



Game Rules

Rules have been set by the hosting facility and are subject to change by officiants to better fit the needs of Corporate Challenge. Check for updated rules to be posted before each event takes place.

Boat Race Rules and Guidelines:

The Supplies:

- Corrugated Cardboard
- Elmer's Wood Glue
- Duct Tape
- Long Straight Edge (rule, yardstick, measuring tape)
- Cutting Implement (utility knife, box cutter, tin snips)
- Quick Dry Caulking (latex)
- Paint & Brush/Roller (Outdoor Paint)
- Optional Polyurethane for top coat
- Marking Pens & Pencils
- Weights (bricks or heavy stones)
- Binder Clips or Clamps
- Putty Knife

Forbidden Materials:

- Two part glues
- Fiberglass resins and Plastic Epoxies
- Metal
- Plastic
- Foam Core Boards or Styrofoam
- Pasteboard or Chipboard types of Cardboard
- Non-corrugated cardboard (i.e. cardboard tubes)
- Wood
- Cardboard that has been factory coated with wax
- Metal foils and paints

This year boats must be assembled on site. Keep this in mind when selecting materials that will be able to work properly in the time allotted. Assembly will begin at 7pm and race begins at 9:00pm

Step 1: come in with a design on paper and use this design to build a small mock-up. Use this scale model to determine how many sheets of cardboard you'll need. Planning ahead will give you more building time.

Step 2: Once you have a model that looks good, transfer the design to graph paper using appropriate dimensions. This can be used to draw a pattern on the cardboard sheets. Hint: Lines to be cut should be identified differently than bend lines

- Plan the right size boat – a box 1 x1 x 3 will float 180 pounds... so, if your boat is big enough to hold you, in all probability it will also be big enough to float.
- If you plan to have a crew, build a boat that will fit chosen number of rowers. Be sure that you account for their weight.
- Flat Bottoms tend to be less “tippy” than V-shaped bottoms.
- The lowest center of gravity (sitting in the bottom of the boat) is the most stable position. Kneeling or standing... you'll probably tip over.
- Dimension Considerations Longer boats go faster, but they are harder to turn. Boats shorter than 10 feet are difficult to steer straight. 10-12 feet in length seems to be just about right. Don't make your boat sides too high. For example, 18 inches in height will allow room to sit and paddle without the edge of the boat blocking your arms. Plan width based on the number of people. If there will be just one paddler, don't go wider than 30 inches. If there are two, try about 48 inches

Step 3: When you are ready to go, start with flat sheets of cardboard. Any bends or folds in the cardboard will weaken the boat, so try to get flat, unused sheets of cardboard if at all possible. Once you have the flat cardboard, draw the design on it. Then you are ready to start cutting & bending. Hint: To bend cardboard cleanly, make a dent or a crease in the flat cardboard using a blunt rounded tool like the handle end of a crescent wrench.

Step 4: Usually a boat will be made up of multiple pieces, assembled together and glued. Hint: After gluing, use a clamp to hold the glued parts together until dry (1/2 – 1 hour).

Waterproofing Tips:

- Paint all surfaces of the cardboard before gluing (rollers paint faster than brushes). A polyurethane porch and deck enamel works good. Use 3 coats.
- Caulk edges (cut nozzle at angle to make a U-shape to run along edges).
- Glue after painting and caulking. Squeegee glue across entire surface to be glued.
- Avoid oil-base stains, caulk and glue. The oil soaks into the cardboard, may never dry and this will weaken the cardboard. No hot-melt glue guns allowed – this glue “melts” on warm days.
- Reinforced paper tape works best over caulked edges and seams. Duct tape is bad... it shrinks when painted. Clear tape is bad... it melts when painted.
- 3 layers of cardboard is plenty strong for the bottom of the boat.

Step 5: Caulk all of the folds and corners to seal then paint all of the individual pieces. Any type of leftover paint could be used for this. (Note: You can caulk after painting.)

Step 6: Put the pieces together and glue them. Once the glue dries, another round of caulking may be in order.

Step 7: Now comes the fun part – painting and decorating the outside!

