

UBCRECREATION

Intramurals

Intramural Rule Book

Updated Fall 2019

UBCRECREATION

Intramurals

UBC Recreation Introduction

Welcome to Campus Recreation at UBC's Okanagan campus! At Campus Rec we enhance the campus experience by providing engaging and active opportunities that contribute to each individual's holistic UBC experience. We support these three pillars of program delivery:

CAMPUS COMMUNITY ENGAGEMENT:

Encourage the campus community to engage in Athletics and Recreation programming, developing campus spirit and a sense of belonging to UBC and the Okanagan campus.

HEALTHY LIFESTYLE INITIATIVES:

Connect the campus community to opportunities that will enable each individual to lead an active and healthy lifestyle enhancing one's mental, physical, emotional well-being.

SOCIAL PROGRAMMING OPPORTUNITIES:

Provide the campus community with opportunities to participate in activities that will develop personal relationships, interpersonal skills, self-esteem and leadership.

Whether you are playing volleyball, taking a fitness classes, or participating in our events such as Big White ski nights, at UBC Recreation we hope you have an enjoyable, active experience.

Participation Information

LEAGUES

UBC Okanagan Recreation intramural leagues run from September to November, and January to the end of March. Sports may include volleyball, basketball, soccer, dodge ball, flag football, and ultimate Frisbee, with available sports changing depending on the time of year and gym space availability. Any additional league information can be found at camprec.ca.

REGISTRATION

Registration is required to participate in any intramural sport with UBC Recreation. Online or in person registration occurs in September and January, on a first come first serve basis – completion of a waiver upon registration is required to participate.

QUESTIONS

Participation information may be found at www.camprec.ca, or on our Facebook page, UBC Okanagan Campus Recreation. Questions from participants should be directed to camprec.intramurals@ubc.ca.

Participation Administration Policies

ELIGIBILITY

Playoff Eligibility

To participate in playoffs, players must have played at least 3 league games with the same team. This will be determined by the amount of times the participant is registered (checked in) with the sport manager in games leading up to playoffs.

Elite Athlete Restrictions

A maximum of two (2) elite athletes per team are permitted to participate in the most competitive option of same/similar sport of which they compete in outside of intramurals. If a sport offers a competitive league, that is the only league of that sport that an elite athlete may participate in. If there is only one tier of competition, the 2 athlete rule applies.

UBCRECREATION

Intramurals

The following restrictions apply to an elite athlete.

Definition: An Elite Athlete is a person who is currently:

- a Varsity athlete (individual or team)
- a current “Red-Shirt” or athlete that has been a “Red-Shirt” within the academic year
- a Professional player
- a representative of his or her country at a National or International level

WAIVER POLICY

All participants in programs must sign a valid waiver before they will be allowed to participate. UBC Rec requires that participants sign a waiver.

PHOTO/MEDIA RELEASE

Photographers and videographers are often present to capture participation in Recreation programs. UBC asks that participants sign a media/photo release prior to participation. In the event that a participant does not wish to have his or her photo/video footage used, it is his or her responsibility to notify the photographer/videographer.

UBC ALCOHOL AND ILLEGAL SUBSTANCE POLICY

In accordance with UBC's Alcohol Policy, consumption of alcohol or illegal substances is not permitted at any UBC Recreation event, league, or facility. Any person or team found consuming alcohol or an illegal substance at an event or league or in a facility (including dressing rooms) will be immediately removed from all further participation (including both staff and participants alike). Any person arriving at a league, event or facility under the influence will likewise be removed.

THE UBC STUDENT CODE OF CONDUCT

Participation in intramurals is subject to the standards of UBC's Student Code of Non-Academic Misconduct.

UBCRECREATION

Intramurals

A full version of the Discipline for Non-Academic Misconduct: Student Code of Conduct, can be found online here: <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,54,1030,0> ; however, a few important excerpts that may be directly related to participation in intramurals are as follows:

3. Application

3.3 Any student found responsible for non-academic misconduct is subject to the disciplinary provisions of this Code, regardless of the action or inaction of civil authorities. Nothing in this Code precludes the University from referring an individual matter to the appropriate law enforcement agency before, during or after disciplinary action is taken by the University under this Code.

