

PENNSYLVANIA COLLEGE OF TECHNOLOGY
Williamsport, Pennsylvania
Student Activities

INTRAMURAL RULES AND REGULATIONS
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INTRAMURAL ARCHERY

1. Shooting Rules:

1. 5 arrows shot at a time. 2 shooters per target.
2. 20 arrows will be shot at each distance (20 and 40 yards).
3. Total of 40 arrows - 400 points.
4. All archers shoot at a common line.
5. All archers must be finished shooting before arrows are retrieved.
6. All other rules of shooting etiquette will be observed.

2. Target Faces:

<u>Colors</u>	<u>Scoring Values</u>
Gold/ Yellow	10
Red	8
Light Blue	6
Black	4
White	2

- All arrows scored before being pulled.
- Arrows touching or breaking line of next higher scoring area shall be that score.
- Any arrows deflecting or bouncing off of target shall not count as score.

3. Equipment

Each archer must have their own bow and arrows. Each bow may consist of:

1. Sights - Pins or crosshairs - No scope or magnified sighting systems.
2. Peep Sight - No magnified peeps.
3. Arrow Rest - Any type.
3. Pressure Point, Pressure Button
4. Stabilizers - Any length, type INCLUDING Y - Bars

4. Arrows

Can be any type, length, or weight.

Arrows must have target points.

5. Finger Protection

1. Tab
2. Glove
3. Mechanical Release

6. Accessories

1. Armguard
2. Side Quiver
3. Ground Quiver
4. Bowling, etc.

Rules of safety will be closely observed, anyone not adhering to those rules will be **DISQUALIFIED AT ONCE!**

There will be NO profanity, or taunting of players or Officials.

The Official's calls are final. Arguing with officials will not be tolerated. Any such action will result in that player being ejected from the game. The only player to discuss a call with an official is the captain.

Games are scheduled Monday - Thursday from 4:00 p.m. - 10:00 p.m. Your team is expected to play at all times.

Each player must sign the Intramural Code of Conduct.

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INTRAMURAL BADMINTON RULES

A. Time Regulations

Best of three games to 15 points. If the margin of difference is less than two points, play will resume until one team is ahead by two points and is declared the winner.

B. Players

There will be singles and doubles competition in male and female divisions as well as competition in a mixed doubles division. Players may participate in divisions in which they qualify. Failure to appear for a match will result in a loss by forfeiture. Ten minutes from the scheduled starting time will be allowed for late arrivals before forfeit is declared.

C. Equipment

Players must wear athletic gear which includes sneakers. Jewelry and other potentially dangerous objects such as casts, braces, etc. are prohibited.

D. Game Rules

Games will be played by American Badminton Association Rules and Regulations. These are explained to all participants in the pre-league clinic.

A player will be disqualified for unacceptable behavior in an unsportsmanlike manner.

Games will be officiated by the players on the court, points scored and penalties incurred will be honored by the opposing player's team in all cases. Dispute of controversial calls will be settled by the game official in cases where he/she feels mediation is necessary. Judgments of the game official are final. The game official will keep score for both teams.

E. The Toss:

Before commencing play the opposing sides shall toss, and the side winning the toss shall have the option of:

1. Serving first, or
2. Not serving first, or
3. Choosing ends

Each player must sign the Intramural Code of Conduct.

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INTRAMURAL BASKETBALL RULES
TWO ON TWO TOURNAMENT

1. The game is played **half court** by two (2) teams with a **maximum of four (4) players per team.**
2. Each game is played to **twenty-one (21) points**, with **alternating possession** on all made baskets.
3. **All** changes of possession, other than a made shot, result in the ball being passed or dribbled to the **top** of the free throw circle. This includes rebounds, whether the ball hits the rim or not, steals, or any other turnover.
4. On change of possession after a made basket the **ball must be checked** by the defense **before being put in play.** To put the ball in play after a made basket the ball must be passed from the top of the circle, before shots or dribbling take place.
5. The game is to twenty-one (21) baskets ~ **win by one!**
6. **Substitutions** may be **made on all dead ball** situations, before the ball is checked.
7. First possession is determined by a made or missed foul shot.
8. **Teams will call their own fouls.** No player will foul out, but in the case of excessive or intentional fouling the offending player will be ejected from the contest. Persistent intentional or flagrant fouling will result in players being suspended from further play.
9. Any disagreement should be played over. Don't argue unnecessarily!
10. Results of each contest should be reported to a work study student or to the IM supervisor immediately after the game ends.
11. Each basket is worth one (1) point, and a three (3) point shot is worth (2) points.
12. Any other changes in rules of play will be at the discretion of the IM supervisor

13. Jerseys with numbers.

14. A player can only play on one team in the league.

15. Each player must sign the Intramural Code of Conduct.

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INTRAMURAL BASKETBALL RULES
THREE ON THREE TOURNAMENT

1. The game is played by two (2) teams of three players each including a maximum of three (3) substitutes.
2. Playing time is: two (2) halves (twelve - minute running clock) with a half time of two minutes. The clock will stop the last (ONE) minute of each half.
3. A tie score after regulation will result in a two-minute running clock overtime period (ball possession determined by a coin flip). The clock will stop the last 30 seconds of the over time period.
4. If the score remains a tie after overtime, another two-minute overtime will result. This format is followed until a winner is determined.
5. Substitutions may be made after a basket, foul shot, or any stoppage of play (clock is running). No substitution while ball is in play. Loss of possession for offending team.
6. Each team will be given two (2) full 45 second and two (2) 20 second timeouts per game.
7. A coin toss will determine possession at the beginning of the game.
8. Games will be played full court on the short court.
9. Officiating: The two (2) teams will call their own fouls, with the person being fouled making the call. There is no disputing the call. *Intramural Staff will ONLY make calls to keep the game fair and to discourage cheating.*
10. “Buzzer stops all play”.
11. Intramural Staff will NOT interfere with the game in the last one (1) minute of play unless it is their judgment to discourage cheating, at which the offended team will get an automatic two (2) foul shots and the ball back.

12. “ALL Intramural Staff calls are FINAL!!!
 13. Each team SHOULD have at least two (2) captains (coach optional).
 14. Captains MUST EXPLAIN ALL RULES TO THEIR PLAYERS!!! NO EXCUSES!!
 - a. NO ARGUING: DO NOT argue with Intramural Staff and/or players. Respect ALL calls that are made (see rule H below). 2 shot tech & loss of possession.
 - b. NO FIGHTING!!! Immediate ejection of player(s), 1 tech (2 shots) & loss of possession for offending team. If player(s) leave the bench automatic forfeit for that team.
-
1. No hand checking (player can use forearm).
 2. Each TEAM MUST HAVE SAME COLOR SHIRTS! (Color chosen at captain’s meeting.) Players that do not have team color cannot wear a color that resembles or matches opposing team colors (if they do they cannot play).
 3. Players with glasses must have security string attached to play.
 4. No jewelry (necklaces, bracelets, rings, or earrings).
 5. 10 minute forfeit rule: Team must have at least two (2) players by 10 minutes after game start time to avoid a forfeit loss. A player may be picked up to play only if he is not on any other team in the league. *Men’s basketball players cannot play.*
 6. Technical Foul Shot: One player on the foul line to shoot – all other players stand behind the blue area.
 7. Regular NCAA rules shall be enforced.
 8. Games are scheduled Monday – Thursday from 6:00 p.m. until 9:30 p.m. You must have three (3) players available at any time.
 9. A player can only play on one (1) team in the league.
 10. Each player must sign the Intramural Code of Conduct.

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INTRAMURAL BASKETBALL RULES
FOUR ON FOUR LEAGUE

1. The game is played by two (2) teams of four players each including a maximum of two (2) substitutes.
2. Playing time is: two (2) halves (twelve-minute running clock) with a halftime of two minutes. The clock will stop the last (ONE) minute of each half.
3. A tie score after regulation will result in a two-minute running clock overtime period (ball possession determined by a coin flip). The clock will stop the last 30 seconds of the overtime period.
4. If the score remains a tie after overtime, another two-minute overtime will result. This format is followed until a winner is determined.
5. Substitutions may be made after a made basket, foul shot, or any stoppage of play (clock is running). No substitution while ball is in play. Loss of possession for offending team.
6. Each team will get two full (45 sec) & two 20-sec. timeouts per game.
7. A coin toss will determine possession at the beginning of the game.
8. Games will be played full court on the short court.
9. Officiating: The two (2) teams will call their own fouls, with the person being fouled making the call. There is no disputing the call. *Intramural Staff will ONLY make calls to keep the game fair and to discourage cheating.*
10. “Buzzer stops all play”.
11. Intramural Staff will NOT interfere w/game in the last 1 minute of play unless it is their judgment to discourage cheating, at which the offended team will get an automatic 2 foul shots and the ball back.
12. ALL Intramural Staff calls are FINAL!!!”
13. Each team SHOULD have at least 2 Captains (Coach Optional).

