

Intramural Rule Book

Updated February 2025



UBC Recreation Introduction

Welcome to Recreation at UBC's Okanagan campus! At UBCO Recreation, we enhance the campus experience by providing engaging and active opportunities that contribute to everyone's holistic UBC experience. We support these three pillars of program delivery:

CAMPUS COMMUNITY ENGAGEMENT:

Encouraging the campus community to engage in Athletics and Recreation programming and developing campus spirit and a sense of belonging to UBC and the Okanagan campus.

HEALTHY LIFESTYLE INITIATIVES:

Connecting the campus community to opportunities that will enable everyone to lead an active and healthy lifestyle enhancing one's mental, physical, and emotional well-being.

SOCIAL PROGRAMMING OPPORTUNITIES:

Provide the campus community with opportunities to participate in activities that will develop personal relationships, interpersonal skills, self-esteem and leadership.

Whether you are playing volleyball intramurals, taking fitness classes, or participating in our events such as Big White ski nights: you're sure to have an enjoyable, active experience at UBCO Recreation.



Participation Information

LEAGUES

UBC Okanagan Recreation intramural leagues run from September to November, and January to the end of March/early April. Term 1 consists of 1 season, and Term 2 consists of 2 seasons. Sports may include volleyball, basketball, soccer, futsal, dodgeball, flag football, spikeball, pickleball, and ultimate frisbee, with available sports changing depending on the time of year and gym space availability. Any additional league information can be found at recreation.ok.ubc.ca/sports/intramural-sports/

REGISTRATION

Registration is required to participate in any intramural sport with UBCO Recreation. All currently enrolled UBC students are eligible to participate in intramurals. Online or in person registration occurs in September, January, and February, based on a lottery system. Due to extremely limited recreation facility space on campus, the demand for intramural sports far exceeds the available capacity. Space limits the types of sports offered, the number of leagues played and the number of teams/individuals able to participate. A lottery system allows equal footing to all students interested in the opportunity to express their interest and to be selected to participate.

Completion of a waiver and payment of fees upon registration is required. Individuals can participate in one team per sport league ONLY. For example, individuals are NOT able to play in the competitive volleyball AND intermediate volleyball leagues, but they could play in competitive soccer and intermediate basketball.

QUESTIONS

Participation information may be found at recreation.ok.ubc.ca/sports/intramural-sports/ or on UBCO Recreation Instagram and Facebook page, [ubco_recreation](#). Questions from participants should be directed to recreation.okanagan@ubc.ca.



Participation Administration Policies

UBCO Recreation Code of Conduct

All participants and facility users are expected to conduct themselves in a manner that is sportsmanlike and which respects other individuals. All participants must abide by the rules governing each sport and must obey the directions of Recreation staff. All participants must participate in a spirit of friendly competition and fairness. There will be zero tolerance for any form of fighting, verbal or physical abuse of any official, participant or UBC staff. Discipline at the Okanagan campus may be presented at the Non-Academic Misconduct Committee. An updated version of the student code of conduct may be found at www.ubc.ca.

ELIGIBILITY

Student eligibility

Any student participating in UBC Recreation must be currently enrolled and taking at least one class. All students must have an up-to-date Student Card. All students participating must have completed registration and showing on the team roster.

Playoff Eligibility

To participate in playoffs, players must have played at least 3 league games with the same team. This will be determined by the amount of times the participant is registered (checked in) with the sport manager in games leading up to playoffs.

Elite Athlete Restrictions

Elite athletes are not permitted to participate in their areas of sport. The following restrictions apply to an elite athlete.

An Elite Athlete is a person who is currently:

- a Varsity athlete (individual or team) including red shirts
- a Professional player
- a representative of his or her country at a National or International level

SPORTSMANSHIP RATINGS

The mission of Intramural Sports is to provide a welcoming recreational environment which is safe and enjoyable for all UBCO community members. Sportsmanship ratings will include ratings from opposing teams, officials, and sport managers after every game. Team captains can submit the opposing team's sportsmanship score directly to the official/sport manager and/or



using an online method on the Intramurals webpage. Teams who score less than 3 on a 5-point scale are subject to be ineligible for participation in playoff games.

To reduce the occurrences of teams not showing up for games, those teams that do not show up for games (forfeit) without 48 hours (about 2 days)' notice to recreation.okanagan@ubc.ca email will be automatically given a zero in their sportsmanship rating. More information can be found on the Intramurals webpage.

CAPTAIN RESPONSIBILITIES

Captains are responsible for their own actions, as well as those of the players on their teams and their teams' spectators. Captains need to know all the rules and policies governing the league in which they play and communicate these to their players. Captains are expected to act as liaisons between their team and the intramural staff. During intramural play, captains are the only players allowed to confer with the officials. They are also responsible for confirming the scores reported online and for contacting the sport manager for any discrepancy.

WAIVER POLICY

UBCO Recreation requires that all participants in programs must sign a valid waiver before they will be allowed to participate in Intramural Sports.

PHOTO/MEDIA RELEASE

Photographers and videographers are often present to capture participation in Recreation programs. UBC asks that participants sign a media/photo release prior to participation. If a participant does not wish to have their photo/video footage used, it is their responsibility to notify the photographer/videographer.

UBCO ALCOHOL AND ILLEGAL SUBSTANCE POLICY

In accordance with UBC's Alcohol Policy, consumption of alcohol or illegal substances is not permitted at any UBCO Recreation event, league, or facility. Any person or team found consuming alcohol or an illegal substance at an event or league or in a facility (including dressing rooms) will be immediately removed from all further participation (including both staff and participants alike). Any person arriving at a league, event or facility under the influence will likewise be removed.



