



2009 – 2010
INTRAMURALS
HANDBOOK

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Introduction

This handbook is designed as an information guide for persons interested in participating in Lake Superior State University intramural activities. Included in this handbook are sports offerings, eligibility requirements and sport specific rules.

The Intramural Department believes that physical preparation and activity is as important to you as intellectual preparation in meeting the demands of everyday living. We extend an invitation to all students, faculty and staff to participate in the many sports activities offered by this department.

If you have any questions or suggestions concerning the Intramural Sports Program, please come by the James Norris Center Athletic Office or call 635-2606.

Philosophy of the Intramural Sports Program

The purpose of intramural sports at Lake Superior State University is to provide a comprehensive and varied program of both recreational competitive experiences. Through a combination of tournaments and leagues, the Intramural Program hopes to make a significant contribution to the leisure time needs of the student body and staff.

The spirit of the intramural program is to participate and have fun in a competitive environment. The program is run primarily for and by the students. Above all else the Intramural Program exists to serve your needs. Ideas for new programs and improvements of existing programs are always welcome.

General Information

Intramural Sports directory

Office..... Gary Abuckle Student Activities Center
Sault Ste. Marie, MI 49783

Phone..... 906-635-2606

Director..... Tom Linhart

E-Mail..... tlinhart@lssu.edu

Intramural Rules and Policies

Entry Procedures

1. Entering an intramural team sport:
 - A. Check for entry dates and information through any of the publicity avenues.
 - B. Obtain a team roster or individual sign up sheet from the Intramural Office.
 - C. Captain and Co-captain must sign roster before it is turned in.
 - D. Complete the team roster sport entered, term, team name, division, team caption and co-

captain, phone numbers, conflict times and teams members student identification numbers. **All rosters must be filled out completely and all players must sign the team roster before participating in any intramural event.**

E. Return the roster to the intramural Office before 7 p.m. on the designated date, teams cannot register after that date.

2. Entering an individual intramural sport:

A. Check for entry dates and information through any of the publicity avenues.

B. Obtain a team roster from the Intramural Office.

C. Complete an entry blank including name, term, phone number, conflict times, division, and student identification numbers.

D. Sign and Date the rosters before turning in.

E. Return the roster to the intramural Office before 7 p.m. on the designated date. Teams cannot register after the deadline

Captain's responsibilities

Each team must appoint a captain and co-captain. It is important for these individuals to be interested and conscientious in order to reduce forfeits and postponements. All important matters will be directed to the captain and it is his or her responsibility to inform all team members, if the captain is not present, the co-captain will assume these responsibilities. No team will be allowed to compete in any sport without one of these individuals present. Specific responsibilities of the captain include

1. Entering his/her team in the desired sport on or before the announced deadline date for entries, giving full names of all member and their identification numbers.
2. Keeping fully informed of eligibility rules and abiding by them. Either a Captain or Co-captain must attend a preseason coaches meeting. This meeting will cover schedules, rules as well as any other information regarding the leagues.
3. Notifying all team members of the rules of the sport.
4. Respecting his/her team at all meetings.
5. Checking with the Intramurals Office and bulletin boards daily for schedules and notifying members of the team regarding contest places, dates and times.
6. Ensuring that his/her team is never credited with a loss because of and opponents forfeit.
7. Cooperating fully with the intramural staff on all matters pertaining to the successful operation of the program
8. Maintaining high standards of sportsmanship for his/her group.
9. Being thoroughly informed of the rules of conduct.
10. Ensuring he/she is the only player to discuss calls with and umpire or official. The captain may discuss a rule interpretation, but not a judgment play.
11. **Each student MUST bring their student identification to the first game of every sport they participate in.**

Insurance

Lake Superior State University does not carry insurance for intramurals. It is recommended that all students provide themselves with some form of accidental insurance. Individual insurance plans for LSSU students at a reduced group rate are available when registering for classes. Students are encouraged to inquire about these insurance programs if coverage is desired.

Forfeit Policy

Forfeit losses may be assessed for the following:

1. Use of ineligible players.
2. Unsportsmanlike behavior
3. Not ready to play at scheduled starting time or upon instructions by the game officials.
4. Player who is ejected from the game not leaving the area.