Cornhole

Points

- A corn bag is thrown through the hole in the cornhole platform or otherwise comes to rest aside the cornhole platform. A corn bag that makes it in the hole has a value of three points.
- A corn bag that is not in the hole but land with any portion of the corn bag resting on the cornhole platform is in-the-count. A corn bag in-the-count has a value of one point. For a bag to be considered in-the-count the bag must not touch the ground or any other portion of the court prior to coming to rest on the platform. If the corn bag touches the ground before coming to a rest on the cornhole platform, it is a foul and must be removed from the cornhole platform prior to the continuation of play.
- A corn bag which comes to rest anywhere except in-the-count or in-the-hole is out-of-the-count and has no scoring value. A corn bag which is declared to be a foul is considered to be out-of-the-count (no matter where it comes to rest) and must be removed from the cornhole surface prior to the continuation of play.

Scoring

1. The points of both contestants are calculated for hole-ins and in-the-count corn bags.
2. The points of the lowest scoring contestant for hole-in corn bags are subtracted from the points of the highest scoring contestant for hole-in corn bags. The result is the in-count score for the highest scoring contestant. The hole-in score for the lowest scoring contestant is zero.
3. The points of the lowest scoring contestant for the in-the-count corn bags are subtracted from the points of the highest scoring contestant for in-the-count corn bags. The result is the in-the-count score for the highest scoring contestant. The in-the-count score for the lowest scoring contestant is zero.
4. The hole-in score for each contestant is added to the in-the-count score for each contestant to derive the recorded score for the inning.
5. In this manner hole-in and in-the-count corn bags from each contestant or team of contestants are cancelled out and only non-cancelled corn bags are counted in the score.

Pitching the bags

In doubles play, the first side of contestants alternate pitching corn bags until they have thrown all four corn bags, then the remaining contestants (pitching from the other cornhole platform) continue to alternate in the same manner until all four corn bags are delivered and the inning completed. Delivery in singles play is handed in the same manner (but from the same platform) with each of the two contestants alternating their pitching of corn bags until all four corn bags have been pitched completing the inning.

A contestant may deliver the corn bag from either the left or right pitcher's box but in any one inning, all corn bags must be delivered from the same pitcher's box. A contestant shall pitch the entire tournament with the same hand or arm, except in the case of medical emergency.

Each individual contestant shall deliver the corn bag within 20 seconds. The time shall start when the contestant steps onto the pitcher's box with the intention of pitching.

Pitching rotation: The contestant who scored in the preceding inning shall pitch first in the next inning. If neither pitcher scores, the contestant who pitched second (last) in the preceding inning shall pitch first in the next inning.

Pitching position: The pitcher must maintain constant contact with the designated pitcher's box during the entire address and release of the corn bag. The only exception is for junior and physically challenged contestants, who must simply remain completely behind the 21 ft. foul line when the bag is released. The opponent, while not pitching, shall stand behind the cornhole platform at least 2 feet to the rear of the contestant who is pitching. After a short distance contestant (junior or physically challenged) pitches first they must return to the cornhole platform if the opponent or any contestant on adjacent court is a full distance pitcher.

If both contestants use the same pitchers box to deliver their corn bags, the contestant pitching first should cross over to the other pitcher's box in front of the cornhole platform and then move to the proper position. As the first contestant is crossing in front the second contestant should be crossing over back and mounting the pitcher's box from the rear. If both contestants use opposite pitcher's boxes, the contestant who pitches first should step directly back to the proper position.

Foul Bags: A foul corn bag is a corn bag which was delivered in non-compliance with one of the rules of the game. It scores as a corn bag out-of-the-count and is to be removed from the cornhole court before any more corn bags are pitched. Corn bags already in the court that have been knocked into foul territory by a foul corn bag should be returned to the scoring area. Additionally, corn bags that are in-the-count, but are knocked into the hole by a foul corn bag must be returned to their original scoring position.

Winning the Game

The cornhole match shall be played until the first team of contestants reaches (or exceeds) 21 points at the completion of an inning. The winning team does not need to win by 2 or more points.

The cornhole match can never end in the middle of an inning. Thus, if a team that pitches first reaches or exceeds 21 points, the game can not end until the other side is allowed to pitch all of their corn bags and the inning is completed.

If the cornhole match is tied at 21 or more at the end of an inning, play continues until one team or the other achieves a higher score at the end of an inning and wins the match.

