obstacle prevents a player from taking a legal stance, the player shall take his or her stance immediately behind that obstacle on the line of play.
• Stance violations can be made by an opponent (which will result in a warning) and all subsequent violations will incur a one-throw penalty.
• When this violation occurs, re-throws must be taken from the original lie.

VII. Obstacles and Relief
• No relief is granted for park equipment (such as signs, trashcans, picnic tables, etc.) as they are considered part of the course.
• A player may not move an obstacle (or hold it back or bend it) in order to make room for a throwing motion. It is legal for a players throwing motion to make incidental movement of an obstacle.
• A player may move obstacles between the lie and the hole that became a factor during the round such as branches that fell during play. If it is not known if an obstacle became a factor during the round then it shall not be moved.
• A player may obtain relief only from the following obstacles: casual water, loose leaves or debris, broken branches no longer connected to a tree, harmful insects or animals, player’s equipment, or spectators.
• A player shall receive one penalty throw for violation of an obstacle or relief rule.

VIII. Unplayable Lie
• A player may declare his or her lie to be an unplayable lie and is the sole judge as to whether the lie is unplayable.
• The unplayable lie may be relocated to a new lie that is no closer to the hole, on the line of play and within 5 meters of the unplayable lie.

IX. Interference
• A thrown disc that hits another player, spectator, or animal shall be played where it comes to rest.
• A thrown disc that is intentionally deflected or was caught and moved shall be marked as close as possible to the point of contact.
• In the case of intentional interference, the thrower has the option of taking a re-throw.
• If a disc at rest on the playing surface or supported by the target is moved, the disc shall be replaced as close as possible to its original location.
• Any player who consciously alters the course of a thrown disc, or consciously moves or obscures another player’s thrown disc at rest or a marker disc shall receive two penalty throws if observed by any two players or an official.

X. Disc above the Playing Surface
• If a disc comes to rest above the playing surface in a tree or other obstacle on the course, its lie shall be marked on the playing surface directly below it.
• If the disc comes to rest above the playing surface out of bounds then the disc shall be declared out of bounds and penalized accordingly.
• If the playing surface directly below the disc is inside a tree or other obstacle, the lie shall be marked on the line of play immediately behind the tree or obstacle.
XI. Out of Bounds
- A disc shall be considered out-of-bounds only when it comes to rest and it is surrounded by the out of bounds area.
- A player whose disc is considered out-of-bounds shall receive one penalty throw. The player may elect to play the next shot from:
  - The previous lie as evidenced by the marker disc
  - A lie that is up to one meter away from and perpendicular to the point where the disc last crossed into out-of-bounds
  - Within the designated Drop Zone, if provided.

XII. Throwing From another Players’ Lie
- A player who has thrown from another player’s lie shall receive two penalty throws. The offending player shall complete the hole as if the other player’s lie were his or her own. No throws shall be replayed.
- The player whose lie was played by the offending player shall be given an approximate lie as close to the original lie as possible.

XIII. Lost Disc
- A disc shall be declared lost if the player cannot locate it within three minutes after arriving at the spot it was last seen.
- A player whose disc is declared lost shall receive one penalty throw. If the throw was made from the tee, the player will re-tee for the next shot. If not made from the tee, the player will throw from the approximate lie where the last throw was made. In all cases, the original throw plus one penalty throw shall be counted in the player’s score.
- A marker disc that is lost shall be replaced in its appropriate lie with no penalty.

XIV. Mandatories
- A mandatory restricts the path the disc may take to the target. A disc must pass the correct side of the mandatory before the hole is completed. Once the disc has completely passed the mandatory line on the correct side, the mandatory is to be ignored for the remainder of play on that hole.
- The mandatory line is the line marked to indicate when a disc passes or misses the mandatory.
- If no line is marked, the mandatory line is defined as, a straight line through the mandatory, perpendicular to the line from the tee to the mandatory.
- A throw is considered to have missed the mandatory if it passes the incorrect side of the mandatory line from the direction of the tee, and comes to rest lying completely beyond that line.
- A disc that has missed the mandatory results in a one-throw penalty and the next throw shall be made from a lie marked within 5 meters of the mandatory object.

XV. Holing Out
- A player who fails to play any hole or fails to hole out on any hole during the round will be disqualified.
- Disc Entrapment Devices: In order to hole out, the thrower must release the disc and it must come to rest supported by the chains or within one of the entrapment sections. The disc must also remain within the chains or entrapment sections until removed.

XVI. Scoring
- We will use stroke play in scoring all disc golf matches. One point per throw
- The goal is to use the lowest amount of throws to finish each hole. The lowest score wins the match.
Dodge Ball Rules

All rules will be governed by Official NADA Rules with the following modifications listed below. All rules are subject to change at the discretion of the LU IMS Administrative Staff.

I. General
- Teams will be made up of 6-10 players.
- Six (6) players will compete on a side; others will be available as substitutes.
- Substitutes may enter the game only during timeouts or in the case of injury.
- The playing field shall be a rectangle at least 50 ft. long and at least 30 ft. wide, divided into two (2) equal sections by a centerline and attack lines 3m from, and parallel to the centerline.
- The official ball used in tournament and league play will be an 8” foam ball.

II. The Game
- The object of the game is to eliminate all opposing players by getting them “OUT”. This may be done by:
  - Hitting an opposing player with a LIVE thrown ball below the shoulders
  - Catching a LIVE ball thrown by your opponent before it touches the ground.
- Definition of LIVE: A ball that has been thrown and not touched anything (including the floor/ground, another ball, another player, official or other item outside of the playing field etc. wall, ceiling, etc.)

III. Boundaries
- During play, all players must remain within the boundary lines. Players may leave the boundaries through their end line only to retrieve stray balls. They must also return through their end line.
- Players, who are not in the game, may not touch any ball at any time.

IV. The Opening Rush
- Game begins by placing the dodge balls along the centerline – three (3) on one side of the center hash and three (3) on the other.
- Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls.
- This signal officially starts the contest. Teams may only retrieve the three (3) balls to their right of the center hash.
- Once a ball is retrieved, it must be taken back behind the attack line before it can be legally thrown.

V. Timing and Winning a Game
- The first team to eliminate all opposing players will be declared the winner.
- A 10-minute time limit has been established for each contest.
- If neither team has been eliminated at the end of 10 minutes, the team with the greater number of players remaining will be declared the winner.
- In the case of an equal number of players remaining after regulation, a sudden death overtime period will be played. All OT periods will be three (3) minutes.
- Each team will be allowed one (1) 30 second timeout per game. At this time, a team may substitute players into the game.
- In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds. Two balls will be given to the other team.
Fantasy Football Rules

We will be using the Yahoo Fantasy Sports website for our fantasy football league. Yahoo rules will apply except for a few modifications seen below. Changes can be made at the discretion of the LU IMS Administrative staff.

I. Rules of the Game

- Playoffs: All teams will advance to the playoffs. Playoffs will be set up according to Yahoo standards.
- The Draft
  - The draft will be held at a TBD date before the 1st week of the NFL season.
  - The draft will be conducted by an IMS supervisor in TBD location on campus.
  - Owners will have one minute to make their draft selections.
  - All teams will draft a 14-man roster.
- Scoring
  - The goal of your team is to score more points than your weekly opposition by having your starting line-up perform better in their NFL games than your opponents.
    - **Offensive**
      1. Passing Touchdowns: 4 points
      2. Receiving/Rushing Touchdowns: 6 points
      3. Rushing Yards: 1 point every 10 yards
      4. Receiving Yards: 1 point every 10 yards
      5. Passing Yards: 1 point every 30 yards
      6. PAT: 1 point
      7. Two point conversion: 2 points
      8. Field Goals
        a. 3 points-39 yards or less
        b. 4 points-40 yards to 49 yards
        c. 5 points-50 yards or more
      9. Interceptions: -2 points
      10. Fumbles Lost: -2 points
    - **Defensive/Special Teams**
      1. Interceptions: 2 points
      2. Sacks: 1 point
      3. Touchdown: 6 points
      4. Safety: 2 points
      5. Fumbles Recovered: 2 points
      6. Blocked Kick/Punt: 2 points
      7. Points Allowed
        a. 10 points – 0 points allowed
        b. 7 points – 1-6 points allowed
        c. 4 points – 7-13 points allowed
        d. 1 point – 14-20 points allowed
        e. 0 points – 21-34 points allowed
        f. -4 points – 35+ points allowed
  - All ties will be decided according to Yahoo league rules.
- Weekly Rosters
  - All team rosters must be submitted online as restricted by Yahoo Fantasy Football
  - Each week’s roster should consist of
1. 1 quarterback
2. 2 Running Backs
3. 2 Wide Receivers
4. 1 Tight End
5. 1 Flex Position (Wide Receiver of Running Back)
6. 1 Kicker
7. 1 Defense

- BYE Weeks
  - Throughout some weeks in the season, each NFL team will have designated BYE weeks, which are announced ahead of time. Please be aware when your team’s players have BYE weeks.

- Transactions
  - There is no limit to the number of transactions during the regular season.

- Trades
  - The league participants will be able to vote on all trades.
  - All participating team captains will have 1 day to protest trade transactions according to Yahoo guidelines.
  - There are no trading back players from team to team.
  - The trade deadline will be announced on the Yahoo website.

- Waiver Wire
  - Guidelines will be set on the Yahoo website
Flag Football Rules

The NIRSA Flag Football Rules will govern play for any rules not mentioned in the following LU IMS Flag Football rules. These rules are highlights or modifications of the rules used by NIRSA. The LU IMS Supervisor will make final interpretations of any rule on site. All rules are subject to change at the discretion of the LU IMS Administrative staff.

I. Equipment
- No excess equipment (i.e. pads, helmets, etc.) All protective medical equipment (tape, braces, etc.) must be approved by head official.
- Molded cleats or tennis shoes are the only footwear allowed. No metal cleats are to be worn. (1st offense: ejection from game; 2nd offense: ejection from league)
- Shirts or jerseys must be long enough to be tucked in, and short enough to be a minimum of four inches above the belt.
- No belt loops or pockets are allowed on pants or shorts. Pants or shorts must be a different color than the flags.
- You can bring your own ball to use otherwise one will be provided for you. Ball must be approved by head official.
- Players may wear a stocking cap (no billed caps) or headband. No bandanas are allowed.
- Sunglasses may be worn provided they are pliable and non-rigid.
- No jewelry of any kind may be worn.
- No towels may be worn from a player’s waist.

II. Playing Field
- Field dimensions are 100 yards long (2 ten yard end zones and 4 twenty yard zones)
- The lines bounding the sidelines and the end zones are out-of-bounds.
- Players must stay between the 20-yard lines.
- Spectators must stay outside the fence while games are being played.