Any team or player with Three forfeits may be dropped from play. Contests that are completed prior to that team being dropped shall remain official, while contestants not yet played will be recorded as "wins" for the opposing team. In the event of a double forfeit, both teams will be given losses.

Awards

Intramural champion shirts will be awarded. The maximum number of intramural champion shirts given to any winning team will be the number of players required to compose a team plus two players

Injuries

Students who are injured while participating in any activity sponsored by the Intramural Program must report such injury to the supervisor in charge of that activity before leaving the activity area so that an accident report may be completed. If necessary, referral to the campus or community medical personal may be made at that time.

Eligibility Regulations

The intramural rules have been designed to encourage participation by the majority of students while at the same time discouraging individuals and teams from gaining an unfair advantage. At all times that spirit of intramurals--maximum participation and enjoyment; not winning at any cost--must be kept in mind when interpreting the intramural rules

1. Only current LSSU students (minimum of six credits), faculty and staff are eligible to

- participate in intramural competition. Alumni are **not** eligible to participate.
2. No player may participate on more than one team in the same sport. The team on which an individual first plays will be considered hi/her team for that sport.
 3. Varsity, junior varsity, club teams, junior A or junior B athletes in season, in organized practice, or in training may not participate in the parallel intramural sport.
 4. **Varsity letter winners at LSSU or any other four year college or university are ineligible to participate in the sport or associated sport in which that earned their letter for a period of two years following their last collegiate season.**
 5. Professional athletes are permanently ineligible in the sport or associated sport which they are considered "professional.
 6. **It is the responsibility of the intramural captains to check the eligibility of their players and to protest the eligibility of players on other teams they believe may be in violation of intramural eligibility rules.**
 7. In the event of possibilities not covered in the above rules or any eligibility questions, the director and student director will determine eligibility on the principle of whether or not (in their estimation) the athlete has gains a significant advantage because of coaching and/or training.

Participation Rules

1. No persons can play for two different teams during any one intramural sport.
2. Players performing for a team must be on the official team roster. A participant's name should not appear in more than one game roster.
3. All participants are subject to the Intramural Department rules of conduct. Profanity and the use of alcoholic beverages will not be tolerated.

Governing Rules

1. All games will start at the appointed hour or a forfeit will occur. **There will be a ten-minute grace period.**
2. Teams with three forfeits may be dropped from play.
3. Any player receiving unsportsmanlike conduct will not be allowed to play in their teams next 4 games and must talk to the director before being able to participate in any further competition. This player must leave the playing area or his team will be given a forfeit.
4. The use or possession of alcohol and/or illicit drugs will not be tolerated in conjunction with any intramural event. Any individual or team found in violation of this policy will be immediately suspended from play and will be eliminated from the competition for the remainder of the semester. Their remaining games will be forfeited.
5. All protests, with the exception of player eligibility, must be settled on the court/field during the contest by the intramural officials or supervisor.
6. Any team which uses an ineligible player shall forfeit all games in which that player participated.

7. **Any official at any time has the authority to suspend a player from the intramural event. If a participant is suspended twice, they remain ineligible for the remainder of the semester.**
8. **Any participant addressing an official in an unsportsmanlike or discourteous manner will be suspended immediately.**
9. Shoving or striking an official shall result in suspension from all intramural activities for an indefinite period. Other action may also be taken when appropriate.

Student employment Opportunities

Students interested in the possibility of employment are urged to contact the Intramural Office in the Student Activities Center, or call 906-635-2606.

