



# Mississippi Valley State University

## Intramural Sports

Intramural Sports offers Mississippi Valley State students, faculty, & staff an opportunity to participate in sport activities on a competitive or recreational level. Leagues are available in a wide variety of indoor and outdoor sports year-round. Intramural Sports is designed to complement the academic pursuit and provide a recreational outlet to its student participants. Intramural Sports is a crucial element of the academic experience in that it promotes and reinforces teamwork and personal accomplishment, mutual respect and integrity, competition and recreation, as well as skill and exercise. Intramural Sports provides valuable leadership and both personal and professional growth opportunities to students and community members who, with the support of the Program and the University bring together a diverse campus.



## Introduction

The Mississippi Valley State University Intramural Sports Program provides an opportunity for MVSU students, faculty, and staff to participate in a wide variety of sports competition and physical activities. The program is designed to meet the needs and abilities of all participants in order to facilitate a total educational experience. MVSU Intramural Sports Program offers a wide variety of sports experiences for each student; develop carry-over sports skills in life to encourage physical activity; develop habits of fair play; and provide leadership development. We urge all students to take maximum advantage of the opportunities that are available through the Intramural Sports Program.

Opportunities abound for the entire University community in a wide variety of sports activities provided by the Intramural Sports program, part of the Division of Student affairs.

Mississippi Valley State University Program has seven principal objectives:

1. To provide an opportunity for leisure-time participation in organized sports and recreational activities.
2. To allow for social interaction.
3. To encourage the development of permanent interest in sports and recreational activities.
4. To foster a feeling of belonging to a group by providing the opportunity to work together in a recreational situation.
5. To develop a healthy body along with an alert mind.
6. To provide a healthy outlet for emotional and mental stress.
7. To develop good sportsmanship toward officials and opponents.

The intramural program offers men, women, and coed activities in individual and team sports. Students may complete in 14 different activities, with additional sports available based on Students interest. The program is designed to serve all skill and experience levels. It gives students the chance to play a favorite sports or one they have always wanted to try but never had the opportunity. Some of the sports offered include:

- \* 3 on 3 basketball
- \* Basketball
- \* Dodgeball
- \* Flag Football
- \* Softball (slow pitch)
- \* Volleyball

Above all the Mississippi Valley State University Intramural program offers participants an enjoyable and fun experience. Winning teams receive Intramural Championship Award provided by the University.

Students become involved in the intramural program by representing a living group or organization on campus, or by contacting the intramural department to be placed on a team. An informational meeting is held annually during the first week of school. Intramural are truly for everyone and another way to participate in the Mississippi Valley State University experience.

# **Mississippi Valley State University Intramural Dodge Ball Rules**

## **THE TEAM**

The game shall be played between two teams of 8 players. A minimum of 6 players will compete on a side; others will be available as substitutes. Substitutes may enter the game only during timeouts or in the case of injury.

## **THE EQUIPMENT**

- The official ball used in tournament and league play will be an 6" rubber-coated foam ball.
- Participants must wear shoes, shirts and pants/shorts.

## **THE GAME**

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

- Hitting an opposing player with a thrown ball below the shoulders.
- Note: If a player ducks and this is clearly the cause for the player being hit above the shoulders, the player is out and the throw is legal.
- Catching a ball thrown by your opponent before it touches the ground.
- Causing an opponent to drop a live ball as a result of contact by another thrown live ball. (Usually occurs when a ball is being used to block a thrown ball.)
- An opposing player stepping out of bounds. (To avoid getting hit and not because he or she is retrieving a ball - in which case you have 5 seconds to retrieve a ball, and come immediately back into the playing field.)

## **HOW DO WE START THE GAME**

- Game begins by placing the dodgeballs along the center line.
- Players then take a position behind their end line.
- Following a signal by the official, teams may approach the centerline to retrieve the balls.