III. Players
- Only seven players per team are allowed on the field at one time.
- Six players are required to start and finish a game.
- The offense must have at least four players on the offensive line of scrimmage at all times before “line set” can be called.
- All plays must originate with a snap to someone who is two yards behind the line of scrimmage.
- Only one offensive player can be in motion when the ball is snapped. The motion must be parallel to or away from the line of scrimmage.
- No defensive player may be closer than one yard to the line of scrimmage during all scrimmage downs. Defensive players may not break this buffer zone before the ball is snapped.
- Offensive players are responsible for retrieving the ball after a down has ended. The snapper may have the ball spotted or carry it with him in order to keep it clean and dry. A towel may be used to help keep the ball dry and placed under the ball during inclement weather.
- All substitutions must occur after a play has been stopped or during a timeout. Players may not substitute during a play. Players must enter the field directly from the team area and must be a yard off the sideline to be eligible to play.

IV. Timing
- A game shall consist of two 20-minute halves with a running clock the first 18 minutes of each half.
- The clock can only be stopped by a timeout or an injury during the first 18 minutes of each half.
• During the last 2 minutes of each half, the clock will be stopped at all whistles other than when flag is pulled during a play. Teams will be notified of the two-minute warning.
• Anytime during the game, the playing time of the remaining periods may be shortened by mutual agreement of captains and referees.
• The clock will run during the point after touchdown (P.A.T.) attempt except during the last two minutes of each half.
• During the last 2 minutes of each half the clock will stop for a:
   Incomplete legal or illegal forward pass - starts on the snap.
   Out-of-bounds – start on the snap.
   Safety – starts on the snap.
   Team Timeout – start on the snap.
   First down – depends on the precious play.
   Touchdown – starts on the next offensive snap (P.A.T.’s are untimed).
   Penalty and Administration – depends on the previous play (except delay of game –starts on snap).
   Referees’ Timeout – starts at his/her discretion.
   Touchback – starts on snap.
   Team attempting to conserve time illegally – starts on whistle.
   Team attempting to consume time illegally – starts on snap.
• Each team is allowed two sixty second timeouts per game.
• After a stopped clock, time will begin at the snap of the ball, unless in the final two minutes as dictated by the previous play.
• Once the ball has been marked, a team has 20 seconds to snap the ball.
• Before a play can be run the official must announce, “Line set”. Before the official can do so, four players must be on the line of scrimmage.
• A team may defer its toss option to the second half. If not the team must choose whether to receive the ball or choose which goal to defend. The opposing team may choose if the option is deferred.
• Once a team captain declares a punt, a field goal, or to go for a one or two point conversion, he or she may change the decision only by taking a charged timeout.
• Mercy Rule- A game is complete if any team is ahead by 18 points with 2 minutes or less in the game.
• A half may be extended using an untimed down if the half ends on a defensive penalty or a touchdown. If the touchdown occurs at the end of the second half and the P.A.T. will not affect the outcome the game will be over.

V. Overtime
• During the regular season and playoffs, overtime will continue until a winner is determined. After the first overtime, teams must go for two points.
• There will be only one coin flip in overtime.
• All overtime periods are played toward the same goal.
• Each team will start first down and goal from the 20-yard line. The team will have four downs to score, unless awarded first down automatically, or a penalty allows for repeating a down. If the defense intercepts a pass and returns it for a touchdown (except on a P.A.T.) the game is over.
• Each team is entitled to one timeout per overtime period.

VI. First Downs
• A first down is awarded to a team whenever they advance the ball across a 20-yard marker (zone line-to-gain). A team will be allowed four downs to achieve a first down.
• Only one first down per series of possession can be obtained at each 20-yard marker.
• A new series of downs shall be awarded:
When a team moves the ball into the next zone on a play free from penalty
- Penalty against the defense moves the ball into the next zone
- An accepted penalty against the defense involves an automatic first down
- Either team has obtained legal possession of a ball because of a penalty, punt, touchback, pass interception or turnover on downs.

### VII. Carrying the Ball
- A ball carrier is down when flag is pulled off, when one knee touches the ground, or when the player is touched after the flag has inadvertently fallen off.
- A ball carrier is not down if he/she maintains balance by placing a hand on the ground. The ball is considered part of the hand.
- A player may not be pushed, blocked, or tackled (this results in a penalty).
- NO “stiff arms”
- NO “power sweeps”.
- NO teammates may precede the ball carrier as he/she runs. However, any # of teammates may position themselves ahead of the ball carrier’s intended route and “screen” opponents as the ball carrier arrives in that area.
- NO “guarding of flags” (i.e. any obstruction), ball must be carried above the waist.
- Ball carrier may not be “stripped” of the ball.
- Ball carrier has unlimited spins.
- Ball carrier may jump or dive to avoid having their flag pulled. However, if player initiates contact with another player there will be a penalty.
- If a player inadvertently loses his or her flag or if pulled by the opposition before gaining possession of the ball, the play will continue until the player is one-hand touched by a defensive player.
- A fumbled ball is dead when it strikes the ground.
- When an inadvertent whistle occurs, the offensive team will have the option of taking the play as whistled or running the play over.

### VIII. Blocking and Rushing
- Blocker must have his/her hands by their sides or behind their back.
- NO “shoving”
- NO “dropping of the shoulder”
- Blocker may not leave his/her feet.
- NO blocking from behind or cross body
- Blocking will be by screening only. That is, a blocker must hinder a defender’s movement through positioning rather than body contact.
- While incidental contact will occur, blocking and rushing penalties will be called against the player who initiates the contact.
- The defense may not use hands, arms, or legs to gain an advantage over a blocker.

### IX. Passing
- A forward pass may be thrown from any point behind the line of scrimmage.
- All incomplete passes, lateral or backward, shall be marked at the point of ground contact.
- A forward pass is illegal:
  - If the passer’s foot is beyond the line of scrimmage when the ball leaves the hand
  - If thrown after team possession has changed during the down.
  - If intentionally thrown to the ground or out-of-bounds to save loss of yardage
If a passer catches his/her untouched forward or backwards pass.
If there is more than one forward pass per down.
- A forward pass is completed when caught by a member of the passing team inbounds (one foot constitutes being inbounds).
- A forward pass is intercepted when caught by a member of the opposing team inbounds (one foot constitutes being inbounds).
- If a forward pass is caught simultaneously by members of the opposing teams, the ball becomes dead and belongs to the offensive team at the spot of the catch.
- All players except the passer are eligible to receive the pass.
- A pass intercepted in the end zone may be advanced.
- If the passer's flags are pulled prior to releasing the ball, the ball is dead and the play has ended.
- If an offensive player goes out of bounds on his/her own, that player loses eligibility to receive the ball until someone else has touched the ball.
- Roughing the passer - Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown forward. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass.

X. Kicking
- No kickoff is used to begin a half. The ball will be placed at the 14-yard line.
- On fourth down, the offense must announce whether or not it will punt. Once the decision has been made, it cannot be changed except after a timeout.
- If kick is to be made the following procedures must be followed:
  - The offense must have a minimum of four players on the line of scrimmage.
  - The kick must be made immediately upon receiving the snap.
  - All offensive players must remain motionless until the kick is made.
- Only the receiving team may advance a punt. A punt may contact the ground and then advanced. If the ball is touched and then contacts the ground the ball is dead at the spot of contact with the ground.
- A ball that goes into the end zone after it is kicked shall be a touchback.

XI. Scoring
- Touchdown- 6 points
- Safety- 2 points
- P.A.T. from the three-yard line- one point
- P.A.T. from the 10-yard line- two points
- P.A.T. from the 20-yard line- three points
- The player scoring the touchdown must raise his or her arms so the nearest official can pull the flag of the player. If the player’s flag is not removed with one pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed, the player is ejected, and a penalty occurs. The ball must cross the line for a score to occur. The body does not count.

XII. Ejections
- You will be ejected from the game for the following:
  - Cursing
  - Fighting
  - Illegal equipment
  - Unsportsmanlike conduct
  - Anything else deemed necessary by the Intramural Sports Supervisor
XIII. Penalties

<table>
<thead>
<tr>
<th></th>
<th>Distance</th>
<th>Replay Down?</th>
<th>Where Marked</th>
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</thead>
<tbody>
<tr>
<td><strong>Offensive:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Offside</td>
<td>5 yards</td>
<td>Yes</td>
<td>Previous Spot</td>
</tr>
<tr>
<td>False Start</td>
<td>5 yards</td>
<td>Yes</td>
<td>Previous Spot</td>
</tr>
<tr>
<td>Delay of Game</td>
<td>5 yards</td>
<td>Yes</td>
<td>Previous Spot</td>
</tr>
<tr>
<td>Illegal Touching</td>
<td>5 yards</td>
<td>Yes</td>
<td>Previous Spot</td>
</tr>
<tr>
<td>Illegal Blocking</td>
<td>10 yards</td>
<td>Yes</td>
<td>Previous Spot</td>
</tr>
<tr>
<td>Holding</td>
<td>10 yards</td>
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<td>Previous Spot</td>
</tr>
<tr>
<td>Clipping</td>
<td>10 yards</td>
<td>Yes</td>
<td>Previous Spot</td>
</tr>
<tr>
<td>Intentional Grounding</td>
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<td>Previous Spot</td>
</tr>
<tr>
<td>Pass Interference</td>
<td>10 yards</td>
<td>No</td>
<td>Previous Spot</td>
</tr>
<tr>
<td>Illegal Forward Pass</td>
<td>10 yards</td>
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<td>Previous Spot</td>
</tr>
<tr>
<td>Guarding of Flag</td>
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<td>Spot of Foul</td>
</tr>
<tr>
<td>Initiating Contact</td>
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<td>Yes</td>
<td>Spot of Foul</td>
</tr>
<tr>
<td>Illegal Forward Pitch</td>
<td>NONE</td>
<td>No</td>
<td>Spot of Foul</td>
</tr>
</tbody>
</table>

| **Defensive:** |          |              |                 |
| Offside        | 5 yards  | Yes          | Previous Spot   |
| Illegal Contact | 10 yards | Yes          | Previous Spot   |
| Holding        | 10 yards | Yes          | Spot of Foul    |
| Stripping      | 10 yards | Yes          | Spot of Foul    |
| Pass Interference | 0 yards | First     | Spot of Foul    |
| Roughing the Passer | 10 yards | First   | Previous Spot   |
| Unsportsmanlike | 10 yards | First     | From end of play|

Conduct (Flagrant-ejection)

XIV. Sportsmanship

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• Each participant should choose his/her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the LU IMS staff against that team for violation of the LU IMS rules and sportsmanship guidelines. Protest or appeals of sportsmanship ratings will not be recognized. The LU IMS administrative staff reserves the right to review any rating given to a team.