14. Captains MUST EXPLAIN ALL RULES TO THEIR PLAYERS!!! NO EXCUSES!!
- a. NO ARGUING: DO NOT argue w/Intramural Staff and/or players. Respect ALL calls that are made. 2 shot tech & loss of possession.
 - b. NO FIGHTING!!! Immediate ejection of player(s), 1 tech (2 shots) & loss of possession for offending team. If player(s) leave the bench automatic forfeit for that team. Fighting players will be ejected from the league.
1. No hand checking (player can use forearm).
 2. Each TEAM MUST HAVE SAME COLOR SHIRTS! (Color chosen at Captain's meeting.) Players that do not have team color cannot wear a color that resembles or matches opposing team colors (if they do they cannot play).
 3. Players with glasses must have security string attached to play.
 4. No jewelry (necklaces, bracelets, rings, or earrings).
 5. 10 min. Forfeit Rule: Team must have at least 2 players by 10 minutes after game start time to avoid a forfeit loss. A player may be picked up to play only if he is not on any other team in the league. *Men's basketball players cannot play.*
 6. Technical Foul Shot: One player on the foul line to shoot – all other players stand behind the blue area.
 7. Regular NCAA rules shall be enforced.
 8. Games are scheduled Monday – Thursday from 6:00 – 9:30 p.m. You must have four (4) players available at any time.
 9. A player can only play on one (1) team in the league.
 10. Each player must sign the Intramural Code of Conduct.

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INTRAMURAL BASKETBALL RULES
FIVE ON FIVE TOURNAMENT

1. Games will be two (2) 20-minute halves with a running clock. Half time 2 - 5 minutes in duration. A jump ball will determine first possession of the game and there will be alternating possessions. The scorer's table will keep possession.
2. The clock stops the last two (2) minutes of the game on all dead balls.
3. During Play:
 - One (1) shot fouls are charged to the offender and possession goes to the offended team.
 - One and one fouls are shot on and after the 7th team foul. Two (2) shots on and after the 10 team fouls.
 - Intentional fouls: Two shots and possession.
 - Technical fouls: Two shots and possession.
 - Five (5) personal fouls or two (2) technical fouls: player ejection.
 - Flagrant fouls: two (2) shots and possession/player ejection.
 - If a player is ejected, he/she must sit out their next scheduled game, and must meet with the Athletic Director before playing in his/her next scheduled game.
1. Teams will have one (1) full 75 second and two (2) 20 second timeouts per half for each team. Timeouts will NOT carry over to the next half. Three (3) minute overtime with two (2) 20 second timeouts per team.
2. Overtime periods are three (3) minutes in length, with the clock stopping the last one (1) minute of the game on dead balls. A subsequent tie will result in another three (3) minute period. This format is repeated until a winner is decided.
3. Team captains **MUST EXPLAIN ALL RULES TO THEIR PLAYERS!! NO EXCUSES!!!!!!!!!!!!!!!!!!!!!!!!!!!!**
 - Familiarizing team with all rules of play.
 - Controlling team players and fans.

- Signing in player's names and numbers. Each team must have five (5) players to start the game. A ten (10) minute grace period is given before the game is forfeited.
- Check the score at half and at the end of game.
- No substitution if player does not check-in at the scorer's table.
- Each TEAM MUST HAVE SAME COLOR SHIRTS! (Color chosen at captain's meeting.) Players that do not have the same color cannot wear a color that resembles or matches opposing team colors (if they do they cannot play).
- 10-minute forfeit rule: Team must have at least 4-5 players by 10 minutes after the start of the game to avoid a forfeit loss.
- Only "4 players" rule: If a team has only four (4) players they can still play, even if one (1) or more foul out. Every time he/she commits a foul the other team will shoot one (1) tech shoot.

1. Substitutes must report to the scorer's table and enter the game on a dead ball.
2. Acts of UNSPORTSMANLIKE conduct, which may include, but are not limited to, flagrant fouls, taunting, fighting, grossly abusive language, may result in player/team ejection and forfeiture of the game.
 - NO PROFANITY!!!!!!!!!!
 - a. NO FIGHTING!!!! Immediate ejection of player(s) and ejection from the league, one (1) tech two (2) shots and loss of possession for offending team (if both teams are guilty jump ball at center court).

* Fighting will not be tolerated. If a player is caught fighting he/she will be terminated from the league, Campus Police will be called and his/her name will be given to the Dean of Students.
1. The official's calls are final. Arguing with the officials will not be tolerated. Any such action will result in that player being ejected from the game. The only players to discuss a call with an official will be the captain.
2. Captains are responsible for their players as well as their spectators.
3. Rosters are limited to ten (10) players. Team rosters are final after 3rd game of season. Each team should have at least two (2) captains (coaches are optional).
4. A player can only play on one (1) team in the league.
5. No player from the Men's basketball team is allowed to play in this league.
6. Games are scheduled Monday – Thursday between 5:00 – 9:00 p.m. Teams should have at least five (5) available players for any day or time, as teams will be scheduled at any time.

7. Sportsmanship ratings will be filed with the Intramural Office following each contest. These ratings will be made by Intramural Officials working the game and will reflect the conduct and attitude of the team and all individuals associated with the team.
8. Each player must sign an Intramural Code of Conduct.

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INTRAMURAL SPORT – 3 POINT SHOOT OUT

9. Each participant must sign up at the Field House.
10. The competition will be held at the Field House.
11. Each participant will get a total of fifteen (15) shots behind the three (3) point line at three (3) different locations on the floor. Twelve (12) shots are worth one (1) point and the last shot at each location will be worth two (2) points. The most points a participant may get is eighteen (18) points.
12. The participant with the most points will win the competition.
13. If there is a tie, there will be a shoot off.
14. The winner will receive a t-shirt from the Intramural Department.

INTRAMURAL SPORT – FOUL SHOT COMPETITION

15. Each participant must sign up at the Field House.
16. The competition will be held at the Field House.
17. Each participant must shoot fifty (50) foul shots.
18. The participant who makes the most foul shots out of fifty (50) will be the winner.
19. If there is a tie, each participant will shoot twenty-five (25) foul shots. The participant who makes the most foul shots out of twenty-five (25) will be the winner.
20. The winner will receive a t-shirt from the Intramural Department.

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INTRAMURAL SPORT - BOWLING

Procedure:

21. Intramural Athletics contacts a bowling facility for their cooperation in sponsoring the program.
22. An agreement is made each semester stating the times and days the lanes will be available and fee to be paid by the individual participants directly to designated bowling lanes.
23. The intramural bowling program information to students will be available each semester and announced in PCToday, PCT Radio Station, and Stall Wall Weekly as well as posted on the Intramural Athletics bulletin board.
24. Rosters for teams (and individuals) will be available in the Field House.
25. Team rosters must be submitted to Field House for verification of student status.
26. After verification a complete copy of all team rosters will be sent to the designated lanes.
27. Each participant must sign the Intramural Code of Conduct.

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INTRAMURAL SPORT - DARTS

Procedures:

28. Throw:

- a. All darts must be thrown by, and from, the hand.
- b. A throw shall consist of 3 darts.
- c. Any dart bouncing off, or falling out of the dart board, shall not be rethrown.

1. Starting and Finishing:

- a. A coin flip will decide who goes first.

1. Scoring:

- a. For a dart to score it must remain in the board for 5 seconds after the 3rd or final dart has been thrown by that player. The tip of the dart must be touching the bristle portion of the board, in order to be counted as score.
- b. No dart may be touched by the thrower, another player, scorer, or spectator, prior to the decision of the scorer.
- c. A dart score shall be determined from the side of the wire at which the point of the dart enters the board.
- d. It is the responsibility of the player to verify his score before removing his darts from the board. The score remains as written if one or more darts has been removed from the board. Errors in arithmetic must stand as written, unless corrected prior to the beginning of that player's next throw.
- e. The score sheet must be visible for all players.

