



# Intramural Sports Rule Book

WHERE CHARACTER MEETS COMPETITION

2020-2021



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# 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.
- 1-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.

# 6 v. 6 Kickball

\*The following are general rules. Kickball games will follow the rules outlined by WAKA (World Adult Kickball Association).

## Team:

- A team consists of 6 players. 4 players are required to start a game.
- A team must always have a pitcher AND a catcher.

## Uniform/Equipment:

- The following items are prohibited:
  - Shoes with metal spikes.
  - Jewelry, including watches, rings, earrings, etc.
    - Medical information tags are allowed as long as it is taped to the skin.
- The following items are allowed:
  - Gloves.
  - Hat, knit or stocking cap, headband, rubber or cloth bands without hard, unyielding knots to control hair.

## Timing:

- Game start time is forfeit time.
- Games will consist of 5 innings or 45 minutes
- Grace can be awarded to an opponent if and only if a representative of that team is signed in.
  - Grace is 10 minutes
  - **3 runs** are instantly given to the team who grants Grace

## Scoring:

- 1 run is awarded when a runner touches home plate
- A runner must touch home plate before the third out is made, except that no run can score when the third out is made during a force play situation, or when the kicker is put out before touching first base.
- At the end of a game the team with the most runs wins.

## During Play:

- Captains are the only players permitted to talk to any intramural staff.
- All fielders, besides the catcher and pitcher, must be out of the infield until the ball is kicked
- Kicks are any contact with the ball below the knee
  - All kicks must occur behind or on home plate and no part of the kicker's plant foot may cross home plate until after the ball is kicked

- Base runners are **not allowed to take leads or steal**
- A tag-up is a requirement to retouch or stay on a base until a kicked then caught ball is first touched by a fielder. After a tag-up, a runner may advance. A runner failing to tag-up as required is out.
- Runners traveling from home plate may overrun first base, and may only be tagged out if actively attempting to advance to second base.
- **If a runner is tagged in the head or neck, it is not considered an out**
  - If a runner purposefully blocks a tag with the head or neck, they are out
  - If they are covering they're head/neck to protect themselves, they are not out.
- Any rules not outlined herein follow the customary rules of baseball
  - Kickball is typically played on a softball sized field, however, field dimensions can vary given constraints and purpose
- The decisions by the intramural staff are final in matters pertaining to the game.
- **Sliding is NOT allowed**

#### **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.

# 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.
  - Limited rackets are available for check out at the SLC.
- Intramural Sports will provide the game balls.

## Timing:

- Game start time is forfeit time
- A 45-minute 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.

# Disc Golf

\*The following are general rules. Disc Golf matches will follow the rules outlined by the PDGA.

## Teams:

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

## Timing:

- All contests will be held at the Cameron Park Disc Golf Course.
- Disc Golf is set up as a ladder system, meaning that players will challenge opponents and schedule times between themselves that works for both parties.
- We encourage for opponents to exchange phone numbers so that delays or changes can be communicated quickly.
- Players should be mindful of the time of day that is chosen to play. Cameron Park is a public park and not patrolled by Baylor PD.

## Scoring:

- The player with the lowest total throws for the round wins.
- Each hole has a 9-throw limit.
- Teams will submit winners
- Course and score cards can be picked up at the SLC Front Desk.
  - We also encourage players to download the free UDisc app to help them navigate the course and keep score with ease.
- Teams will report scores on IMLeagues once the contest is complete.

## During Play:

- Each hole has a designated tee box and should begin there.
  - Intramurals will be using 18 specific holes:
    - 1-14 will be played as normal.
    - Hole 15 will begin from the 20 teebox to the east of Wilson Creek and played to the farthest right hole across the creek.
    - Hole 16 will begin the 20a teebox and played to the farthest left hole.
    - Hole 17 is course hole 21.
    - Hole 18 is course hole 23.
- Sidewalks, roads and any bodies of water are out of bounds.
  - If played out of bounds a penalty throw will be added.
    - Example: Your drive lands on the sidewalk. You get 3 feet (one big step) along the flight path, back in play. From there you're playing 3, not 2.

## All-University Tournament Eligibility:

- Teams have until October 18, 2020 to complete at least 4 matches.
  - Teams who do not complete at least 4 matches are not eligible for playoffs.



- The top 16 men and women's teams will be placed in a bracket and will have one week to complete each round.
- If the teams are not able to complete their game within that week, no team will advance.
- The Final will take place the week of November 9<sup>th</sup>. Finalist must communicate their agreed upon game time with the Intramural Sports office.