Individual Sports Rules

Basketball

Men's and Women's

1. Games will consist of two, 20-minute halves with five-minute rest period between halves.
2. The clock will run continuously until the last 2 minutes of each half when it will stop for all fouls, violations and time-outs.
3. Each field goal is scored as two points. Each free throw will be scored as one-point, 3-pointers are counted as three.
4. Fouls include: pushing, tripping, unnecessary roughness, holding, charging and blocking.
5. During each half, a running tally of fouls for each team will be kept. Upon being charged with a seventh foul, the opposing team will shoot one and one bonus free throws.
6. Fouls will be awarded by the official for intentional stalling at any point during the game (that is: failing to move the ball toward the basket, hitting the ball so as to cause delay in play after a violation).
7. If the score is tied at the end of regulation play, a three-minute overtime period will be played. The clock will run continuously until the last minute of the period when it will stop for all fouls, violations and time-outs. During overtime, each team is allowed one time-out, one minute in length. Time-outs not used during regulation play cannot be used during overtime. The game is terminated if either team is ahead at the end of an extra period.
8. Overtime is a continuation of the second half in regard to one and one, etc..
9. Each team will be given one, one-minute time-out per half.
10. When a foul is made, the opponents are given a free throw. A player, fouled in the act of shooting, gets two free throws. If the basket is made, one free throw is awarded and the basket is counted
11. Injury time-outs will not be charged to a team if the injured player is removed from the game. When a player is injured, he must resume play or be replaced by a substitute within 20 seconds or an automatic time-out will be charged to the team.

12. A player on the court may request a team time-out from an official when their team is in possession of the ball or when the ball is dead.
13. **A team will consist of five players.**
14. If a team has no substitutions and a player is disqualified, the team must play short.
15. If so many players are disqualified that the team is left with less than four players available, the game will be defaulted to the opponent.
16. Substitutes may enter the game on any dead ball situation, but must await the official's signal prior to walking on the court.
17. Thirty seconds are allowed for each substitution. (Exceeding this time will result in a charged time out. If not time-outs remain, it will result in a foul.)
18. The game shall begin with a jump ball between any two players on from each team with possession alternating between each team in all jump ball situations after the opening jump. A jump ball situation includes when a held ball occurs, a ball goes out of bounds caused by both teams, and a ball lodges in a basket or if the officials are uncertain as to which side touched the ball last before it went out-of-bounds.
19. After each basket, the ball is put into play by the team not scoring, from the out-of-bounds area behind the basket at which the score was made.
20. The teams change sides of the court at half time.
21. After a free throw, if the goal is scored, the ball is put in play by the opponent from behind the end line. If the free throw is not scored and the ball touched a player, it is in play. If the ball does not touch a player, it is put on the sidelines by the opponent's team.
22. A substitute shall not replace a free throw shooter.
23. A substitute may enter after the first of two or more free throws, whether made or missed.
24. The scoring team cannot stop play immediately after scoring by making a substitution.
25. Following a time-out call for injury, a team may only substitute for the injured player. If a substitution is made, the opponents may also substitute.
26. On a jumped ball, neither jumper may catch the tossed ball nor tapped ball until such time as it has been touched by one of the waiting non-jumpers, the floor, the basket or the backboard. If this occurs, the ball is awarded out of bounds to the opponent.
27. Neither jumper is permitted to tap the ball more than twice on any jump ball. **If this occurs, the ball is awarded out of bounds to opponent.**
28. Any ball that rebounds or passes behind the backboard from any point is considered out of bounds.
29. A player shall pass the ball in-bounds within five seconds from the time the throw-in starts. **Loss of the ball results from this penalty.**
30. All players not stationed on the free throw lanes must be at least six feet from the foul shooter and/or the free throw lanes or foul circle.
31. **Excessive and/or vigorous swinging of the elbows, without contact, is a foul.**
32. If the ball enters the basket from below, a violation has occurred.
33. A dribbler shall not charge into nor contact an opponent in his path nor attempt to dribble between two opponents or between an opponent and a boundary, unless the space is such as to provide a reasonable chance for him/her to go through without contact.

34. **Two free throws shall be awarded if the foul was flagrant, against a field goal shooter whose attempt was not successful, swinging of elbows, or against any offensive player who has a clear path to the basket thereby being deprived of the opportunity of scoring.**
35. Common violations include: taking more than one step with the ball without passing, shooting, or dribbling; kicking the ball with the foot or lower leg; stepping out-of-bounds with the ball; failure of substitutions to report to proper officials.