1. Each participant must sign the Intramural Code of Conduct.

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INTRAMURAL SPORT - INDOOR FLAG FOOTBALL

Procedures:

2. Three players make up a team. On offense, 2 players must be on line of scrimmage. Note: A team may have 10 players on a roster, but 3 must be ready to play at game time, otherwise the game will be forfeited.
3. Substitutions can be made anytime ball is not in play. (25 seconds allowed putting the ball in play).
4. Four periods of 8 minutes each will constitute a game with a 1 - 2 minute rest period between halves. The clock runs continuously throughout the game except for injuries or any reason which in the judgment of the referee would justify due cause for stopping the clock. The clock stops the last minute of each half on all dead balls. Each team is given 2 time-outs per game.
5. A coin toss will determine which team has first possession. Possessions always begin on the 5 yard line.
6. All players are legal pass receivers. Incomplete laterals will be considered a fumble and the ball will be placed at spot ball contacts the floor.
7. All fumbles are dead balls and the ball remains in possession of team that fumbles, unless it occurs on 3rd down.
8. A team is given 3 downs to score during any possession. On all changes of possession the ball is spotted on the 5 yard line to begin play.
9. Blocking is illegal. Stiff arming or shielding of flags are also illegal.
10. A player may run with the ball only after catching a forward pass. A player is down, when his/her flag is pulled or his/her knee hits the floor.
11. The defense may rush only 1 man on each play from scrimmage, and he must wait until the quarterback has possession before rushing.

12. The quarterback can not run with the ball. He must throw it.
13. All tie games will be played off. Each team will be given ball at the 5 yard line and the penetration rule will prevail giving each team 3 downs.
14. Points are scored: touchdowns - 7 points and safety 2 points.
15. There will be NO profanity, or taunting of players or officials.
16. The official's calls are final. Arguing with officials will not be tolerated. Any such action will result in that player being ejected from the game. The only player to discuss a call with an official is the captain.
17. If a player is ejected from a game, he/she will not be allowed to play in the next scheduled game.
18. Each player must sign the Intramural Code of Conduct.

Penalties:

19. Offsides & Illegal Motion - 5 yards and replay the down.
20. Push, Tackle, or Holding a Player to Pull His/Her Flags - 10 yards and 1st down - Player ejection to be determined by the official.
21. Offensive Pass Interference - 10 yards and loss of down.
22. Defensive Pass Interference - spot at foul and 1st down.
23. Offensive Holding - 10 yards and repeat the down.
24. Defensive Holding - 5 yards and 1st down
25. Delay of Game - 5 yards and replay the down.
26. 2 Delays of Game (same series) - 10 yards and replay the down.
27. Straight Arm or Shielding Flags - 10 yards and loss of down.
28. Lowering Head - 10 yards
29. Unsportsmanlike Conduct - 10 yards - player ejection to be determined by the official.
30. Blocking - 10 yards at spot of foul, loss of down, and player ejection to be determined by the official.
31. Intentional Grounding - 5 yards from spot of foul and loss of down

32. Pull Flag Early - 10 yards and repeat the down

33. Flag Tied - 10 yards, loss of ball and player ejection

Flagrant offenders will be ejected from game and will not be allowed to play in the next scheduled game. If the offense is very bad he/she will be disqualified from playing the rest of the season. Intramural Supervisor will have final say.

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INTRAMURAL SPORT - OUTDOOR FLAG FOOTBALL

Procedures:

34. Four players make up a team. On offense, 3 players must be on line of scrimmage. Note: A team may have 12 members on a team, but at least 4 must be ready to play at game time, otherwise game will be forfeited.
35. Substitutions can be made anytime ball is not in play. (25 seconds allowed putting the ball in play).
36. Four periods of 10 minutes each will constitute a game with a 1 - 2 minute rest period between halves. The clock runs continuously throughout the game except for time-outs, or any reason which in the judgment of the referee would justify due cause for stopping the clock. The clock stops the last minute of each half on all dead balls. Each team is given 2 time-outs per game.
37. A coin toss will determine which team has first possession. Possessions always begin on the 10 yard line.
38. All players are legal pass receivers. Incomplete laterals will be considered a fumble and the ball will be placed at spot ball contacts the ground.
39. All fumbles are dead balls and the ball remains in possession of team that fumbles, unless it occurs on 4th down.
40. A team is given 4 downs to score during any possession. On all changes of possession the ball is spotted on the 10 yard line to begin play.
41. Blocking is illegal. Stiff arming or shielding of flags are also illegal.
42. A player may run with the ball only after catching a forward pass. A player is down, when his flag is pulled or his knee hits the ground.
43. The defense may rush only 1 man on each play from scrimmage, and he must wait until the quarterback has possession before rushing.

44. All tie games will be played off. Each team will be given the ball at the 10 yard line and the penetration rule will prevail giving each team 4 plays. Points are scored for, touchdowns - 7 points and safety 2 points.
45. Metal cleats are prohibited as are any pieces of equipment or jewelry that are potentially dangerous. All players must wear their shirts and flags as instructed.
46. A player can only play on one team in the league.
47. There will be NO profanity, or taunting of players or officials.
48. The official's calls are final. Arguing with officials will not be tolerated. Any such action will result in that player being ejected from the game. The only player to discuss a call with an official is the captain.
49. If a player is ejected from a game, he/she will not be allowed to play in the next scheduled game.
50. The quarterback can not run with the ball. He must throw it.
51. If the ball is fumbled on the snap, it is a dead ball at the spot. It is a loss of down.
52. Each player must sign the intramural Code of Conduct.

Penalties:

53. Offsides & Illegal Motion - 5 yards and replay the down.
54. Push, Tackle, or Holding a Player to Pull His/Her Flags - 10 yards and 1st down - Player ejection to be determined by the official.
55. Offensive Pass Interference - 10 yards and loss of down.
56. Defensive Pass Interference - spot at foul and 1st down.
57. Offensive Holding - 10 yards and repeat the down.
58. Defensive Holding - 5 yards and 1st down
59. Delay of Game - 5 yards and replay the down.
60. 2 Delays of Game (same series) - 10 yards and replay the down.
61. Straight Arm or Shielding Flags - 10 yards and loss of down.
62. Pull Flag Early - 10 yards and repeat the down
63. Flag Tied - 10 yards, loss of ball and player ejection

64. Lowering Head - 10 yards
65. Unsportsmanlike Conduct - 10 yards - player ejection to be determined by the official.
66. Blocking - 10 yards at spot of foul, loss of down, and player ejection to be determined by the official.
67. Intentional Grounding - 5 yards from spot of foul and loss of down

Flagrant offenders will be ejected from the game and will not be allowed to play in the next scheduled game. If the offense is very bad he/she will be disqualified from playing the rest of the season. Intramural Supervisor will have final say.

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INTRAMURAL SPORT – IN-LINE HOCKEY LEAGUE RULES

68. The game will be played by two (2) teams with a maximum of six (6) players per team.
69. Games will be played with three (3) players per side.
70. Two (2) periods of twenty (20) minutes each will constitute a game with a 2-3 minute rest period between halves. The clock will run continuously throughout the game except for time outs or any reason the referee would justify due cause for stopping the clock.
71. Each team will get two (2) time outs per game.
72. Substitutions can be made at any time.
73. A tie game will result in a tie. No over time or shoot out.
74. There are no offsides.
75. There will be a face off at the beginning of each half.
76. Mandatory Equipment: If a player does not have the equipment he can not play in any game.
 - a. Helmet with Cage or Facemask
 - b. Gloves
 - c. Shin Guards
 - d. Elbow Pads
 - e. Stick
 - f. Shirt with Number
 - g. Roller Blades

Mandatory Goalie Equipment:

1. Helmet with Full Facemask
2. Legs Pads
3. Chest Protection
4. Arm Protection

5. Gloves
 6. Stick
 7. Roller Blades
 8. Shirt with Number
 9. Goalie Glove
-
10. Penalties – all will be 2 minutes except for unsportsmanlike conduct
 - a. Tripping
 - b. Hooking
 - c. High Stick
 - d. Elbowing
 - e. Slashing
 - f. Interference
 - g. Unsportsmanlike Conduct – 2 minutes or disqualification (to be determined by officials & Intramural Supervisor)
 11. There will be NO profanity or taunting of players or official
 12. The official's calls are final. Arguing with the officials will not be tolerated. Any such action will result in that player being ejected from the game. The only player to discuss a call with an official is the captain.
 13. There will be absolutely NO fighting. If any player is caught fighting he will be disqualified from the rest of the league and playoff games.
 14. If a player is ejected from a game, he will not be allowed to play in the next scheduled game.
 15. All other NIHA hockey rules are to be used.
 16. It is the responsibility of the captain to make sure all team players are aware of each and every rule.
 17. Each player must sign the Intramural Code of Conduct.