THE UBC STUDENT CODE OF CONDUCT

Participation in intramurals is subject to the standards of UBC's Student Code of Non-Academic Misconduct.

A full version of the Discipline for Non-Academic Misconduct: Student Code of Conduct, can be found online here: <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,54,1030,0> ; however, a few important excerpts that may be directly related to participation in intramurals are as follows:

3. Application

3.3 Any student found responsible for non-academic misconduct is subject to the disciplinary provisions of this Code, regardless of the action or inaction of civil authorities. Nothing in this Code precludes the University from referring an individual matter to the appropriate law enforcement agency before, during or after disciplinary action is taken by the University under this Code.

4. Prohibited Conduct

4.2 Prohibited conduct that is subject to disciplinary measures includes, but is not limited to, engaging in, attempting to engage in, or assisting others to engage in any of the actions described below:

4.2.1 Misconduct against persons, which includes:

- (a) physically aggressive behaviour, assault, harassment, intimidation, threats or coercion;
- (b) conduct that threatens or endangers the health, safety or property of any person;
- (c) conduct that creates conditions that endanger the health, safety, property or well-being of any person;
- (d) engaging in a course of vexatious conduct, harassment or discrimination that is directed at one or more specific persons and that is based on any of the protected grounds under the *BC Human Rights Code*; and
- (e) engaging in unwelcome or persistent conduct that the student knows, or ought to reasonably know, would cause another person to feel demeaned, intimidated or harassed.

5. Disciplinary Measures

5.1 Disciplinary measures which may be imposed, singly or in combination, for non-academic misconduct include, but are not limited to, the following:

- n) Expulsion from the University - Expulsion of the student from the University.

RIGHT OF REFUSAL POLICY

Whether or not a participant's misconduct is reported to the committee for non-academic misconduct, UBC Okanagan Recreation reserves the right to refuse service based on violation of drop-in procedures, inappropriate conduct or failing to follow the directions of the Gym Staff or any UBC Staff member.

EJECTION FROM INTRAMURALS WITH REGARDS TO MISCONDUCT:

If a participant is seen or said to be executing unsportsmanlike behavior, they will be given an *ejection letter* and asked to leave the playing surface; the participant will be suspended from all intramural activities, effective immediately, while their action/incident is under investigation by UBCO Recreation & UBC security staff. Until the participant has been contacted by recreation staff or campus security, they may not return to any intramural activities. A disciplinary action meeting will be scheduled at the earliest convenience of all parties involved to determine further action/consequence for the participant(s) in question.

PLAYOFF RANKING:

Playoff rankings are determined by % games won/lost, then by % points for/against, then by head-to-head games. The top four teams in each league will proceed to playoff games.



Intramural Sport Rules

Soccer/Futsal

Rules of Play

1 – Number of Players

- a. To start the game a minimum of five (5) players and a maximum of seven (7) players from each team must be on the pitch, including the goalkeeper. *
- b. There is a minimum of 2 self-identified non-males per team on the pitch at any time.

2 – Start of match

- a. The match officially starts with a kickoff at center. The ball is in play when the ball is played and clearly moves.
- b. The kickoff is indirect and proceeds only after consent from the official.
- c. The player initiating kickoff may not touch the ball a second time until it has touched another player.
- d. The defending team must be 5 meters away from the kickoff. Once the ball is kicked, the ball is in play and the defenders can move forward.
- e. Any violation of the aforementioned rules will result in an indirect free kick for the non-offending team.

3 – Substitutions

- a. All player substitutions (outdoor and indoor) may be completed on the fly. One team member **MUST** be off the field/court prior to another player entering the game. If a goal is scored by a team with more than the maximum number of players on the field of play, and the extra player interferes with play, and the referee realizes this before restarting play, the goal is disallowed. If an extra player from the scoring team is on the field of play but does not interfere with the play, the goal is allowed.

4 - Goalkeeper Play

- a. Outdoor: Goalkeepers is allowed to drop kick the ball
- b. Futsal: Goalkeepers must roll or throw the ball out.
 - i. Drop-kicking the ball in Futsal is not permitted.
 - ii. The keeper may not throw the ball past center court.
 - iii. The keeper may use either under or over-handed throws.

5 – Offsides

- a. There are NO offsides.

6 - Fouls

a. Slide Tackling

- Sliding Tackles / Challenges against an opponent are not permitted.
- Sliding to prevent the ball from leaving the field of play is permitted so long as the Sliding action is not within playing distance of an opponent (~1.5m).
 - Sliding to prevent the ball from entering the goal is also permitted so long as no opponent is within playing distance
- Lowering oneself to block is NOT considered sliding. This mostly happens when a shot or pass is being deflected or intercepted. If the lowering action does not result in direct contact between the attacking and defending players, it is allowed.

b. Fouls - Sliding Challenge

- Sliding Tackle / Challenge with **NO CONTACT** = Direct Free Kick or Penalty Kick, no sanction is required.
- If a Sliding Tackle / Challenge involves **CONTACT**, it is penalized by a Direct Free Kick or Penalty Kick & disciplinary sanction (Yellow Card or Red Card).
- Careless - If a player shows lack of attention or consideration when making a sliding challenge or acts without precaution.
- Reckless - If a player acts with disregard for the danger to, or consequences for, an opponent.
- Excessive - If a player exceeds the necessary use of force, uses malice/ brutality and/or endangers the safety of an opponent.
 - i. Sending off offences will result in immediate suspension and automatic forwarding to the Recreation Manager.
- c. The goalkeeper is considered in possession of the ball and cannot be challenged for it when they have a hand on it. Ex. The ball is loose in the penalty area and the goalkeeper places a single hand on the top of the ball when an opposing player challenges for the ball. Because the goalkeepers are touching the ball, the call is considered in possession and cannot be challenged by an opponent.
- d. A controlled ejection (game ejection) will be assessed to any player that accumulates one red card, two yellow cards, or three verbal warnings in a single game. Ejected players must meet with the Recreation Manager before engaging in play.