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Indoor Soccer Rules

Any rule not specifically covered will be governed in accordance with the National Federation of High School Soccer rules. NOTE: There is no off side or out of bounds in LU IMS Indoor Soccer. All rules are subject to change at the discretion of the LU IMS Administrative Staff.

I. Number of Players

- A team can carry up to 12 players on their roster.
- Rosters are set once a team plays their first regular season game. Any changes must be approved by the Associate Director of IMS.
- Men’s & Women’s Leagues – Each team consists of six (6) players on the field, including a goalie.
- To start a game, a team must have at least five (5) players.
- If during a game a team has fewer than four (4) eligible players due to injury or ejection, the game shall be terminated.

II. Officials

- An official shall enforce the rules and decide any disputed point. The official has the responsibility and authority of calling fouls.
- The official may stop the game for any rule infringement, and suspend or terminate the game whenever stoppage is deemed necessary.
- The official shall allow play to continue when the team against which an offense has been committed will benefit from such an advantage.
- The official may caution any player guilty of misconduct or unsportsmanlike conduct, and if the player persists, eject him/her from the game. An ejected player may not be replaced!
- Only the designated captain, in a sportsmanlike manner, may approach the official and question a call.

III. Player Equipment

- All players must wear similar colored jerseys or pennies. Pennies are available at the field for each team.
- Players may not wear cargo shorts, cutoffs, jeans, or dress pants to play in.
- All players must wear rubber soled athletic shoes. No cleats will be allowed on the turf.
- Equipment that may be dangerous to another player, such as hats or bandanas, is not allowed.
- Players may not play with leg and/or arm braces that have exposed metal or hard unyielding materials.
- There is no jewelry to be worn at any time, including wedding bands. This will result in a player’s dismissal from the field. Rolling substitution will be allowed in this case once the player in question is off the field.
- Shin guards are not required but are strongly encouraged for each participant.

IV. Substitution

- Substituting may occur at any time that a team has possession, during your team’s kick-in, your team’s goal kick/corner kick, on any goal kick, and any time that the opposing team is substituting a player.
- Rolling substitutions are allowed.
- Substitutions may also occur after a goal.
- Substitutes shall go to their team entry position and cannot enter the game until the player they are replacing is completely off the field.
- A player who receives a yellow card must be substituted, provided there are substitutions available.
- Any player may change places with the goalkeeper, if the Official is informed before the change is made and the change is made during a stoppage in play. Penalty: Yellow Card
V. Duration of the Game
- Game time is considered forfeit time. There is no grace period.
- The duration of the game shall be two equal halves of 12 minutes. Halftime shall be one minute.
  - (8 at halftime Mercy Rule) If a team is leading by eight goals or more at halftime, or a team attains a lead of eight goals during the second half, the game will end.
  - (6 at 5 Mercy Rule) If a team is leading by six goals or more at the 5:00 mark of the second half, or a team attains a lead of six goals during the final 5 minutes of the game, the game will end.
  - (4 at 2 Mercy Rule) If a team is leading by four goals or more at the 2:00 mark of the second half, or a team attains a lead of four goals during the final 2 minutes of the game, the game will end.
- Indoor Soccer games will use running time, which means the clock will not stop unless the referee deems necessary due to an injury. (There are no team timeouts in indoor soccer.)
- Time shall be extended to permit the taking of a penalty kick awarded before the sounding of the final whistle to end each half.
- A game shall be considered an official contest at the completion of the first half.
- Games that are tied at the end of regulation will proceed to an overtime “shootout” period (Playoffs only).
  - The shootout will consist of three (3) players from each team.
  - Each team will alternate with each player taking a penalty kick.
  - If after three shots the score is still tied, each team will be allowed one more shot to be shot by a player that has not taken a shot during the overtime period. This process will be repeated until a winner is determined.

VI. Start and Restart of Play
- Before play begins, a coin is tossed and the team that wins the toss will have the choice of kicking off or deciding which goal to defend. The second half play will begin with a kickoff by the team that did not kickoff to start the game.
- After the Official has given a signal, the game shall be started. The ball is in play when it is kicked in any direction. If the ball is not properly touched, the ball will again be placed on the kickoff mark and the kickoff is retaken.
- All kickoffs are indirect. If a kickoff is directed straight into the opponent’s goal, without a second players touching, the result is a goal kick for the opposing team.
- The kicker may not touch the ball again until it has been touched by another player. Penalty: Indirect Free Kick
- A dropped ball is a way of restarting the match after a temporary stoppage. Play may also be restarted with an indirect free kick if in the opinion of the Official one team had clear possession of the ball when the stoppage occurred.

VII. Ball In and Out of Play
- The ball is out of play when:
  - It has completely crossed the goal line or touchline whether on the ground or in the air.
  - The official sounds his/her whistle.
- The ball is in play at all other times, including when:
  - The ball rebounds off the glass in the field of play.
  - The ball rebounds off the official when he/she is in the field of play.
- There will be no whistle to restart play except:
  - When a team asks the official for 5 yards
  - When a play has been stopped to caution or eject a player.
  - For a penalty kick
  - When a goal is scored
The ball is out of play when it touches the ceiling or net. The restart will be an indirect kick for the opponent from the spot of the last touching.

VIII. Method of Scoring

- A goal is scored when the whole ball has passed over the goal line, between the goal posts and under the crossbar, if no infringement of the rules has been committed previously by the team scoring the goal. If the Officials whistle sounds before the ball passes fully into the goal, the goal shall not be allowed.
  - A goal may be scored directly from a goal kick, but only against the opposing team.
  - A goal may be scored directly from a corner kick, but only against the opposing team.
- A goal CANNOT be scored directly from a kick in. It must touch a member of either team before crossing the goal line to be counted as a goal.

IX. Fouls and Misconduct-Free Kicks

- Free kicks shall be classified under two types:
  - DIRECT – from which a goal can be scored directly against the offending side. All direct kicks awarded in the penalty area shall merit a penalty kick.
  - INDIRECT – from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before passing into the goal.
- Offenses for which a DIRECT kick shall be given are:
  - Kicking or attempting to kick an opponent.
  - Tripping or attempting to trip an opponent.
  - Jumping at an opponent
  - Charging an opponent (A fair charge is one in which a player makes non-violent shoulder-to-shoulder contact with an opponent, with the arms and elbows close to his/her body, at least one foot on the ground, and the ball within playing distance).
  - Striking or attempting to strike an opponent.
  - Boarding an opponent – a player charges an opponent into the wall or glass surrounding the field of play
  - Pushing an opponent
  - Holding an opponent
  - Spitting at an opponent
  - Slide tackling an opponent.
    1. Slide tackling from the side or front of the player with the ball will result in an automatic yellow card.
    2. Slide tackling from behind the player with the ball will result in an automatic red card.
    3. A slide tackle occurs when a player leaves his/her feet and leads with his/her feet to play the ball while the ball is in the proximity of another player.
    4. A slide tackle does not require that any contact occur between players.
  - Intentionally handling, carrying, striking, or propelling the ball with a hand or arm.
  - Using foul or abusive language directed towards a player or an official.
  - Handling by the goalkeeper outside the penalty area
  - Kicking the ball so that it hits the ceiling will result in a direct kick for the opposing team from the location where the ball was originally kicked.
- Offenses for which an INDIRECT free kick shall be given are:
  - Playing the ball a second time before it has been touched by another player at the kickoff, a throw in/kick in, a drop kick, a free kick, a corner kick, or a goal kick.
  - Obstructing the progress of an opponent
  - Playing in a dangerous manner (i.e. high kick, playing on the ground)
If the goalkeeper takes more than 6 seconds while controlling the ball with their hands before releasing it into play
If the goalkeeper touches the ball with their hands after it has been deliberately kicked to him/her by a teammate
If the goalkeeper touches the ball with their hands after receiving it directly from a throw in/kick in taken by a teammate
A player prevents the goalkeeper from releasing the ball from his hands.
A player commits any offense for which play is stopped to caution or dismiss a player.

- When a DIRECT or INDIRECT free kick is being taken, all opposing players shall be at least 5 yards from the ball until it is kicked unless they are standing on their own goal line.
- If a DIRECT or INDIRECT free kick is kicked directly into a team’s own goal, a corner kick is awarded to the opposing team.
- Treat all free kicks to be taken in the goal area by the defense as a goal kick.
- An INDIRECT kick to be taken in the goal area by the offense shall be taken from the top of the goal area line.

X. Fouls and Misconduct-Disciplinary Sanctions
- Yellow card offenses (substitution for the offender must be made, the offender may not re-enter until the next free substitution period):
  - Unsportsmanlike behavior
  - Dissent by word or action
  - Boarding
  - Slide tackling
  - Persistent infringement of the rules of the game
  - Delaying the restart of play
  - Failing to respect the required distance when play is restarted with a corner or free kick
  - Entering the field of play without the Official’s permission
  - Deliberately leaving the field of play without the Official’s permission
  - Four Yellow Cards will result in a one game suspension, each subsequent yellow will result in another game suspension
- Red card offenses (substitutions may not be made, team must play a person down from opponent; if team is playing with the minimum number of players when red card occurs, the game will become a forfeit):
  - Serious foul play
  - Violent conduct
  - Spitting on opponent or any other person
  - Denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball
  - Denies an obvious goal scoring opportunity to an opponent moving towards the goal by an offense punishable by a free kick or penalty kick
  - Using offensive, insulting, or abusive language and/or gestures
  - Receiving a second yellow card caution in the same match

XI. Penalty Kick
- Awarded for any infringement of the rules, within the penalty area, that would require a direct free kick (including kicking the ball so that it touches the ceiling).
- A penalty kick shall be taken from the penalty mark. While the kick is being taken, all players with the exception of the player taking the kick and the opposing goalkeeper shall be within the field of play but outside the penalty area and at least 5 yards from the penalty mark.
• The opposing goalkeeper may ONLY move laterally on his/her own goal line between the goalposts, until the ball is kicked.
• The player taking the kick must kick the ball forward.
• If the ball hits the wall or crossbar and rebounds back into play, the player who kicked the ball cannot play it again until it has been touched by another player. Penalty – Indirect free kick
• The ball shall be deemed in play directly after it is kicked.