4. Prohibited Conduct

4.2 Prohibited conduct that is subject to disciplinary measures includes, but is not limited to, engaging in, attempting to engage in, or assisting others to engage in any of the actions described below:

4.2.1 Misconduct against persons, which includes:

- (a) physically aggressive behaviour, assault, harassment, intimidation, threats or coercion;
- (b) conduct that threatens or endangers the health, safety or property of any person;
- (c) conduct that creates conditions that endanger the health, safety, property or well-being of any person;
- (d) engaging in a course of vexatious conduct, harassment or discrimination that is directed at one or more specific persons and that is based on any of the protected grounds under the *BC Human Rights Code*; and
- (e) engaging in unwelcome or persistent conduct that the student knows, or ought to reasonably know, would cause another person to feel demeaned, intimidated or harassed.

5. Disciplinary Measures

5.1 Disciplinary measures which may be imposed, singly or in combination, for non-academic misconduct include, but are not limited to, the following:

- n) Expulsion from the University - Expulsion of the student from the University.

UBCRECREATION

Intramurals

RIGHT OF REFUSAL POLICY

Whether or not a participant's misconduct is reported to the committee for non-academic misconduct, UBC Okanagan Recreation reserves the right to refuse service based on violation of drop-in procedures, inappropriate conduct or failing to follow the directions of the Gym Staff or any UBC Staff member.

EJECTION FROM INTRAMURALS WITH REGARDS TO MISCONDUCT:

If a participant is seen or said to be executing unsportsmanlike behavior, they will be given an *ejection letter* and asked to leave the playing surface; the participant will be suspended from all intramural activities, effective immediately, while their action/incident is under investigation by UBC Recreation & UBC security staff. Until the participant has been contacted by recreation staff or campus security, they may not return to any intramural activities. A disciplinary action meeting will be schedule at the earliest convenience of all parties involved to determine further action/consequence for the participant(s) in question.

GENDER REQUIREMENTS:

Please note that there are no gender requirements in any of the intramural leagues. Participants are encouraged to register for the league that matches their skill, regardless of their gender.

Intramural Sport Rules

Soccer/Futsal

Rules of Play

1 – Number of Players

- a. To start the game a minimum of four (4) players and a maximum of six (6) players from each team must be on the pitch. *
- b. Over the course of the game, a team can legitimately continue with less than four players to a minimum of three players (including keeper) as a result of disqualification or injury.

* In FUTSAL

- teams will play with a minimum of three (3) players and a maximum of five (5) on the court not including the keeper.

2 – Start of match

- a. The match is officially started with a kickoff at center.
- b. The kickoff is indirect and proceeds only after consent from the official.
- c. The kickoff goes backwards and the kicker may not touch the ball a second time until it has touched another player.
- d. The defending team must be 5 meters away from the kickoff. Once the ball is kicked, the ball is in play and the defenders can move forward.
- e. Any violation of the aforementioned rules will result in an indirect free kick for the non-offending team.

3 – Substitutions

- a. All player substitutions (outdoor and indoor) may be completed on the fly. One team member **MUST** be off the field/court prior to another player entering the game.

4 - Goal Keeper Play

- a. Goalkeepers must roll or throw the ball out.
- b. Punting is permitted outdoors. Punting is not permitted indoors.
- c. In indoor soccer, the keeper may not throw the ball past center court.

UBCRECREATION

Intramurals

5 – Offsides

- a. There are NO offsides.

6 - Fouls

- a. Slide Tackling
 - i. Slide tackling is not permitted.
 - ii. Any slide tackle will warrant an automatic caution or sending off (Official's discretion).
 - iii. Sending off offences will result in immediate suspension and automatic forwarding to the Supplementary Discipline Commissioner.
- b. Balls deemed to be 50/50 between a goalkeeper and an attacker are considered the goalkeeper's ball, and the attacker has the obligation to pull out of the challenge. Failure to do so is subject to disciplinary action.
- c. A controlled ejection (game ejection) will be assessed to any player that accumulates 2 yellow cards or verbal warnings in a single game. Players who are ejected via the two yellows are eligible to play in their next game. They are subject to the demerit policy outlined in the Policies Page listed above

