

## Whitworth Intramurals: Freshman Showdown Rules

### Freshman Showdown Rules

**Teams:** Players must sign up on Fusion IM to be registered. No payment is required. All teams must be registered by 11:59 p.m. the day before the sport's scheduled tournament.

**Game Time:** Both teams must have a minimum of one representative on the court/field at game time. Teams must meet the minimum roster requirements by 2 minutes after the scheduled game time.

#### Game Structure:

This is a double-elimination, tournament-style play lasting just one day. Games will be played at half the regular intramural time (30 minutes).

#### Equipment:

All sports equipment will be provided by IM staff.

#### Scheduling:

The tournament bracket will be run by IM staff the day of the tournament, with teams being selected at random for ranking. A tournament bracket will be posted online by 6 a.m. the day of the sport tournament on Fusion IM as well as on all Whitworth IM social media outlets.

### Game Play:

#### General:

1. Be respectful of the players on your team, the opposing team, and the officials
  - a. Officials have the right at any time to ask a player to be more respectful or to leave the gym/court if their behavior is inappropriate or disrespectful
2. Games will be played using rules according to regular Whitworth IM sports policies. Listed below are just some basic rules for each sport. Please see the Rules page on the U-Rec website for more information.

#### Basketball:

1. All players must check in with the scorekeeper before playing (pre-game). Players who fail to be checked in through the scorekeepers will not be permitted to play.
  - a) This includes players who arrive late
2. All jewelry deemed potentially harmful by the referees must be removed. Failure to do so will result in a technical foul.
  - a) This includes but is not limited to: necklaces, body piercings, bracelets, braces, guards, casts, watches, hair accessories, etc.
3. Dunking is legal, however hanging on the rim ***IS ILLEGAL***.
  - a) Excessive hanging on the rim will result in a technical foul.
4. Players are required to check-in at the scorer's table, and will only be allowed into the game when a referee waves them into the game
  - a) **Penalty:** 1<sup>st</sup> time = warning; repeated offense = technical foul
1. Flagrant Fouls
  - b) Dangerous or malicious fouls with no attempt to play the ball or with excessive contact, the player should be ejected immediately.
  - c) Can be applied to any fouls or violations
- 5.

#### Soccer:

1. Games are generally played 5v5, including a goalkeeper
  - a. Individual teams have the opportunity to adjust games to 6v6, but only if both teams agree
2. Offsides will not be called

3. The clock is generally a running clock, with the only exceptions being timeouts and injuries. The one exception to this rule is time used to retrieve balls that have been kicked a distance of more than 20 yards outside the field and neither team has substitutes available
  - a. Games where there is at least one substitute (either team) will not have clock stop.
4. **No slide tackling is allowed.**
5. All high kicks above the waist in a dangerous manner will be prohibited and declared as a foul.
  - b. A free kick is awarded at the spot of the foul

#### **Ultimate Frisbee:**

1. Games start with flipping discs for ODDs or EVENs
2. Stalls:
  - a. The person with the disc has 10 seconds to throw the disc
  - b. The defender is required to count the stalls out loud, and must be at least 10 feet away to do so
3. Travels can also occur any time a player moves with the Frisbee in hand and is not attempting to slow down his/her momentum (usually after a catch)
  - a. If players exceed 3 steps while attempting to stop, they must move backwards returning to the location where it would be 3 steps from the catching point
4. In ultimate, the line is considered to be out
  - a. If a player has a foot on the line while he/she is touching the disc, it is out-of-bounds and a turnover
5. Although Ultimate Frisbee will have a referee present at all games, traditionally, the game is self-officiated
6. Players have the right to call their own fouls and violations, and opposing players involved have the right to contest the call
7. It is the decision of the referee who will make the final call on the play

#### **Volleyball:**

1. Outdoor Volleyball does involve playing in various weather conditions. Games will only be moved inside if weather becomes a hazard, meaning that players need to be prepared to play in wind, rain and sunshine.
  - a. IM staff recommends coming prepared with a sunglasses, jackets and gloves, depending on the weather conditions. It is the decision of the IM staff on the field to determine if weather is considered hazardous.
2. Players are never allowed to touch the net during play. If they touch the net before the ball hits the ground, then it is the other team's point
  - a. Any contact with the net is considered to be in the net, game play stops with a whistle from the referee
  - b. Players who make contact with the net after they ball hits the ground will still receive their point, but will also receive a warning as going into the net is a safety hazard
3. "Roofing", or reaching beyond the net is illegal
  - a. By definition, roofing is an interference where a defending player or blocker makes contact on a playable ball while it is still on the other side of the net
4. Everyone is required to serve, unless subbed out for
1. It is illegal to block/attack a serve
  - a. this means that once the ball is served, a player on the opponent's team cannot jump in front of the ten-foot line and attack the ball either with one or two hands
  - b. This includes setting it back over the net. Anything that involves the player's hands at chest level and higher will be considered an attack
2. It is legal to contact the ball with a foot as long as that foot is touching the ground (either heel or toes)
3. The contact is illegal if any part of the foot is not touching the ground
4. Back-row attacks are not allowed
5. These are when someone who is playing in the back row jumps on or over the 10-foot line.
  - a. If the player jumps before they step on the line, then it is considered legal
  - b. Exceptions:
    - i. Team has 5 players, 1 person in the back row is allowed to hit front row
    - ii. Team has 4 players (or less), everyone is allowed to hit front row
6. Teams are allowed to substitute without notifying the referee

**Timeouts:**

1. Teams are allowed 1 timeout per game, timeouts do not carry over to other games

**Blood Rule:**

Any player who is bleeding must be substituted for until the bleeding stops. An intramural staff member has the authority to remove the player. If by removing the player who is bleeding, the team falls below the minimum number necessary to play, the following will apply: The game clock will stop and five (5) minutes will be allowed for the player to stop the bleeding. Any blood on the court must be removed using proper methods and bloodied clothing must be changed. AN INTRAMURAL STAFF MEMBER MUST APPROVE THE PLAYER TO REENTER, AND HAS THE AUTHORITY TO PREVENT REENTRY. Players who refuse to leave the game due to bleeding could potentially face suspension.



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