Kickball Rules

Team Captains and Player Eligibility

- Game clock will start at scheduled game time.
- A maximum grace period of 5 minutes will be granted to teams waiting on players. Every minute that a team does not have the minimum number of players to start, the opposing team will be granted one point.
- The game will result in a forfeit if a team cannot meet the minimum player requirement after the 10-minute grace period.
- Team captains are responsible for informing their teammates of all Sports policies and procedures.
- Only team captains or designated players may address an official regarding rule interpretations or to obtain essential information.
- Team captains are responsible for their team and fans behavior before, during, and after the game. Fan penalties will be awarded to the captain.
- Team captains are responsible for any equipment given to them, such as team jerseys and team balls. **Team captains will be charged for missing or damaged items.**
- All participants must check in to participate and to be eligible for play.
- Usage of illegal or ineligible players will result in an automatic forfeit of that game.
- **UNDER NO CIRCUMSTANCE IS ALOCHOL ALLOWED.** UPD will be called if any fan or participant is in possession or under the influence of alcohol.
- Smoking is not allowed. Smoking includes, but is not limited to cigarettes, e-cigs, vape machines, illegal substances, etc.

Timing & Gameplay

1. Each game will have a 50-minute time limit. If the home team is losing and has yet to bat, they will get the opportunity to play the bottom of the inning. No new inning will begin after 40 minutes.
2. Games will conclude after 7 innings or if the time limit is reached.
3. Each team can have up to 10 players on the field at a time, but no less than 8.
4. Teams will pitch to their own players. Pitcher needs to be on or behind the mound. Each batter is granted a maximum of 3 pitches with no exceptions. Example: If a player hits a foul ball on the third pitch, they are still out.
5. If the pitcher contacts the ball unintentionally, ball is dead and will result in a re-kick, unless it is the third pitch.
 - a. If the pitch contacts the ball intentionally, it will result in an out.
6. Defense is always required to have a designated pitcher. This player is not allowed to move from the defensive pitcher mound until contact with the ball has been made.
7. Each team is granted 3 outs per inning.
8. Each inning a run rule will be put in place after a team scores 10 runs. After 10 runs, the half inning is over.
9. Stealing bases is not allowed, offensive players cannot leave the base until the ball has been kicked.
 - a. If an offensive player leaves the base early, it will result in an out.
10. Each team must submit a batting order to the scorekeeper/umpire before the start of the game. Any player found to bat, out of order, will be considered out.
11. Bunting is not allowed, calls will be made at the discretion of the umpire.

Extra Innings

1. If game is tied after the 50-minute time allotted or 7 innings, there will be ONE extra inning.
2. Each team will get 2 outs OR 6 batters to score as many runs as possible, whichever is to occur first.
 - a. The last player out in the lineup, prior to the start of the extra inning, will start on second base. From there the next person on the lineup will kick.
3. If teams are tied after the extra inning, a winner will be decided by rock-paper-scissors between the captains.

Miscellaneous

1. All kickers must be behind the kick line when contacting the ball.
2. Bunting is not allowed. Attempted bunts will be an automatic out. All bunt calls made by the umpire are final.
3. Defensive players are not permitted to block any bases or home plate when receiving a throw to keep a base runner from reaching that base. Base runners who are unable to reach the base due to defensive blocking will be called safe.
4. An out for a kicker can be made by any of the following:
 - a. Ball is caught in the air
 - b. The kicker contacts the ball beyond the designated kick line
 - c. If the kick on the third role is not playable
 - d. Tagging the runner out
 - e. Throwing the ball at a runner, if the throw is below the shoulders, and hitting him/her before safely reaching the base.
5. If a ball gets thrown at a runner and hits them in the head, the ball is declared dead and the runner will advance one base forward.
6. Defensive players cannot stand in the base path or obstruct the path of a base.
 - a. If the defense obstructs a runner's path, then the runner is awarded the base that he/she would have originally reached.
7. Force outs: out that is made by a fielder by touching the base that a baserunner was forced to occupy. A base runner must advance to the next base on the field in the kicker needs to occupy that base.

Unsportsmanlike conduct

1. Includes acts of deceit, disrespect or vulgarity and includes taunting, bad mouthing, or any disrespectful act ruled by the umpire.
2. Misconduct by those members on the bench when officials cannot determine specific offender(s): warning/penalty is issued to team manager or captain.

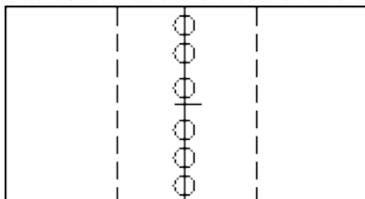
Protest

1. There can only be a protest regarding a player's eligibility or a rules interpretation. An official's judgment call cannot be protested. Protests concerning eligibility must be made before, during, or immediately following the game. Protests concerning a rule interpretation must be made immediately following the play in question. Only players of the offended team will be allowed to protest.

