



INTRAMURAL SPORTS

Baylor Campus Rec

2018-2019 SPORT RULES



Table of Contents

| | |
|------------------------------|----|
| Dodgeball | 3 |
| Indoor Volleyball | 5 |
| Ultimate | 7 |
| Canoe Battle | 9 |
| Bowling | 10 |
| Golf | 11 |
| Flag Football | 12 |
| Co-Rec Doubles Tennis | 14 |
| Racquetball | 15 |
| Spikeball – M/W | 17 |
| Basketball | 18 |
| Table Tennis | 20 |
| Rock Climbing | 21 |
| 3-pt Contest | 22 |
| Wallyball | 23 |
| Soccer | 25 |
| Co-Rec Sand Volleyball | 27 |
| Softball | 28 |
| Singles Tennis | 30 |
| Spikeball – Co-Rec | 31 |

Dodgeball

Team:

- 6 players at a time are allowed on the court.
 - A team must have at least 4 players to start a game. If fewer than 4 players are ready to play at game time, a forfeit will be declared.
- Substitutes may only enter the game in case of injury.

Uniform/Equipment:

- Teams will be given points for dressing up in costume.
 - A costume is considered to be part of your person.
 - Each team that dresses up will be awarded 25 intramural points for their organization/residence hall.

Timing:

- A 5-minute time limit has been established for each contest.
- One minute rule: When there is one-minute left in the game, the remaining players may advance to the other team's 10 ft. volleyball attack line.
- Five second rule: in order to keep the game flowing, no player may hold onto a dodgeball for more than five seconds at a time.

Scoring:

- The first team to legally eliminate all opposing players within the time limit will be declared the winner.
- If neither team has been eliminated at the end of the five minutes, the team with the greater number of remaining players 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. In the sudden death period, the first team with a player knocked out loses the game.

During Play:

- The object of the game is to eliminate all opposing players by rendering them "out". This may be accomplished by:
 - Hitting an opposing player with a live **thrown** ball. **Kicking is not permitted.**
 - You must hit your opponent below the shoulders.
 - Hitting an opponent's head will render the thrower out. The player who was hit in the head will remain active.
 - *Exception:* The opponent's head was below shoulder level when they were hit in the head, then they will be considered out and the thrower will remain active.
 - Catching a live ball thrown by your opponent before it touches the ground or any other object/person.

- Stepping on or over the center line during the first four minutes of the game, or the other team's attack line (between the fourth and fifth minute of the game).
- “Live” Definition: A ball that has been thrown and has not touched anything, including the floor, ground, ceiling, wall, another ball, another player, official or other item outside the playing area.
- The winner will be the first team to win 2 games. (The best 2 out of 3).
- During play, all players must remain within the boundary lines.
 - You may not run out of bounds to avoid being hit by your opponent.
- The game begins by placing the dodgeballs along the center line. Players then take their positions behind their respective end lines. Following a signal by the official, teams may approach the center line to retrieve balls. The official’s signal officially starts the contest.
 - Once teams retrieve the balls, they must be taken behind the attack line (10 ft. volleyball line) before they can be legally thrown.
- Players are expected to play in an honorable manner, and rule whether or not they were legally eliminated. All contests will be supervised by an official whose rulings are final.

All-University Tournament Eligibility:

- In order to be eligible to compete in the All-University Tournament, teams must:
 - Be the top team of their division
 - Obtain a cumulative sportsmanship rating of 3.0 during the regular season.

Indoor Volleyball

The following are general rules. Volleyball matches will follow the rules outlined in the NIRSA Volleyball Rules Book.

Team:

- A team consists of six (6) players. Four (4) players are required to start a game.

Uniform/Equipment:

- The following items are required uniform pieces:
 - Jerseys must have a number on one side; pennies will be available for those who do not have a number.
- The following items are prohibited:
 - Hats with an exposed hard bill.
 - Cowboy boots, sandals or playing without shoes
 - Jewelry, including watches, rings, earrings, etc. Medical information tags are allowed as long as it is taped to the skin.
- Players will be asked by the referee to remove any illegal equipment. Failure to do so in a timely manner will result in player disqualification.
- The following items are allowed:
 - Gloves.
 - Knit or stocking cap, headband, rubber or cloth bands to control hair.