XII. The Kick In/Throw In
• When the ball passes COMPLETELY over a sideline, it shall be kicked in from the point where it crossed the line by a player of the team opposite to that of the player who it last touched.
• A player shall place the ball on the ground on or behind the sideline and proceed to take the kick following the rules of an indirect free kick. The ball shall be in play immediately after it has crossed over the line, and may be played by any player except the one who executes the kick in. Five yards shall be given, the same as all free kick situations.
• If the ball is improperly kicked into play, the restart shall be taken by a player of the opposing team.
• If the ball fails to enter the field of play, it shall be kicked again.
• If an opponent interferes with or in any way impedes the actions of the thrower/kicker while the kick in is being taken, the official will administer a yellow card for unsportsmanlike conduct.
• Goalkeepers cannot handle a ball that is kicked in directly to them by their own team.
• A goal CANNOT be scored directly from a kick in. It must touch a member of either team before crossing the goal line to be counted as a goal.

XIII. Drop Ball
• Drop ball occurs:
  ➢ When the ball is caused to go out of bounds by two opponents simultaneously
  ➢ Following a suspension of play for an injury or other situation in which no team has clear possession of the ball.
  ➢ A foul by both teams occurring simultaneously.
• The spot of the drop ball is where the ball becomes dead unless this is in the goal area, in which case the spot is the nearest point on the goal line in the field of play.

XIV. Goal Kick
• A goal kick shall be awarded to the defending team when the ball crosses the goal line, having last been touched by the attacking team.
• Players opposing the kicker shall remain outside the penalty area until the ball moves out of the penalty area.
• A player of the defending team shall kick the ball from the ground at any point within the goal area. A goal kick must clear the penalty area and enter the field of play or the goal kick will be retaken.
• After the goal kick leaves the penalty area, any player except the one who executed the goal kick may play the ball.
• Goal kicks are direct free kicks.

XV. Corner Kick
• When the ball is last touched by the defending team and goes over the goal line, a member of the attacking team shall take a kick from the corner spot.
• Players of the team opposing that of the player taking the corner kick shall not approach within 5 yards of the ball until it is in play.
• After the corner kick is first touched, any player except the one who executes the corner kick may play the ball.
• Corner kicks are direct free kicks.

XVI. Sportsmanship

• The mission of LU IMS is to provide a recreational environment for the LU community that is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of LU IMS.

• The LU IMS Sportsmanship Rating System is intended to be an objective scale by which teams’ attitude and behavior can be assessed throughout the LU IMS league and playoff seasons. Behavior before, during, and after an LU IMS contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.

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Coed Kickball Rules

I. Team Requirements
- Each team may have up to ten (10) players in the kicking order and as few as eight (8) to start a game.
- A team must have at least eight players on the field to continue playing, if a team only has eight players and a player is ejected or injured and unable to continue, then the team must take a default.
- If a team starts a game with 8 or 9 players, they may add up to 10 players anytime during the game. Each unoccupied spot will be considered an out until filled.
- Each additional player must be added to the bottom of the line-up.
- The defense must field a team comprised of half women and half men. If a team is only able to field an odd number of players, the greater half must be women.
- The batting order must alternate genders, but may start with either gender.

II. Equipment
- IMS provides kickballs and bases.
- Shoes must be worn by all participants. No Cleats are permitted on the Astroturf. Open heel and/or toe shoes are prohibited.
- Items deemed dangerous by the LU IMS Supervisor, may not be worn during a game.
- All jewelry is prohibited.

III. Substitutions
- Free substitution is allowed provided such player occupies the same position in the kicking order.
- Any base runner that is injured may be replaced by a courtesy runner who made the last kicked out.
- Any player who is injured while in the field will require normal substitution procedures.
- An automatic out will be awarded if a player who is listed in the batting order is unable to kick (assuming a substitute is not available).

IV. Length of Game
- A regulation game consists of a maximum of six innings. No innings will be started after 50 minutes of playing time has elapsed. If an inning is started, it must be completed. Innings are considered started once the third out of the previous inning is made.
- Mercy rules: 20 run lead after 3 innings, 15-run lead after 4 innings and 10-run lead after 5 innings.
- A game is considered official after four innings. (Example: rain in the middle of the 6th inning, score reverts to end of the 5th inning.) Only exception is 20 run lead after 3 innings.
- No time limit will be in effect during championship games.
- In regular season play, there is no extra innings. Playoff games can go extra innings.

V. Running
- Players are allowed to advance when the ball is kicked.
- No leadoffs or stealing is allowed. A runner off the base when the ball is kicked is OUT.
- Players are out as the result of a force out, tagged with the ball, or hit with the ball from the shoulders down. If a player is struck above the shoulders that runner is safe and may advance to the base they were trying to advance to. If a player ducks or slides and is hit with the ball in the head the runner is OUT.
- Runners who make deliberate contact with defensive players to dislodge a tag or interfere with the defense are OUT.
- If a player leaves the base path to avoid a tag or throw the runner is called OUT.
• Runners must tag up on a caught ball.
• One point is awarded for each player that reaches home plate.

VI. Kicking
• Kickers have 3 pitches to put a ball in play. After 3 pitches the batter is out. This includes foul kicks.
• The kicker can only make contact with a pitch once the ball crosses the front of home plate.
• A kicked ball must reach the pitcher’s mound. Failure to reach the pitcher’s mound results in a foul kick. The defensive team may choose to field a kick that has not reached the pitcher’s mound.
• A legal kick occurs when contact is made with the ball at or below the knee.

VII. Pitching
• A member of the kicking team pitches to his/her own team.
• The pitcher pitches from on or behind the pitcher’s mound.

VIII. Defense
• There can be a maximum of 10 players in field.
• 4 Outfield players are permitted.
• 6 Infield players (one defensive pitcher).
• Infielders must start behind the pitcher and can advance past the pitcher once the kicker makes contact.
• Pitchers’ Interference-If ball contacts the pitcher or if they are deemed as interfering with the ball after it is kicked the batter is out.

IX. Appeals
• An appeal play is a play in which an umpire cannot make a decision until requested by player. The appeal must be made before the next legal or illegal pitch. The appeal must also be before the defensive team has left the field. The defensive team has left the field when the pitcher and all the infielders have left fair territory.
• There are 3 types of appeal plays:
  ➢ missing a base
  ➢ leaving a base on a caught fly ball before the ball is first touched
  ➢ kicking out of order
• Once a dead ball has been called, any infielder (including the pitcher and catcher), with or without possession of the ball, may make a verbal appeal on a runner missing a base or leaving a base too soon. The plate umpire should acknowledge the appeal, and the administering umpire should make a decision on the play. Base runners cannot leave their bases during the appeal.

X. Field rules
• A ball kicked in the air over the fence, in fair territory, is a home run.
• A ball that bounces in fair territory and over the fence is a ground rule double. All runners advance two bases.

XI. Game Cancellations Due to Weather
• If a game is stopped and has been played through 3 ½ innings (with the home team winning), or the 4th inning (the visiting team winning), it is considered an official game.
• If a game is stopped and has been played past the 4th inning, the score will stand as it was in the last complete inning. (Example: rain in the middle of the 6th inning, score reverts to the end of the 5th inning.)
• Any game stopped prior to these scenarios will be restarted.

XIII. Sportsmanship
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Outdoor Soccer Rules

National Federation High School Soccer Rules will govern all play for any rule not mentioned in the following LU IMS rules. All rules are subject to change at the discretion of the LU IMS Administrative Staff.

I. Team Requirements
- A regulation team consists of eleven (11) players (one of which will be the goalkeeper). A team may play with a minimum of eight (8) players.
- If a player is issued a red card, then he/she will not be allowed a replacement.

II. Equipment
- Each team is encouraged to wear a similar colored shirt. Pennies will be provided. Goalkeepers must wear a different colored shirt than their teammates.
- Shoes must be worn by all participants. Rubber cleared shoes and screw in cleats will be allowed. Metal cleats of any kind, open heel and/or toe shoes are prohibited.
- Billed hats, casts, and/or any other item deemed dangerous by the LU IMS Supervisor, may not be worn during a game. Shin guards are highly recommended.
- All jewelry is prohibited. This will result in a player’s dismissal from the field. Players will not be allowed a replacement until the next opportunity for a legal substitution.

III. Substitutions
- A team must notify the Official on all substitutions. No player may come onto the field without permission of the Official. Substitutes must enter and exit the field at midfield.
- Teams may substitute under the following conditions:
  - On either team’s goal kicks or their own throw-in.
  - When a player has been injured, that team may sub for the injured player.
  - When a player has been warned, that team may sub one player for each player warned.
  - After a goal, both teams may substitute.

IV. Length of Game and Timing
- Each half will be twenty (20) minutes in length with a continuous running clock. Halftime will be three (3) minutes.
- The clock will stop, at the discretion of the officials, for all injuries. Any additional time will be added at the discretion of the LU IMS Officials.
- Timeouts will not be allowed.
- Teams will change ends at halftime. The team that did not kick off in the first half will kick off in the second half.
- Games interrupted due to weather will follow the Inclement Weather Policy located in the Policies and Procedures section of the LU IMS Handbook.
- Mercy Rule:
  - If a team is winning by five (5) goals or more during the final two minutes, the game will be over.
  - If a team is winning by eight (8) goals or more at halftime, the game will be over.
- In the event of a tie score at the end of regulation, all regular season games will end in a tie. Playoff games will go straight to penalty kicks.

V. Offside
- When in opponents half of field and in possession of ball, player must be behind ball before playing it. If ahead of ball, there must be two (2) opponents between player and the goal, otherwise it is offside.
• Player is not offside if:
  ➢ There are two (2) opponents **near**er to the goal than he/she is (equal is offside).
  ➢ In his own half of field
  ➢ Ball last touches opponent
  ➢ Ball is received direct from referee (on a goal kick, throw in, or corner kick)

VI. Rule Clarifications
• Goalkeepers
  ➢ The goalkeeper may not handle the ball if it has been intentionally kicked or thrown to him/her by a teammate. *Penalty-Indirect kick*
  ➢ From the moment the goalkeeper takes control of the ball with his/her hands, he/she will be penalized for holding or bouncing the ball for more than six (6) seconds. *Penalty-Indirect kick*
• To kick off the ball, it must roll forward. The player who kicked off the ball may not touch the ball until another player touches the ball. Violation of this rule will result in an indirect kick for the opposing team.
• A goal is scored when the ball completely crosses the goal line.
• A ball is out of play when it completely crosses the sideline or the end line.
• The Official blowing his/her whistle will warrant a dead ball (even if inadvertent).
• To restart play, the following methods are used:
  ➢ *Throw in*-when the ball crosses the sideline. During the throw in, if the thrown ball never enters the field of play, the throwing team will re-take the throw in. A goal may not be scored by the throw in.
  ➢ *Goal kick*-when the ball crosses the end line and the offense touched the ball last. The ball is placed on the end line closest to the side where the ball went out-of-bounds. The ball must be kicked beyond the penalty area, or the kick will be retaken.
  ➢ *Corner kick*-when the ball crosses the end line and the defense touched the ball last. The ball is placed on or in the corner arc.
  ➢ *Direct or Indirect Free kick*-when a foul has been called (see Section VIII)
  ➢ *Drop Ball*-when play is stopped due to an injured player, inadvertent whistle, or it is not clear who last touched the ball before it went out of bounds. The ball cannot be kicked until it touches the ground.
• The ball is still in play if it stays in bounds after rebounding off the goal, Official, or corner flag posts.
• Teams are responsible for retrieving the ball and returning it to the goalie or Official. If excessive delays occur, the Official will stop the clock and a yellow card will be issued to the player causing the delay.