## **Rush Rule:**

- Each and every ball retrieved at the opening rush must first be taken beyond the attack line and into the team's backcourt before it may be legally thrown at an opponent. The first team to legally eliminate all opposing players will be declared the winner. A 10-minute time limit has been established for each contest. If neither team has been eliminated at the end of the 10 minutes, the team with the greater number of players

remaining will be declared the winner. In the case of an equal number of players remaining after regulation, a 3-minute sudden-death overtime period will be played.

### **TIME-OUTS & SUBSTITUTIONS**

- Each team will be allowed one (2) 30 second timeouts per game. At this time, a team may substitute players into the game.

**\*\*\*\*\*THE OFFICIAL'S DECISION IS FINAL – NO EXCEPTIONS\*\*\*\*\***

### **BOUNDARIES**

- During play, all players must remain within the boundary lines.
- Players must only leave from the end line to retrieve balls and must return to the same.
- During play, all players must remain in the boundary lines.
- A player may be handed a ball, provided the player receiving the ball remains completely within their team's field boundaries. Players may be handed a ball while standing out of bounds.

### **A PLAYER SHALL NOT:**

- Have any part of their body contact the playing surface on or over the sideline.
- Enter or re-enter the field through their sidelines.
- Leave the playing field to avoid being hit by attempt to catch a ball.

**Penalty: Player will be declared out**

**Note: A player not immediately re-entering the playing area may be declared out.**

- Matches will be decided using a "best-of-three" format in which the first team to win two (2) games will be declared the winner.
- Protests will only be accepted in cases involving use of an ineligible player. Protests of judgment calls will not be accepted.

**Mississippi Valley State University**  
**Intramural Basketball**  
**3 on 3 Rules**

- Take everything back across the 3 point line
- Games 20 minutes/Running Clock
- 2 Time Outs
- Call own Fouls until 1 minute mark
- At 1 minute clock will stop at 1 minute on foul and etc (*Game Official will call the FOULS at 1 minute mark*)

# Mississippi Valley State University

## Intramural Flag Football

### Rules

Regular NCAA Football Rules will govern all plays except the following:  
Persons who are members of MVSU's Football team ineligible to participate in Intramural.

#### TEAM

- Teams will consist of 12(twelve) players on team Roster, seven on the field of play.
- There is no maximum number of men on the line of scrimmage, however, there must be at least three including the center. **All players are eligible to receive a pass!**
- A team may start the game with six players.

#### TIME

- The game will consist of 2 (two) 20 minute half, running time, 5 minutes half-time break. Clock will stop last minute of the (2<sup>nd</sup> Half)
- The clock will run continuously throughout the game.
- Each team is allowed two time outs per half. If not used in that half they are lost and not carried over to the next half.
- If the game ends in a tie, NCAA Football sudden death rule will be used.
- The offensive team has 25 seconds in which to put the ball in play after the official has set the ball down.

#### FIRST DOWN AND SCORING

- A team gets a first down when they cross one of the 15 yard lines in four down or less. After a team crosses a line they may not get another first down crossing the same line after being penalized or thrown for a loss.
- A touchdown counts 6 points; a safety 2 points
- A point after the touchdown may be scored by a pass for 1 point or by run for 2, from the 3 yard line.

#### FUMBLES

- Any time the ball after being handled by a player touches the ground it becomes dead.

- This includes dropped lateral passes

## **EQUIPMENT**

- Players must wear shoes, either tennis shoes or soccer style shoes. **NO STEEL CLEATS AND NO BARE FEET**
- Teams are encouraged to provide jerseys and their practice balls. Game balls will be furnished by Campus Recreation.
- Team will be designated what color to wear **BLACK/WHITE!** The game day schedule will determine the **COLOR!**