Timing:

- Game start time is forfeit time.
- Games are best two-out-of-three
- Grace can be awarded to an opponent if and only if a representative of that team is signed in.
 - Grace is 10 minutes
 - 5 points are instantly given to the team who grants Grace
- Each team awarded 1 timeout per set. Timeouts will last 30 seconds.

Scoring:

- Rally scoring: A team will score a point every serve, with the exception of a violation that leads to a re-serve
- Sets are best two-out-of-three
 - The first two games are played to 25 and the third is played to 15
 - Games do NOT have to be won by two

During Play:

- Must get the ball over the net and land on opponents side within three hits
- Must wait for the official's signal to serve

- If it hits a goal or anything on your side, it is playable, but it still must be returned in 3 hits or less.
 - Exception: Side walls on Courts 1 and 4.
- If it hits the ceiling and lands on your side, it is playable, but if it lands on the other side it is out
- If another ball enters the court during play, the volley is blown dead by the official and the point is replayed
- A block is not included in one of your 3 hits
- If the ball hits the antenna, it is out
- In order for a player from the back court to attack, they must leave the ground behind the 10 ft. line
- A player can only sub for the same player the entire game
- Each team gets one 30 second timeout per game
 - The clock does not stop on a timeout
 - The winning team may not call a timeout

Common Foul:

- Double Hit, a single player cannot hit the ball twice in succession
 - A block does not count as a hit, so the same player who blocked can then make another hit
- Net Violation, at no time during a live ball may a player on either team, whether playing the ball or not, touch the net
- Foot Fault, during the serve, the server must stay behind the serving line
 - If the server jumps to serve, they must leave the floor before crossing the serving line
- Center Line Violation, no part of a players body may cross the center line (net line) under the net during play

All-University Tournament Eligibility:

- In order to be eligible to compete in the All-University Tournament, teams must:
 - Be one of the top two teams of their division
 - Obtain a cumulative sportsmanship rating of 3.0 during the regular season.
- In addition, at-large bids may be awarded at the discretion of the Championship Selection Committee.

Ultimate

*The following are general rules. Ultimate games will follow the rules outlined by USA Ultimate.

Team:

- A team is comprised of 8 players. A minimum of 6 must be present at game time to avoid a forfeit.
- Players not in the game can be substituted after a touchdown or during a stoppage of play due to injury.

Uniform/Equipment:

- Opposing teams must wear contrasting colored jerseys with a visible number on at least one side. (Colored pennies will be available). These jerseys must be tucked in at all times.
- Players must wear pants or shorts without belt loops or exposed drawstrings.

Timing:

- Game start time is forfeit time
- Grace can be awarded to an opponent if and only if a representative of that team is signed in.
 - Grace is 10 minutes
 - 2 points are instantly given to the team who *grants* Grace
- Games consist of two 20-minute halves with a running clock.
- A 3-minute overtime period will be used if a game ends in a tie (even in regular season). The entire 3-minutes are played.

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.

During Play:

- Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has eight players per team.
- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
- 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 play.

Common Foul:

- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained.
- Players are responsible for their own foul and line calls. Players resolve their own disputes.
- Non-contact: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

All-University Tournament Eligibility:

- In order to be eligible to compete in the All-University Tournament, teams must:
 - Be the top team of their division
 - Obtain a cumulative sportsmanship rating of 3.0 during the regular season.

Canoe Battle

Team:

- A team is comprised of 3 participants
 - A team must have at least 2 participants to compete.
 - If fewer than 2 people are ready to compete at battle time, a forfeit will be declared.
- Only 4 teams per organization.

Timing:

- Game start time is forfeit time

During Play:

- Two canoes will be connected together at each end.
- At the sound of the horn, teams will paddle in opposite directions trying to pull the opposing team.
 - Paddles must start out of the water until the horn is blown.
- A team wins by the tip of their canoe crossing a buoy.

Bowling

Team:

- A team is comprised four players.

Uniform/Equipment:

- Balls and shoes will be provided (wrist braces, mullets, and button-down shirts with your first name sewed in cursive on the front are optional).

During Play:

- Score will be kept by the electronic scorings system on each lane.
- Teams will report their scores after each game.
- Winners will be determined based on TOTAL score of all four participants in each round.