Dodgeball Rules

Court, Boundaries, & Equipment

1. Games will be played on the volleyball courts in the Dugan Wellness Center.
2. The court will have a center line and two clear lines; one on each half.



3. During play, all players must remain within the boundary lines of the court. Players may only leave through their end-line to retrieve stray balls. They must also return through their end-line.
4. Six dodgeballs will be placed at mid court to begin match. Any intentionally damaged equipment will be charged to the player or team captain and that player will be ejected.
5. Shoes must be appropriate, athletic shoes. No boots, open toed shoes, or crocs will be allowed.
6. The use of headgear, jewelry or any unyielding or dangerous equipment is prohibited. No baseball style caps or bandannas may be worn at any time.
7. Tape or bandage on the hand, wrist, forearm, or any other part of the body is prohibited except to protect an injury. Under no circumstances will a player wearing a cast or splint be allowed to play. Braces with exposed metal parts must be covered.
8. Belt loops, pockets, exposed drawstrings, or untucked hoods on sweat shirts are illegal.

Team Size

1. Each team is allowed six players on the court at a time. Extra players may wait by the end-line in the order they wish to enter the game when permitted.
2. Co-Rec teams must have 3 men and 3 women
3. The minimum number of players allowed to start a game is 4.
4. Co-Rec. teams must start all games with no more than one gender more than the other: 3 males and 2 females, 2 males and 3 females, etc.

Game Play

1. Games will be a best of five series. The first team to reach 3 match wins will win the game. Each match will end when one team is eliminated, or after 5 minutes. The team with the most players as time expires will be declared the winner.
2. With two minutes remaining, players may advance to their opponent's clear line to throw a ball.
3. If a match ends in a tie, then a Sudden Death overtime begins as time expires. In overtime the first team to legally eliminate a player will be declared the winner. At this time, players may move anywhere within the court.
4. The object of the game is to eliminate all opposing players by getting them out.
5. An OUT is scored by:
 - a. Hitting a player with a live thrown ball below the shoulders. Note: A player who is hit in the head and did not duck into the ball, is not out. The thrower is out. If the player hit in the head ducks into the ball, he/she is out. No consequence for the thrower. This will be a judgement call by the official.
 - b. Catching a live thrown ball by your opponent. Note: The team that caught the ball returns an eliminated player to their team. Players return to the game in the order that they were eliminated.
 - c. If a thrown ball is deflected and then caught before it hits the ground, the thrower is out. However, a player hit by a deflected ball is not out.
 - d. Causing an opponent to drop a held ball as a result of contact by a thrown live ball (usually occurs when a ball is being used to block a thrown ball)
 - e. A ball rebounding off a "catch" attempt may be caught before touching the floor, wall or backboard by any in bounds player on the "hit" player's team. Result: The thrower is out.
6. Players will be declared out on their own accord if:
 - a. Any part of their body contacts the playing surface on or over sideline.
 - b. They enter or re-enter the field through the sideline.
 - c. They leave the playing area to avoid being hit by or attempt to catch a ball.
 - d. They have any part of their body cross the centerline and contact the ground on their opponents' side of the court.
7. A ball rebounding off a wall, backboard, etc. and caught or hitting a player does not eliminate that player.
8. A player hit, a ball caught, or a ball thrown outside the boundaries of the court does not count as an out.

9. Eliminated players will form a line on their side of the court next to the end line. These players must remain in the order that they were eliminated with the first person eliminated closest to the end line. Every time a ball is “caught” the eliminated players from that team can re-enter the game in order.

Beginning the Game

1. The game begins by placing six dodgeballs along the centerline
2. Players take position behind their end line.
3. Following the signal by the official, teams may approach the centerline to retrieve balls.
4. Every ball retrieved at the opening rush must first be taken or passed beyond the clear line and into the team’s back court before it may be legally thrown at an opponent.

Stalling and 5-second Violation

1. A team trailing during a game must be given the opportunity to eliminate an opposing player. This requires that the trailing team must have a ball at their disposal.
2. It is illegal for the leading team to control all the balls for more than 5 seconds. If the leading team controls all the balls they must get at least one ball across the attack line and into the opponent’s back court. If this is not done within 5 sec., a 5-sec. Violation will be called.
3. First Violation: Stoppage of play and the balls will be divided evenly between teams. Play will continue with “Balls in hand.”
4. Second Violation: One player from the offending team will be “out”, at the choice of the opposing team.