Broomball

Co-ed

1. **At least 2 women must be on the ice at all times. Exception will be when a team pulls their goalie. However the moment a team pulls their goalie any person who goes back into net will be unable to use their hands. Use of hands will result in a penalty shot.**
2. There will be three, 10-minute running time periods with a two minute rest between periods. The clock will stop for a dead ball in the last minute of the third period.
3. Ties shall be decided by a five-minute sudden death overtime followed by a shootout if necessary (alternating penalty shots).
4. A coin toss will determine choice of ends. Teams shall change ends at the beginning of each period.
5. Gym shoes must be worn. Spikes, skates or gripping devices are not allowed.
6. All players must wear hockey helmets (provided by the Intramural Department).
7. All brooms will be supplied by the Intramural Department.
8. A goal is scored when the ball entering from the front of the net totally passes the goal line. A goal may only be scored when last contacted with the broom, unless deflected off of a defensive player's foot.
9. During a face off all players, other than those involved in the face-off, must be at least 10 feet away from the face-off spot.
10. There is a face-off center ice at the beginning of each period and after a goal, penalty shot or injury.
11. Only one defensive player (goalkeeper included) is allowed in the crease at any one time.
12. The goal keeper is the only player who can play the ball with the feet, hands, body, etc....
13. The goalkeeper may not throw the ball past the center line.
14. If the goalkeeper holds the ball for more than three seconds, there will be a face-off the either side of the net.
15. The goalkeeper may not throw his broom.
16. Any number of substitutions may be made, but during a dead ball.
17. If any player breaks a broom intentionally, his/her team will not be able to play again until the broom is paid for. Payment can be made at the Norris Center ticket office and the receipt must be shown to the intramural supervisor before the next scheduled game.

Penalties

1. A free hit is awarded to the offended team at the point of infraction:
 - A. Catching, throwing, batting, or kicking the ball
 - B. Illegal substitutions.
2. Penalty shots consist of a free shot at the goalkeeper starting from center ice. (any penalty in the defensive zone will result in a penalty shot)
 - A. The ball will be set on the center line in front of the player attempting the shot. The player must move the ball with the broom in a continuous forward motion. The player may stop for a slap shot 8 ft outside the crease.
 - B. During the penalty shot, the goalkeeper must remain in the goal crease
 - C. The player fouled will attempt the shot for the following reasons:
 1. Interference or checking-not flagrant.
 2. Defensive player in cage.
 3. Holding player or broom
 4. Leaving feet to play opponent (intentional sliding).
 5. Charging, roughing, elbowing, tripping, slashing or jabbing with a broom.
 - D. If a player leaves their feet during a penalty shot, that shot will not count.
 - E. The team fouled against may choose any player to make the penalty shot for the following fouls (notice foul must be in a teams defensive zone):
 1. Too many players on the ice.
 2. A player not wearing a helmet.
 3. Throwing of a broom or handle.
 4. Intentional delay of game.
 5. High sticking (straw end of broom is raised above the waist at any time while in the act of playing the ball).
 6. Two or more defensive players in the crease at any one time, (including the goalkeeper).
3. If a player intentionally blocks a shot on goal with their hands or sliding in front of the goal, within 10 feet of the goal, the result will be a penalty shot for the team attempting the shot.
4. If any player intentionally touches the ball, it is dead ball unless it is touched within 10 feet of the goal.
5. Game misconduct-ejection of player from the game.
 - A. Flagrant roughing
 - B. Fighting
 - C. Unsportsmanlike conduct

Dodgeball

League Rules

1. Each game will have a time limit of four minutes. If both teams have the same number of

players on the court when time is called the game will move into a two-minute sudden death where players are not allowed to re-enter the game.

2. During the regular season, matches will consist of five games.
3. Standings will be calculated as a best of five games.
4. The team who has the most players on the court when time is called or who eliminates all the players of the opposing team before time is called will be declared the winner of that game.
5. Play and time are suspended when an injury occurs.
6. There will be no more than 1 minute between games in a match,
7. Dodgeball games will be played in the Student Activity Center.