7 - Indirect Free Kick

- a. An indirect free kick is awarded to the opposing team for the following actions:

- i. Time violations
- ii. Goalkeeper touching the ball with his or her hands when it has been deliberately kicked to them by a teammate
- iii. Deliberate impeding of the progress of an opponent without contact
- iv. Preventing the Goalkeeper from releasing the ball from his hands

8 - Direct Free Kick

- a. A direct free kick is awarded to the opposing team for the following actions (actions are subject to Red Cards and an ejection):
 - i. Handball offence
 - ii. Kicking or attempting to kick
 - iii. Tripping or attempting to trip
 - iv. Tackles or challenges
 - v. Jumping
 - vi. Pushing
 - vii. Striking or attempting to strike
 - viii. Charges
 - ix. Impedes with contact
 - x. Holding
 - xi. Spitting
 - xii. Throws an object or makes contact with the ball with a held object (e.g. shin pad)
- b. Free Kicks - The defending team must be at least 7 yards (6.4m) from the ball, unless they are on their own goal-line between the goalposts.

9 - Penalty Kick

- a. A penalty kick is awarded if a player commits a direct free-kick offence inside their own penalty area, regardless of the ball's position but provided it is in play.

10 – Shoot out (applies only to knockout games)

- a. In case of a tie at the end of a game (semi-final or final), teams will participate in a shootout. Teams will nominate five outfield players and one keeper to participate. Teams will alternate turns shooting until one team is the clear winner. In the event of another tie, another shoot out will take place with different members of the team until there is a winner.
- b. Procedure:
 - I. Coin-toss to decide which goal at which the kicks will be taken (unless there are other considerations for player safety, e.g. no lights, poor surface etc.)
 - II. Coin-toss (2nd toss) again, and the team that wins the toss decides whether to take the first or second kick.

- III. Teams nominate five (5) players & one (1) goalkeeper to participate in the penalty shoot-out.
- IV. Teams alternate kicking, with each kick by a different player, and all eligible players must take a kick before any player can take a second kick.
- V. If the two teams have dissimilar numbers, the rule still holds. EVERY player (including goalkeeper) must take a shot for your team, even if your opponents have started second kicking, since they have fewer numbers than you.
- VI. The kick is completed when the ball stops moving, goes out of play or the referee stops play for any other offence; the kicker may not play the ball a second time.
- VII. If both teams have taken five kicks, the score is level, kicks continue until one team has scored a goal more than the other team from the same number of kicks (sudden death).

11 – In / Out of play

- a. The ball is out of play when:
 - a. It has wholly passed over the goal line or touchline (boundary line) on the ground or in the air.
 - b. Play has been stopped by the referee.
 - c. It touches a match official, remains on the field of play and a team starts a promising attack, or the ball does directly into a goal, or the team in possession of the ball changes, play is stopped and a drop-ball.
- b. In all other cases where the ball wholly crosses a boundary line, the restart is as per Laws of the Game.
- c. The ball must stay on the ground when it is kicked back into play.

*In Futsal the ball is out of play when:

- the ball wholly crosses the designated boundary line of the court.
- If a player touches the curtain while touching the ball, the ball is considered out of bounds.

Futsal - Restart

- Restart for Futsal is with a Kick-in.
- Opposing players must stay back 5 feet (4.5m).

Basketball

Rules of Play

1 – Number of Players

- a. At least four (4) players from each team must be on the court before the game can start. Five (5) players maximum on the court at one time.
- b. There is a minimum of 1 self-identified non-males on the court at any time.
- c. Over the course of any game, a team can legitimately continue with less than five players to a minimum of three players because of disqualification or injury.

2 - Jump Balls

- a. A jump ball is used to begin the game.
- b. When a held ball or a double foul is called, play resumes by using alternating possession.

3 - Time-outs

- a. Each team is permitted one, one-minute time out per half.
- b. Unused time-outs may not be carried over to the next half.
- c. There are no time-outs in overtime.
- d. Timeouts are conducted on the fly, i.e. a player with possession of the ball may call a timeout during play.

4 - Fouls

- a. Personal Fouls
 - i. A player who has committed five fouls, either personal and/or technical, shall be informed thereof and must leave the game immediately.
- b. Team Fouls
 - i. On a teams' eighth team foul, any subsequent player fouls committed shall be penalized by two free throws instead of possession.
 - ii. If a personal foul is committed by a player of the team in control of the live ball, or of the team entitled to a throw-in, such a foul shall not be penalized by two free throws.

5 – Unsportsmanlike Fouls (UF) and Technical Fouls (TF)

- a. All technical fouls will result in two free throws and possession at center court.
- b. A single player can accumulate no more than 2 unsportsmanlike/technical fouls in a single game before being ejected.
- c. Unsportsmanlike/Technical are to the referees' discretion.