VII. Fouls and Misconduct
• Kicking, striking, and tripping are illegal. *Penalty-Direct Kick*
  ➢ Denying an obvious goal scoring opportunity through such action will warrant a red card and ejection.
• Handling
  ➢ A player shall be penalized for intentionally handling, carrying, striking, or propelling the ball with a hand or arm. *Penalty-Direct Kick*
  ➢ Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball. This shall not be penalized.
  ➢ An intentional handball that prevents a goal from being scored (either a shot on goal or a pass to another player with an open shot) will warrant a red card and ejection.
• Charging
  ➢ A player shall not intentionally charge an opponent unfairly. An unfair charge is one in which a player does not use shoulder-to-shoulder contact with an opponent of does not have arms and elbows close to the body. *Penalty-Direct Kick*
  ➢ Any player who flagrantly charges an opponent shall receive a red card.
A player shall not charge into the goalkeeper in the penalty area. *Penalty-Direct Kick*

**Dangerous Play**
- In the opinion of the Official, all high kicks above the waist in a dangerous manner will be prohibited. In addition, a player lying on the ground may not attempt to play the ball if other players are nearby. *Penalty-Indirect Kick*

**Obstruction**
- A player who does not have possession of the ball may not intentionally run between an opponent and the ball or use his/her body as an obstacle. *Penalty-Indirect Kick*

**Misconduct**
- A player shall be given a yellow card for persistent infringement of the rules of the game, acting in an unsportsmanlike manner, and/or objecting by word of mouth or action to the decisions given by an Official. Four yellow cards in a season will result in a one match suspension.
- A player shall be given a red card for persistent misconduct, exhibiting violent conduct, and/or using violent or abusive language. A red card (or a second yellow card) will result in an automatic ejection from the game and a one match suspension.

### VIII. Free Kicks

**Description of a free kick:**
- Direct—a goal may be scored against the offending team.
- Indirect—a goal may not be scored unless the ball is played by another player from either team.

**Rules for a free kick:**
- Opposition players must be at least ten (10) yards from the ball until it is kicked.
- Any player of the offended team may take a free kick (in any direction).

**Direct kick offenses include:**
- Tripping an opponent or intentionally kicking an opponent
- Deliberately handling ball; Pushing or Holding
- Charging the goalkeeper in possession of the ball
- Striking or attempting to strike an opponent
- Jumping at an opponent
- Using foul or abusive language
- Slide tackling
- Any other unsportsmanlike act

**Indirect free kick offenses:**
- Entering the field of play without permission
- The same player playing the ball after a free kick, penalty kick, goal kick, corner kick, or throw in before another player plays the ball
- Kicking or attempting to kick the ball while it is possession of the goalkeeper
- Obstruction, Dangerous Play, Delay of game
- Goalkeeper illegally handling the ball after relinquishing possession
- Goalkeeper handling an intentional pass or throw in
- Illegal kickoff

**Penalty kicks:**
- A penalty kick is awarded for any direct kick offense by the offending team within the penalty area. It can be awarded regardless of the position of the ball, if the infraction by the defending team is committed in the penalty area.
- The penalty kick is taken from the penalty line mark on the field (12 yards)
- All players (except for the kicker and the goalkeeper) must be outside the penalty area. The goalkeeper must stand on his/her own goal line until the ball is kicked.
- If the ball hits the goalpost or the crossbar and returns to play, the kicker may not play the ball until another player has played it.
- If there is an infringement by the defending team and the goal is scored, the goal will count. If the goal is not scored, there will be a re-kick.
- If there is an infringement by the attacking team and the goal is scored, the goal will not count and the kick shall be retaken. If the goal is not scored, there is no re-kick.
- In cases where players from both teams are guilty of infringements, the kick shall be retaken regardless of the outcome of the kick.

IX. Overtime Procedure
- There will be no overtime period in the case of a tie game after regulation.
- All regular season games will end in a tie. Playoff games that end in a tie will go to penalty kicks.
- Each team will have five (5) kicks from the penalty mark, to be administered as a normal penalty kick would during regulation.
- The team with more goals at the end of the five (5) kicks will be the winner. If tied after the original five (5) kicks, sudden death penalty kicks will be taken (i.e. one kick for each team at a time) to determine the winner.
- All team members are eligible to take the penalty kicks. No team member may take a second kick until all members have taken a first kick.

X. Sportsmanship
- The mission of LU IMS is to provide a recreational environment for the LU community that is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of LU IMS.
- The LU IMS Sportsmanship Rating System is intended to be an objective scale by which teams’ attitude and behavior can be assessed throughout the LU IMS league and playoff seasons. Behavior before, during, and after an LU IMS contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.
- A team is responsible for the actions of the individual team members and spectators related to it. Additionally, LU IMS does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc.). Furthermore, the team captain's effort in assisting officials/staff to calm difficult situations and to restrain troubled teammates is vital in controlling team conduct.
- Sportsmanship is vital to the conduct of every LU IMS contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize, or eject players or teams for poor sportsmanship. These decisions are final! The LU IMS administrative staff will rule on further penalties due to unsportsmanlike conduct.
- Each participant should choose his/her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the LU IMS staff against that team for violation of the LU IMS rules and sportsmanship guidelines. Protest or appeals of sportsmanship ratings will not be recognized. The LU IMS administrative staff reserves the right to review any rating given to a team.
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Paintball Rules

Paintball is among the fastest growing of all extreme sports. When using the proper equipment at regulated field, paintball is safer than football, volleyball, soccer, and baseball. The following guidelines are to be strictly adhered to in order to maintain a safe environment for paintball at Liberty University. Although Paintball can be challenging and fun, the use of paintball equipment has certain inherent dangers. These dangers can be greatly reduced, if not eliminated, by following safety guidelines, using proper safety equipment, and the exercise of common sense. Paintball guns and accessories are not toys and can be extremely dangerous if used improperly or without proper safety equipment. Read, remember, and follow these guidelines and use common sense in order to ensure the availability of paintball at Liberty University for years to come.

I. Field Usage
- Assumption of Risk forms must be completed and on file before participation. Participants under the age of 18 must have a signed form by a parent or legal guardian. NO EXCEPTIONS
- Emergency contact sheet must be completed and on file before participation.
- Field Use-you must be on the schedule before usage. Approval must be given by the LU IMS Director. Anyone using the venue without permission will be charged with Trespassing.
- Contact Information- Call 434-592-3148

II. Set up Field
- When arriving at the field, the netting should be at half-mast and the bottom of the net should be attached to the top wire.
- The netting needs to be lowered enough to reach the top wire.
- The netting then needs to be un-hooked from the top wire and attached to the ground wire.
- Every carabineer needs to be connected to maintain safety and protection of the netting.
- The netting then needs to be raised using the corner electric winches first, and then the remaining ropes.
- All bunkers need to be inflated using the leaf blowers and plugged with the valve plugs.
- Bunkers should not be over inflated.
- No bunkers should be moved without permission from Campus Recreation or the Paintball Team Coach.

III. Field Breakdown
- When preparing to leave the field, the bunkers need to be sprayed with water to remove all visible paint.
- Once a bunker is clean, the valve plug can then be removed and collected.
- All bunkers need to be washed, even if there is no visible paint.
- The netting should be lowered far enough so it can be reached by hand.
- The bottom of the netting needs to be detached from the ground wire and attached to the top wire.
- The netting then needs to be raised so the bottom of the net is off the ground.
- Raising the net should be done with the ropes.

IV. Safety
- Inspections – players are subject to inspections prior to each game.
- Clothing – must wear pants, shirts, and closed toed shoes at all times. Long sleeves are recommended.
- Safety Goggles must be worn by anyone in the playing field at all times. Only goggles specifically approved for paintball by facility management that provides full face and ear protection are allowed. Modifications are strictly prohibited.
• Barrel Plugs or another blocking device must be in at all times when not on playing field.
• Modifications are prohibited – Players are not allowed to modify safety goggles, rental markers, bunkers, or any other property on the premises.
• Unauthorized Equipment – All firearms, knives, etc. are prohibited at all times. Facility management must approve all equipment allowed on the premises.
• Power Sources – All markers must be powered by carbon dioxide (CO2), nitrogen or compressed air.
• Chronograph – All markers shall be set to fire no more than 300 (fps) feet per second regardless of caliber. You are subject to chronograph check before each game.
• There is no shooting in any areas other than the designated playing field. There is no shooting into or out of registration area, building area, neutral zones, or parking lots. Markers can only be discharged on the active field of play.
• There is no shooting at wildlife, airplanes, automobiles, spectators, etc.
• There is no shooting anything from a paint gun other than the water-soluble paintballs
• No blind shooting
• No physical contact
• Maintenance should be performed periodically to insure proper functioning and safety.
• Spectators are required to wear safety goggles unless they remain a minimum of five feet behind the safety netting at all times.
• LUPD – should be contacted at 592-3911 in the event of any injury or emergency.

V. Storage
• No paintball markers (guns) are allowed in the dorms. Guns must be stored in on campus storage facility or disassembled in the trunk of your vehicle.

VI. Field Behavior
• No verbal abuse, profanity, name-calling, or slurs against anyone’s race, religion, or family members and friends will be tolerated.
• No alcohol, smoking, or illegal drugs are allowed on the premises. Anyone engaging in these actions will be removed from the premises. Repeat offenders will be permanently banned from the facility.

