

## **FLAG FOOTBALL RULES**

**Regular NCAA Football Rules will govern all plays except persons who are members of MVSU's Football teams ineligible to participate in Intramural.**

### **A. TEAM**

1. Teams will consist of 12(twelve) players on team Roster, seven on the field of play.
2. 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!**
3. A team may start the game with six players.

### **B. TIME**

1. 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)
2. The clock will run continuously throughout the game.
3. Each team is allowed two time outs per half. Each time out will least 1 minute. If not used in that half they are lost and not carried over to the next half.
4. If the game ends in a tie, NCAA Football sudden death rule will be used.
5. The offensive team has 25 seconds in which to put the ball in play after the official has set the ball down.

### **C. FIRST DOWN AND SCORING**

1. 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.
2. A touchdown counts 6 points; a safety 2 points.
3. A point after the touchdown may be scored by a pass for 1 point or by run for 2, from the 3 yard line.

### **D. FUMBLES**

1. Any time the ball after being handled by a player touches the ground it becomes dead.
2. This includes dropped lateral passes

### **E. EQUIPMENT**

1. Players must wear shoes, either tennis shoes or soccer style shoes. **NO STEEL CLEATS AND NO BARE FEET.**
2. Teams are encouraged to provide jerseys and their practice balls. Game balls will be furnished by Campus Recreation.

3. Team will be designated what color to wear BLACK/WHITE! The game day schedule will determine the COLOR!

### **Flag Football Rules**

1. Flags will be provided and all players must wear them while playing.
2. All blocks must be made between the hips and the shoulders.
3. The blocker must be on their feet before, during and after contact is made.
4. 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.
5. The official shall have the authority to rule illegal any other type of block which he finds unsafe.
6. The defense can not charge the blocker or use a head slap to avoid the block.
7. 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.
8. NO three or four point stance will be allowed by any player. 10 yard penalty.
9. ALL PENALTY WILL RESULT IN 10YARDS

### **PLAYING RULES**

1. No center sneaks are allowed.
2. An intercepted pass in the end zone may be run out or downed for a touchback.
3. Ball Carrier can't jump, skip, hop or use hand/arm while running the ball!
4. The ball carrier may not use a "stiff arm."
5. If a defensive player tackles a player, unnecessary roughness by the defense or offense, and/or elbowing by the runner, 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.
6. One foot must be in Bounds on a reception of a pass.
7. Only the team captain will talk to the official on matters of concern.
8. On a double pass play the first pass must be backwards.
9. Change ends at the end of each half.
10. Offensive players must come to a complete stop at least one second before the ball is snapped unless in motion. One player in motion away from line of scrimmage.
11. When a foul occurs during a live ball, the Ref will end the play notify the offended captain of his options.
12. When a foul occurs during a live ball, the Ref will blow the whistle and the ball will not become alive.

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

## Mississippi Valley State University

### Volleyball Intramurals Rules and Regulation

- 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.

### **Basketball 3 on 3 rules**

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

## 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:

1. 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.
2. A game will consist of two **12 minutes halves** with a **three-minute half time**.
3. 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.
4. A jump ball will begin the game and any overtime period. All other times, alternating possession will be used.
5. Two **30-second time-outs** per half, NON-ACCUMULATING. *Clock will not stop during a timeouts.*
6. 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**
7. All players must be on the original roster to be eligible for a contest.
8. Substitutions may be made on any dead ball situation. Announce all substitutions to the referees. Improper substitutions will result in technical fouls.
9. 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.
10. **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:

1. If a player receives a technical foul he/she must leave the game.
2. If the same player receives a second technical foul at any other time during the season, they must miss the following game.

3. If they receive a third technical then they are dismissed for the remainder of the season.
4. If any punch is thrown, they will be dismissed from the remainder of the season.

#### **ADMINISTRATION OF FOULS:**

1. A player will foul out when he/she receives five fouls, team can continue with three or four players.
2. 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.
3. 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**

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

**All ROSTERS are FROZEN as of January 20, 2009!**

## INTRAMURAL SOFTBALL LEAGUE RULES/INFORMATION

### Rules

1. Thrown bat: automatic out for the batter
2. No phantom tags (fake tags without the ball) - Runner gets one base.
3. 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.
4. No bunting: Called a strike
5. No leading: No leaving the base until the ball is hit. Runner leaving the base early - OUT
6. No Stealing
7. Overthrown into foul territory - one base
8. Arc of pitch is 3' - 10' from the point of release.
9. 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.
10. Strike is called if the pitch has a legal arc and if any portion of ball hits the mat. .
11. Batters box (draw box in the dirt) - No running forward, stepping on or over home plate - batter out.
12. No Metal Cleats(Automatic Ejection)
13. Games will be 6 innings or one hour whichever comes first. Full innings must be played. Ties will stand.
14. **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.
15. **A team shall consist of ten players;** however a team may begin a game and continue to play with eight players (Team may bat 11players) . 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**\*\*\*\*\*

1. **A team shall consist of ten players;** however a team may begin a game and continue to play with eight players (Team may bat 11players). 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!***

2. 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.
3. All players must wear sneakers or cleats. No Metal Cleats(Automatic Ejection)
4. 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.
5. Games will be 6 innings or one hour whichever comes first. Full innings must be played. Ties will stand.
6. ID - Roster checks may be conducted at any time.
7. **A limit of SIX homeruns per team will be enforced throughout the season. Any homeruns after the SIX homerun will be declared an out.**