Game rules

1. Each team will have a maximum of six players on the floor at the beginning of each game. A minimum of four players are required to compete.
2. No player substitutions will be allowed during a game. Player substitutions are allowed between games only. Only six people can participate in any game.
3. Once called out, a player may re-enter a game when someone on his/her team catches a ball thrown by the opposing team before it strikes the grounds. Players will re-enter the game based on first out, first in. Players returning in any game must have been on the floor at the start of that specific game.
4. At the beginning of each game, players from both teams will line-up on the back line of their respective sides of the court. Court sides will be determined by a coin toss at the beginning of the match.
5. Six balls will be placed on the center line. When the game begins, each team will rush to the center line to receive the balls. All players must then return back to the starting line before throwing the ball at the opposing team.
6. Game play is continuous with no time-outs for either team. If a player holds the ball for longer than 10 seconds, her/she is required to roll it the opposing team.
7. Players may not hold/hide balls in their shirts.
8. No player may leave the court to avoid being struck by the ball.
9. Players will be called out in the following situations:
 - a. They step outside of the boarding system to avoid being hit.
 - b. They are struck by a ball before the ball strikes the ground. (Exception: getting hit above the shoulders)
 - c. Their throw is blocked by a player on the opposing team and caught by a member of the opposing team prior to striking the ground.
 - d. Their throw hits a player on the opposing team but is caught by a member of the opposing team prior or striking the ground.
 - e. They are struck by a ball after it has hit another player but before striking the ground. (in this situation, both players hit by the ball are out).
 - f. They kick the ball at the opposing players.
 - g. They throw a ball that strikes a player above the shoulders (a head shot, it makes no

difference if the player is getting hit has ducked, jumper etc. to avoid the ball; if that player is hit in the face, the thrower is out).

- h. They cross the opening neutral line.
 - i. They display poor sportsmanship or continual questioning of the officials judgment.
10. The game ends when one teams no longer has anyone left on the court or time expires.

Flag Football

1. Games will consist of two, 20-minute halves with a five minute halftime. The clock will only be stopped the last two minutes of the second half.
2. **A team will consist of seven players.**
3. Substitutions may occur at any time when there is a dead ball situation. The officials must be notified when substituting.
4. Each team is allowed two time-outs per game. Time-outs will be one minute in duration.
5. The ball carrier is downed at the point where his flag was pulled.
6. Prior to the snap of the ball, all offensive players must come to a set position for one second. No players are allowed to be in motion.
7. A team had four downs in which to score a touchdown or a first down. First down is two completions. If four consecutive downs a team fails to advance the ball to the next forward marker, the ball shall go to the opponents at that point.
8. The defense may rush the quarterback after he crosses the line of scrimmage, or after a count of three which is made and signaled by the official.
9. All forward passes must be thrown from a point behind the line of scrimmage. A team may throw more than one forward pass during a down, provided that all such passes are thrown from behind the line of scrimmage. All players on the offensive team are eligible receivers. Only lateral passes are permitted beyond the line of scrimmage.
10. There are no field goals. Punts must be declared! If punted, when the ball hits the ground it is dead and play will resume from that point.
11. There is no blocking allowed. Any obvious attempts at blocking are penalized.
12. All fumbles are dead when the ball hits the ground or where fumbled from, if the fumble deemed intentionally forwarded.
13. Defenders may not interfere with an offensive player's progress when going out for a pass.
14. Touchdown equals seven points; safety equals two points.
15. No player wearing illegal equipment shall be permitted to play the officials will decide the legality of all equipment. Illegal equipment includes: any equipment which in the opinion of the official, would endanger other players; helmets; padded uniforms; a hard or unyielding substance on the hands; wrist; forearms or elbows; any metal shoe cleats; and regulation shoulder pads.
16. **Tripping will be penalized as a loss of a down.**
17. The ball must be put into play promptly and legally, and any action or inaction by either team which tends to prevent this illegal delay of game will be penalized. This includes consuming more than 25 seconds in putting the ball in play after it is ready-for-play, and deliberately