VII. Driving and Parking
• Speeding – The speed limit is 15 mph.
• Illegal Parking – No parking in the grass
  ➢ You will be subject to parking tickets by LUPD
  ➢ You will be towed at the OWNER’S EXPENSE

VIII. Disciplinary Action(s)
• All violations are to be met with the following actions, unless otherwise noted.
  ➢ 1st time-one (1) month suspension
  ➢ 2nd time-three (3) month suspension
  ➢ 3rd time-administrative meeting with potential ban from venue
• Possible Violations:
  ➢ Assumption of Risk
  ➢ Trespassing
  ➢ Inspection
  ➢ Clothing
  ➢ Safety Goggles
- Barrel Plugs
  - Modifications are prohibited
- No unauthorized equipment
- Power Sources
- Chronograph
- No Shooting in any areas other than designated playing field
- There is no shooting at wildlife, airplanes, automobiles, spectators, etc.
- No shooting anything from a paint gun other than the water soluble paintballs
- No blind shooting
- No physical contact
- Spectators are required to wear safety goggles unless they remain a minimum of five feet behind the safety netting at all times.
- No paintball markers (guns) in the dorms
  1. 1st time – 3 month suspension
  2. 2nd time – administrative meeting with potential ban from venue
  3. Subject to disciplinary action from LUPD and local authorities
- No verbal abuse, profanity, name-calling, or slurs against anyone’s race, religion, or family members and friends will be tolerated.
- No alcohol, smoking, or illegal drugs allowed on the premises.
  1. Anyone engaging in these actions will be removed from the premises.
  2. Repeat offenders will be permanently banned from the facility.
- Speeding – You will be subject to speeding tickets from LUPD
- Illegal Parking – No parking in the grass
  1. You will be subject to parking tickets from LUPD
  2. You will be towed at the owner’s expense
**Racquetball Rules**

All rules are subject to change at the discretion of the LU IMS Administrative Staff. All matches will be played at the Sports Racket.

I. Eligibility
- All participants must have a valid Flames Pass in order to enter the Facility just as you would to enter LaHaye.

II. Scoring
- General Scoring
  - The player or team in service only scores points. 15 points constitutes a game. If a third game is needed, the game is played to eleven (11). The winner of each game must win by two (2) pts.
- Matches
  - A match victory consists of a player winning two (2) out of three (3) games, winning by two (2) each game.
- Score Reporting
  - It will be the responsibility of the winning participant to turn in the scores into the LU IMS office by 2:00 pm the following day of the scheduled match. Scores can be emailed to intramuralsports@liberty.edu.

III. Serving
- Singles Serve
  - The server can stand in any part of the service zone.
  - He/she must bounce the ball on the floor and stroke it to the front wall first, and the ball must rebound over the service line without hitting the floor.
  - The legal serve can be either a straight rebound from the front wall or a combination with one sidewall, hitting the floor past the service line.
  - Any other serve is illegal.
- Defective Serves
  - Dead Ball Serve (this serve allows for a second serve)
    - Broken ball, court hinders (wet spot or irregular surface)
  - Fault Serve
    - Short Service (failing to hit the floor past the service line)
    - Long Service (hitting the back wall before the ball hits the ground)
  - Three-Wall Serve
  - Ceiling Serve
  - Serves that result in a side-out:
    - Serve which hits the sidewall first
    - Serve which hits the server on its backward flight
- Doubles Serve
  - In doubles, the side starting each game is allowed only one handout (only one serve).
  - Therefore, in that game both players on each side are permitted to serve until a handout occurs.
  - The service order established at the beginning of the game must be followed throughout the entire game.
The server’s partner must stand within the server’s box with his/her back to the sidewall and both feet on the ground, or just outside the court by the service line until the ball passes the short line on the serve.

IV. Receiving
- General Rules
  - The receiving player or team must remain five (5) feet behind the service line until the ball is served and he/she cannot return the ball legally until it lands on or passes over the service line.
  - Players may hit the ball on either the volley (as long as he/she remains five feet behind the short line) or on one bounce, and can return it to the front wall with any combination of walls as long as the ball does not touch the floor before hitting the front wall.
- Long Serve
  - The receiver has the option of playing a long serve.
  - If his partner calls the ball long, a second serve is allowed or handout.

V. Game Play
- Interference and Hindering
  - Once the ball is put into play, a rally continues until the player/team serving or receiving has returned the ball to the front wall and the opposition makes no return.
  - Each team is allowed a clear view and enough room to execute a shot on the ball during a return shot in the middle of a volley.
  - Interference is considered a hinder and the point is played over.
    1. Service hinder: “shadow” serves in which the served ball passes so close to the server’s body that it impedes the view of the ball by the receiver.
    2. Returns: ball that strikes the opponent
    3. Rally hinder: player not given a clear view or position for a return shot (Physical contact which impedes effort of player to return ball)
    4. Safety hinder: if player avoids returning ball due to fear of hitting his opponents with the racquet, a hinder call should be made.
- Touching of the ball
  - If the ball is touched with a hand, arm, or any part of the body during the return, it is an out or a point, as the case may be.
- Doubles
  - In doubles, if one player swings and misses the ball, his partner may attempt to return the ball legally.

VI. Equipment
- Participants must bring their own racquets and balls to their matches. Goggles are not required, but are strongly recommended for the safety of the participants.
Softball Rules

Current ASA softball rules will govern all LU IMS Softball with the following modifications listed below. All rules are subject to change at the discretion of the LU IMS Administrative Staff.

Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in ejection or forfeiture of the game. Spectators must remain in the designated seating area. The officiating will be done by umpires who are in absolute control of the game. The umpires shall have the power to make decisions on any matters or questions not specifically covered in the rules. Line-ups must be completed and issued to the scorekeeper at the time of the coin flip. All rules not mentioned in this packet will be governed by the ASA slow pitch softball rules.

I. Team Requirements
- Each team may have up to ten (10) players and as few as eight (8) to start a game.
- A team must have at least eight players on the field to continue playing, if a team only has eight players and a player is ejected or injured and unable to continue, then the team must take a default.
- If a team starts a game with 8 or 9 players, they may add up to 10 players anytime during the game.
- Each additional player must be added to the bottom of the line-up.
- All fans must remain outside the fence and behind the netting set up to protect due to overthrows.

II. Equipment
- A regulation softball will be provided by the intramural program. Bats may be checked out with proper identification.
- Athletic shoes must be worn by all participants. Rubber cleats on shoes will be allowed. Screw-in cleats will be allowed as long as the screw is part of the cleat. Metal cleats of any kind, open heel and/or toe shoes are prohibited.
- A regulation softball bat (must say official softball on the bat) with handle tape, rubber or leather, is the only legal bat allowed (no baseball bats) and cannot be dented in any way. The Softball Supervisor has the final call on whether a bat is dented or not. If a metal bat is used, it must have a metal knob. Because of numerous accidents and even deaths involving the newest technology in softball bats, LU IMS has decided to follow the recommendations of the Amateur Softball Association and ban bats with a BPF rating beyond what is listed on the bat.
- Beginning January 1, 2004, all bats must pass the ASA 2004 bat standard. All bats having the 2004 certification mark will be allowed. Bats that have the 2004 certification mark will not be allowed unless they are listed on an approved bat list on the ASA website. For convenience, the ASA website has a listing of bats that pass and do not pass the ASA 2004 bat standard. Please visit the respective manufacturer’s website for details on their ASA approved retrofit procedure for these bat models.
  For more information please visit http://www.asasoftball.com/about/certified_equipment.asp
- If caught using an illegal bat: Player will be ejected - the minimum length of suspension is that game plus one more.
- Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed. A player may remove a knee brace and continue to play.

III. Substitutions
- Free substitution is allowed provided such player occupies the same position in the batting order.
- Any base runner that is injured may be replaced by a courtesy runner who made the last batted out.
- Any player who is injured while in the field will require normal substitution procedures.
• An automatic out will be awarded if a player who is listed in the batting order is unable to bat (assuming a substitute is not available).

IV. Length of Game

• A regulation game consists of a maximum of seven innings. No innings will be started after 60 minutes of playing time has elapsed. If an inning is started, it must be completed. Innings are considered started once the third out of the previous inning is made. There will be no warm-up time given to either team because of the time limit. Teams should warm up in the designated areas off the field before their game.
• Pitchers will only be allowed one warm-up pitch after the first inning. Infielders are not allowed to take a ball out to warm-up after the first inning as well. This will allow games to run at a quicker pace.
• Mercy rules: 20 run lead after 3 innings, 15-run lead after 4 innings and 10-run lead after 5 innings.
• A game is considered official after four innings. (Example: rain in the middle of the 6th inning, score reverts to end of the 5th inning.)
• No time limit will be in effect during championship games.
• In regular season play, there is no extra innings. Playoff games can go extra innings.

V. General

• At the umpire’s discretion, a player may be called out or ejected from the game for swinging or throwing the bat in a dangerous manner. All runners must return to their original bases.
• The offensive team is responsible for retrieving all foul balls and home runs.
• During the game, all equipment must remain in the designated areas.

VI. Running

• No stealing is allowed. Runners may leave the base when the pitch is hit. If the runner is off the base before the pitch reaches the plate, the runner is out and no pitch is declared by the umpire.
• The base distance is 65 feet.
• When the ball is thrown over the fence or out of play, all runners will be awarded one or two bases and the award will be governed by the positions of the runners when the ball left the fielder's hand. If two runners are between the same bases, the award is based on the position of the lead runner. The base to which the runner is running has no effect on the award. When the ball is thrown from the outfield goes out of play the runners get two extra bases. When the ball is thrown within the infield and goes out of play the runner gets one extra base.
• Any runner who deliberately runs into a fielder (waiting to make a tag or a force out) will be called out immediately and each runner will return to the last base occupied at the time of the collision. If the runner’s act is flagrant, he/she will be ejected. Other runners involved in the play may be called out at the umpire’s discretion.
• Any runner who is not in contact with a base and is in fair territory when struck by a batted ball and the ball had not passed a defensive player other than the pitcher, will be called out. An immediate dead ball should be called, the runner is out and the batter is awarded first base.
• Sliding rule-If there is a close play at any base (Including home plate) runner has to slide into that base. If the runner does not slide, he/she maybe called out. A close play is decided by the umpire’s discretion.
• In the case of a possible double play, the base runner must slide directly into the base (rather than the fielder) or get out of the way of the thrown ball or both he/she and the batter-base runner may be called out.
• A defensive player cannot stand in the base path or obstruct the path of a base runner unless he/she is making a play on the ball. In the event of an obstruction, the umpire shall award the obstructed runner and each other runner affected by the obstruction the bases they would have reached had there been no obstruction.
• Fake tags by any fielder are illegal. Penalty for a fake tag is ejection from the game.
VII. Batting
- Batting lineup should consist of at least 10 players. Any spot, less than 10, will be considered an out. Teams may bat more than 10 if they choose.
- **The batter starts with a count of one ball and one strike.**
- Chopping and bunting are not allowed. The batter must take a full swing. Penalty: batter is called out and base runners must return to their original bases.
- The batter has 10 seconds to enter the batter's box. If the batter does not enter the box, the umpire shall call a strike on the batter.
- Once the batter has two (2) strikes, he/she is declared out if he/she hits a foul ball. Runners may still tag if a ball is caught in foul territory.
- An extra hitter (EH) may be used. He/she is an eleventh hitter in the lineup. This person cannot be added once the game has started. If an EH is used, the position cannot be terminated during the game. An EH may substitute in the field, however, they must maintain the same position in the batting order.