PENNSYLVANIA COLLEGE OF TECHNOLOGY
Williamsport, Pennsylvania
Student Activities

INTRAMURAL SPORT – MOUNTAIN BIKE RACE

1. Each participant must sign up at the Field House.
2. The race will be held at the Earth Science Center.
3. There are two (2) classifications (Beginner & Sport). Each individual gets to choose what classification they want to participate in.
4. There will be 1st, 2nd, and 3rd place winner for each classification. Trophies will be given out at the end of the race.
5. Each participant must fill out a release and registration form.
6. The Intramural Supervisor and Intramural Staff will be the group organizing and supervising the race.
7. Two EMTs will be available at the time of the race.
8. The course will be taped off and cones will also be used to show dangerous areas of the course.

PENNSYLVANIA COLLEGE OF TECHNOLOGY
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RELEASE AND REGISTRATION FORM

I acknowledge that cycling is an inherently dangerous sport and fully realize the dangers of participating in a mountain bike race and FULLY ASSUME THE RISKS ASSOCIATED WITH SUCH PARTICIPATION INCLUDING, by way of example, and not limitation, the following: the dangers of collision with pedestrians, vehicles, other racers, and fixed or moving objects; the failure, inadequate safety equipment, THE RELEASE'S OWN NEGLIGENCE, which I have or which may hereafter accrue to me and from any and all damages which may be sustained by me directly or indirectly on connection with, or arising out of, my participation in or association with the event, or travel to or return from the event. I agree it is my sole responsibility to be familiar with the race course, the Releasee's rules, and any special regulations for the event. I understand and agree that situations may arise during the race which may be beyond the immediate control of the race officials or organizers, and I must continually ride so as neither to endanger myself nor others. I accept responsibility for the condition and adequacy of my competition equipment. I will complete wearing a helmet which satisfies the requirements of the Release Racing Rules or Regulations and that can protect against serious head injury, and assume all responsibility and liability for selection of such a helmet. I have no physical or medical condition which to my knowledge, would interfere with my ability to participate in this event.

I agree, for myself and my successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my successors assert my claim in contravention of this agreement, the asserting party shall be liable for the expenses (including legal fees) incurred by the other or parties in defending, unless the other party or parties are finally adjudged liable on such claim for willful and wanton negligence. This agreement may not be modified orally, and a waiver of any provision shall not be constructed as a modified orally, and a waiver of any provision of this agreement is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not effect other terms and provisions, which shall remain binding and enforceable.

I ACKNOWLEDGE BY SIGNING THIS DOCUMENT I AM RELEASING PENN COLLEGE, AND EMPLOYEES FROM LIABILITY. THIS ENTRY BLANK AND RELEASE IS A CONTRACT WITH LEGAL CONSEQUENCES. I HAVE BEEN ADVISED TO READ IT CAREFULLY BEFORE SIGNING.

Participants Signature _____

Date _____

PENNSYLVANIA COLLEGE OF TECHNOLOGY
Williamsport, Pennsylvania
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REGISTRATION FORM (PLEASE PRINT CLEARLY)

Name: _____

Address: _____

Phone #: _____

Major: _____

Male: _____ Female: _____

Who to notify in case of an emergency: _____

Phone #: _____

Signature of Entrant: _____

ALL PARTICIPANTS RACE AT
THEIR OWN RISK!!!!

PENNSYLVANIA COLLEGE OF TECHNOLOGY
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Student Activities

INTRAMURAL SPORT - NINE BALL

Game:

1. The game is played with a cue ball and nine object balls numbered one through nine.
2. The player legally pocketing the nine ball wins the game.
3. There are NO required shots in Nine Ball.

Break:

4. The opening break shall be determined by lag. Winner of lag has option to break or pass to opponent.
5. The WINNER of each game breaks in successive games.
6. The player that breaks has cue ball in hand behind head string. During the break the cue ball must hit the one ball and then drive two or more object balls to a cushion or pocket. Failure to do this gives the opponent the option to call for a rebreak or call a foul and play balls as they lie with ball in hand.
7. If nine ball is legally pocketed on the break the game is over!!
8. If the player who breaks scratches on the break and the ball and any other balls in sequence comes to rest behind the headstring, it/they will be pocketed and the incoming will begin shooting at the lowest numbered ball NOT behind the head string. (Only the Nine Ball will be spotted after the scratch on a break.)

Legal Shot:

9. For a shot to be considered legal the cue ball must strike the lowest numbered object and then pocket an object ball or cause an object ball to touch a cushion.
10. Any balls pocketed on a legal shot are good and the player continues to shoot.
11. If the lowest numbered object ball is frozen to a cushion, the player must:
 - a.) pocket that object ball or

- b.) cause that object ball or cue ball to touch another cushion or
 - c.) pocket any object ball after striking the lowest numbered ball
 - d.) cause any object ball to stick a cushion
12. Jump shots are allowed. An observer must be contacted before shot is attempted to witness its legal execution. The cue stick must hit the cue ball above the center of the cue ball.

Illegal Shots:

13. If a player hits an object before the lowest numbered ball it is a foul.
14. If after touching the lowest numbered object ball, the cue ball or any object ball does not touch a cushion or fall in a pocket it is a foul.
15. If a player touches any ball(s) with his/her hand, clothing, cue stick, bridge, etc. while shooting it is a foul. The opponent has the option of playing balls as they were moved or returning them to the original position.
16. If a player scratches or causes the cue ball to jump the table it is a foul.
17. Push shots are illegal and constitute a foul.
18. If a player does not have at least one foot touching the floor while shooting it is a foul.

Fouls:

19. A foul includes any scratch or penalty related shot.
20. Three consecutive fouls in a row by a player means loss of the game.

Penalties:

21. Penalties cause the offending player to lose his/her inning and have a foul recorded against him/her.
22. Incoming player (non fouling) has cue ball in hand.
23. Any balls pocketed on an illegal shot or shot where foul occurs will be spotted. (except on break)

Cue In Hand:

24. The cue ball is in hand behind the head string for any break shot or for any shot following a scratch on a break.
25. The cue ball is in hand anywhere on the table following any foul.
26. Once placed on the table, THE CUE BALL MAY NOT BE MOVED EXCEPT BY HAND!!

Spotting Balls:

27. Balls are spotted when:
 - a.) pocketed during an illegal shot or
 - b.) caused to leave the table
 - c.) only the NINE BALL will be spotted after a scratch on a break
28. Balls caused to leave the table during a legal shot are simply spotted with no foul called.
29. Whenever a ball is to be spotted, it is placed on the foot spot unless other ball(s) interfere, in which case it is placed on a long string as near the foot spot as possible and frozen to the interfering ball(s).

Flagrant Fouls:

30. Displays of unsportsmanlike conduct or disruption of standard billiard etiquette may result in loss of game, loss of match, or disqualification from the tournament.
31. Flagrant fouls include:
 - a.) swearing
 - b.) deliberately touching ball(s) on the table
 - c.) damaging equipment
 - d.) intentional distractions
 - e.) coaching from others.

Protests:

If a player, in the opinion of the opponent, is guilty of a foul, the opponent may ask for a ruling by a referee or Tournament Director. Complaints must be made prior to the next shot. "After the fact" challenges will not be considered.

Miscellaneous:

32. If any ball stops on the edge of any pocket and later falls due to outside vibration, subsequent shooting, activity (not touching the ball), etc. it shall be replaced on the edge of the pocket in the original position. If the ball falls prior to the next shot and without forces, it remains pocketed.
33. The non-shooter must be seated in a designated area.
34. Players can not move tables during a match.
35. A player must wait until the cue ball is completely stopped to legally pick it up for ball in hand.