- advancing the ball after it has been declared dead. **Penalty for delay of game: loss of a down.**
18. The referee may penalize either team for trying to converse or consume playing time by tactics obviously unfair. **Penalty: Loss of a down.**
 19. No substitutions shall enter during a down. Between down, any number of eligible substitutions may replace players provided the substitution is completed by having the replaces players on the field before the ball comes alive. **Penalty: Loss of a down.**
 20. A live ball becomes dead and an official shall sound the whistle or declare it dead, when any part of the ball carrier's person other than a hand or foot touches the ground, when a forward pass strikes the ground or is caught simultaneously by opposing players, or when a backward pass or fumble by a player touches the ground. (a ball snapped from scrimmage, which hits the ground before or after getting to the intended receiver, is dead at the spot at which it hits the ground).
 21. No player shall put the ball in play until it is declared ready for play. **Penalty: Loss of a down.**
 22. A forward pass is illegal if intentionally thrown to the ground or out-of-bounds. **Penalty: loss of down.**
 23. If pass interference is intentional or unsportsmanlike, the team shall be penalized an additional 15 yards.
 24. When the ball becomes dead in possession of a player on or behind the players own goal line, it is a touchback if the offensive team is responsible, it is a safety. When penalty for a foul leaves the ball on or behind the offensive team's goal line, it is a safety.
 25. After a touchback is declared, the ball shall belong to the defending team at its own 25-yard line and that team shall put the ball in play by a snap.
 26. Whenever, in judgment of any official the following acts are deliberant or flagrant, the players involved shall be suspended from the game: using fists, kicking, kneeling, using elbows or any part of the forearm or hand, tackling the ball carrier, or any other deliberate of flagrant act.
 27. There shall be no hurdling. Hurdling shall be interpreted as an attempt by the runner to jump over a player with both feet or knees of the runner foremost. **Penalty: 15 yards-flagrant offenders may be disqualified.**
 28. No player shall contact an opponent obviously out of play either before the ball is declared dead. **Penalty: 15 yards-flagrant offenders may be disqualified.**
 29. There shall be no unnecessary roughness of any nature. **Penalty: 15 yards-flagrant offenders may be disqualified.**
 30. The ball carrier shall not deliberately drive or run into a defensive player. **Penalty: 15 yards-flagrant offenders may be disqualified.**
 31. The ball carrier shall not deliberately drive or run into a defensive player. **Penalty: 15 yards-flagrant offenders may be disqualified.**
 32. No player shall deliberately kick a loose ball or a pass. **Penalty: 15 yards.**
 33. In overtime, each team is given four downs from the same 25-yard line; the team who scores is the winner- action is continued until one team does not score.
 34. An offensive team must have at least three players on the line of scrimmage.
 35. Any number of substitutions may be made during a game.
 36. **Defensive pass interference in penalized by giving the offensive team a first down at the**

point of violation or the three-yard line in the end zone.

Indoor soccer

1. Games will consist of two, 20-minute halves with a three-minute half. The clock will be a running clock.
2. Games will start with a kickoff from the center mark. Captains will flip a coin for the option to choose wither to kick-off or defend a goal in the first period.
3. Should the ball be kicked out of bounds, the opposing team will be awarded a free throw in at the point where the ball went out of the arena.
4. No contact between players is allowed. **Individuals guilty of initiating contact will serve a two minute penalty while their team plays short-handed.** The other team will be allowed a free direct kick from the point of infraction.
 - A. **Intentional contact – a five-minute penalty will be given plus a free throw in at the point of infraction.**
 - B. **Flagrant contact- ejection from the games for that player and a direct free kick for the opposing team.**
5. **A penalty kick from the penalty mark will be awarded to a player who is intentionally fouled while attempting a shot on goal.**
6. Substitutions are allowed by either team under the following conditions: after a goal is scored, between periods, in the event of an injured player and during a dead ball. **Penalty for illegal substitution- indirect free kick against the offending team from the location of the ball at the time the illegal substitution is discovered**
7. A tie at the end of regulation play will be decided by a five-minute sudden death period with the first team to score being declared the winner. If there is no winner at the end of overtime a shootout will ensue.
8. The game is actually started when the player makes the kickoff into his opponents' half of the field of play. Every player of the team opposing that of the kicker is to remain at least five yards from the ball until it is kicked off. The kicker may not touch the ball a second time until it has been touched by another player. **Penalty- indirect free kick from point of infraction.**
9. After a goal is scored, the ball is scored, the ball is to be taken to the center of the field and kicked off under precisely the same conditions as when the game was started, by the team against which the goal was scored.
10. Teams are to change ends of the field at the start of the second half, and play should then start with a kickoff b a member of the team opposite to that of the team taking the kickoff at the start of the game. If overtime is necessary, teams shall change ends to start each overtime period.
11. The referee must blow his whistle to indicate that: the ball has gone out of bounds; a foul; rule infraction or violation has occurred; play is to be stopped for an injured player; a goal has been scored; a kick off may be taken; a penalty kick may be taken; and a free kick may be taken.
12. A player should be penalized for intentionally handling, carrying, striking or propelling the ball with a hand or arm. This does not apply to goalkeepers in their own penalty area. **Penalty-**