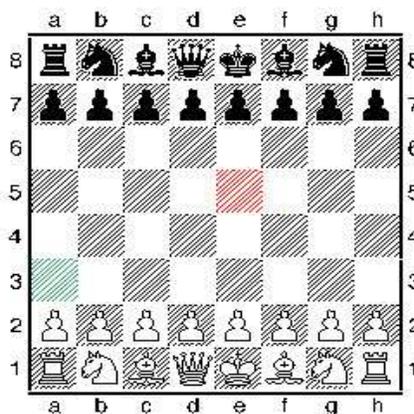
Unsportsmanlike Conduct

1. Minor Penalty: As a result of a player in violation of unsportsmanlike behavior he/she will be removed from the game. If the player committing the penalty is already “out” then the team will be penalized by removing one additional player who is chosen by the opponents. (I.e. slamming a ball, using vulgar language, taunting, delay of game...etc.)
2. Major Penalty: Any player demonstrating severe unsportsmanlike behavior such as but not limited to verbal or physical abuse of officials, participants, or spectators will be ejected from the gym and not permitted to play in the team’s remaining games.

Chess

(The number of rounds will be determined by the number of people signed up for the tournament.)

Chess is played on an 8x8 board. White moves first. When you set up the board, remember the following things:



1. "White is right!" Make sure the right corner of the board is on a White square. Many movies, T.V shows, and even art exhibits with chess sets get this wrong.
2. Queen on her color! If you are White the queen should be on a White square. If you are Black, the queen should be on a Black square.

The letters on the bottom (a-h) of the board correspond to files. The numbers on the side of the board refer to ranks (1-8). Each square has a name. The red square is called **e5**.

Piece Movements

1. The Rook: The rook can move horizontally and vertically as many squares as it wants. The rook can move to any of the starred squares.
The rook captures in the same way that it moves.
2. The king has little mobility. But the king's value is unquantifiable, because its entrapment ends the game. It moves one square in every direction.
3. The bishop moves diagonally as many squares as it wants. Bishops remain on the same color all game.
4. The queen is the most powerful piece on the board. She moves like the rook and bishop combined: diagonally, horizontally and laterally as many squares as she wants. Like the rook and bishop, she captures in the same way that she moves.
5. The pawn is the weakest piece on the board, but don't underestimate their importance. Learning the pawn's move is tricky. The pawn is the only piece on the board that does not move backward. A decision to barge ahead with a pawn is final, which is why such precision is required with pawns. On their first move, the pawns can move forward one or two squares. Think of the two square push as the pawn's morning cup! After each pawn has moved, it can only move one square forward at a time.
6. The knight is the trickiest piece to learn. Knights are also the most special piece in chess. The knight moves two squares one way, and then one square the other, in the shape of an L. The knight captures in the same way as it moves.

Checkmate

Checkmate is when a king has no way to escape from a check. (There are no squares to flee to, no way to block or capture the checking piece.) Checkmate is the goal of chess and ends the game. Many chess lovers are drawn to the game by checkmate- it's a clear competitive purpose and to many, aesthetically pleasing.

Special Moves

Castling: You can only castle, if all of the following are true

- #1- Your king has not moved yet
- #2- The rook you want to castle with has not moved yet
- #3- There are no pieces between the rook and the king
- #4- You are not being checked. (You can't castle out of check!)
- #5- The process of castling will not put or land the king in check.

Pawn Promotion: Pawns cannot move backwards, so you might wonder what happens when they reach the last rank. They turn into any piece that you want, except the king. 99% of the time, players choose the most powerful piece on the board, the queen. For this reason, "queening" is just as popular a phrase as "promoting."

En passant: French for "in passing". This rule can only be used in a very specific situation. If a pawn has reached the fifth rank as in diagram 1, (or the fourth rank for Black) and a neighbor enemy pawn takes a morning coffee jump (in diagram 2), the White pawn can capture the zealous enemy pawn (diagram 3) as if it had only moved one square.

Additional Rules

In competitive chess every game is worth one point. Checkmate is one way to win the whole point, but you can also win if your opponent resigns or runs out of time.