7 - Indirect Free Kick

- a. An indirect free kick is awarded to the opposing team for the following actions:
 - i. Time violations
 - ii. Goalkeeper touching the ball with his or her hands when it has been kicked by a teammate
 - iii. Deliberate impeding of the progress of an opponent when the ball is not being played
 - iv. Preventing the Goalkeeper from releasing the ball from his hands

8 - Direct Free Kick

- a. A direct free kick is awarded to the opposing team for the following actions (actions are subject to Red Cards and an ejection):
 - i. Handballs
 - ii. Kicking or attempting to kick an opponent
 - iii. Tripping or attempting to trip an opponent
 - iv. Slide Tackling
 - v. Jumping at an opponent
 - vi. Pushing an opponent

UBCRECREATION

Intramurals

- vii. Striking or attempting to strike an opponent
- viii. Charging an opponent (with the shoulder)
- ix. Holding an opponent
- x. Spitting at an opponent
- b. The defending team must be at least 7 yards from the spot the free kick is being taken.

9 - Penalty Kick

- a. A penalty kick is awarded if a player commits any of the aforementioned offences inside his or her own penalty area, irrespective of the position of the ball but provided that it is in play.

10 – Shoot out

- a. In the event of a tie at the end of a semi final or final game, teams will participate in a shootout. Teams will nominate five players and one keeper to participate. Teams will alternate turns shooting until one team is the clear winner. In the event of another tie, another shoot out will take place with different members of the team until there is a winner.

11 – Out of Bounds

- a. Outs are considered when the ball crosses the out of bounds line.
- b. A two-hand overhead throw in for the opposing team restarts the game.*

*In Futsal:

- Outs are when the ball crossed the line of the basketball court. If a player touches the curtain while touching the ball, the ball is considered out of bounds.
- During indoor soccer, if the ball is out on the offensive side of the court, the play is resumed by touching the ball and kicking it in. Defenders must stay back 5 feet.
- If the ball is out on the defensive side of the court, the play is resumed by a kick in. No hand touch is necessary. Defenders must stay back 5 feet.

Basketball

Rules of Play

1 – Number of Players

- a. At least four (4) players from each team must be on the court before the game can start. Five (5) players maximum on the court at one time.
- b. Over the course of any game, a team can legitimately continue with less than five players to a minimum of three players as a result of disqualification or injury.

2 - Jump Balls

- a. A jump ball is used to begin the game.
- b. When a held ball is called or when a double foul is called, play is resumed by use of alternating possession.

3 - Time-outs

- a. Each team is permitted one, one-minute time out per half.
- b. Unused time-outs may not be carried over to the next half.
- c. There are no time-outs in overtime.
- d. Timeouts are conducted on the fly. I.e a player with possession of the ball may call a timeout during play.

4 - Fouls

- a. Personal Fouls
 - i. A player who has committed five fouls, either personal and/or technical, shall be informed thereof and must leave the game immediately.
- b. Team Fouls
 - i. On a teams' eighth team foul, any subsequent player fouls committed shall be penalized by two free throws instead of possession.
 - ii. If a personal foul is committed by a player of the team in control of the live ball, or of the team entitled to a throw-in, such a foul shall not be penalized by two free throws.

5 – Aggressive/Intentional Fouls

- a. All technical fouls will result in two free throws and possession at center court.

UBCRECREATION

Intramurals

- b. A single player can accumulate no more than 2 aggressive/technical fouls in a single game prior to being ejected from the game.
- c. Aggressive/Intentional are to the referees' discretion.

6 - Free Throws

- a. A maximum of six players (4 defensive and 2 offensive) may occupy the free-throw lane places.
- b. When a player is shooting the first of multiple free throws, the official does not have to wait for the players to assume their positions on the lane before passing the ball to the shooter.
- c. Players may only leave the lane places after the ball has left the shooters hands.

7 – Substitutions

- a. All player substitutions may be completed on the fly. One team member **MUST** be off the court prior to another player entering the game.

8 - Game Length

- a. A game will consist of two twenty-minute halves of running time.
- b. The last two minutes of the second period will consist of stop-time, if game is within 20 points.

9 - Over-time

- a. During play-offs, in the event of a tie, there will be a five-minute over-time.