****THE WINNER OF EACH MATCH IS RESPONSIBLE FOR RECORDING THE WIN WITH THE SUPERVISOR****

PENNSYLVANIA COLLEGE OF TECHNOLOGY
Williamsport, Pennsylvania
Student Activities

PENN COLLEGE
SINGLES POOL LEAGUE OFFICIAL RULES OF PLAY

A. BALLS AND RACKING

1. The game is played with one cue ball and 15 numbered object balls.
2. The balls are racked in a triangle at the foot of the table with the 8-ball in the center of the triangle, the first ball of the rack on the footspot, a stripe ball in one corner of the rack and a solid ball in the other corner.
3. The object of the game is to make one group of numbered objects – balls -either stripes or solids, and then LEGALLY POCKET THE 8-BALL which then wins the game.

A. BREAK SHOT

1. Start of play – the home team breaks first and writes their line-up down first. The break will alternate thereafter. During International competition, the teams will flip a coin to determine home team.
2. If the breaker hits the racked balls with the cue ball driving four or more numbered balls to a cushion or pocketing one or more object balls, the game is considered started. If the player fails to make a legal break, it is not a foul; however, the opponent has the option of (1) accepting the table in position and shooting, or (2) have the balls reracked and shooting the break himself or have original breaker rebreak.
3. Stopping and/or deflecting the cue ball prior to hitting the racked balls are considered fouls and loss of turn. The opponent will receive cue ball in hand behind headstring.
4. When positioning the cue ball for the break shot, the base of the ball must be behind the headstring (kitchen).
5. If a player scratches on a legal break shot, (1) all balls pocketed remain pocketed (exception, the 8-ball), (2) it is a foul, (3) the table is open. PLEASE NOTE: Incoming player has cue ball in hand behind the headstring and may not shoot an object ball whose base is not outside the headstring, unless he/she first shoots the

cue ball past the headstring and causes the cue ball to come back behind the headstring and hit the object ball. If a player positions the cue ball completely and obviously outside the kitchen and shoots the cue ball, it is a foul, if called by the opponent.

6. The opposing player must inform the breaking player of improper positioning of the cue ball before the shot is made. If the opposing player does not so inform the breaking player before the shot is made, the break is considered legal. If the shooting player is informed of improper positioning, he/she must then reposition the cue ball.
7. During League play, making the 8-ball on the break is an automatic win for the player breaking. However, if the cue ball is scratched when making the 8-ball on the break, the opponent wins the game. During International championships, with an 8-ball pocketed on the break, the breaker may ask for a rerack or have the ball spotted and continue shooting. Should the breaker pocket the 8-ball and scratch, the incoming player has the option of spotting the 8 or reracking and assuming the break. Should the incoming player decide to spot the 8, he must shoot from behind the headstring. A game cannot be won or lost with an 8 on the break, regardless of what is pocketed on the same shot. Local leagues may also adopt the spotting of 8-ball option.
8. If the player LEGALLY BREAKS the racked balls AND does not make any balls, his opponent then shoots, having an open table.
9. If a player jumps an object ball off the table on the break shot, it is a foul and the incoming player has the option of (1) accepting the table in position and shooting, or (2) taking cue ball in hand behind the headstring and shooting.

A. OPEN TABLE

The table is “open” when the choice of groups (stripes or solids) has not yet been determined. When the table is open, it is legal to hit a solid first to make a stripe or vice versa. Note: The table is always open immediately after the break shot. When the table is open it is legal to hit any solid or stripe or the 8-ball first in the process of pocketing the called stripe or solid. On an open table, all pocketed balls remain pocketed. The choice of stripes or solids is not determined on the break even if the balls are made from only one or both groups. **THE TABLE IS ALWAYS OPEN IMMEDIATELY AFTER THE BREAK SHOT.** The choice of group is determined only when a player legally pockets a called object ball after the break shot.

B. GAME

In Call Pocket, obvious balls and pockets do not have to be indicated. It is the opponent’s right to ask which ball and pocket if he is unsure of the shot. Banks and combinations are not considered obvious and both the object ball and the pocket must be called **OR IT IS A LOSS OF TURN**. When calling the shot, it is never

necessary to indicate details such as the number of cushions, banks, kisses, caroms, etc. Any balls pocketed on a foul remain pocketed, regardless of whether they belong to the shooter or the opponent.

C. PLAY

1. If a shooter inadvertently pockets his opponent's ball, it remains down, however, if the shooter does not legally pocket one of his own group, he loses his turn.
2. Each player continues to shoot so long as he legally pockets any of his object balls. Should a player fail to pocket his designated group ball, he shall lose his turn.
3. If a player fails to hit or make the 8-ball while shooting at it, the game continues. However, if a player scratches the cue ball while shooting at the 8-ball, he loses the game, even if the 8-ball remains on the table.
4. In the event the cue ball or an object ball stops on the edge of the pocket, then falls into the pocket because of vibrations, fan or stamping of feet, it shall be replaced on the edge of the pocket as near as possible to its position before interference.
5. If any object ball is jumped off the table, it is a foul and loss of turn, unless it is the 8-ball, which is a loss of game. Any jumped object balls are spotted in numerical order.
6. Slow play rule: Exaggerated slow play will be penalized. After a warning, any longer than ONE MINUTE between shots will be a foul. The third infraction will result in a loss of game. During National competition, referees' judgment will prevail and both players will be timed.
7. STALEMATED GAME: If in 3 consecutive turns at the table by each player (6 turns total), they purposely foul or scratch and both players agree that attempting to pocket or move an object ball will result in immediate loss of game, then the game will be considered a stalemate. The balls will then be reracked and the breaker of the stalemated game will break again. PLASE NOTE: Three consecutive fouls by one player is not a loss of game.

A. LOSS OF GAME

1. Pocketing the 8-ball when it is not the legal object ball except on an opening break.
2. Pocketing the 8-ball on the same stroke as the last of his group of balls.
3. Scratching when the 8-ball is his legal object ball.

4. Jumping or knocking the 8-ball off the table at any time.
5. Pocketing the 8-ball in a pocket other than the one designated.
6. Fouling while (pocketing) the 8-ball in the designated pocket.
7. Third infraction of the slow play rule.
8. Pocketing the 8-ball and the cue ball on the break stroke. (This varies if your league considers an 8-ball break a win.)
9. Not correctly marking the pocket while pocketing the 8-ball.

Note: All infractions above must be called before the next shot is taken. Only the players involved may call an infraction.

A. LEGAL SHOTS

On all shots (except on the break and when the table is open), the shooter must hit one of his group of balls first and (1) pocket any group ball, or (2) cause the cue ball or any other ball to contact a rail.* (There are two groups of balls: stripes and solids.)

PLEASE NOTE: It is permissible for the shooter to bank the cue ball off a rail before contacting his object ball; however, after contact with his object ball, any group ball must be pocketed, OR the cue ball or any other ball must contact a rail.

“SAFETY” SHOT: For tactical reasons a player may choose to pocket an obvious object ball and also discontinue his turn at the table by declaring “safety” in advance. A safety shot is defined as a legal shot. If the shooting player intends to play safe by pocketing an obvious object ball, then prior to the shot, he must declare a “safety” to his opponent. If this is NOT done, and one of the shooter’s object balls is pocketed, the shooter will be required to shoot again. Any ball pocketed on a safety shot remains pocketed.

B. FOULING

All fouls must be called and acknowledged before next shot is taken (exception – scratching).

The following result in fouls:

1. Failure to make a legal shot as noted above.
2. Shooting the cue ball into a pocket or off table.

3. It is a foul when a player scratches on the break, or deflects the cue ball prior to hitting the racked balls. The incoming player receives cue ball in hand behind the headstring.
4. When placing the cue ball in position, any forward stroke motion contacting the cue ball will be a foul, if not a legal shot.
5. Shooting without at least one foot touching the floor. (Junior League exception.)
6. Coaching is a foul. Any member of a team called for coaching will result in a foul on the team member shooting.
7. If a ball is frozen on a cushion, (the opposing player must notify the player shooting before the shot) the player must contact the frozen ball and then: (1) pocket the frozen ball, or any other object ball, (2) cause the cue ball to contact a cushion, or (3) drive the frozen ball to another cushion, or (4) cause another object ball to contact a cushion. Failure is a foul.
8. ACCIDENTALLY moving or touching any ball is not a foul unless the ball is the cue ball (cue ball only fouls). Only opponent may replace the ball moved as closely as possible or leave it where it rests. If the shooter replaces the moved ball, it will be considered a foul. However, if you accidentally move an object ball during a shot and it makes contact with the cue ball, it is considered a foul.
9. Picking up or shooting the cue ball while any balls are still in motion is a foul.
10. Push shots and/or double hits will be considered fouls.
11. With cue ball in hand, touching any object ball with the cue ball is a foul or touching any object ball with your hand while touching the cue ball is a foul.
12. When the slow play rule is enforced taking longer than ONE MINUTE between shots is a foul.
13. Jumping object balls off the table.
14. After a scratch on a legal break, if a player positions the cue ball completely and obviously outside the kitchen and shoots, it is a foul.
15. If your opponent commits a foul and you do not receive his/her acknowledgment of such foul prior to touching the cue ball you have committed a foul (exception – scratching).
16. Illegal jumping of ball.