All-University Tournament Eligibility:

- In order to be eligible to compete in the All-University Tournament, teams must:
 - Be the top team of their division.
 - Obtain a cumulative sportsmanship rating of 3.0 during the regular season.

Golf

Team:

- Co-Rec Scramble: 1 male, 1 female or 2 females
- Men's Scramble: 2 males
- Men's Singles: 1 male
- Women's Scramble: 2 females
- Women's Singles: 2 females

Uniform/Equipment:

- You must provide your own clubs/balls to participate.
- Players will be expected to uphold to the dress code of Cottonwood Creek Golf Course.
- Part of the course fee provides a cart and a scorecard.

During Play:

- Participants will have nine days throughout the semester to play as many rounds as they would like. (9/10,9/18,9/26,10/9,10/16,10/24,11/12,11/13,11/14).
- The course fee of **\$25** will be paid at **each visit** at the Cottonwood Creek Golf Course for those who register on IMLeagues.
- An individual is only allowed to play on one singles team and one scramble team.

All-University Champion

- Participants will turn in their best two scorecards from the semester (you must turn in two cards to be considered for the championship). The team/individual with the lowest combined scores on their best two scorecards will be considered the champion.

Flag Football

The following are general rules. Flag Football games will follow the rules outlined in the NIRSA Flag and Touch Football Rules Book.

Team:

- A team consists of seven (7) players. Four (4) players are required to start a game.

Uniform/Equipment:

- The following items are required uniform pieces:
 - Opposing teams must wear contrasting colored jerseys with a visible number on at least one side. (Colored pennies will be available). These jerseys must be tucked in at all times.
 - Players must wear pants or shorts without belt loops, drawstrings, or pockets.
 - Each player must wear a one piece flag belt, with no knots, attached at the waistline. One flag on each side and one in the center of the back.
- The following items are prohibited:
 - Hats with an exposed hard bill.
 - Shoes with metal spikes.
 - Hard uncovered braces
 - Jewelry, including watches, rings, earrings, etc.
 - Medical information tags are allowed as long as it is taped to the skin.
- Players will be asked by the referee to remove any illegal equipment. Failure to do so in a timely manner will result in player disqualification.
- The following items are allowed:
 - Playbooks.
 - If a playbook is used by a player, the playbook may not be made of a hard material, must remain on their person, and must be hidden throughout play.
 - Gloves
 - Knit or stocking cap, headband, rubber or cloth bands to control hair.
 - Pliable and non-rigid sunglasses.

Timing:

- Game start time is forfeit time.
- Grace can be awarded to an opponent if and only if a representative of that team is signed in.
 - Grace is 10 minutes
 - 6 points are instantly given to the team who grants grace
- Games will consist of two 20 min. halves with a 5 min. halftime. 25 second play clock between plays.
- Games are played with a running clock. Clock stops for team timeouts (1 min.), referee timeout, and two-minute warning 2nd half. Clock will also stop on a dead ball during the

last two minutes of the second half. If team is 19 points ahead at the two minute warning of the second half, a mercy rule is imposed.

- Each team awarded 2 timeouts per half.

Scoring:

- Touchdowns are worth 6 points.
- Teams may try for extra points after a touchdown: 1 point try from the three yard line, 2 point try from the ten yard line, and 3 point try from the twenty yard line.

During Play:

- Captains are the only players permitted to talk to any referee.
- There are no kickoffs. Unless moved by penalty, the offensive team starts on their 14-yard line to begin the first and second half and after their opponent scores.
- In order to gain a first down, a team must cross the next "zone line" in four plays or less.
- Must have 1 person on the line of scrimmage before the line is set.
- Play is dead anytime the ball hits the ground - No fumbles.
 - Exception: Punts can be played off a bounce or roll. Play will be called dead when the ball comes to rest.
- **No tackling**. Flag and touch football is a non-contact sport.
- Players cannot block with their hands but must move their feet in order to screen defenders.
- The referee's decisions are final in matters pertaining to the game.

Common Foul:

- Flag Guarding
 - Runners are not allowed to guard the flag by swatting away a defenders hand.
 - Flag guarding will be only called on contact.

All-University Tournament Eligibility:

- In order to be eligible to compete in the All-University Tournament, teams must:
 - Be one of the top two teams of their division
 - Obtain a cumulative sportsmanship rating of 3.0 during the regular season.
- In addition, at-large bids may be awarded at the discretion of the Championship Selection Committee.