Volleyball

Rules of Play

1 – Number of players

- a. A minimum of four (4) and maximum six (6) players from each team must be on the court before the game can start.
- b. Over the course of the game, a team can legitimately continue with less than six players to a minimum of three players as a result of disqualification or injury.

2 – Scoring

- a. All games are rally point resulting in a point being scored on every serve to a win of 25 points.

3 - Out of Play

- a. The ball is 'out' when:
 - i. The part of the ball which contacts the floor is completely outside the boundary lines
 - ii. It touches an object outside the court, the ceiling or a person out of play
 - iii. It touches the antennae, ropes, posts or the net itself outside the side bands
 - iv. It crosses completely the lower space under the net

4 - Playing the Ball

- a. The ball may be played with any part of the body.
- b. The ball must be hit, not caught and/or thrown.
- c. Multiple contact hits (double hits) are allowed on the first contact provided the contacts occur simultaneously.
- d. Each team has three hits with which to return the ball, not including a block.

5 - Ball in the Net

- a. A ball driven into the net may be recovered within the limits of the three team hits.
- b. A served ball may touch the net.

6 - Penetration under the net

- a. To touch the opponent's court with a foot (feet) or hand (s) is permitted, provided that some part of the penetrating foot (feet) or hand (s) remains either in contact with or directly above the centre line.
- b. To contact the opponent's court with any other part of the body is forbidden.
- c. Players may penetrate into the opponent's free zone provided that they do not interfere with the opponents' play.

8 - Contact with the Net

- a. Contact with the net by a player is not a fault, unless it is made during the action of playing ball, or it interferes with the play.

9 – Service

- a. The ball shall be hit with one hand or any part of the arm after being tossed or released from the hands.

- b. Only one toss or release of the ball is allowed.
- c. The server may serve from anywhere on the end line.
- d. A served ball may not be blocked or spiked.
- e. The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server or the flight path of the ball.

Ultimate Frisbee

Rules of Play

1 - Number of Players

- a. A minimum of five (5) players and maximum of seven (7) from each team must be on the field before the game can start.

2 - In and Out of Bounds

- a. The perimeter lines are not part of the playing field and are out-of bounds.
- b. Any object or player contacting an out of bounds area is out of bounds with the following exceptions:
- c. The disc may fly outside a perimeter line and return to the playing field.

3 - Possession

- a. An incomplete, intercepted, or knocked down pass or a pass in which the disc becomes out of bounds, results in a change of the team in possession.
- b. The disc may only be caught by a player's hands or by pinning it to their body with their arms
- c. After catching a pass, the receiver is only allowed the fewest number of steps required to come to a stop and establish a pivot.
- d. A marker's stall count reaching ten, calling a timeout when the team has none remaining, handing the disc from player to player and the thrower catching the thrown disc also result in a turnover.

4- The Marker

- a. There must be at least one disc diameter between the upper bodies of the thrower and the marker at all times.

UBCRECREATION

Intramurals

- b. The marker's extended arms and legs cannot be positioned in such a manner as to restrict the thrower from pivoting and throwing.
- c. Only a marker within three meters of the thrower's point of ground contact may initiate or continue a stall count.
- d. Only one marker is permitted to guard the thrower. No double teams.
- e. Deliberately blocking a thrower's vision is a violation by the marker and can only be called by the thrower.

Dodgeball

Rules of Play

1- The Players

- a. Teams will have a maximum of eight (8) players on the court to start a game. Teams must also have at least two players of each gender on the court at the start of a game. A minimum of four (4) players is required.

2- Definitions

- a. Attempt: the act of the team with possession of the ball trying to put out a member of the other team by throwing the ball at them.
- b. Deadball: declaration by the official that an attempt has been nullified. A ball striking an official becomes a deadball at the point it touches the official. A kicked ball is a deadball at the point it was intentionally kicked. An attempt made prior to the official start of play is a deadball. An official will make a verbal call declaring the ball dead.
- c. Dropsies: Any ball mishandled that is allowed to touch the ground prior to an attempt causes the player to be called OUT. An attempt to catch a ball (with another ball in hand) that results in a ball being dropped will cause the player to be called OUT.
- d. Fifteen Seconds: a call by an official made to one team that has had possession of a ball in the playing area for more than fifteen seconds prior to making an attempt. A player may pass the ball to another teammate but an attempt must be made within fifteen seconds of the team first taking possession inside the playing area. The official may call a deadball if the team does not comply. That ball must then be rolled to the opposing team.