A game can also end in a draw. Nobody wins or loses, and each player gets 1/2 a point. There are many paths that end in a draw.

Draw #1- Agreement: Each side has a rook and a king. This is a perfect example of what's known in competitive chess circles as a "dead draw". If both players are confident that their opponents will not give up their rook, they'll agree and shake hands immediately.

Draw #2-Insufficient Mating Material: A knight and a king or a bishop and a king are unable to checkmate a lone enemy king.

Draw #3- Stalemate: If an opponent cannot move any of his pieces, including the king, the position is a stalemate and is scored as a draw.

Draw #4- Repetition of Position: When a chess position is repeated three times, either player can claim a draw by repetition. The most common way to achieve three-move repetition is via perpetual check.

Draw #5- Double Time Forfeit: If both players run out of time, it's a draw. If both players have run out of time, but there's checkmate on the board, the checkmating player wins the game. Position takes precedence over the clock.

Draw #6- 50 Move Rule: If no pawns or pieces have been traded for more than 50 moves, a game is determined to be a draw. This rule requires that the player who makes the claim write down his moves.

The clock

All serious tournament chess games are played with double plated clocks. Player A, with the Black pieces begins a game by shaking hands with his opponent and pressing his clock button down, thus starting Player B's clock. When Player B, playing with White, moves, she hits her clock button and Player A's time starts running. This goes on throughout the game. Only one side of the clock ticks at a time.

For more information go to The United States Chess Federation at
<http://www.uschess.org/content/view/7324/>

Pickleball

Basic Rules Overview

- Pickleball is played either as doubles (two players per team) or singles; doubles is most common
- The same size playing area and rules are used for both singles and doubles

The Serve

- The serve must be made underhand.
- Paddle contact with the ball must be below the server's waist (navel level).
- The serve is initiated with at least one foot behind the baseline; neither foot may contact the baseline or court until after the ball is struck.
- The serve is made diagonally crosscourt and must land within the confines of the opposite diagonal court.
- Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve and lands on the proper service court; let serves are replayed).

Service Sequence

- Both players on the serving doubles team have the opportunity to serve and score points until they commit a fault *(except for the first service sequence of each new game).
- The first serve of each side-out is made from the right/even court.
- If a point is scored, the server switches sides and the server initiates the next serve from the left/odd court.
- As subsequent points are scored, the server continues switching back and forth until a fault is committed and the first server loses the serve.
- When the first server loses the serve the partner then serves from their correct side of the court (except for the first service sequence of the game*).
- The second server continues serving until his team commits a fault and loses the serve to the opposing team.
- Once the service goes to the opposition (at side out), the first serve is from the right/even court and both players on that team have the opportunity to serve and score points until their team commits two faults.
- In singles the server serves from the right/even court when his or her score is even and from the left/odd when the score is odd.

*At the beginning of each new game only one partner on the serving team has the opportunity to serve before faulting, after which the service passes to the receiving team.

Scoring

- Points are scored only by the serving team.
- Games are normally played to 11 points, win by 2.
- Tournament games may be to 15 or 21, win by 2.
- When the serving team's score is even (0, 2, 4, 6, 8, 10) the player who was the first server in the game for that team will be in the right/even court when serving or receiving; when odd (1, 3, 5, 7, 9) that player will be in the left/odd court when serving or receiving.

Two-Bounce Rule

- When the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning, thus two bounces.
- After the ball has bounced once in each team's court, both teams may either volley the ball (hit the ball before it bounces) or play it off a bounce (ground stroke).
- The two-bounce rule eliminates the serve and volley advantage and extends rallies.

Non-Volley Zone

- The non-volley zone is the court area within 7 feet on both sides of the net.
- Volleying is prohibited within the non-volley zone. This rule prevents players from executing smashes from a position within the zone.

- It is a fault if, when volleying a ball, the player steps on the non-volley zone, including the line and/or when the player's momentum causes them or anything they are wearing or carrying to touch the non-volley zone including the associated lines.
- It is a fault if, after volleying, a player is carried by momentum into or touches the non-volley zone, even if the volleyed ball is declared dead before this happens.
- A player may legally be in the non-volley zone any time other than when volleying a ball.
- The non-volley zone is commonly referred to as "the kitchen."

Line Calls

- A ball contacting any line, except the non-volley zone line on a serve, is considered "in."
- A serve contacting the non-volley zone line is short and a fault.