6 - Free Throws

- a. A maximum of six players (3 defensive and 3 offensive) may occupy the free-throw lane places.
- b. When a player is shooting the first of multiple free throws, the official does not have to wait for the players to assume their positions on the lane before passing the ball to the shooter.
- c. Players may only leave the lane places after the ball has left the shooters hands.

7 – Substitutions

- a. All player substitutions may be completed on the fly. One team member MUST be off the court prior to another player entering the game.

8 - Game Length

- a. A game will consist of two twenty-minute halves of running time.
- b. The last two minutes of the second period will consist of stop-time, if the game is within 20 points.

9 - Over-time

- a. During play-offs, in the event of a tie, there will be a five-minute over-time.

Volleyball/Beach Volleyball

Rules of Play

1 - Number of players

- a. A minimum of four (4) and maximum six (6) players from each team must be on the court before the game can start.
- b. There is a minimum of 2 self-identified non-males on the court at any time.
- c. Over the course of the game, a team can legitimately continue with less than six players to a minimum of three players because of disqualification or injury.

2 - Scoring

- a. All games are rally point resulting in a point being scored on every serve to a win of 25 points. (25, 25, 15). The team must win by 2 points. There is no cap.
 - a. Beach Volleyball: All games are rally point resulting in a point being scored on every service to a win of 21 points. (21, 21, 15). The team must win by 2 points. There is no cap.

3 - Out of Play

- a. The ball is 'out' when:
 - i. The part of the ball which contacts the floor is completely outside the boundary lines.
 - ii. It touches an object outside the court, the ceiling or a person out of play.
 - iii. It touches the antennae, ropes, posts or the net itself outside the side bands.
 - iv. It crosses completely the lower space under the net.

4 - Playing the Ball

- a. The ball may be played with any part of the body.
- b. The ball must be hit, not caught and/or thrown.
- c. Multiple contact hits (double hits) are allowed on the first contact provided the contacts occur simultaneously.
- d. Each team has three hits with which to return the ball, not including a block.

5 - Ball in the Net

- a. A ball driven into the net may be recovered within the limits of the three team hits.
- b. A served ball may touch the net.

6 - Penetration under the net

- a. To touch the opponent's court with a foot (feet) or hand(s) is permitted, provided that some part of the penetrating foot (feet) or hand(s) remains either in contact with or directly above the center line.
- b. To contact the opponent's court with any other part of the body is forbidden.
- c. Players may penetrate the opponent's free zone if they do not interfere with the opponents' play.

7 - Contact with the Net

- a. Contact with the net by a player is not a fault, unless it is made during the action of playing ball, or it interferes with the play.

8 - Service

- a. The ball shall be hit with one hand or any part of the arm after being tossed or released from the hands.
- b. Only one toss or release of the ball is allowed.
- c. The server may serve from anywhere on the end line.
- d. A served ball may not be blocked or spiked.
- e. The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server or the flight path of the ball.

Ultimate Frisbee

Rules of Play

1 - Number of Players

- a. A minimum of five (5) players and maximum of seven (7) from each team must be on the field before the game can start.
- b. There is a minimum of 2 self-identified non-males on the field at any time.

2 - In and Out of Bounds

- a. The perimeter lines are not part of the playing field and are out-of-bounds.
- b. Any object or player contacting an out of bounds area is out of bounds with the following exceptions:
- c. The disc may fly outside a perimeter line and return to the playing field.

3 - Possession

- a. An incomplete, intercepted, or knocked down pass or a pass in which the disc becomes out of bounds, results in a change of the team in possession.
- b. The disc may only be caught by a player's hands or by pinning it to their body with their arms
- c. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot.
- d. A marker's stall count reaching ten, calling a timeout when the team has none remaining, handing the disc from player to player and the thrower catching the thrown disc also results in a turnover.

4- The Marker

- a. There must be at least one disc diameter between the upper bodies of the thrower and the marker, at all times.
- b. The marker's extended arms and legs cannot be positioned in such a manner as to restrict the thrower from pivoting and throwing.
- c. Only a marker within three meters of the thrower's point of ground contact may initiate or continue a stall count.
- d. Only one marker is permitted to guard the thrower. No double teams.
- e. Deliberately blocking a thrower's vision is a violation by the marker and can only be called by the thrower.

Dodgeball

Rules of Play

1- The Players

- a. Teams will have a maximum of eight (8) players on the court to start a game. A minimum of four (4) players is required.
- b. There is a minimum of 2 self-identified non-males on the court at any time.

2- Start

- a. There must be only ten balls on the field to start the game.

3- Definitions

- a. Attempt: the act of the team with possession of the ball trying to put out a member of the other team by throwing the ball at them.
- b. Deadball: declaration by the official that an attempt has been nullified. A ball striking an official becomes a deadball at the point it touches the official. A kicked ball is a deadball at the point it was intentionally kicked. An attempt made prior to the official start of play is a deadball. An official will make a verbal call declaring the ball dead.
- c. Dropsies: Any ball mishandled that is allowed to touch the ground prior to an attempt causes the player to be called OUT. An attempt to catch a ball (with another ball in hand) that results in a ball being dropped will cause the player to be called OUT.
- d. Fifteen Seconds: a call by an official made to one team that has had possession of a ball in the playing area for more than fifteen seconds prior to making an attempt. A player may pass the ball to another teammate, but an attempt must be made within fifteen seconds of the team first taking possession inside the playing area. The official may call a deadball if the team does not comply. That ball must then be rolled to the opposing team.
- e. Head Shot: A game ejection will be issued for a purposeful or dangerous attempt resulting in a headshot. This player is not eligible to return to play during that game.
- f. Kick: Any intentional contact of the ball with the leg or foot of a player. Kicking is illegal and results in a deadball.
- g. Returnees: players can return to the field of play after being put OUT when a member of the same team catches an attempt of the other team before it has struck the ground, wall, official, or other item not natural to the playing court. A returning player is not part of the play until he/she touches the back wall. Any attempt to interfere with a thrown ball while returning to play will result in the returnee being out once again.
- h. A player must start the game to be eligible to return after a caught ball.