UBCRECREATION

Intramurals

- e. Head Shot: A game ejection will be issued for a purposeful or dangerous attempt resulting in a headshot. This player is not eligible to return to play during that game.
- f. Kick: Any intentional contact of the ball with the leg or foot of a player. Kicking is illegal and results in a deadball.
- g. Returnies: players are allowed to return to the field of play after being put OUT when a member of the same team catches an attempt of the other team before the attempt has struck the ground, wall, official, or other item not natural to the playing court. A returning player is not part of the play until he/she touches the back wall. Any attempt to interfere with a thrown ball while returning to play will result in the returnie being out once again.
- h. A player must start the game to be eligible to return after a caught ball.

3- The Game

- a. Play is continuous as each team makes attempts at throwing the other team's players out until three players are left on a team. At this point the centerline splits into two and becomes a 'Soft Center Line'. This enables both teams to move up past the previously-designated centerline and get closer to their opponents. Opposing players may cross the other teams soft centerline all the way up to their own centerline.
- b. No player may leave the court of the play to avoid being struck by an attempt. Any player doing so will be called out by the official.
- c. Ending a match happens when at least three games are complete, time expires, or a team is unable to play.

Flag Football

Rules of Play

1 – Number of Players

- a. Minimum five (5) and a maximum of seven (7) players from each team must be on the field before the game can begin.
- b. Over the course of the game, a team can legitimately continue with less than five players to a minimum of three players as a result of disqualification or injury.

2 – Kickoff

- a. The game begins with a kickoff.
- b. The ball, unless touched by an opponent, must be kicked a minimum of 10 yards before it may be legally touched by a member of the kicking team.
- c. The ball cannot go out of bounds in the field of play. If so, the ball is placed on the 40-yard line.
- d. If the kicked ball is simultaneously recovered by players of both teams, or is simultaneously touched by players of both teams before going out of bounds, the kickoff shall be repeated.

3– Offence

- a. The offence has 4 downs to obtain 10 yards, keep possession of the ball and attempt to score. If they fail to gain the 10 yards and a first down, possession is lost.
- b. From the time the referee has begun play, teams have no more than 20 seconds to snap the ball.
- c. Failure to snap the ball within 40 seconds will result in a delay of game penalty. The player who receives the snap (quarterback) must be at least three yards behind the snapper (center).
- d. A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the team last in possession unless lost on downs.
- e. A hand-off or lateral is made on a scrimmage play when the ball is handed, or thrown backwards, by one team player to another behind the line of

UBCRECREATION

Intramurals

scrimmage. Once a handoff occurs, no forward pass can be made, however the ball carrier is now entitled to cross the line of scrimmage.

- f. A forward pass is legal from behind the line of scrimmage only when it comes from the player that first possesses the ball from the snap (the quarterback). This player is not allowed to cross the line of scrimmage until either a lateral pass/handoff is made OR a defensive player crosses the line of scrimmage in pursuit of the ball carrier.

4 - Ball Carriers

- a. Flag Guarding is strictly prohibited.
- b. A player may not hurdle, leap or spin away from a defender in an attempt to avoid being deflagged.
- c. Any infraction committed by the ball carrier will result in a 5 yard penalty and a loss of a down.
- d. A player may not carry momentum into contact in an attempt to break a tackle or create contact with an opposing player.

5 – Defensive coverage

- a. Defenders may cover and defend receivers running routes, they are not allowed any contact with receivers that interferes with the running of their route, in this instance a 5 yard penalty for “defensive holding” will incur.
- b. When a ball is thrown in the air both the receiver and the defender have equal right to catch the ball. It is an equal opportunity situation. If incidental, non-violent contact occurs in an attempt to catch the ball, no penalties will occur.
- c. If the defender impedes the receiver's attempt to catch the football i.e. playing the man not the ball. A pass interference penalty occurs and the offensive team will get a first down at the spot of the foul.
- d. The same penalty can occur for a receiver intentionally disrupting the defensive player's attempt to catch the ball, where a 5 yard penalty is enforced from the previous line of scrimmage.