# BearQuest

## Description:

BearQuest is a semester long event that will challenge teams like never before. Teams will be given challenges/tasks to complete as a team or individuals. Each team will be given access to a team folder in Box. Teams will submit proof of completion by uploading a picture or video to their team folder. Teams are also encouraged to engage virtually through social media by posting challenges and tagging @BaylorIMSports.

## Teams:

- Teams are comprised of 4-8 players (10 for Res Hall teams).
- Not all members are required to compete in every challenge.
- Teams are not allowed to add more than the maximum number of players, even if team members drop.

## During Challenges:

Teams must conduct themselves in a positive and respectful way throughout the event. Teams who do not follow Baylor Intramural Sports Sportsmanship and Code of Conduct policies (found in the Intramural Sports Handbook) will, at minimum, be immediately removed from the event and will not receive a refund.

## Earning Points:

Challenges will be released Friday of each week and teams have until the following Tuesday at midnight to submit proof of completion. Each challenge is worth a predetermined amount of points. The team with the most points at the end of the Quest will win. Ties are broken by how fast teams complete each release.

# Canoe Race

## Teams:

- A team is comprised of two racers
  - A team must have both racers to start a race. If fewer than two racers are ready to race at race time, a forfeit will be declared.

## While Racing:

- Racers will start on the shore, maneuver the laid-out course, and return themselves and their boat to shore.
- Racers must remain in their boat the entire time while on the water. If a boat flips, that team's attempt is disqualified.
- FYI: The Marina will be open during time trials, which means there may be others on the water during your race.

## Race Format:

- Teams will have the option to sign up for 2 time slots to complete their time trials.
  - Teams can take both runs within the same time slot.
- The fastest 16 Men and Women's teams will advance to the Heat Finals.
- Each heat will be comprised of 4 teams and the top 2 will advance until a final heat is left.
- The final heat will determine 1<sup>st</sup>-4<sup>th</sup> place.

# 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 (1M/2F, 2M/1F or 3F)

## 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.

# Res Hall and Open Tailgate Games

Tailgate Games consists of 4 individual events: Cornhole, Horseshoes, Ladder Golf, and Washers. Teams have the option to compete in all 4 events as long as they sign up for different game times. Each event will offer 2 divisional play games. Winners of each division will advance to tournament play later in the week.

## Cornhole

### Team:

- A team is comprised of two players
- A team must have both players to start a game. If fewer than two players are ready to play at game time, a forfeit will be declared.

### Timing:

- A 20-minute time limit has been established for each contest.
- Game time is forfeit time

### Scoring:

- A game is played to 21 points EXACTLY.
- A bag that goes in the hole is awarded 3 points.
- A bag that lands on the board is awarded 1 point.
- The difference between the opponents is taken for the score
  - Ex: I score 6 points, YOU score 4 points, so I get 2 points for that round.

### During Play:

- If a team “busts,” or exceeds 21 points, they will return to 15 points.
- Delivery of the bags will alternate between teams.
- Delivery of the bags will occur from either the right or the left of the board. The player’s foot may not cross the front of the board.
- The score is taken after ALL bags have been thrown
  - In the event a player hits the opponent’s bag in of the hole or off the board, that is a part of the game
- Bags that hit the ground and bounce up on the board are not to be scored, and should be removed immediately.

## Horseshoes

### Team:

- A team is comprised of 2 participants
- A team must have both players to start a game. If fewer than two players are ready to play at game time, a forfeit will be declared.

**Timing:**

- A 20-minute time limit has been established for each contest
- Game time is forfeit time

**Scoring:**

- A game is played to 21 points – does NOT have to be exact
- A ringer is worth 5 points – the horseshoe must completely surround the stake
- A leaner is worth 3 points – the horseshoe must be leaned on the stake
- The closest horseshoe is worth 1 point
- A horseshoe must be within the designated area to be considered for points
- The difference between the opponents is taken for the score
  - Ex: I score 6 points, YOU score 4 points, so I get 2 points for that round.

**During Play:**

- Delivery of the horseshoes will alternate between teams
- Delivery of the horseshoes will occur from either the right or the left of the box. The player's foot may not cross the front of the box.
- The score is taken after ALL horseshoes have been thrown
  - In the event a player hits the opponent's horseshoe in/out of the cup or closer/farther away from the cup, that is a part of the game

## Ladder Golf

**Team:**

- A team is comprised of 2 participants
- A team must have both players to start a game. If fewer than two players are ready to play at game time, a forfeit will be declared.