4- The Game

- a. Play is continuous as each team makes attempts at throwing the other team's players out until three players are left on a team. At this point the centerline splits into two and becomes a 'Soft Center Line'. This enables both teams to move up past the previously designated center line and get closer to their opponents. Opposing players may cross the other team's soft centerline all the way up to their own centerline.
- b. No player may leave the court of the play to avoid being struck by an attempt. Any player doing so will be called out by the official.
- c. Ending a match happens when at least three games are complete, time expires, or a team is unable to play.
- d. A player who is re-entering the game from a caught ball must touch the back wall before they are considered back in play (Example: they cannot throw a ball at an opponent or be hit with a ball and be eliminated again before they have touched the back wall).
- e. If a ball is thrown and strikes multiple opposing players before hitting the ground/wall/etc., all the players that the ball struck are out. If the ball strikes a player and then is caught by that player's teammate, the initial player struck is still out as is the thrower.
- f. If a person is hit directly in the head (barring the exception in the next rule), the person hit is not eliminated. However, the person who threw the ball, whether intentionally or not, is eliminated. Two head shots result in the player no longer being able to continue to play during the evening and can be subject to supplemental discipline – DO NOT THROW AT ANYONE'S HEAD.
 1. IF A PLAYER IS HIT IN THE HEAD AS A RESULT OF DUCKING OR DEFLECTION – THAT PERSON HIT IS ELIMINATED AND THE THROWER RECEIVES NO PENALTY.
- g. Players must return in the order in which they were eliminated – first off is first back on. Once a player has moved off the court and touched the wall, they are then eligible to come back into the game if one of their teammates catches a ball. If the player is still in the act of leaving the court (i.e. has not touched the wall in the designated area where players go when they are eliminated) when a ball is caught, they are NOT eligible to come back into the game.

Flag Football

Rules of Play

1 – Number of Players

- a. Minimum five (5) and a maximum of seven (6) players from each team must be on the field before the game can begin.
- b. There is a minimum of 2 self-identified non-males on the field at any time.
- c. Over the course of the game, a team can legitimately continue with less than five players to a minimum of three players because of disqualification or injury

2 – Kickoff

- a. The game begins with a kickoff.
- b. The ball is live when a player of the opponent team touches the ball off the kick.
- c. If the ball goes out the back of the end zone, ball is given 10 steps from the end zone. With this is the ball goes out of bounds before half field. The ball is given to the team at half field.
- d. If the kicked ball is simultaneously recovered by players of both teams or is simultaneously touched by players of both teams before going out of bounds, the kickoff shall be repeated

3– Offence

- a. The offence has 4 downs to get down the field and score. If they don't score within 4 downs possession is lost and given to the other team where the last down happened.
- b. you have 20 seconds to snap the ball from when the ref blows his whistle. Failure to snap the ball *within 20 seconds will delay the game penalty.*



- c. The ball will be self snapped by the quarterback
- d. A backward pass or fumble which touches the ground is a dead ball at the spot and will continue the downs from that spot.
- e. A hand-off or lateral is made on a scrimmage play when the ball is handed, or thrown backwards, by one team player to another behind the line of scrimmage. Once a handoff occurs, you can still make one forward pass, behind the line of scrimmage.
- f. A forward pass is legal from behind the line of scrimmage only when it comes from the player that first possesses the ball from the snap (the quarterback). This player is not allowed to cross the line of scrimmage until either a lateral pass/handoff is made OR a defensive player crosses the line of scrimmage in pursuit of the ball carrier.

4 - Ball Carriers

- a. Flag Guarding is strictly prohibited.
- b. When players run with the ball, their feet can't leave the ground to avoid a defensive player. In other words, players can spin to avoid their opponent, but they can't leap or dive.
- c. Any infraction committed by the ball carrier will result in a 5-yard/step penalty
- d. A player may not carry momentum into contact to break a tackle or create contact with an opposing player.

5-Defensive coverage

- a. Defenders may cover and defend receivers running routes, they are not allowed any contact with receivers that interferes with the running of their route, in this instance a 5-yard/steps penalty for “defensive holding “incur.
- b. When a ball is thrown in the air, both the receiver and defender have equal rights to catch it. It is an equal opportunity situation. If incidental, non-violent contact occurs to catch the ball, no penalties will occur.



c. If the defender impedes the receivers attempt to catch the football i.e. playing the man not the ball. A pass interference penalty occurs, and the offensive team will get 10 yards/steps up from the line of scrimmage.

d. The same penalty can occur for a receiver intentionally disrupting the defensive players attempt to catch the ball, where a 5-yard penalty is enforced from the previous line of scrimmage.