I. PENALTY FOR FOULING

1. Only the players involved may call a foul. In the event of a foul call, the opposing player receives cue ball in hand anywhere on the table. This means that the player can place the cue ball anywhere on the table (the cue ball does not have to be behind the headstring except on opening break or immediately after a foul on the break).
2. A player must stop shooting when a foul is called. If a player refuses to yield to a foul call, the opposing captain may protest.

J. PROTEST PROCEDURE

1. Only the team captain has the authority to protest.
2. The league captains will review the protest and make a decision by majority vote.
3. A protest must be given to the league supervisor in writing within 48 hours after the match. The league may ask for a deposit of FIVE or TEN dollars with the written protest.
4. The league supervisor has the right to disregard any protest not properly presented, such as phone calls or personal contact, before the protest is presented in writing.
5. A game may be played and finished under protest, which may alleviate the original protest.

K. FORFEITS

6. Winners will receive one round point per round forfeited plus one bonus point (total four) if all rounds are forfeited. Forfeiting team receives zero round points.
7. The winning team also receives the equivalent of their team average and the equivalent 8-ball games if necessary.
8. Both teams must pay monies owed to the league to receive further points.

L. VARIATION OF INTERNATIONAL RULES

Rules may be varied for Local and State use if the VNEA Rules Committee Chairman is notified in writing, as long as the variation does not result in an unfair advantage for one team or player over another.

You may contact:

Valley National 8-Ball League Association Headquarters
c/o Rules Committee
P. O. Box 656
Bay City, MI 48707

M. UNSPORTSMANLIKE CONDUCT

1. Unsportsmanlike conduct is automatic disqualification.
2. Two basic types:
 - a. One warning before disqualification.
 - b. Immediate disqualification.

PENNSYLVANIA COLLEGE OF TECHNOLOGY
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Student Activities

INDOOR PUNT, PASS, AND KICK COMPETITION

1. Each participant must sign up at the Field House.
2. Each participant will get three (3) opportunities to punt, pass, and kick a football.
3. The furthest distance of the three (3) punts, passes, and kicks will be measured and added together. The individual with the most total feet will be the winner.
4. The winner will receive a t-shirt from the Intramural Department.

PENNSYLVANIA COLLEGE OF TECHNOLOGY
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Student Activities

INDOOR SOCCER LEAGUE RULES AND REGULATIONS

1. Ten (10) participants per team.
2. Teams must be available 15 minutes prior to scheduled game time.
3. Two (2) twenty (20) minute halves.
4. Free substitution, i.e., on the run, like hockey.
5. Five (5) “field” players plus the keeper.
6. Each team must have at least four (4) players to start the game. 10 minute forfeit rule. Team must have four (4) players by 10 minutes after the game start time to avoid a forfeit loss.
7. Play off the sidewalls below the designated height.
8. Kick in when ball is above the line.
9. All kicks are direct.
10. If the ball hits the ceiling, it is a kick in from the sideline closest to the spot where it hit.
11. Play off the back wall.
12. Rowdiness will not be tolerated.
13. Showers and lockers are available (bring your own lock for the evening).
14. The college will provide all equipment and supplies. Please do not bring any personal equipment to the gym.

15. Officials will make decisions on weather conditions. Postponed games will be rescheduled at the earliest convenience.
16. The two (2) teams who play the first game are responsible for getting the two (2) soccer goals out. The two (2) teams who play the last game are responsible for putting the two (2) soccer goals away.
17. Captain **MUST EXPLAIN ALL RULES TO THEIR PLAYERS!!! NO EXCUSES!**
18. Each player must sign the Intramural Code of Conduct.

PENNSYLVANIA COLLEGE OF TECHNOLOGY
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Student Activities

INDOOR SOCCER LEAGUE CODE OF CONDUCT

- Red Card - player is disqualified from the game they are in and cannot play the next scheduled game.
- The team on the receiving end of a Red Card must play a person short for the duration of the game.
- Second (2) red Card – player is disqualified for the remainder of the season.
- The only person that may speak to the referee during the game is the Coach and/or Team Captain.
- The referee and league director will have the final say on all situations that occur on the playing field.
- Fighting will result in the disqualification of both parties for the remainder of the season.
- Persons not on the team’s roster may not play in a game. Rosters are final on the third (3rd) week of league play. A person must play in one (1) regular season game to be eligible for the playoffs.
- A player can only play on one team in the league.
- Playoffs will be determined at a later date.

PENNSYLVANIA COLLEGE OF TECHNOLOGY
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Student Activities

INTRAMURAL SLOW PITCH SOFTBALL LEAGUE

Team Rosters:

Fifteen (15) players on a roster.

Players Eligibility:

ALL players must be members of the Penn College Community, as either a currently enrolled student, or College Employee. ID numbers are used to verify status and are a must on all rosters to be turned in.

Footwear:

Sneakers or molded rubber/plastic cleats. **ABSOLUTELY NO** metal cleats.

Game Rules:

1. Rosters are limited to 15 players.
2. Seven (7) inning games will be played. *If a game is not over by the time the next game is scheduled, it will be over at the bottom of the inning. The home team will get last at bats. The team that is winning will be the winner of the game.* Tie games will extend into extra innings until a winner is determined.
3. Slow pitch softball rules are to be used, unless otherwise stated.
4. Nine (9) players will be in the field.
5. Substitutions are allowed at any time and must be reported to the official scorekeeper by the team captain.
6. There is absolutely NO bunting.
7. Base stealing is not allowed. Runners must wait until the ball is hit before leaving a base.

8. Runners must slide into a base to avoid hard contact with a defense player. If a runner does not slide and he takes the player out on purpose; he will be automatically out and thrown out of the game. The umpire and IM Director will determine if the player is thrown out. SAFETY IS OUR FIRST CONCERN!
9. The fifteen (15) run rule will be in effect after three innings.
10. The ten (10) run rule will be in effect after four innings.
11. Pitchers should try to keep the arch between 6 to 12 feet.
12. If a ball is hit foul and the catcher catches it, the ball must go above the batters head to be considered an out.
13. A base runner will advance one (1) base on an overthrow.
14. There are NO walks.
15. A player can only strike out if he/she swings at a third strike and misses.
16. The ball is out of play when it goes beyond the fence area or gets caught in equipment such as bats, balls or even players.
17. Players from the Men's Intercollegiate Baseball Team are not permitted to play in this league.
18. Player must play in one (1) game to be eligible to play in the playoffs.
19. The team captain is responsible for his/her team as well as his/her spectators.
20. Each player must sign the Intramural Code of Conduct.

The Official's decision is FINAL.

PENNSYLVANIA COLLEGE OF TECHNOLOGY
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Student Activities

INTRAMURAL TABLE TENNIS

Game

A game shall be won by the player or pair first scoring 21 points unless either players or pairs have scored 20 points when the winner shall be the player or pair first scoring 2 points more than the opposing player or pair.

Time

A match shall consist of the best of three games.

Players

There will be singles and doubles competition in male and female division as well as competition in a mixed doubles division. Players may participate in divisions in which they qualify. Failure to appear for a match will result in a loss by forfeiture. Ten minutes from the scheduled starting time will be allowed for late arrivals before the forfeit is declared.

Equipment

Players must wear athletic gear which includes sneakers. Jewelry and other potentially dangerous objects such as cast, braces, etc. are prohibited.

Game Rules

Game will be played by International Table Tennis Federation Rules and Regulations. These are explained to all participants in the pre-league clinic.

A player will be disqualified for unacceptable behavior in an unsportsmanlike manner.

Games will be officiated by the players on the court. Points scored and penalties incurred will be honored by the *opposing* players in all cases. Disputed or controversial calls will be settled by the game official in cases where he/she feels mediation is necessary. Judgments of the game official are final. The game official will run the time clock and keep score for either players or teams. Finals will be officiated by qualified officials.

The choice of ends and the right to serve or receive first in a match shall be decided by a toss.