Co-Rec Doubles Tennis

*All games will follow USTA rules excluding those modified by Baylor Intramural Sports.

Team:

- A team is comprised of 2 participants (1 male, 1 female or 2 females)
- Each organization can enter up to 12 teams

Uniform/Equipment:

- Equipment:
 - Players must bring their own rackets.
 - Intramural Sports will provide the game balls.

Timing:

- Game start time is forfeit time.
- Grace can be awarded to an opponent if and only if a representative of that team is signed in.
 - Grace is 10 minutes
 - 1 game is instantly given to the team who grants grace

Scoring:

- Participants will play one set.
 - A set is won by the first team to win six games.
 - No tiebreakers.
 - Standard tennis scoring will be applied
- Teams must report their scores to the Intramural Staff following each match.

All-University Tournament Eligibility:

- In order to be eligible to compete in the All-University Tournament, teams must:
 - Be the top team of their division
 - Obtain a cumulative sportsmanship rating of 3.0 during the regular season.
- In addition, at-large bids will be awarded at the discretion of the Championship Selection Committee.

Racquetball

*The following are general rules. Racquetball games will follow the rules outlined by USA Racquetball.

Team:

- Racquetball is offered as an individual sport only. Therefore, a team is comprised of 1 participant.
 - Subs are not allowed after the first scheduled game.
- Each organization can enter 12 teams

Uniform/Equipment:

- No specific uniform is required to play racquetball
- Must wear closed-toed athletic shoes
 - No sandals, cowboy boots, crocs, etc.
- Participants may not wear hats, jewelry, or anything hard on their clothing (zippers, buttons, blue jeans)

Timing:

- Game start time is forfeit time.
- A 40-minute time limit has been established for each contest.
- The player winning at the end of the time limit is declared the winner.

Scoring:

- Points are scored only by the serving side when it serves an irretrievable serve (an ace) or wins a rally. Losing the serve is called a side out.
- To win each rally by serving or returning the ball so the opponent is unable to keep the ball in play.
 - A rally is over when a player is unable to: hit the ball before it touches the floor twice, is unable to return the ball in such a manner that it touches the front wall before it touches the floor, or when a hinder is called.
- A match is won by the first side winning two games.
 - The first two games of a match are played to 15 points.
 - Third game (if necessary) is played to 11 points

During Play:

- On the serve, the ball must land between the serve line and the back wall.
 - Serves landing in front of serve line or hitting the back wall are deemed re-serves
 - Team (player) receives only one re-serve per point
- The ball may touch as many walls as probable, as long as it strikes the front wall before contacting the floor

- Team (player) must return the ball to the front wall before it bounces twice on the floor
 - Ball can be played directly from air to front wall before bouncing
- If the opponent directly interferes with the other team a replay may be called
- If the opponent is struck with the ball at any time when the other team is trying to return, a point is awarded to the team attempting to return

All-University Tournament Eligibility:

- In order to be eligible to compete in the All-University Tournament, teams must:
 - Be the top team of their division
 - Obtain a cumulative sportsmanship rating of 3.0 during the regular season.

Spikeball – M/W

Team:

- A team is comprised of two players

Timing:

- Game start time is forfeit time.
- A 15-minute time limit has been established for each contest.
- Grace can be awarded to an opponent if and only if a representative of that team is signed in.
 - Grace is 5 minutes
 - 5 points are instantly given to the team who grants Grace

Scoring:

- 1st team to 21 wins (win by two, cap of 25).
- Score is rally (you can score whether serving or not)
- If the opposing team cannot return your shot you have scored

During Play:

- Team One serves by hitting the ball off the net towards Team Two.
- Team Two has up to use a minimum of 2 hits, and no more than 3 hits between them before returning the ball to the net. (It is NOT required that you use all 3 hits before returning it back into the net.)
- After the serve, each team has up to 3 hits to get the ball back into the net.
- This continues as a volley until one team cannot return the ball.
- Rally scoring is used.
- If a team wins a point, they will then serve the next point.
- To determine who serves first, the teams should volley.
- Serving:
 - The “get in play” method will be used, with the serve being a playable ball where the opposing team can return it with little effort
 - Once the game has begun, each team alternates the service between players.
- Once the ball is in play, there are no longer “sides”. Each team member can run anywhere at any time. Teams switch serving sides once the first team reaches 11 points.
- Teams must always put forth an honest effort to get out of the way of the “hitting” team. If a solution is unclear, the point becomes a do-over.
- If your shot hits the rim then the other team scores
- If your shot hits a “pocket” (kind of net and kind of rim) you do the point over.
- If your shot does not bounce off the net, the other team scores
- In order for the ball to be in play, after hitting the net, it must clear the rim. If it doesn't, it is the other teams point. (Ball cannot bounce twice on net after a shot)
- You cannot use your legs, but chest and arm shots are legal.