6 – Blitzing

a. A defensive player can “blitz” and try to sack the quarterback in a passing situation.

b. The defensive player can only cross the line of scrimmage after “five steamboats” or an audible count to 5.

c. Once the defender crosses the line of scrimmage, the offensive player can rush and gain positive yards past the line too.

d. Once a handoff or lateral pass is made the steamboat rule is eliminated from that play enabling pursuit of the ball carrier.

e. An offensive player may cause interference and set a pick to create space for a ball carrier, but no blocking can occur

7- De-flagging

a. All players must begin the play with a flag belt.

b. A flag which becomes detached inadvertently does not cause play to stop. Play shall continue as if the flag had not been removed. In all situations where a play is in progress and the ball carrier loses the flag accidentally or inadvertently, the de-flagging reverts to a one-hand touch of the ball carrier between the shoulders and knees.

8- Out of Bounds



a. The ball is out of bounds when it touches a side-line, side-line-in-goal, deadline, or the ground or any other object on or beyond these lines. The ball is out of bounds when a player in possession of the ball touches a side-line, side-line-in-goal, deadline, or the ground or any other object on or beyond these lines.

b. One foot must be in bounds, and the receiver must have control for a catch to be considered legal. If a receiver catches the ball in mid-air and is pushed out-of-bounds while mid-air as well, the play is considered complete, and the ball will be placed at the point where the ball is dead.

c. The ref will mark where the ball went out and have the final say.

9-Touchdown

a. A touchdown is scored when the ball is in the possession of a player in the opponent's goal area, or when the ball in the possession of a player crosses or touches the plane of the opponent's goal-line.

10 - Game Length

a. A game will consist of two twenty-minute halves of running time.

11 - Over-Time

a. Team will have an opinion one drive to score an touchdown. Frist team to score a touchdown wins the game.



Spikeball

Rules of Play

1- Number of players

- a. Two players must be present to start a match. Teams are restricted to a maximum of two players. There are no gender restrictions or requirements.

2- Ground Rules

- a. Matches will be self-officiated. All participants are expected to know the rules of the sport.
- b. The winning team of a pre-match volley will serve first in the first set and will decide on which side it would like to start. At the conclusion of the first set, the team which did not serve first in set one will serve first in set two and will decide on which side it would like to start.
- c. Match format will be best 2-out-of-3 sets. Each set shall be played to 15 points with a cap of 20 points. Sets must be won by two points, unless the set reaches its cap (Example: a team could win by the score of 20-19). Before the beginning of the third set, the teams will have another volley for the choice of team service and initial playing area. If a match enters a third set the teams will trade playing sides after one team scores eight points. The serving will continue by the player who served prior to the change.

3- The Serve: Standing at least six feet from the net, Team One serves by tossing the ball in the air and spiking it down on the net towards Team Two. The Team Two player receiving the serve can stand anywhere on his/her side of the net. The Team Two player not receiving the serve must be at least six feet away from the net.

- a. Serves must be below the receiver's raised hand. If the ball can be caught by the receiver, it must be played. If the ball is too high, the receiver must call "let" before their teammate touches the ball. The serving team has one more try to serve. If the serving team cannot hit a legal serve on the second try, they lose the point. If the receiver does not call "let", continue play.
- b. The ball must come cleanly off the net on a serve. If the ball takes an unpredictable bounce (commonly known as "pocket"), the receiver must call "let" before their teammate touches the ball. The serving team has one more try to give a clean serve. If the serving team cannot hit a legal serve on the second try, they lose the point. If the receiver does not call "let", continue play.
- c. After a server wins the point, they change positions with their teammate, so they are directly across from the other member of the receiving team.

- d. The four players serve in the same sequence throughout the match, changing the server each time a rally is won by the receiving team.

4- Game Play: In returning the serve, Team Two has up to three hits between the two players before they must spike it back on the net. It is then Team One's turn to play the ball. This continues as a volley until one team cannot return the ball.

- a. **Sides:** Each team must start the point on its designated side. However, once the ball is in play, there are no longer 'sides'. Players can run anywhere they want.
- g. **Hinder:** The opposing team must always put forth an honest effort to get out of the way of the hitting team. If someone is in the way unintentionally, it's called a 'hinder' and the point shall be replayed. If the hinder is intentional, the team that hindered shall lose a point.
- h. **Rimmer:** If a shot hits the rim of the net at any time (including on a serve), it's called a 'Rimmer', and the other team gets a point.
- i. **Pocket:** If a shot hits a 'pocket' (a shot that sort of hits the rim and hits the net), the point shall continue. If there is a disagreement as to whether it was a 'Rimmer' or a 'Pocket', the point shall be replayed.
- j. Any player may contact the ball with any body part, above or below the waist.
- k. Players are not permitted to scoop, hold, or throw the ball. The ball must not visibly come to rest on the player's hands, fingers, or any other part of the body.
- l. A player shall not make successive contacts of the ball.

Blitzball

How to play:

The game of blitzball is like playing real baseball. Each game will have two teams, one trying to score points and the second team trying to defend the field. When a ball is hit, points will be scored by running the bases like baseball and getting back to the starting position. The pitcher will throw balls, and the batter must make a split-second decision on whether the ball can be hit. Pitches are thrown like real baseball.

Guidelines:

1. Only official Blitzballs can be used.
2. Bats must be regulated and provided by UBCO Recreation.
3. Three innings games.
4. 6 pitches per batter
5. Three outs per inning per team.
6. If a hitter swings and misses, it is considered a strike, three strikes equate to a strikeout.
7. Each team can field a maximum of three players and a pitcher.
8. The Strike Zone is made of PVC and there is no dispute of ball or strike calls.