6 – Blitzing

- a. A defensive player can “blitz” and try to sack the quarterback in a passing situation.
- b. The defensive player can only cross the line of scrimmage after “three steamboats” or an audible count to 3.

UBCRECREATION

Intramurals

- c. Once the defender crosses the line of scrimmage the offensive player is allowed to rush and gain positive yards past the line of scrimmage as well.
- d. Once a handoff or lateral pass is made the steamboat rule is eliminated from that play enabling pursuit of the ballcarrier.
- e. An offensive player may cause interference and set a pick to create space for a ball carrier but no blocking can occur.

5 - Punting

- a. Teams may punt the ball on any play and in doing so give possession of the ball to the receiving team.
- b. If a punted ball hits the ground or turf inbounds and then goes out of bounds it will be placed at the centre in line with its last inbound position.
- c. A player may call fair catch, in which case the punt receiver may catch the ball without being interfered with, ending the play at the spot of the catch.

6 – Deflagging

- a. All players must begin play with a flag belt.
- b. A flag which becomes detached inadvertently does not cause play to stop. Play shall continue as if the flag had not been removed. In all situations where a play is in progress and the ball carrier loses the flag accidentally or inadvertently, the deflagging reverts to a one-hand touch of the ball carrier between the shoulders and knees.

7 - Out of Bounds

- a. The ball is out of bounds when it touches a side-line, side-line-in-goal, dead-line, or the ground or any other object on or beyond these lines. The ball is out of bounds when a player in possession of the ball touches a side-line, side-line-in-goal, dead-line, or the ground or any other object on or beyond these lines.
- b. One foot must be in bounds, and the receiver must have control for a catch to be considered legal. If a receiver catches the ball in mid-air and is pushed out-of-bounds while mid-air as well, the play is considered complete and the ball will be placed at the point where the ball is dead.

UBCRECREATION

Intramurals

8-Touchdown

- a. A touchdown is scored when the ball is in the possession of a player in the opponent's goal area, or when the ball in the possession of a player crosses or touches the plane of the opponent's goal-line.

9- Convert

- a. A team scoring a touchdown may attempt to add to its score by means of a scrimmage play. Two (2) points.

10- Safety

- a. A safety touch is scored when the ball becomes dead in the possession of a team in its own goal area, or touches or crosses the dead-line or a side-line-in-goal as a result of the ball having been carried, kicked, fumbled or otherwise directed from the field of play into the goal area by the team scored against, or as a direct result of a kick from scrimmage having been blocked in the field of play or goal area. A Safety is worth 2 points
- b. After a safety touch, the team scored against kicks off from its 15 yard line.

11 - Game Length

- a. A game will consist of two twenty-minute halves of running time.

12- Over-Time

- a. An overtime period consists of 4 downs by each team.
- b. If the score is still tied after one period, play will proceed to a second period or as many as are needed to determine a winner.

Flag Rugby

Rules of Play

1 – Number of Players

- a. Minimum five (5) and a maximum of seven (6) players from each team must be on the field before the game can begin.

UBCRECREATION

Intramurals

- b. Over the course of the game, a team can legitimately continue with less than five players to a minimum of three players as a result of disqualification or injury.
- 2 – Start of the game
 - a. The game begins with the ball in the middle of the playing area. Team who wins coin toss begins with the ball from center.
 - b. Tap the ball with foot, pick up, and begin play.
 - 3- Attacking & Scoring
 - a. The attacking team has 5 opportunities to score.
 - b. By this we mean that the defence has to stop the attackers 5 times.
 - c. When this number has been reached, the defenders become the attackers and play resumes, with the roles of the two teams now being reversed.
 - 4 – Defence
 - a. The team playing defence must be 5 paces back from the spot of the last flag.
 - b. The referee will be responsible for marking this out, and enforcing
 - i. Failure to abide by this rule after being warned by the referee will result in a penalty.
 - ii. This means that the offending team must now be back 10 paces
 - iii. The offence can also tap the ball and take it straight into contact as they can on a kick off. This can only happen in these two scenarios
 - 5 – Flagging
 - a. Once the attacking players flag has been removed, a tackle has been simulated
 - b. The ball must return to the spot of the de-flagging, where the de-flagger will be standing, the ball placed on the ground, and then stepped over. Play can then recommence
 - 6 - Substitutions
 - a. Teams may make rolling subs, however must maintain a minimum of 2 ladies on the field at all times
 - 7 - Scoring
 - a. A try
 - 1 point
 - b. The ball must be placed on or across the goal line
 - 8 - Penalties
 - a. Foul Play
 - b. Offside
 - c. Obstruction