## **Flag Football Rules**

- Flags will be provided and all players must wear them while playing.
- All blocks must be made between the hips and the shoulders.
- The blocker must be on their feet before, during and after contact is made.
- Contact with the hands or excessive swinging of the arms during blocking will be considered a major penalty. **NO CLOSE FISTS OR HEAD SLAPS.** 10 yard penalty.
- The official shall have the authority to rule illegal any other type of block which he finds unsafe.
- The defense can not charge the blocker or use a head slap to avoid the block.
- No contact blocking is allowed on kicks or downfield. The offensive player may only shield the runner from the defensive player. 10 yard penalty from spot.
- **NO** three or four point stance will be allowed by any player. 10 yard penalty.
- **ALL PENALTY WILL RESULT IN 10YARDS**

## **PLAYING RULES**

- No center sneaks are allowed.
- An intercepted pass in the end zone may be run out or downed for a touchback.
- Ball Carrier can't jump, skip, hop or use hand/arm while running the ball!
- The ball carrier may not use a "stiff arm."
- No unnecessary roughness by the defense or offense
- No elbowing by the runner

- In the event of an early whistle, the play progress will become dead and the ball will be placed at the point of advancement when the whistle was blown. The play will not be replayed.
- One foot must be in Bounds on a reception of a pass.
- Only the team captain will talk to the official on matters of concern.
- On a double pass play the first pass must be backwards.
- Change ends at the end of each half.
- Offensive players must come to a complete stop at least one second before the ball is snapped unless in motion.
- When a foul occurs during a live ball, the Ref will end the play notify the offended captain of his options.

**There is a 10 minute Grace period for ALL teams.**



# Mississippi Valley State University Intramural Basketball Rules

Because NCAA men's basketball rules are designed for collegiate caliber players, Mississippi Valley State University Intramural Basketball will be governed by the High School basketball rules with Intramural modifications. These rules will better suit the abilities and familiarities of Intramural participants.

## PLAYING TIME:

- The game clock will start at game time. Forfeit time is **10 minutes** after the hour. A team must have **four** players to start a game.
- A game will consist of two **12 minutes halves** with a **three-minute half time**.
- The clock will be continuous throughout the game, except for the last two minutes of the second half where the clock will stop on all referee whistles.
- A jump ball will begin the game and any overtime period.
- All other times, alternating possession will be used.
- Two **30-second time**-outs per half, NON-ACCUMULATING. *Clock will not stop during a timeouts.*
- If overtime is needed, **three minutes** of continuously running clock time will be used. Clock stops in the last minute of overtime. One time out per team. **NON-ACCUMULATING**
- All players must be on the original roster to be eligible for a contest.
- Substitutions may be made on any dead ball situation. Announce all substitutions to the referees. Improper substitutions will result in technical fouls.
- Each team is responsible for supplying their ball for warm-up. The game ball will be chosen from the warm-up balls. The referee shall be the sole judge of the legality of the ball and shall select the best ball available.
- **ROSTER LIMITS & TEAMS:** In all official games in the Men's and Women's teams shall have no more than five (5) players on the court at any time. Teams may play with less than 5 players only if they do not have enough available players. A team may not start the game with less than four (4) players. However, they may finish a game with less than four players. **EXAMPLE:** Team A starts a game with four players. With 6:00 remaining in the game a player fouls out. **RULING:** Team A may continue playing with 3 players.

**Technical Fouls:**

- If a player receives a technical foul he/she must leave the game.
- If the same player receives a second technical foul at any other time during the season, they must miss the following game.
- If they receive a third technical then they are dismissed for the remainder of the season.
- If any punch is thrown, they will be dismissed from the remainder of the season.

**ADMINISTRATION OF FOULS:**

- A player will foul out when he/she receives five fouls, team can continue with three or four players.
- For all non-shooting common fouls, the ball will be handed to the offended team's player at the out-of-bounds spot closest to where the fouls were committed.
- The bonus rule will be in effect on the seventh team foul of the half. All in the act of shooting, intentional, and flagrant fouls will shoot free throws during the entire game.
- The clock will not stop during fouled shooting except during the last two minutes of the second half!