The winner of the toss may: a) choose to serve or receive first, when the loser shall have the choice of ends; b) choose an end, when the loser shall have the right to choose to serve or receive first; c) require the loser to make the first choice.

The player or pair who started at one end in a game shall start at the other end in the immediately subsequent game, and so on, until the end of the match.

In the last possible game of a match, the players or pairs shall change ends when first either player or pair reaches the score of 10.

PENNSYLVANIA COLLEGE OF TECHNOLOGY
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INTRAMURAL TENNIS RULES

1. Each player must supply his/her own tennis racket.
2. The choice of ends and the right to be the server or receiver in the first game shall be decided by a coin toss. The player winning the toss may choose or require his opponent to choose:
 - a. The right to be the server or receiver, in which case the other player shall choose the end; or
 - b. The end, in which case the other player shall choose the right to be the server or receiver.
1. In delivering the service, the server shall stand alternately behind the right and left courts beginning from the right in every game. If service from a wrong half of the court occurs and is undetected, all play resulting from such wrong service or services shall stand, but the inaccuracy of the station shall be corrected immediately if discovered.
2. The ball served shall pass over the net and hit the ground within service court which is diagonally opposite, or upon any line bounding such court before the receiver returns it.
3. The server shall not serve until the receiver is ready.
4. A ball is in play from the moment at which it is delivered in service. Unless a fault or let is called it remains in play until the point is decided.
5. The best out of three (3) sets is the winner of the match.
 - a. A player(s) who first wins six (6) games wins the set; except that he/she must win by a margin of two (2) games over his/her opponent and when necessary a set is extended until this margin is achieved.
 - b. The tie-break system of scoring may be adopted as an alternative to the advantage set.

- c. The tie-break shall operate when the score reaches six (6) games all in any set.
 - d. A player who first wins seven (7) points shall win the game and set provided he/she leads by a margin of two (2) points.
1. If a player wins his/her first point, the score is called fifteen (15) for that player; on winning his/her second point, the score is called thirty (30) for that player; on winning his/her third point, the score is called forty (40) for that player, and the fourth point won by a player is scored game for that player except as follows: If both players have won three points, the score is called deuce; and the next point won by a player is scored advantage for that player. If the same player wins the next point; he wins the game; if the other player wins the next point the score is again called a deuce; and so on, or until a player wins the two (2) points immediately following the score at deuce, when the game is scored for that player.
 2. Players are asked to officiate their own matches. We ask you to be HONEST at ALL times. If there is a controversy over a call, PLEASE play it over.
 3. The winner of the match will be responsible for recording the results with the IM Supervisor or on a score sheet.
 4. Matches may be Monday – Thursday from 4:00 – 8:00 p.m. Players are expected to be ready to play any day, at any time.

PENNSYLVANIA COLLEGE OF TECHNOLOGY
Williamsport, Pennsylvania
Student Activities

TUG-OF-WAR

Teams:

Are made up of eight (8) members pulling and one (1) coach coordinating the team's efforts.

Divisions and Weight Classes:

There will be Men's Division and Women's Division, and Co-ed Division for 4 Men and 4 Women. Weight classes are determined by the combined weight of the pullers, with a heavy and light weight class in each division.

<u>Men</u>	<u>Women</u>	<u>Open</u>
Heavy > 1360 lb.	Heavy > 1000 lb.	Same as Women's Div.
Light < 1360 lb.	Light < 1000 lb.	

Objective of the "Tug"

To win one (1) must pull its opponent a distance of four (4) meters.

Most "tugs" last about two (2) minutes, but some may go on for as long as eight to ten minutes.

Footwear:

No cleats, metal or molded, are permitted. Boots and sneakers are acceptable forms of footwear.

Gripping The Rope:

The rope must be gripped with the palms of both hands facing up, with the rope passing between the body and the upper arm. The rope may not be passed through the hands - an infringement known as "climbing".

Anchorman Grip:

The puller positioned at the tail of the team is allowed to wrap the rope under their armpit, diagonally across the back and over the opposite shoulder from rear to front. He may not turn around and face away from the pullers.

Body Position:

On the judge's command to "take the strain" pullers may establish one foothold with the heel of the extended foot. When the judge shouts "pull" you may position yourself in any way as long as it doesn't involve "sitting," "rowing" (repeatedly sitting while moving feet backwards), or "leaning" (touching the ground with any part of the body other than the feet).

Judge's Commands:

"Pick up the rope" - teams grip the rope

"Take the strain" - rope taught, pullers in position

"Steady" - make sure the marker lines tally

"Pull" - start the tug

Each participant must sign the Intramural Code of Conduct.

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INTRAMURAL 4 ON 4 VOLLEYBALL

1. Four (4) players will constitute a team. Four (4) substitutes will be allowed.
 2. You must play with four (4) players, unless you only have three (3) players show up for the game or a player gets injured.
 3. Free substitution may be done only at the time you gain possession of the serve.
 4. Games are played to fifteen (15) points with a limit of seventeen (17) points:
 - a. Winning team must win by two (2) points.
 - b. Exception is a tied score at 16-16 then the first one to seventeen (17) points wins.
-
1. Play best out of three (3) games. A third game may be played for practice if one (1) team has already won the first two (2) games.
 2. A third game, if necessary, will be played with a rally point system:
 - a. A point will be awarded on each serve whether you maintain or lose the serve.
 - b. Example: Team A serves Team B. Team A makes a mistake and loses the serve. Team B gets a point and the serve.
 - c. Scoring goes same as above, win by two (2) or first to seventeen (17) points.
-
1. Three (3) hits per side to return the ball.
 2. Contact during a block does not constitute a hit for the side. If the ball comes to the side of the block, this team still has three (3) hits to return the ball across the net.
 3. Each team is allowed two 1 - minute time-outs per game.

4. The net is a violation. If a player is in the net it is a side out to the other team, a point will be awarded if it is suppose to be.
5. Super structures are in play. If the ball hits the ceiling after being hit by someone on your team, and the ball comes back down on your side of the net, the ball is still in play. Walls and poles are out of bounds.
6. Games are played Monday – Thursday from 4:00 p.m. – 9:30 p.m. Your team is expected to have at least three (3) players available at any time for the game play.
7. Each player must sign the Intramural Code of Conduct.

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INTRAMURAL SAND VOLLEYBALL LEAGUE

1. Four (4) players will constitute a team. Four substitutes will be allowed on a roster. Roster limit is 8 players.
2. You must play with four (4) players, unless agreed on by the opposing team.
3. Free substitution may be done only at the time your team gains possession of the serve.
4. Games are played to fifteen (15) points with a limit of seventeen (17) points:
 - a. Winning team must win by two (2) points.
 - b. Exception is a tied score 16-16; then the first one to seventeen (17) wins.
5. Play best out of three (3) games. A third game may be played for practice if one (1) team has already won the first two (2) games.
6. The person in the serving position is the only one considered a back line player. This means he/she may not come to the front line to spike the ball.
7. Three (3) hits per side to return the ball.
8. Contact during a block does not constitute a hit for the side. If the ball comes to the side of the hit, this team still has three (3) hits to return the ball to the opposing team.
9. Each team is allowed one (1) minute timeout per game.
10. The net is a violation. If a player is in the net it is a side out to the other team, a point is awarded if it is supposed to be.
11. The box around the sand volleyball court is out. PLEASE be honest if asked for help.
12. If there is a controversy over a call, PLEASE play it over.
13. Games may be schedule Monday – Thursday from 4:00 – 8:00 p.m. Teams are expected to be ready to play on any day, at any time.

14. Each player must sign the Intramural Code of Conduct.

**PENN COLLEGE
INTERCOLLEGIATE ATHLETICS
STUDENT ATHLETE
CODE OF CONDUCT
2003 - 2004**

In consideration of my participation in Intercollegiate Athletics at Penn College, I agree to abide by the following Code of Conduct and the rules of Penn College while participating in any activity.

1. I will always display good sportsman/womanship.
2. I will not use drugs, alcohol or tobacco products.
3. I will refrain from using profanity of any kind.
4. I will be responsible for the conduct of my friends, family, guest and myself attending the athletic competition.
5. I will accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction and mutual respect.
6. I realize that I am a representative of Penn College and will act accordingly.

If any of the above rules are broken the Athletic Director will determine the proper course of disciplinary action.

I have read the above statements and agree to abide by the Student Athlete Code of Conduct. Failure to abide by the rules and regulations contained in this document could result in my expulsion from the Intercollegiate Athletic program that I'm participating in.