direct free kick from point of infraction.

13. A player should be penalized if he holds or pushes an opponent with his hands, or with his arms extended from his body. Under no circumstances is a player permitted to push an opponent with his hands or arms. **Penalty- direct free kick from point on infraction.**
14. A player who intentionally charges the goalkeeper when the goal keeper has possession of the ball should be disqualified from the game without warning. **Penalty- direct free kick from point on infraction.**
15. The goalkeeper may not be charged, interfered with or impeded in any manner by an opponent while he is in possession of the ball.
16. When in possession of the ball, the goalkeeper may not carry the ball more than four steps without releasing it so that it is touched by another player. The goalkeeper must not deliberately delay getting rid of the ball when it comes in his possession. **Penalty-indirect free kick from point of infraction.**
17. Direct free kick- a kick on which a goal can be scored directly from the kick against the offending team. A player of the opposite team is not to be within 10 yards of the ball until it is in play.
18. Indirect free kick- a kick from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before passing through the goal. A player of the opposite team is not to be within 10 yards of the ball until it is in play.
19. A throw-in is taken to put the ball back into play after it has been passed out of bounds. It may be thrown in any direction by a player of the team opposite to that of the player who last touched the ball. The thrower is to use both hands equally and deliver the ball from behind and over his head. A goal may not be scored directly from a throw in. the thrower may not touch the ball a second time before it has been touched by another player. **Penalty- indirect free kick from point of infraction.**
20. **Each team will consist of seven players.**
21. If teams start with less than seven players, and members arrive later who can bring the team to its full complement, the additional player(s) may enter the game only permitted by substitution rules.
22. The goalie must not throw or kick the ball past the mid field point when reintroducing the ball into play. **Penalty- indirect free kick for opposing team from point of infraction.**
23. A player may not attempt to kick a ball which is higher than his waist. **Penalty- direct free kick from point of infraction.**