Basketball

*The following are general rules. Detailed rules can be found in the NIRSA Basketball Rules Book.

Team:

- A team consists of five (5) players. Four (4) players are required to start a game.

Uniform/Equipment:

- The following items are required uniform pieces:
 - Opposing teams must wear contrasting colored jerseys with a visible number on at least one side. (Colored pennies will be available). These jerseys must be tucked in at all times.
- The following items are prohibited:
 - Hats with an exposed hard bill.
 - Jewelry, including watches, rings, earrings, etc.
 - Medical information tags are allowed as long as it is taped to the skin.
- Players will be asked by the referee to remove any illegal equipment. Failure to do so in a timely manner will result in player disqualification.
- The following items are allowed:
 - Knit or stocking cap, headband, rubber or cloth bands to control hair.
- Intramural Sports will provide the game ball.
 - A different ball can be used as long as both captains agree to it.

Timing:

- Game start time is forfeit time.
- Grace can be awarded to an opponent if and only if a representative of that team is signed in.
 - Grace is 10 minutes
 - 6 points are instantly given to the team who grants grace
- Games will consist of two 15 minute halves.
 - During the 1st half, the clock will NOT stop, except during timeouts.
 - During the 2nd half, at 2 minutes, the clock will stop for only free throws. After 1 minute, the clock will stop for every dead ball.
- Each team will be allowed one 30-second timeout for the 1st half, and two 30-second timeouts for the second half.
- Overtime (only in All-University Tournament)
 - If a game ends and the score is tied, a 2 minute overtime will be played.
 - Same timing rules as last two minutes of 2nd half will apply to overtime.
 - If game is still tied at the end of overtime additional overtimes will be played until a winner is declared.

During Play:

- Captains are the only players permitted to talk to any referee.
- The referee's decisions are final in matters pertaining to the game.
- Coaches should not be the cause of any problems.
 - If a coach becomes a problem, he or she will be ejected from the game, and not allowed back for the rest of the season.
- In order to enter the game, subs must check in at the score table and wait for the referee to wave you in.

Fouls:

- If an individual receives 5 fouls, they foul out of the game.
- If a team commits 7 fouls in a half, the opposing team will receive the bonus and shoot a 1 and 1 for each subsequent foul the rest of the half.
- If a team commits 10 fouls, the opposing team will shoot 2 free throws for every subsequent foul the rest of the half.
- Technical Fouls
 - Any person charged for profanity, intentional/flagrant fouls, and any other unsportsmanlike behavior will be given a technical foul.
 - Any person using profanity will then be automatically ejected from the game, and the team will receive a 2.0 sportsmanship rating.
 - The opposing team will shoot 2 free throws and get the ball back. If a team receives 3 technical fouls in 1 game, they will automatically forfeit.

All-University Tournament Eligibility:

- In order to be eligible to compete in the All-University Tournament, teams must:
 - Be one of the top two teams of their division
 - Obtain a cumulative sportsmanship rating of 3.0 during the regular season.
- In addition, at-large bids may be awarded at the discretion of the Championship Selection Committee.

Table Tennis

*The following are general rules. Table Tennis games will follow the rules outlined by USA Table Tennis.

Team:

- A team is comprised of 1 participant
 - Subs are not allowed after the first scheduled game.
- Four entries per organization will receive intramural points
 - Organizations are limited to no more the twelve (12) entries

Uniform/Equipment:

- Paddles may be checked out from the SLC Front Desk with a valid Baylor ID or players may choose to bring their own.
- Table tennis balls will be provided.

Timing:

- Game start time is forfeit time.
- A 45-minute time limit has been established for each contest.