UBCRECREATION

Intramurals

- 9 - Knock on & Ball Thrown Forward
 - a. Turnover - step over and go from point of infringement
- 10 - Intentionally knocking ball down
 - a. Penalty to team in possession and a renewal of the tackle count
- 11- Games ending in a tie
 - a. play an additional 5 min period to see if a winner can be found.
 - b. If no winner, end the game as a draw and each team receives 1 point for the tie

Spikeball

Rules of Play

- 1- Number of players
 - a. Two players must be present to start a match. Teams are restricted to a maximum of two players.
- 2- Ground Rules
 - b. Matches will be self-officiated. All participants are expected to know the rules of the sport.
 - c. The winning team of a pre-match volley will serve first in the first set and will decide on which side it would like to start. At the conclusion of the first set, the team which did not serve first in set one will serve first in set two and will decide on which side it would like to start.
 - d. Match format will be best 2-out-of-3 sets. Each set shall be played to 15 points with a cap of 20 points. Sets must be won by two points, unless the set reaches its cap (Example: a team could win by the score of 20-19). Before the beginning of the third set, the teams will have another volley for the choice of team service and initial playing area. If a match enters a third set the teams will trade playing sides after one team scores eight points. The serving will continue by the player who served prior to the change.
- 3 - The Serve: Standing at least six feet from the net, Team One serves by tossing the ball in the air and spiking it down on the net towards Team Two. The Team Two player receiving the serve can stand anywhere on his/her side of the net. The Team Two player not receiving the serve must be at least six feet away from the net.

UBCRECREATION

Intramurals

- a. Serves must be below the receiver's raised hand. If the ball can be caught by the receiver, it has to be played. If the ball is too high, the receiver must call "let" before their teammate touches the ball. The serving team has one more try to serve. If the serving team cannot hit a legal serve on the second try, they lose the point. If the receiver does not call "let", continue play.
 - b. The ball must come cleanly off the net on a serve. If the ball takes an unpredictable bounce (commonly known as "pocket"), the receiver must call "let" before their teammate touches the ball. The serving team has one more try to give a clean serve. If the serving team cannot hit a legal serve on the second try, they lose the point. If the receiver does not call "let", continue play.
 - c. After a server wins the point, they change positions with their teammate so they are directly across from the other member of the receiving team.
 - d. The four players serve in the same sequence throughout the match, changing the server each time a rally is won by the receiving team.
- 4 - Game Play: In returning the serve, Team Two has up to three hits between the two players before they have to spike it back on the net. It is then Team One's turn to play the ball. This continues as a volley until one team cannot return the ball.
- a. **Sides:** Each team must start the point on its designated side. However, once the ball is in play, there are no longer 'sides'. Players can run anywhere they want.
 - g. **Hinder:** The opposing team must always put forth an honest effort to get out of the way of the hitting team. If someone is in the way unintentionally, it's called a 'hinder' and the point shall be replayed. If the hinder is intentional, the team that hindered shall lose a point.
 - h. **Rimmer:** If a shot hits the rim of the net at any time (including on a serve), it's called a 'Rimmer' and the other team gets a point.
 - i. **Pocket:** If a shot hits a 'pocket' (a shot that sort of hits the rim and hits the net), the point shall continue. If there is a disagreement as to whether it was a 'Rimmer' or a 'Pocket', the point shall be replayed.
 - j. Any player may contact the ball with any body part, above or below the waist.
 - k. Players are not permitted to scoop, hold, or throw the ball. The ball must not visibly come to rest on the player's hands, fingers, or any other part of the body.
 - l. A player shall not make successive contacts of the ball.