Faults

- A fault is any action that stops play because of a rule violation.
- A fault by the receiving team results in a point for the serving team.
- A fault by the serving team results in the server's loss of serve or side out.

VOLLEYBALL RULES

Volleyball plays under NCAA Volleyball Rules with the following modifications

Team Captains and Player Eligibility

- Game clock will start at scheduled game time.
- A maximum grace period of 10 minutes will be granted to teams waiting on players. Every minute (up to ten) that a team does not have the minimum number of players to start, the opposing team will be granted one point.
- The game will result in a forfeit if a team cannot meet the minimum player requirement after the 10-minute grace period.
- A team will be assessed a forfeit fee of \$10 if they forfeit a game. Team captains will be allowed to finish the current sport he or she is participating in but will not be allowed to compete in future intramural events until the fee is paid in full. A team with two "no call, no show" forfeits will be dropped from the league.
- Team captains are responsible for informing their teammates of all Intramural Sports policies and procedures.
- Only team captains or designated players may address an official regarding rule interpretations or to obtain essential information.
- Team captains are responsible for their team and fans behavior before, during, and after the game. Fan penalties will be awarded to the captain.
- Team captains are responsible for any equipment given to them, such as team jerseys and team balls. **Team captains will be charged for missing or damaged items.**
- Team rosters are frozen after the last game of the regular season.
- **UNDER NO CIRCUMSTANCE IS ALOCHOL ALLOWED IN THE REC CENTER.** UPD will be called if any fan or participant is in possession or under the influence of alcohol.
- Smoking is not allowed inside the perimeter of Dugan Wellness Center. Smoking includes, but is not limited to cigarettes, e-cigs, vape machines, illegal substances, etc.

Equipment

1. The net height for each division will be as follows:
 - a. Women – 7' 4"
 - b. Men – 8'
 - c. Co-Rec – 7' 8"
2. No Jewelry, hats, caps or bandanas. Participants may not cover up jewelry with tape, Band-Aids or other such items, choosing to play with jewelry can result in an ejection from the competition.
3. No casts or splints (hard or soft) are permitted; however, knee braces are permitted.
4. Teams may wear their own jerseys.
5. Shoes must be appropriate, athletic shoes. No boots, open toed shoes, or crocs will be allowed.

The Game

1. Games will be a best of three series. The first two matches will be rally scoring to 25 points. If a third match is necessary, it will be played to 15 points. All matches are win by two with a point cap of 30 and 20, respectively.
2. Each team will start with 6 players on the court; however, they will be permitted to begin with 4.
3. Service will be decided by a coin flip at the captain's meeting prior to the start of the game.
4. Each team is permitted one timeout per match.

Service & Rally

1. A rally begins when the server contacts the ball and ends when the ball is out of play or makes contact with the opponent's side of the court. A rally is completed when a point is awarded to either team.
2. If the serving team wins a rally, they score a point and continue to serve. If the receiving team wins a rally, they score a point and gain the right to serve; players must rotate one position clockwise before serving. Intentional failure to do so will result in a point and service turnover for the opposing team
3. Teams must serve in the order they are positioned on the court.
4. A server may only hit the ball with one hand and may not step on the service line prior to contact with the ball.
5. A server is allowed 8 seconds to serve the ball after the referee authorizes the serve.

Scoring

1. A team scores a point when:
 - a. The ball contacts the opponent's court
 - b. The opposing team commits a fault
 - c. The opposing team is assessed a penalty
 - d. An opposing team member is disqualified

Faults

1. A foot fault occurs when the server steps on or over the line bounding the serving area during the act of serving. Part or all of server's body may be in the air over the lines.
2. The use of the palms to play a ball should be cited as a lift and play should be disallowed. Catching, throwing, or prolonged contact with the ball is also considered a lift.
3. Blocking a ball, which is entirely on the opponent's side of the net, is permitted when the opposing team has had an opportunity to complete their attack. The attack is considered complete when:
 - a. The attacking team has had the opportunity to spike the ball or, intentionally direct the ball into the opponent's court. This will be the judgment call for the official and cannot be protested.

- b. The attacking team has completed their 3 allowable hits.
 - c. The ball is falling near the net and, in the official's judgment, no member of the attacking team could reasonably make a play on the ball
4. A back-row player must make contact with the ball, if attacking, before the 10-foot line, failure to do so will result in a point awarded to the opposing team as well as a turnover.
5. A ball illegally contacted more than once by a player is considered a double hit and a fault.
6. Participants are not allowed to touch the net during game play.
7. Players may step on the center court line, but they may not completely cross it.