During Play:

- The match is played 2 out of 3 games to 21.
 - Must win by two.
- Players will alternate service after every 5 points
 - Players must decide on their own who serves first.
 - If a player is at Game Point (20), the other player will serve, regardless of whose turn it is to serve
 - Cannot lose on the serve
- Each participant will play a maximum of two games
- Matches will be assigned a specific time and game table
 - Players must complete their match during this time
- Intramural Sports will provide a scorekeeper
 - Teams will report their scores after each match.

All-University Tournament Eligibility:

- In order to be eligible to compete in the All-University Tournament, teams must:
 - Be the top team of their division
 - Obtain a cumulative sportsmanship rating of 3.0 during the regular season.
- In addition, at-large bids will be awarded at the discretion of the Championship Selection Committee.

Rock Climbing

Team:

- Each organization can enter up to 8 climbers
 - Climbers are encouraged to become belay certified before the event.
- Climbers will compete as individuals

During Climbs:

- Points are awarded according to the difficulty of the completed route
- Climbers will have 2 hours to complete their top 4 climbs
 - 2 Boulder
 - 2 Top Rope
- Total scores are comprised of each climber's top four climbs
- Climbers must compete during their assigned times
 - Any climber who misses their time will be disqualified
- More details will be given after registration

3-pt Contest

Team:

- A team consists of one (1) player

Uniform/Equipment:

- No specific uniform is required to participate in the 3-pt contest
- Must wear closed-toed athletic shoes

Timing:

- Game start time is forfeit time.
- Games will be one (1) minute long

During Play:

- Participants will have one (1) minute to shoot and make as many 3-pt shots as they can
- There will be five (5) stations around the black arc that participants will shoot from
- There will be four (4) balls to shoot at each station
- Each made ball will be worth one (1) point
- The fourth ball of each station will be the Gold Ball and worth two (2) points
- A perfect score is 25 points
- The rounds will be as follows
 - Prelims
 - Top 10
 - Top 5
 - Finals
- In the event of a tie, a one (1) minute round will be played to determine who moves on.

Wallyball

Team:

- A team is comprised of 4 participants. 3 participants are required to avoid a forfeit.

Timing:

- Game start time is forfeit time.
- A 45-minute time limit has been established for each contest.
- Grace can be awarded to an opponent if and only if a representative of that team is signed in.
 - Grace is 10 minutes
 - 5 points are instantly given to the team who grants Grace

Scoring:

- The match is played best 2 out of 3
- First two games are played to 15 points – in the event of a third game, it is played to 11 points
- Rally scoring – a point is scored at the end of every play
- Teams DO NOT have to win by two points
- For all playoff games, there will be no time restriction and teams will be allowed to play all 3 games if needed

During Play:

- No catching, lifting or throwing of the ball over the net is allowed
- No touching the net
- The opponent cannot block the set
 - If any part of the ball has crossed the vertical plane, a free ball is in effect and both teams are entitled to it.
- Substitutions may be made when the ball is not in play.
- The ball is dead when it hits the floor or the ceiling
- The opponents back wall is out of bounds to your team
- You may use two walls on your own side of the court to keep the ball in play.
- The ball may only hit opponent's wall once or no wall at all
- A ball passing through the side openings of the net on the 1st or 2nd contact is replayed
 - Third contact through the side opening is considered out of play.
 - If a ball on 1st and 2nd hit goes out of the court, a replay is awarded.
- Serving:
 - A volley shall determine first service
 - The server can serve anywhere within 3 feet along the back wall
 - The ball may not touch the ceiling, back wall or any two walls on the serve
 - One side wall may be touched during the serve
 - Serving order must be kept prior to the serving
 - Server cannot spike or block the ball until he/she loses the serve.

- Blocking, spiking, or attacking a serve is illegal.

All-University Tournament Eligibility:

- In order to be eligible to compete in the All-University Tournament, teams must:
 - Be the top team of their division
 - Obtain a cumulative sportsmanship rating of 3.0 during the regular season.
- In addition, at-large bids will be awarded at the discretion of the Championship Selection Committee.

Soccer

*The following are general rules. Detailed rules are outlined in the National Federation (High School) Rules Book.

Team:

- A team is comprised of 8 participants (7 on the field, 1 in the goal). 6 participants are required to avoid a forfeit.