Print Name: _____

Signature: _____

Date: _____

**PENN COLLEGE
INTRAMURAL ROSTER**

SPORT	ROSTER DEADLINE
TEAM NAME	

PLEASE FILL OUT LEGIBLY AND COMPLETELY: ID # IS A MUST.

NAME	STUDENT ID	MAJOR	LOCAL PHONE
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			

CAPTAIN'S NAME _____
 ADDRESS/PHONE _____

SPECIAL NOTES: Changes in playing schedule and mandatory meeting.

1. Teams **MUST** be available to play from 4 - 10 p.m., Monday through Thursday.
2. The Captain is responsible to alert team members of any information concerning their activity.
3. Return completed roster to the **Field House** by the roster deadline.
4. Intramural Supervisor and/or information concerning programs can be obtained by calling **320-2400** ext. **7860**.
5. Mandatory Captain's Meeting:
DATE: _____ **TIME:** _____ **LOCATION:** _____
6. **FAILURE** to attend **MANDATORY** meeting results in playoff ineligibility.
7. Days and Times unavailable to play. _____

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**OUTLINE FOR INTRAMURAL ATHLETIC PRE-TOURNAMENT CLINICS
(CAPTAINS)**

Clinics will provide instruction concerning techniques, conditioning, skills, strategies and safety for participants and game officials of intramural athletic tournaments. Each sport will have a pre-tournament clinic developed specifically for that sport. Only teams whose captain participates in the specially designed clinic will be eligible for tournament play.

- I.** Explanation of rules and regulations
- II.** Instruction of league participant captains
 - game rules and regulations
 - rule infractions and safety issues
 - technique and skills
 - formulation and implementation of game strategies
- III.** Simulation of game conditions
- IV.** Code of Conduct
 - Each participant must sign the Intramural Code of Conduct.

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INTRAMURAL OFFICIALS CLINIC

- I. Philosophy of Clinic**
 - A. Purpose
 - B. Explanation of honor system as it pertains to this league
- II. Safety**
 - A. Conditioning
 - B. Equipment
 - C. Care of feet
- III. Injuries**
 - A. How they occur
 - B. Most common type
 - C. Procedure in event of injuries
- IV. Fundamentals of the Game**
 - A. Scoring (offense)
 - B. Defense
- V. Substituting and Time-Outs**
 - A. When and how to use
- VI. Rules and Regulations**
 - A. Explanation of game rules

VII. Simulated Games Observed by Officials

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**INTRAMURAL ACTIVITIES PROCEDURES FOR
STUDENTS NEEDING MEDICAL CARE**

1. At any time, in the event of a serious accident or injury (one in which the student is physically unable to be moved) go to an in house phone and call Campus Police. The number is (570) 320-2400 ext. 4760.
2. Information to be given to Campus Police or emergency personnel.
 - What is the nature of the injury?
 - How did the injury occur?
 - How limited is the injured?
 - Directions for Campus Police or emergency personnel to locate injured person.
 - Consciousness, breathing, and pulse.
1. If there is bleeding, unless the bleeding must be controlled, under no circumstances do we handle blood, or clean up blood spillage. Call Campus Police at ext. 4760, as they will contact the appropriate personnel to deal with clean up.

There are latex gloves provided for our area that should be worn when dealing with injuries with blood.

2. Work Study Students will provide minimal care with supplies in the First Aid Kit.
3. Work Study Students will start an accident report on all injuries requiring medical aid. Student Workers handling injuries should write down all information pertinent to the student and their injury.
4. All accident victims should be told to report to the nurse as soon as possible. When they return to school, so follow-ups can be done and proper reports maintained.
5. In cases needing hospitalization, the supervisor should call the hospital with any pertinent health information found on Student Health Card in the Nurse's Office (drug allergies, known medical problems, home address and phone number).

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INTRAMURAL WORK-STUDY
RESPONSIBILITIES AND PROCEDURES

1. Please read the information carefully, understand it completely, and put into practice when you work.
2. You are hired through the ATHLETICS DEPARTMENT, and may be asked to perform duties in other areas of the campus. College mailings, stuffing envelopes, hanging posters, and other non – Intramural activity jobs will be asked of you from time to time.
3. This is a JOB, like any other you will have in life. Report on time. Missed time may not be made up. If you are not able to work, it is expected that you contact the intramural Department and inform them of your situation. You may reach the Athletics Department by calling (570) 320-2400 ext. 5530, and you may reach Lisa (Intramural Supervisor) at ext. 7860.
4. Report for work on time!!!! Most programs require all scheduled to be present to officiate, keep score, run the clock or supervise.
5. Again time missed may not be made up unless it is approved by the Intramural Supervisor. We will schedule each person for as many hours as possible.
6. Please notify the Intramural Supervisor in advance if you need a day off or need to leave early, so we can schedule someone else for those hours.
7. Phones are for Intramural Business, not social calls. You will not be making non-essential calls or tie up the line for a period of time.
8. The hours you are scheduled to work ARE SUBJECT TO CHANGE. We will work around your schedule of classes. Everyone must provide a copy of their class schedule for that purpose.
9. Your time sheet is your responsibility. It must be filled in, and signed by your supervisor each day you work. Time sheets are available in the financial Aid Office,

and must be taken there at the end of each pay period for processing. If information is incomplete or incorrect, you will not be paid until the information is correct.

10. You will not be scheduled for work unless there is work for you, and you may be asked to sign out early if all work is completed. **STAY** busy and show **INITIATIVE** by cleaning, straightening things up, actively supervising, etc...so you can get your scheduled hours.
11. When someone asks you to do something, **DO NOT**. Don't say, "I will do it later", because you never will, or "I don't know how", ask how to do it.
12. If you are asked to go out and help with football, softball, or whatever. You better be there. It is your job to do it.
13. You will **NOT BE PAID** when you are practicing with an Athletic Team, or decide to leave for a break or dinner. **THIS IS NOT ACCEPTABLE.**
14. Supervisor of one person in the Field House is as important as supervising twenty (20) people. There must be someone in the Field House during open hours.
15. Officiating games is a big part of this position. You will go through a short officiating clinic prior to each sport to familiarize yourself with rules, scoring, timing, positioning, and all other aspects.
16. You will be given time to familiarize yourself with the intramural Department, enabling you to be more helpful to others.
17. Posters, advertising, and upcoming events are posted on bulletin boards by walking around campus. Be prepared to go any time.
18. Minimal First Aid Care is provided by our staff. Injuries requiring more than a band-aid are to be referred to the Health Services with proper documentation. If help is needed call the Campus Police at ext. 4760.
19. Know extensions of offices:

Lisa Worth	7860
Mike Stanzione	7415
Fitness Center Supervisor	7621
Campus police	4760
Campus Center Information Desk	4763
20. There will be lifting involved. Please be certain you are capable of lifting up to 50 lbs.

FRONT DESK/EQUIPMENT DESK

1. This area must be staffed at all times.
2. Check all IDs, be FRIENDLY AND POLITE. All Field House participants MUST HAVE A VALID PENN COLLEGE ID CARD. If they do not politely ask them to leave. If they do not leave call Campus Police at ext. 4760.
3. Sign-In Sheet: Make sure everyone signs in and record their ID number, major and time.
4. You must keep a participant's ID card if they want to use the equipment such as balls, table tennis paddles, etc. If they do not have an ID card, they can not use the equipment.
5. Participant must return equipment being used to get their ID card returned. No equipment returned! No ID!
6. Keep participation tallies and track usage charts correctly.
7. Rosters and score sheets are ready for the day's events.
8. Outdoor volleyball, football, and softball fields are ready for use.

CLOSING PROCEDURES

1. Put all equipment accounted for in the office.
2. List compiled:
 - a. Total Participation Sheets
 - b. Time Usage Charts
 - c. Intramural Participation Sheets
1. Area checks to make sure gym is empty.
2. Lights out in: gym, locker rooms, lavatories, hallways, and mezzanine area.
3. First floor stairwell doors closed.
4. Take volleyball nets down when needed.
5. Put basketball stands away when needed.

6. Close dividing blue wall every night.
7. Clean the Field House before you leave each night.
8. Check showers: make sure they are turned off.

**DO NOT TAKE DOWN OR PUT AWAY THE BASKETBALL STANDARDS
WITHOUT MY (Lisa) OR ANOTHER SUPERVISOR'S PERMISSION.**