Outdoor Soccer

1. Follow all rules of indoor soccer.
2. No metal cleats allowed.

Volleyball

1. U.S. Volleyball association rules apply except as noted.

2. The game is played on a 9 by 18 meter court.
3. All substitutions into the game must be made as server.
4. Only the captain may address the referee.
5. At the time of the serve, all players must be in their respective positions.
6. For the first and third game, (if necessary) the serve and side are determined by the toss of coin. For the second game, the teams alternate sides and serve.
7. The team that wins two of three games wins the match.
8. A team wins the game when that team scores 25 points and has a two point advantage.
9. Each team is allowed three hits not including a block. (A player that blocks the ball may hit it again for the first hit).
10. A player may reach over the net when following his/her spike.
11. Blockers shall not contact the ball over the opponent's court until after the completion of the opponent's action which sends the ball towards the blocker's side.
12. A point is replayed when:
 - A. An error is committed by an official
 - B. An object enters the court or interferes with play.
 - C. A player serves the ball before the official blows the whistle.
 - D. A player is injured and a time-out is call while the ball is in play.
 - E. A double foul occurs.
13. When a foul occurs, the team not committing the foul is given the serve and/or point. If a double foul (members of both teams make a simultaneous foul) occurs, the point is replayed.
14. When returning the ball, the ball must pass directly between the antennae, if the ball hits either antenna, the ball is considered to be out of play.
15. The server must stand behind the rear boundary line and between the side boundary lines.
16. A player may run outside her/her out court to play the ball.
17. The rest period between each game of a match shall be three minutes.
18. Two time-outs are allowed each team per game. Time-outs shall not exceed on minute.
19. If for any reason a team is reduced to less than six players, the game will be forfeited.
20. A ball that is served or returned that lands on the boundary line is considered to be in bounds.
21. Each member must serve in turn. With the server continuing the serve until "side-out" is called.
22. Unsportsmanlike conduct: the official may warn the player or invoke the penalty or foul. If this conduct continues, the official may disqualify the player from the match.
23. Each team will consist of three players.
24. A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played by the same team.
25. When a wall, floor, obstacle or non playable area that is less than six feet from the boundary line, or a non player causes the interference, a replay is declared provided the player was making a legitimate effort to legally play the ball.
26. After the ball is contacted for the serve, players may move from their respective positions.
27. When the serve is awarded to a team, that team shall rotate clockwise one position.

28. The first server for each team is the right back player. Thereafter the right front player rotates to the serving position.
29. A served ball is a service fault and becomes dead when the ball does not legally cross the net, such as when the ball touches the net or touches the ceiling or any other obstruction.
30. A ball contacting and crossing the net, other than when served, shall remain in play provided contact is within or above the vertical tape markers and entirely within the antennae.
31. A net foul occurs while that ball is in play and a player contact any part of the net including net cables or net antennae. It is not a foul when the force of a ball hit by an opponent pushes the net into the player.
32. Each team is permitted only one substitution request during the same dead ball.
33. The position of the substitute shall be that of the player replaced without changing in the order of service.
34. Six players shall constitute a team.

Fouls

1. The server is out of the service area before the ball is contacted.
2. Any player is illegally positioned on the service.
3. A player serves out of order. If a player is discovered to have served out of order before the opposing team serves, all points are disallowed and the opposing team is given the serve.
4. The server fails to hit the ball clearly with the hand, fist, or arm.
5. A player does not clearly hit the ball (the ball may not visibly come to rest at the time it is contacted by the player.)
6. One plays the ball successfully unless; the first play was a block or a simultaneous hit with either a teammate or an opponent. In the case of a simultaneous hit with a teammate, the first hit counts as one hit.
7. A team plays the ball more than three times before sending it to the opponent's court. This does not include the block.
8. A server unnecessarily delays putting the ball in play.
9. A player touches the net, reaches over the net (except to follow through on a hit or to block a return.), has his/her foot or hand completely across the center line, or interferes with opponents under the net while the ball is in play.
10. A player delays the game in any unnecessary manner.
11. A player blocks or spikes the serve.

Other Recreational activities

Intramural Hours

<i>Ice arena</i>	Sunday	8-11 p.m.
	Monday	9-11 p.m.
	Tuesday	9-11 p.m.

SAC Sunday 7-11 pm.
Monday –Thursday 7-11 pm

James C. Norris Center

The James C. Norris center is available for students use throughout the week. Located in the Norris Center are facilities for basketball, volleyball, handball, racquetball, weightlifting, swimming, diving, ice skating, hockey, squash, and tennis. Also housed in the building is a dance studio, a steam room, locker room, a rifle range and walking/jogging facilities.

Located outside the building are tennis courts. Equipment rental and other services are available through the equipment room.

Regulations

1. Please do not wear gym shoes worn out-of-doors in the building. This creates excessive cleaning and damage to the various surfaces.
2. Please do not wear cit-offs or any uniform that may get entangled in the weight equipment.
3. Smoking is not allowed within the building. Also please keep food and beverages out of the activity areas and locker rooms.
4. Students may use the facilities during the scheduled public hours if those areas are not being utilized by the public.
5. You will need an LSSU identification card to enter the building.

Court reservations

1. You must make reservations for handball and racquetball courts in advance by calling extension 2832.
2. The reservations are limited to one hour.