Uniform/Equipment:

- Each team must wear uniformly colored numbered shirts that contrast with the opponent's shirts.
 - Numbered pennies will be available for checkout on-site.
- Shoes with metal cleats, metal tipped cleats, plastic cleats with sharp edges (i.e. baseball cleats), or any other shoes deemed unsafe by a Graduate Assistant or Supervisor may NOT be used.
- Shoes with rubber, nylon, or blunt plastic cleats may be worn.
- Jewelry must be removed before a player can participate.

Timing:

- Game start time is forfeit time
- Games will consist of two 20-minute halves with a 5 minute halftime.
- There will be no overtime during pool play.
- Grace can be awarded to an opponent if and only if a representative of that team is signed in.
 - Grace is 10 minutes
 - 1 goal is instantly given to the team who grants Grace
- During the playoffs, games tied at the end of regulation will continue with one 5-minute overtime
 - If the score is still tied, the game will be decided by penalty kicks.

During Play:

- A regulation ball will be provided for all matches. However, if both team captains agree, a substitute ball (provided by either team) may be used instead.
 - Individual teams must provide practice balls.
- All substitutions must take place at the mid-field area.
 - The exiting player must be off the field prior to the substitute entering the field.
 - Both teams may substitute an unlimited number of players on throw-ins, goal kicks, after a goal is scored, at halftime, when a player is cautioned (yellow card), and during an injury.
- Goalkeeper Restrictions:
 - On any occasion when a player deliberately kicks the ball to his/her own goalkeeper below the knees, the goalkeeper is not permitted to touch it with his/her hands.
 - This rule also applies to the throw-in.

- During penalty kicks, the goalkeeper may move laterally along the goal line.
- Goal kicks can be taken from anywhere inside the goal area.

Common Foul:

- Any player receiving a yellow card must be substituted for, and may not return until the next legal substitution opportunity. If the referee stops the game for an injury, the injured player may be substituted for.
- Slide tackles are permitted. Any player using an illegal slide tackle (from the side or from behind) will receive a yellow card.
- Offside:
 - A player is in an offside position if that player is nearer to the opponents' goal line than the ball unless:
 - The player is in his/her own half of the field of play
 - The player is not nearer to the opponents' goal line than at least two of the opponents. A player shall only be penalized for offside position if, at the moment the ball touches/is played by a teammate, that player is, in the opinion of the officials
 - Interfering with play or an opponent
 - Seeking to gain an advantage by being in that position.
 - A player shall not be penalized for offside position if he/she receives the ball directly from a goal kick, corner kick, throw-in, or drop by an official.

All-University Tournament Eligibility:

- In order to be eligible to compete in the All-University Tournament, teams must:
 - Be one of the top two teams of their division
 - Obtain a cumulative sportsmanship rating of 3.0 during the regular season.
- In addition, at-large bids will be awarded at the discretion of the Championship Selection Committee.

Co-Rec Sand Volleyball

*The following are general rules. Sand Volleyball games will follow the rules outlined by FIVB.

Teams:

- Four players on the court at one time
 - Two men and two women per team
 - At no point can more than two men be on the court at a time
 - Must have three players to begin game

Timing:

- Game time is forfeit time.
- A 30-minute time limit has been established for each contest.
- Grace can be awarded to an opponent if and only if a representative of that team is signed in.
 - Grace is 10 minutes
 - 5 points are instantly given to the team who grants Grace

Scoring:

- Team that wins best out of three matches wins game
 - First two games played to 15, the third game played to 11
 - Do NOT have to win by 2

All-University Tournament Eligibility:

- In order to be eligible to compete in the All-University Tournament, teams must:
 - Be one of the top team of their division
 - Obtain a cumulative sportsmanship rating of 3.0 during the regular season.
- In addition, at-large bids will be awarded at the discretion of the Championship Selection Committee.

Softball

*Baylor Intramural Softball will be governed by the NIRSA Slow Pitch Softball Rulebook, with the exceptions listed below.