**Automatic Forfeit**

- No pick-up Players(after CAPTAINS Signature)
- Player can be asked to show school Identification(MVSU ID) or proof that he/she is in enrolled at MISSISSIPPI VALLEY STATE UNIVERSITY!
- Teams are allowed only Ten PLAYERS/Coach will not be considered(ONLY 10 PLAYERS)
- You can only play one team (if player participate for more than one team he/she will be ejected and that TEAM FORFIETS the game.) The player is banned from IBL for the entire season.

# Mississippi Valley State University Intramural Softball League Rules

## Rules

- Thrown bat: automatic out for the batter
- No phantom tags (fake tags without the ball) - Runner gets one base.
- Obstruction is the act of a fielder not in possession of the ball and/or a fielder in the act of fielding the ball that impedes the progress of a base runner that is legally running the bases - runner given the base they are running to, plus one.
- No bunting: Called a strike
- No leading: No leaving the base until the ball is hit. Runner leaving the base early - OUT
- No Stealing
- Overthrown into foul territory - one base
- Arc of pitch is 3' - 10' from the point of release.
- Flat pitches are to be called immediately. If the batter elects to try to hit the flat pitch and misses - called a strike. If the batter hits a flat pitch, ball in play.
- Strike is called if the pitch has a legal arc and if any portion of ball hits the mat. .
- Batters box (draw box in the dirt) - No running forward, stepping on or over home plate - batter out.
- No Metal Cleats(Automatic Ejection)
- Games will be 6 innings or one hour whichever comes first. Full innings must be played. Ties will stand.
- **Infield Fly:** The umpire shall immediately call the batter out, the ball remains alive and in play, with runners in jeopardy. An infield fly occurs when runners are on 1st and 2nd or on 1st, 2nd, and 3rd bases with less than 2 outs. If a declared infield fly falls to the ground in fair territory and is untouched and bounces in foul territory before passing first or third bases, it is a foul ball.
- **A team shall consist of ten players;** however a team may begin a game and continue to play with eight players (Team may bat 11 players). Teams with less than 10 players, must take an automatic out in their batting order for each missing player. **a.** Automatic out(s)

may be placed any where in the batting order. **b.** If a team starts with ten (10) players they must finish with at least eight, and the automatic out rule will be in effect. ***No exceptions!***

## **General Information**

**\*\*\*\*\*Players must supply their own gloves\*\*\*\*\***

- **A team shall consist of ten players;** however a team may begin a game and continue to play with eight players (Team may bat 11 players). Teams with less than 10 players, must take an automatic out in their batting order for each missing player. **a.** Automatic out(s) may be placed any where in the batting order. **b.** If a team starts with ten (10) players they must finish with at least eight, and the automatic out rule will be in effect. ***No exceptions!***
- Team captains are responsible to hand to the opposing team a batting order at the beginning of the game if the opposing team requests a batting order. If a question arises as to batting order, it can only be settled if both teams have exchanged batting orders and notified each other of changes.
- All players must wear sneakers or cleats. No Metal Cleats(Automatic Ejection)
- A captain must be designed for each team. They alone may discuss problems with the officials. Remember, "zero tolerance" for talking to officials. Clear up any problems prior to the start of each game particularly questions concerning eligibility of players.
- Games will be 6 innings or one hour whichever comes first. Full innings must be played. Ties will stand.
- ID - Roster checks may be conducted at any time.
- **A limit of SIX homeruns per team will be enforced throughout the season. Any homeruns after the SIX homerun will be declared an out.**