VIII. Pitching (Distance=50 Feet)
- Before pitching, the pitcher shall come to a full and complete stop with both feet firmly on the ground, and with one or both feet in contact with the pitching rubber. The ball must be held in the pitching hand or both hands in front of the body. This position must be maintained at least one second but not more than 10 seconds before starting the delivery. The pitcher has 20 seconds to pitch the ball and this time starts when the previous pitch ends.
- In the act of delivering the ball to the batter, the pivot foot must remain in contact with the pitcher's rubber until the ball leaves the hand. There are no fake pitches. A ball will be called.
- A legal delivery shall be a ball that is delivered to the batter underhand. The pitch shall be what is commonly known as a slow pitch.
- The ball must be pitched, with a minimum arc of at least 6 feet from the ground. The ball also must not reach a height of more than 12 feet at its highest point from the ground.
- Illegal pitch-The batter has the option to swing at an illegal pitch. Umpire will declare illegal pitch at time of the incident.

IX. Infield Fly Rule
- An infield fly is a fair fly (not including a line drive) which can be caught by an infielder with ordinary effort provided there are runners on first and second, or first, second and third with less than 2 outs. The umpire will declare the infield fly rule and the batter is immediately out. Base runners cannot be forced out. They can advance at their own risk.

X. Appeal Play
- An appeal play is a play in which an umpire cannot make a decision until requested by a coach or player. The appeal must be made before the next legal or illegal pitch. The appeal must also be before the defensive team has left the field. The defensive team has left the field when the pitcher and all the infielders have left fair territory.
- There are 3 types of appeal plays:
  - missing a base
  - leaving a base on a caught fly ball before the ball is first touched
  - batting out of order
- Once a dead ball has been called, any infielder (including the pitcher and catcher), with or without possession of the ball, may make a verbal appeal on a runner missing a base or leaving a base too soon. The plate umpire
should acknowledge the appeal, and the administering umpire should make a decision on the play. Base runners cannot leave their bases during the appeal.

XI. Rule Clarification

- A ball slips from the pitcher’s hand during the back swing, is dead and no pitch is declared. All subsequent action on that pitch is canceled.
- Any runner who is physically assisted by a coach or anyone except another base runner is to be declared out. The ball is dead and runners must return to the last base they touched.
- A missed base must be appealed. An umpire cannot call a player out unless the offended team appeals.

XII. Game Cancellations Due to Weather

- If a game is stopped and has been played through 3 ½ innings (with the home team winning), or the 4th inning (the visiting team winning), it is considered an official game.
- If a game is stopped and has been played past the 4th inning, the score will stand as it was in the last complete inning. (Example: rain in the middle of the 6th inning, score reverts to the end of the 5th inning.)
- Any game stopped prior to these scenarios will be restarted.

XIII. Sportsmanship

- The mission of LU IMS is to provide a recreational environment for the LU community that is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of LU IMS.
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- A team is responsible for the actions of the individual team members and spectators related to it. Additionally, LU IMS does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc.). Furthermore, the team captain’s effort in assisting officials/staff to calm difficult situations and to restrain troubled teammates is vital in controlling team conduct.
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- Each participant should choose his/her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the LU IMS staff against that team for violation of the LU IMS rules and sportsmanship guidelines. Protest or appeals of sportsmanship ratings will not be recognized. The LU IMS administrative staff reserves the right to review any rating given to a team.
- Additional information regarding team and participant sportsmanship including the rating method, factors, and scale is available in the Sportsmanship section of the LU IMS Handbook, available online at www.liberty.edu/ims.
Table Tennis Rules

All rules are subject to change at the discretion of the LU IMS Administrative Staff.

Singles Play
I. General Rules

- The choice of playing position at the table and order of service are determined by the toss of a coin. If the winner of the toss prefers to have first choice of playing positions, the opponent then has the choice of whether to serve first or receive first, and vice versa.
- The change of service takes place after 5 points have been scored. A point is normally awarded when the play of a service is concluded. The receiver then becomes the server and the server becomes receiver, and so on, after each 5 points until the end of the game or the score is 20-all. Whenever the score becomes 20-all, the receiver becomes the server and the server the receiver, and so on after each point until the end of the game.
- At the start of a new game, the player who served first in the previous game becomes receiver and the receiver becomes server and so on, alternating after each game.
- The players exchange ends after each game, and if play consists of more than one game, in the deciding game of the match the players change ends when one player reaches a score of 10 points.
- A game is won by the player who first scores 21 points with a 2-point margin.
- A match consists of the best two (2) of three (3) games.

II. Service

- A good service is delivered by projecting the ball from the free hand, which must start from above the playing surface. The ball must be resting in the palm of the free hand. The ball is tossed into the air.
- As it starts to descend, the ball is struck so that it touches the server’s court first and then, passing directly over or around the net, touches the receiver’s court. At the instant of contact of the racquet on the ball in service, both handle and ball must be behind the end line of the server’s court.
- A good return of a served ball must be struck by the receiver on the first bounce so that it passes directly over or around the net and touches directly on top of the opponent’s court.

III. Points

- A point is awarded to the opponent in the following circumstances:
  - Failure to make a good service, unless a let is declared
  - Failure to make a good return of a good service or a good return made by the opponent, unless a let is declared
  - If the player, the racquet, or anything that the player wears or carries touches the net or its supports while the ball is in play.
  - If the player, the racquet, or any wearing apparel moves the playing surface while the ball is in play or touches the net or its supports
  - If the player’s free hand touches the playing surface while the ball is in play
  - If, after being struck by the opponent, the ball comes in contact with the player or anything the player wears or carries before it has passed over the end lines or sidelines, not yet having touched the playing surface on the player’s side of the table.
  - If at any time the player volleys the ball – that is before the ball hits the table top – except as provided in Rule A under “Let” (below).

IV. Let

- A let ball, which is then replayed, is called in the following cases:

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If the served ball, in passing over the net, touches it or its supports, if the service would otherwise have been good or volleyed by the receiver.

- If a service is delivered when the receiver is not ready
- If either player is prevented by an accident not under his/her control from serving a good service or making a good return
- If either player gives up a point, as provided in Rules C-G under “Points”, owing to an accident not within his/her control

V. Scoring
- A point is scored by the side that makes the last successful return prior to the end of a rally. An unsuccessful return occurs whenever the ball is missed, is hit off the table, sent into the net, or hit onto the player’s own half of the court on the return. Failure to make a good serve also scores a point for the opponent unless it is a let.

VI. Ball in Play
- The ball is in play from the moment it is projected from the hand in service until one of the following has occurred:
  - It has touched one court twice consecutively.
  - It has, except in service, touched each court alternately without having been struck by the racquet immediately
  - It has been struck by either player more than once consecutively.
  - It has touched either player or anything that the player wears or carries.
  - It has touched any object other than the net and supports.

Doubles Play
I. Good Service
- The service is delivered (as described in Singles), except that it must touch first the right half of the server’s court or the centerline on the server’s side of the net and then, passing directly over or around the net, touch the right half of the receiver’s court or the center line on the receiver’s side of the table.

II. Choice of Order of Play
- The team winning a coin toss has the option of choosing:
  - The choice of ends
  - The right to receive or serve first
  - The right to require the losing team to make the first choice
  - After choice A & B have been made, the other team makes the remaining choice.

III. Order of Service
- The first five services must be delivered by the serving partner (Player 1) of the pair who has the right to do so. The service must be received by the receiving partner (Player 3) of the opposing pair.
- The second five services must be delivered by the receiver of the first five services (Player 3) and received by the partner of the server (Player 2) of the first five services.
- The third five services must be delivered by the partner of the first five services (Player 2) and received by the partner of the server (Player 4) of the first five services.
- The fourth five services must be delivered by the partner of the receiver (Player 4) of the first five services and received by the server (Player 1) of the first five services.
- The next five services start over as in Rule A of “Order of Service”
Tennis Rules

All rules are subject to change at the discretion of the LU IMS Administrative Staff.

I. General Rules
- All matches are two (2) out of three (3) sets to six (6) with a tiebreaker when the match goes to 6-6.
- Tiebreaker format:
  - “A” serves to “B” for the first point in the right court.
  - “B” serves to “A” for the second point from the left court and the third point from the right court, alternating like this until one player gets to seven points.
  - If the score is tied at 6-6, the first player to then lead by two (2) will win the set.
- All players will judge their own shots.
- If ball hits any part of the line, it is considered in.
- Players must bring their own racquets and tennis balls.
- Players will switch sides after every odd numbered game.

II. Scoring
- A Game
  - If a player wins a point, the score is called 15 for that player.
  - On winning his/her second point, his/her score is called 30.
  - On winning his/her third point, his/her score is called 40; and the fourth point won by a player is scored Game for that player.
  - If both players are at 40, it is called deuce.
  - The game is won when, at deuce, a player wins two points in a row
- A Set
  - A player who first wins six games wins the match.
  - You must win by two games unless the score is 6-6, at which time you would play a tiebreaker.
- How to Play
  - The service is delivered in the following manner. Immediately before beginning to serve, the Server stands with both feet at rest behind the baseline and within the imaginary continuations of the center mark and the sideline. He cannot serve until the receiver is ready. The Server then throws the ball into the air in any direction and strikes it with his racket before it hits the ground. To be in, it must land in the “service box” on the opposite side of the court, diagonal from the Server. The Server always begins on the right side of the court in every game.
  - The Receiver may stand wherever he/she pleases on his/her side of the net. However, he/she must allow the ball to hit the ground in the service court before returning it.
  - The service is a fault if the Server misses the ball attempting to serve it, if the ball does not land in the proper service court, or if the ball served touches a permanent fixture other than the net before it hits the ground. A foot fault is called when the Server touches the baseline of the imaginary continuation of either the sideline or the centerline while he/she is in the process of serving. However, having his/her foot in the air over one of these lines is not a fault. If the first serve is a fault, the Server gets another serve. If the second serve is a fault, it is the Receivers point.
  - During the service, a ball that touches the net but lands in the proper court is termed a “let” and counts for nothing. That one service is replayed. There is no limit, to the number of let balls, which may be made on the service; the Server continues serving into the same court until a good service is delivered or two faults are made.
At the end of the first game, the Receiver becomes the Server, and the Server the Receiver; and so on alternately in all subsequent games of a match. The players change ends on every odd numbered game.