Team:

- Teams can field 10 players and bat 11 players.
- 8 players are required to start a game
 - An automatic out will take the 9th spot in the lineup

Uniform/Equipment:

- Each team should wear uniformly colored numbered shirts that contrast with the opponent's shirts
- Gloves are **NOT** provided
- Intramural Sports will provide bats and balls
- No metal spikes allowed

Timing:

- Game start time is forfeit time
- 7 innings or 50 minutes – whichever comes first
- Grace can be awarded to an opponent if and only if a representative of that team is signed in.
 - Grace is 10 minutes
 - 4 runs are instantly given to the team who grants Grace

Scoring:

- A mercy rule will be enforced if a team is winning by any of the following:
 - 20 runs after 3 innings
 - 15 runs after 4 innings
 - 10 runs after 5 or 6 innings

During Play:

- Ten players in the field, same ten players must bat, with the addition of an 11th batter
- Each batter starts with a 1 ball, 1 strike count.
 - A foul ball third strike is an out.
- No throwing the bat – doing so will result in an automatic out after 1 team warning.
- Sliding into a base in any fashion is not permitted. **Sliding will result in an automatic out.**
- Teams must inform scorekeeper of any substitution. Player may only re-enter in same spot of batting order one time.
- A strike must have at least 6 ft. arc no higher than 12 ft., and it must cross the plate from the back shoulder to the front knee.
- Slow pitch softball is more fun for everyone when the ball is put in play often, so be prepared to swing the bat!

All-University Tournament Eligibility:

- In order to be eligible to compete in the All-University Tournament, teams must:

- Be one of the top two teams of their division
 - Obtain a cumulative sportsmanship rating of 3.0 during the regular season.
- In addition, at-large bids will be awarded at the discretion of the Championship Selection Committee.

Singles Tennis

*All games will follow USTA rules excluding those modified by Baylor Intramural Sports.

Team:

- A team is comprised of 1 participant
 - Subs are not allowed after the first scheduled game.

Uniform/Equipment:

- Players must bring their own racket.
 - RACKETS WILL NOT BE PROVIDED.
- Intramural Sports will provide the game balls.

Timing:

- Game start time is forfeit time
- A 1 hour time limit has been established for each contest
- Game Check-In:
 - Players must have valid Baylor I.D. card to check in and play.
 - Players must be checked in BEFORE game time.

Scoring:

- Participants will play one set.
 - Set is won by the first person to win six games.
 - No tiebreakers.
- Teams must report their scores to the Intramural Staff following each match.

All-University Tournament Eligibility:

- In order to be eligible to compete in the All-University Tournament, teams must:
 - Be the top team of their division
 - Obtain a cumulative sportsmanship rating of 3.0 during the regular season.
- In addition, at-large bids will be awarded at the discretion of the Championship Selection Committee.

Spikeball – Co-Rec

Team:

- A team is comprised of 2 participants (1 male, 1 female or 2 females)

Timing:

- Game start time is forfeit time.
- A 15-minute time limit has been established for each contest.
- Grace can be awarded to an opponent if and only if a representative of that team is signed in.
 - Grace is 5 minutes
 - 5 points are instantly given to the team who grants Grace

Scoring:

- 1st team to 21 wins (win by two, cap of 25).
- Score is rally (you can score whether serving or not)
- If the opposing team cannot return your shot you have scored

During Play:

- Team One serves by hitting the ball off the net towards Team Two.
- Team Two has up to use a minimum of 2 hits, and no more than 3 hits between them before returning the ball to the net. (It is NOT required that you use all 3 hits before returning it back into the net.)
- After the serve, each team has up to 3 hits to get the ball back into the net.
- This continues as a volley until one team cannot return the ball.
- Rally scoring is used.
- If a team wins a point, they will then serve the next point.
- To determine who serves first, the teams should volley.
- Serving:
 - The “get in play” method will be used, with the serve being a playable ball where the opposing team can return it with little effort
 - Once the game has begun, each team alternates the service between players.
- Once the ball is in play, there are no longer “sides”. Each team member can run anywhere at any time. Teams switch serving sides once the first team reaches 11 points.
- Teams must always put forth an honest effort to get out of the way of the “hitting” team. If a solution is unclear, the point becomes a do-over.
- If your shot hits the rim then the other team scores
- If your shot hits a “pocket” (kind of net and kind of rim) you do the point over.
- If your shot does not bounce off the net, the other team scores
- In order for the ball to be in play, after hitting the net, it must clear the rim. If it doesn't, it is the other teams point. (Ball cannot bounce twice on net after a shot)
- You cannot use your legs, but chest and arm shots are legal.