# Mississippi Valley State University

## Intramural Volleyball

### Rules

- The ball must be served behind the rear line on the right side and may be hit in any manner with the hand.
- One serve is allowed per side out and it must land within the opponent's court. If it touches the net and continues into the opponent's court, it counts as a net serve and is the same as a side out.
- It is a violation to touch the net or to reach over the net, except on follow through of a spike. It is a violation to reach under the net and touch an opponent or step completely over the center line.
- Holding or throwing the ball is an illegal hit.
- A ball landing on a boundary line is in.
- A point may be scored by the serving team or receiving team.
- If a ball touches a player or a player touches the ball, he is considered as having played the ball. If the ball hits a player twice or two or more blockers after being spiked, it is considered as having been played just once.
- The ball may be played only three times by one team in volleyball and a player may not play it twice in succession but may play it twice if it is played by a teammate in between.
- Players of the serving team must rotate clockwise when receiving the ball to serve, and the right back player must serve.
- When two opponents hit the ball simultaneously out-of-bounds, the point is played over.
- No spiking the ball on the serve.
- First two games to 25 points (28 cap), third game to 15 points (18 cap).
- Each team must start with a minimum of three (3) players - must be both sexes if Coed. When 6 play coed - 3 men and 3 women.
- NOTE: THE PENALTY FOR MOST VIOLATIONS IS THE LOSS OF THE BALL FOR THE SIDE SERVING OR LOSS OF THE POINT IF RECEIVING SIDE VIOLATES.
- Play the best 2 out of 3 games; if a team wins the first two, the match is over.

# Mississippi Valley State University Intramural Activity Roster Form

Date: \_\_\_\_\_

Intramural Activity: \_\_\_\_\_

Intramural Team Name: \_\_\_\_\_

Intramural Team Color(s): \_\_\_\_\_

Intramural Team Captain: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Intramural Team Co-Captain: \_\_\_\_\_ Phone Number: \_\_\_\_\_

## Team Information

Team Player: \_\_\_\_\_ ID Number: \_\_\_\_\_

Team Player: \_\_\_\_\_ ID Number: \_\_\_\_\_

Team Player: \_\_\_\_\_ ID Number: \_\_\_\_\_

Team Player: \_\_\_\_\_ ID Number: \_\_\_\_\_

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Team Player: \_\_\_\_\_ ID Number: \_\_\_\_\_

Team Player: \_\_\_\_\_ ID Number: \_\_\_\_\_

Team Player: \_\_\_\_\_ ID Number: \_\_\_\_\_

Team Player: \_\_\_\_\_ ID Number: \_\_\_\_\_

**ONCE THE INTRAMURAL DIRECTOR AND TEAM CAPTAIN SIGN, THERE WILL  
BE NO PICK-UP PLAYERS**

Signatures: \_\_\_\_\_  
Intramural Director

\_\_\_\_\_  
Team Captain

# Mississippi Valley State University

## Intramural Activities Student Registration Form

### PERSONAL INFORMATION

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

ID Number \_\_\_\_\_ Gender \_\_\_\_\_

Local/PO Box Address \_\_\_\_\_

Permanent Address \_\_\_\_\_

Local/Dorm Phone Number \_\_\_\_\_ Cell Number \_\_\_\_\_ E-mail Address \_\_\_\_\_

### GENERAL INFORMATION

Classification \_\_\_\_\_ Housing Status \_\_\_\_\_ Major \_\_\_\_\_ Minor \_\_\_\_\_ GPA \_\_\_\_\_

Dormitory \_\_\_\_\_ Graduation Date \_\_\_\_\_

### EMERGENCY CONTACT

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone Number \_\_\_\_\_

**Mississippi Valley State University**  
**Intramural Program Policies and Procedures Insurance/Accidents**

1. Participation in activities offered by the Intramural Sports Department at Mississippi Valley State University is on a voluntary basis. The Intramural Sports Department does not assume responsibility/liability for injuries during participation.
2. Questions regarding student coverage should be directed to the Student Health Center at 254-3331.
3. To be eligible for participation in intramural activities at Mississippi Valley State University an individual must be currently enrolled.
4. Training room facilities are not available to intramural participants. In the event of injury, please follow Intramural protocol as directed by Intramural staff member on location.
5. With any accident, regardless of severity, the Intramural staff member on site is required to complete an incident report. Please be patient and cooperative with this process.
6. All injuries in which blood is present will result in the injured party's removal from competition until such time as the blood is cleaned away and the wound sufficiently covered.