Batting:

1. If you are thrown 6 balls, you must take the walk.
2. Three strikes for an out.
3. A batter can get hit by a pitch or hit the ball off a bounce.
4. If you are hit by a pitch, it is ruled 2 balls.
5. You may switch batters' boxes when you're at bat, but you may not while the pitcher is in motion towards home plate.
6. If you use a bat that is illegal, and you hit the ball fair, it will be ruled automatically out.
7. You need to hold each bat by the handle.
8. If a team bats out of order and the other team finds out in the middle of the at bat, the right player will go up with the same count. But if they find out after the player at bat is over, they are ruled out automatically.
9. There are intentional walks.
10. All players must use the bats provided.
11. If the ball goes over the field markers on a bounce or goes through one of the opening - it is a ground-rule double
12. If a player hits one of the foul poles in the air and is over the height of the most nearby fence it is a homerun.

13. A player cannot lean in on the plate intentionally to get hit by the pitch.
14. There is pinch hitting and pinch running if a player were to show up late to a game.
15. If a pitch hits the neck and above of the hitter it is an automatic walk to first.
16. If the hit does not go beyond the pitcher's pylons (semi-circle) it is counted as a foul ball.

Base running:

1. There is no stealing.
2. There is no lead off.
3. If a player runs more than 3 steps out of the baseline they are ruled out.
4. You can tag up. If someone thinks that the runner tagged up too early, they can touch the base they tagged up from.
5. You can get doubled out.
6. If you get pegged but the ball hits the ground first, the runner is OUT.
7. There is sliding but at home plate you are NOT allowed to plow over the catcher.
8. If a fielder is in a runner's baseline the runner can plow through them.
9. If a player hits a walk-off hit they do need to run the bases, if they don't, they will be ruled out.
10. If a batter hits the ball and hits a runner in the air or on bounce the runner is out.
11. There is pinch running

Fielding:

1. The limit is **3 players** on the field and **1 pitcher**. Maximum of 3 self-identified males on the playing surface.
2. Everyone present from the team must bat; however, the team can decide who plays in the field.
3. If someone throws the ball to another player for a force out at a base but that player drops the ball, and the runner gets to the base before the fielder picks the ball up the runner is safe.
4. There needs to be at least 2 players in the field.
5. There is the infield fly rule.
6. If a player catches the ball in the air, it is an out.
7. If a runner gets in the way or interferes with the fielder the runner is out.
8. If a player comes out of the game for any reason, they can't come back in.
9. If a player comes late to a game they can bat only if the other players have batted once, otherwise they can pinch hit or pinch run.
10. If there is a fly ball and it hits the fielder and then goes over the fence it is a home run.

Pitching: (6 balls/batter):

ALL PITCHES AT MODERATE SPEED





1. The pitcher needs to be touching the pitching rubber with their foot on his/her motion.
2. A pitch that hits the Strike Out zone indicator, is a strike.
3. There are no balks.
4. If a pitcher comes out of the game, they can't come back later in the game.
5. 6 balls for a walk.
6. 3 strikes for an out.
7. If a ball hits a batter on the pitch (it can be bounced), it is ruled 2 balls
8. If a pitcher hits too many batters in a game, they must

be taken out of the game.

9. Medium-Fast pitches only.

10. If a pitch hits a batter, higher than the neck, the batter must take an automatic walk.

League Rules:

1. The ball has to reach the pitcher's mound at its own speed for it to be a fair ball. A pitcher can come up and get the ball in front of the mound if it is assumed the ball would reach the mound at its own speed.
2. Max 6 runs per inning, except the third inning which is open.
3. Each team can score an unlimited amount of runs in the third inning.
4. There are 3 innings in regulation, unlimited amounts for extras.
5. If the ball hits the strike zone on a bounce- it is a ball, if it hits it in the air it is a strike, if there is a controversial call on if it bounced or not, it will be looked at if caught on video or it will be called by the majority of the players thoughts.
6. A pitcher can only pitch 2 innings per game; extra innings do not go toward this count.
7. There are force outs at every base when they are possible.
8. There is pegging at every base. (Throwing the ball at the runner)
9. Ghost runners are allowed but if there are available runners they will have to run. If there is a ghost runner running to 2nd, 3rd, or home and someone attempts to complete a force out at that base, it will be decided on the lead runner unless there is a runner going to that base.
10. If a runner is trying to run home, a fielder may throw the ball at the strike zone or backstop for an out if the runner is halfway there (it can hit ANYWHERE on the strike zone or backstop). If the runner touches home plate before the ball hits the strike zone or backstop, they are safe.
11. 3 outs per inning.
12. There are extra innings if the game is tied.
13. If the base slides out of the position where it is supposed to be, the play will continue, and the base will stay where it is until the pitcher gets ready for the next pitch.

Boundaries/Field Rules:

1. If a player hits a ball over the agility poles on the field, it is ruled a home run.
2. A ball must be caught within the field of play for the ball to be ruled out.
3. If a player catches a ball and then falls over a fence it will be judged on when they caught the ball.
4. If a player throws the ball out of play each runner will be awarded one base.
5. If the foul lines are worn out, the play will be called by the majority of each of the players' rulings.

Please have fun and respect other participants!