- **Player Loses Point**
  - A player loses the point if:
    1) He/she fails to return the ball directly over the net before it has hit the ground twice consecutively
    2) He/she returns the ball in play so that it hits the ground, a permanent fixture (other than the net, posts, cord or metal cable), or other object outside any of the lines which bound his/her opponents court
    3) He/she volleys the ball and fails to make a good return even when standing outside the court
    4) He/she deliberately carries the ball in play on his/her racket or deliberately touches it with his/her racket more than once
    5) If the player or any part of his/her racket, clothes, etc. touches the net, post or ground within his/her opponent’s court at any time while the ball is in play
    6) He/she volleys the ball before it has passed the net
    7) The ball in play touches him/her or anything that he/she wears or carries other than the racket in his/her hand
    8) He/she throws his/her racket at and hits the ball
    9) He/she deliberately commits any act that hinders his/her opponent in making a stroke.

- **A Good Point**
  - It is a good return if:
    1) The ball touches the net, posts, etc. provided that it passes over any of them and hits the ground within the court
    2) The ball, served or returned, hits the ground within proper court and rebounds or is blown back over the net and the player whose turn it is to strike reaches over the net and plays the ball. This is assuming neither he/she nor any part of his/her clothes or racket touches the net, post, etc. or the ground within his/her opponent’s court, and that the stroke is otherwise good.
    3) The ball is returned outside the posts, either above or below the level of the top of the net, even though it touches the posts, provided that it hits the ground within the proper court
    4) A player’s racket passes over the net after he/she has returned the ball, provided that ball passes the net before being played and is properly returned
    5) A player succeeds in returning the ball served or in play, which strikes another ball lying on the court
    6) The ball touches any other permanent fixture after it has hit the ground within the proper court

**NOTE:** Names and numbers are given for your aid. It would be beneficial to call ahead of time to make sure your opponent will be there on time.
Ultimate Frisbee Rules

Ultimate Frisbee rules will be governed by UPA rules with the following additions, exceptions, and clarifications. All rules are subject to change at the discretion of the LU IMS Administrative Staff.

I. Equipment
- Rubber and molded cleats or sneakers may be worn. No metal cleats or screw-ins allowed.
- Players must remove ALL jewelry prior to participating.
- Teams must wear matching jerseys, or pennies checked out from the Intramural Sports Supervisor on duty. (No “shirts/skins”)

II. Field
- Dimensions – 50 yards wide and 60 yards long with two 10-yard end zones

III. Players
- A team will consist of seven players.
- A team may start and play a game with as few as five players.

IV. Play
- The Game: Ultimate Frisbee is a no-contact sport. Contact will not be tolerated. Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of the play.
  - The game will consist of two 20-minute halves (running clock).
  - Each team will receive one (2) minute timeout per half.
  - Timeouts must be called when the team calling it is in possession of the disc, or after a goal prior to the ensuing throw-off.
  - Scoring – Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score.
  - The team with the most goals at the end of the game is declared the winner.
  - If the score is tied at the end of regulation play, three-minute sudden-death overtime period will be played until a winner is declared. In regular season play, if no one has scored after the three-minute sudden-death period the contest will be determined a tie. For playoffs, the overtime sudden-death periods will continue until the first team to score wins.
- Substitutions
  - Substitutions can be made after a goal and prior to the ensuing throw-off, before the beginning of a period, or replacing an injured player.
  - An ejected player may not be replaced.
- Starting and Restarting the Play
  - Start of the Game
    1) To start the game, a coin toss will be conducted. The winner will have the choice of receiving the initial throw-off, or selecting which goal they wish to defend initially.
    2) The team losing the flip is given the remaining choice.
    3) The second half begins with an automatic reversal of the first choice of options.
    4) When time is up, if overtime periods are needed, the coin toss is repeated for the first overtime period. Each subsequent overtime period begins with an automatic reversal of the first choice of options.
  - Throw Off
    1) Play starts at the beginning of each period of play and after each goal with a throw-off.
2) Each time a goal is scored, the teams switch the direction of their attack and the team that scored throws-off.

3) Positioning prior to throw-off:
   a) The players on the throwing team are free to move anywhere in their defending end zone, but cannot cross the goal line until the disc is released.
   b) The players on the receiving team must stand with one foot on their defending goal line without changing position relative to one another.

4) The throw-off may be made only after the thrower and a player on the receiving team raise a hand signifying that team’s readiness to play.

5) The throw-off consists of one player on the throwing team throwing the disc toward the opposite goal line to begin play.

6) As soon as the disc is released, all players may move in any direction.

7) No player on the throwing team may touch the throw-off in the air before a member of the receiving team touches it.

8) If a member of the receiving team catches the throw-off on the playing field proper, that player must put the disc into play from that spot.

9) If the receiving team allows the disc to fall untouched to the ground, and the disc initially lands in bounds, the receiving team gains possession of the disc where it stops.

10) If the throw-off lands out-of-bounds, the receiving team makes a choice of the following:
   a) Putting the disc into play at the point where it crossed the line
   b) Requesting a re-throw

- **Change of Possession**
  - Occurs when a pass is not completed (dropped, hits the ground, falls out of bounds, blocked, intercepted).
  - When play stops, the player who was in possession retains possession.
  - All players must come to a stop as quickly as possible when play is halted, and remain in their respective locations until play is restarted.
  - The marker restarts play by handing the disc to the thrower.

**V. Out of Bounds**

- The perimeter lines themselves are out-of-bounds.
- A disc is out-of-bounds when it first contacts an out-of-bounds area or contacts anything which is out-of-bounds.
- For a receiver to be considered in-bounds after gaining possession of the disc, he or she must have one part of the body in-bounds.
- If the momentum of a player carries him/her out-of-bounds after making a catch and landing in-bounds, the player is considered in-bounds. The player carries the disc to the point where he/she went out-of-bounds and puts the disc into play at that point.
- To restart play after the disc has gone out-of-bounds, a member of the team gaining possession of the disc must carry the disc to the point on the playing field where the disc went out-of-bounds, and put the disc into play at that point.
- The thrower may pivot in and out-of-bounds, providing that some part of the pivot foot contacts the playing field.

**VI. The Thrower**

- The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.
- The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into him/her.
• If the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.
• The thrower may throw the disc in anyway he/she wishes.

VII. The Marker
• Only one player may guard the thrower at any one time; that player is the marker.
• The marker may not straddle the pivot foot of the thrower.
• There must be at least one disc’s diameter between the upper bodies of the thrower and the market at all times.
• The marker cannot position his/her arms in such a manner as to restrict the thrower from pivoting.
• Stalling
  ➢ Once a marker has established a set-guarding stance on the thrower, he/she may initiate the count.
  ➢ The count consists of the marker calling “Counting” and counting at on-second intervals from one to ten, loudly enough for the thrower to hear.
  ➢ If the thrower has not released the disc at the first utterance of the word ten (10), a turnover will result.
  ➢ If the defense decides to switch markers, he/she must start again from one.

VIII. The Receiver
• Bobbling to gain control of the disc is permitted.
• After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot foot.
• If the receiver is running as he/she catches the disc, the receiver may throw a pass before the third ground contact after catching the disc without coming to a complete stop.

IX. Fouls
• Fouls are the result of physical contact between opposing players.
• The offending player calls the foul.
• If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.
• If the marker is fouled in the act of throwing and the pass is not completed, play continues without interruption.
• Violations consist of traveling with the disc, attempting to strip the disc, or double-teaming an opponent.
• Fouls and violations result in a change of possession.

X. Positioning
• Picks:
  ➢ No player may establish a position, or move in such a manner, to obstruct the movement of any player on the opposing team: to do so is a pick.
  ➢ A pick is considered a violation.
• When the disc is in the air, players must play the disc, not the opponent.
• The principle of verticality: all players have the right to the space immediately above them.
• A player who has jumped is entitled to land at the same spot without hindrance by opponents.

XI. Protests
• Rule interpretations and player eligibility are the only protests that will be considered.
• Rules protests
  ➢ Rules protests must be filed at the time a question occurs and need to be settled at that time by the Supervisor.
  ➢ No contests or portions thereof will be replayed due to improper rules’ enforcement. If you have a question, ASK IT.
SUPERVISORS’ JUDGEMENT IS NOT PROTESTABLE.

- Player eligibility protests
  - Should be filed as soon as you have a question, but MUST be submitted in writing to the Intramural Office within 48 hours
  - Eligibility protests will be decided at the time the question is raised whenever possible.
  - Players found to be ineligible after the contest would result in that contest being forfeited and/or that player being suspended.

XII. Player Conduct

- Team captains [you] and manager/coaches are responsible for the conduct of their players and fans.
- Only the Captain is allowed to question the officials during play.
- Acts of unsportsmanlike conduct including unnecessary roughness, arguing with official (supervisor), fighting, abusive language directed towards officials/opponents will result a player(s) being ejected from the game.
- Any player ejected from a game will be ineligible to participate in their team’s next game and must pay a $5 fee.
- Ejected players must leave the playing area for the remainder of that contest and any other contests that day.

XIII. Mercy Rule

- The game will end if one team is ahead by 15 points at halftime or any time thereafter. If a team is ahead by 10 points after 10 minutes in the second half, the game will end.

XIV. Sportsmanship

- The mission of LU IMS is to provide a recreational environment for the LU community that is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of LU IMS.
- The LU IMS Sportsmanship Rating System is intended to be an objective scale by which teams’ attitude and behavior can be assessed throughout the LU IMS league and playoff seasons. Behavior before, during, and after an LU IMS contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.
- A team is responsible for the actions of the individual team members and spectators related to it. Additionally, LU IMS does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc.). Furthermore, the team captain’s effort in assisting officials/staff to calm difficult situations and to restrain troubled teammates is vital in controlling team conduct.
- Sportsmanship is vital to the conduct of every LU IMS contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize, or eject players or teams for poor sportsmanship. These decisions are final! The LU IMS administrative staff will rule on further penalties due to unsportsmanlike conduct.
- Each participant should choose his/her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the LU IMS staff against that team for violation of the LU IMS rules and sportsmanship guidelines. Protest or appeals of sportsmanship ratings will not be recognized. The LU IMS administrative staff reserves the right to review any rating given to a team.
- Additional information regarding team and participant sportsmanship including the rating method, factors, and scale is available in the Sportsmanship section of the LU IMS Handbook, available online at www.liberty.edu/ims.