**INSURANCE COVERAGE**

All full-time students attending the University are eligible and will be enrolled in this plan for the academic term for which registered. Students must actively attend classes for at least the first 31 days after the date for which coverage is purchased. Home study, correspondence, internet classes and television (TV) courses do not fulfill the eligibility requirement that the student actively attends classes. If the Company discovers the eligibility requirements have not been met, its only obligation is refund of premium.

**CLAIM PROCEDURES**

In the event of injury or sickness, students should:

1. Report to the Student Health Center for treatment or referral. After hours, students should contact University Police.
2. Complete Company claim form (*which can be obtained from the Student Health Center*). Mail the claim with all medical and hospital bills along with the patient's name and insured student's name, address, social security number.
3. Bills should be received by the Company within 90 days of service. Bills submitted after one year will not be considered for payment except in the absence of legal capacity.

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date





# **MISSISSIPPI VALLEY STATE UNIVERSITY**

**INTRAMURAL ACTIVITIES PRESENTS**

**3-on-3 BASKETBALL LEAGUE**

**MONDAY, NOVEMBER 9, 2009**

**ROSTERS ARE TO BE TURNED IN BY THURSDAY, NOVEMBER 5, 2009**

**ALL GAMES WILL BE PLAYED IN THE RECREATION CENTER**





# **MISSISSIPPI VALLEY STATE UNIVERSITY**

**INTRAMURAL ACTIVITIES PRESENTS**

**5 on 5 BASKETBALL LEAGUE**

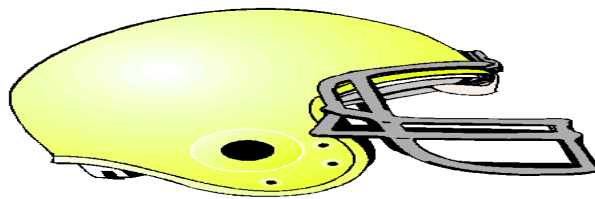
**OPEN-Run's will start Wednesday, January 16, 2013**

**FINAL ROSTERS ARE TO BE TURNED IN BY Thursday, January 17, 2013**

**ALL GAMES WILL BE PLAYED IN THE RECREATION CENTER**



**Mississippi Valley State University**  
**Intramural**  
**Sports Are Back!!!**  
**Men, Women, and CO-ED**  
**Intramural Flag Football**  
**League**



**To: All Students, Faculty, and Staff**

**Rosters are Needed by:**

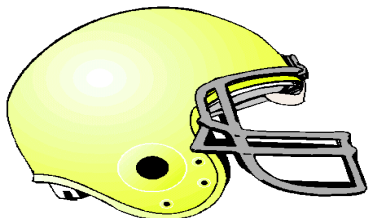
**When: Thursday, September 2, 2010**

**Where: Bring Rosters to the  
Charles R. Lackey Recreation Center by 6pm**

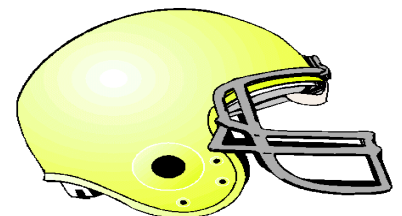
**Time: TBA**

**Game Location: Behind LS Rogers Building**

**CONTACT PERSON: COACH LEE SMITH@**



662-254-3721 or 662-392-5574



# Intramural Softball League



# ISL



## Men & Women

All Participants Must Turn In Rosters On:  
**Thursday, April 16, 2009 by 12 NOON**

**Games Will Start on April 16, 2009**



**Turn in rosters to: Coach Lee Smith**

**Location: Charles R. Lackey Rec. Center**

**If You have any questions please call: 662-254-3721**