Pickleball

Rules of Play

1. Serving

- a. When the ball is served, it bounces in the receiver's service court; the serving team must stay back and wait for the ball to bounce again on their side before they can move up and play the ball in the air.
- b. The server only gets one fault, and they lose their serve. You only get one chance to get your serve in.
- c. The server must serve underhand, making contact with the ball below the waist. The top of the paddle face must be below the wrist, and the server must have both feet behind the service line at the time of contact with the ball.
- d. The ball must be served to the diagonally opposite court and be clearly in the service area.
- e. The ball cannot hit any part of the non-volley zone, including the non-volley line.
- f. A serve that hits the net but lands in the service area are legal, and play should continue.

2. Two Bounce Rule

- a. The ball must bounce twice, once on each side of the court, before players can hit the ball in the air or on the "volley".

3. The Non-Volley Zone Faults

- a. The Non-Volley Zone is a rectangle 7' X 20 feet on both sides of the net.
- b. You cannot step on the NV-line or into the NV-Zone when making a volley shot in the air.
- c. This rule only applies when you are volleying or hitting the ball in the air. You can step in after making a groundstroke.
- d. You can enter the NV zone to get a ball that bounces in there first. You can stand in the NV zone all day if you want; you cannot play the ball in the air.

4. Points

- a. The game of Pickleball is usually played to a score of 11.
- b. The winning team must win by two points, or the play continues until one team wins by 2 - There is a cap of 15 points maximum.

5. Calling Lines

- a. The rule of etiquette suggests that players will call the lines as honestly and fairly as they can.
- b. Players should call the lines on their side of the net, and opponents will do the same on their side.
- c. The benefit always goes to the opponent if a team cannot decide on a line call.

6. Faults

- a. A fault occurs on a service when the ball hits short of the service court including the non-volley line. If the ball is served to the wrong court, long behind the back service line or out of bounds, that is a fault.
- b. After the service, a fault occurs if a player steps in the non-volley court or on the non-volley line while making a volley shot. If the ball is hit into the net or other permanent object, such as the pole, that is a fault.
- c. A ball hit outside the court's boundary lines is considered out and a fault.
- d. If the ball hits a player, they have committed a fault.
- e. On the serve, if a ball is hit into the wrong court and the opposing player in that court is hit or catches the ball, that is considered a fault on the receiving team.
- f. A player should not catch a ball heading out of bounds because that is also considered a fault.
- g. Failing to hit the ball before it bounces twice is a fault.
- h. If a ball hits a player or his/her clothing while standing on or off the court during a rally, this is a fault and a point for the opponents.

Cornhole

Rules of play

1 - Number of players

- a. To start the match both teams must have two players. **There are no gender requirements for this sport.**
- b. Each team will stay in their designated lane for the whole match.
- c. Players at the headboard will alternate pitching bags until each player has pitched all four of their bags.
- d. Players at the footboard will take score and resume pitching back to the other board.
- e. The top of an inning is completed when both players pitching from the headboard pitch all four bags; the bottom of the inning is completed when the remaining players, pitching from the footboard, pitch all four bags.

2- Scoring

- a. Each match is played to 21 points
- b. Every match is broken down into innings of play. During an inning of play, each player must pitch all four of his/her bags. An inning is never completed until all players pitch all four of his/her bags.
The approved method of scoring for the sport of cornhole is “cancellation” scoring. In cancellation scoring, the points of one player cancel out the points of their opponent. Using this method, only one player/team can score in each inning.
- c. Bag In-The-Count (Woody): Any bag which comes to rest anywhere on top of the board. Each is worth one (1) point.
- d. Bag In-The-Hole (Cornhole): Any bag which is thrown through the hole or knocked through the hole by another bag. Each is worth three (3) points.
- e. Foul Bags – Refers to any bag that has not been determined as Bag In-The-Count or Bag In-The Hole or was designated a foul bag as the result of rules violation

3- Player Pitch Rotation

- a. The player or team who scored in the preceding inning has honor pitching first in the next inning. If neither player or team scores, the player or team who pitched first in the preceding frame shall retain/keep first pitch in the next frame

4- Position of Player

- a. The pitcher must be within the pitcher’s box or behind the foul line at the time of release.
- b. A player must pitch all four bags from their designated pitcher’s box.
- c. Players must pitch the bag with an under-hand release

5- Foul Bag Rule Regulations

The following are rule violations that must be spotted and called by a player or assigned judge. The penalty is to declare the bag a foul bag, which requires the bags to be removed from the court prior to resuming play.

- a. Any bag pitched when the player has made contact with or crossed over the foul line
- b. Any bag pitched when the player has started or stepped completely outside the pitcher's box before the bag is released
- c. Any bag not delivered within the 20-second time limit
- d. A bag pitched from a different pitcher's box than the first bag
- e. Any bag that contacted the court or the ground before coming to rest on the board
- f. Any bag that struck a previously defined object such as a tree limb, wire, indoor court ceiling, etc.
- g. Any bag removed from the board before scoring has been agreed upon for that bag
 - i. The offending team (who touches the bags) forfeits all remaining bags and tallies the score of just the bags thrown before the foul was reported
 - ii. The non-offending team tallies twelve (12) points as if they had thrown four Bag In-The-Holes (Cornholes) during the inning
- h. A bag that leaves a player's hand once the final forward swing of the delivery process has started shall count as a pitched bag
 - i. A bag that is accidentally dropped by a player before the final forward swing has started shall not be considered foul and may be picked up and pitched.

6- Determining Winners

The match shall be played to a score of 21. The first player/team to reach (or exceed) that amount at the conclusion of a match is the winner. Teams will complete as many matches as possible in the designated time interval. In the event of a tie (each team has won 1 match), the third match will go to 9 points (or exceed 9 points).