**Timing:**

- A 20-minute time limit has been established for each contest
- Game time is forfeit time

**Scoring:**

- A game is played to 21 points EXACTLY
- The top rung is worth 3 points
- The middle rung is worth 2 points
- The bottom rung is worth 1 point
- The difference between the opponents is taken for the score
  - Ex: I score 6 points, YOU score 4 points, so I get 2 points for that round.

### **During Play:**

- If a team “busts”, or exceeds 21 points, they will return to 15 points
- Delivery of the bolas will alternate between teams
- Delivery of the bolas will occur from either the right or the left of the ladder. The player’s foot may not cross the front of the ladder’s leg.
- The score is taken after ALL bolas have been thrown
  - In the event a player hits the opponent’s bola(s) off the rung or to a different rung, that is a part of the game

## **Washers**

### **Team:**

- A team is comprised of 2 participants
- A team must have both players to start a game. If fewer than two players are ready to play at game time, a forfeit will be declared.

### **Timing:**

- A 20-minute time limit has been established for each contest
- Game time is forfeit time

### **Scoring:**

- A game is played to 21 points – does NOT have to be exact
- A washer in the cup is worth 5 points
- The closest washer to the cup is worth 1 point
- A washer must be within the box to be considered for points
- The difference between the opponents is taken for the score
  - Ex: I score 6 points, YOU score 4 points, so I get 2 points for that round.

### **During Play:**

- Delivery of the washers will alternate between teams.
- Delivery of the washers will occur from either the right or the left of the box. The player’s foot may not cross the front of the box.
- The score is taken after ALL washers have been thrown
  - In the event a player hits the opponent’s washer in/out of the cup or closer/farther away from the cup, that is a part of the game

# 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 team’s point. (Ball cannot bounce twice on net after a shot)
- You cannot use your legs, but chest and arm shots are legal.

## All-University Tournament Eligibility:

- In order to be eligible to compete in Playoffs, 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.

# Mixed 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)

## 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.

## 4 v. 4 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 four (4) players. Three (3) players are required to start a game.

### Uniform/Equipment:

- The following items are required uniform pieces:
  - Opposing teams must wear contrasting colored jerseys. Due to COVID-19 restrictions, pennies will NOT be provided. Teams are encouraged to communicate jersey colors in advance. Jerseys must remain tucked in during play.
  - 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.
  - Braces with exposed metal (must cover it).
  - 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 5 minutes
  - 6 points are instantly given to the team who grants grace
- Games will consist of two 12-minute halves with a 5-minute halftime. There will be a 25 second play clock between plays.
- Games are played with a running clock. Clock stops for team timeouts (1 min.), referee timeout, and one-minute warning 2nd half. Clock will also stop on a dead ball during the last minute of the second half. If team is 19 points ahead at the one-minute warning of the second half, a mercy rule is imposed.

- Each team may be awarded 1 timeout 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, and 2 point try from the ten-yard line.

**During Play:**

- Captains are the only players permitted to talk to any referee.
- Unless moved by penalty, the offensive team starts on their 10-yard line to begin the first and second half, after their opponent scores, and after a turnover.
- A team in possession of the ball has three (3) downs to score or advance into the next zone.
- 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.
- No tackling. Flag and touch football are non-contact sports.
- There are NO punts in the game.
- No defensive player is allowed to cross their scrimmage line before a forward pass is made
- An offensive runner cannot advance the ball through the offensive scrimmage line
- There must be a legal forward pass each down. The receiver must catch the ball beyond the offensive scrimmage line. The passer has 5 seconds to release the ball on a forward pass. A lateral or backwards pass has no effect on the 5 second time limit for a forward pass to occur. If a legal forward pass does not occur during the 5 second time limit , the play is immediately blown dead, the result of the play is a loss of down, and the ball is next snapped at the previous spot.
- Teams cannot rush the quarterback while on defense.
- The referee's decisions are final in matters pertaining to the game.

**Penalties:**

- All 10-yard penalties are 5 yards and all 5-yard penalties are 3 yards.

**Common Foul:**

- Flag Guarding
  - Runners are not allowed to guard the flag by swatting away a defender's hand.
  - Flag guarding will be only called on contact.
- Illegal Contact
  - Players are not allowed to hold, push or tackle an opponent.

**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.