Points of Interest

1. Reaching over the net is permitted during:
 - a. A fake hit.
 - b. The follow-through on a hit made on the player's own side.
 - c. An attempt to hit.
 - d. A block or attempt to block.
2. If only one player is attempting to block and in doing so contacts the ball, he/she is permitted to contact it a second time.
3. A player may only touch the ball multiple times in one play if:
 - a. A player attempts to block a spike, the ball touches one part of the player's body, they are allowed to touch the ball again, this will be considered the 1st touch of the total 3.
4. A ball touching a boundary line is considered in bounds.
5. If the ball is contacted by two players simultaneously, it counts as one hit and either player may make the next hit.
6. If two or more players from opposing teams hit the ball simultaneously, it shall NOT count as one of the three hits.
7. If a ball is driven into the net with such force it causes the net to contact a player on the opposing team, no foul shall be called, and the ball shall continue to be in play.
8. A double foul shall be called when players on opposing teams commit a rules infraction at the same instant. In case of a double foul, the point shall be replayed.
9. If a team is playing with four players, there must always be two front row and two back row players. If a team is playing with five players there are three front row players and two back row players.
10. The use of any body part is **legal** and may be considered as one of the three hits. (Ex) head, foot, arms, leg, hands are all legal to use during game play.

Unsportsmanlike conduct

- Includes actions which are unbecoming to an ethical, fair, and honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting. It includes:
- Unsportsmanlike Conduct Violations
 - Warning: For a first minor offense, a yellow card is administered by the referee at the first dead ball. The warning shall be recorded on the score sheet. No penalty is assessed.
 - Penalty: For a second minor offense by a team or for a single serious offense a red card is administered at the first dead ball. A point/side-out is awarded the opponent, and the penalty is recorded on the score sheet.
 - Disqualification: For a second minor offense by same player or a single serious offense a red card is administered at the first dead ball, a point/side-out is awarded the opponent, the player is ejected and the penalty recorded on the scorecard.
- Forfeit: If a disqualified individual violates the conduct rule following ejection, the offender's team shall forfeit the match.
- Misconduct by those members on the bench when officials cannot determine specific offender(s): warning/penalty is issued to team manager or captain.
- If an intramural participant is ejected from any intramural contest, they are immediately ineligible for further competition, in any facility or intramural activity, until they are cleared by the Coordinator of Intramural Sports or his/her designee.
- Playoff Eligibility: Teams must earn an average of a '3' sportsmanship rating during regular season

Co-Rec Modifications

1. Net: The net height will be set between men's and women's height at 7'8".
2. Participants: 3 men and 3 women shall be placed in alternate positions on the floor. A team may begin with 4 players. Front and back row players must be designated to the officials when less than 6 players are used. If disqualification reduces the number to fewer than 4, the game shall be defaulted. Ratios must be equal. 3 and 3 with 6 players, 3 and 2 with 5 players, and 2 and 2 with 4 players.
3. Gameplay: If a ball is played by more than one player on a team, a female must also make a contact with the ball, before going over the net.
 - a) Back row players cannot participate in blocking or attacking past the 10-foot line. If a back-row player wishes to attack the ball, it must be done prior to the 10 foot line. Meaning the player must jump before the 10-foot line and is allowed to make contact with the ball at any time in the air and land anywhere after the 10 foot line.
4. Substitutes: Men must substitute in for men and women for women. The actual substitution shall be made only during a dead ball and without delay.

Playoff Eligibility

1. Teams will only be eligible for post-season play if they earn an average sportsmanship rating of 3 or higher
2. Teams that win via forfeit will receive a 3 rating.
3. Teams that lose via a forfeit will receive a 2 rating.
4. Teams that lose via default will receive a 3 rating.
5. Please contact the Competitive Sports Coordinator with any questions regarding sportsmanship ratings.

Protest

There can only be a protest regarding a player's eligibility or a rules interpretation. An official's judgment call cannot be protested. Protests concerning eligibility must be made before, during, or immediately following the game. Protests concerning a rule interpretation must be made immediately following the play in question. Only players of the offended team will be allowed to protest.

3 V 3 Basketball

Rules

1. Format will be as follows: Teams will play one game to 25 points, by 1's and 2's. Teams must win by two points.
2. Starting the game: After agreeing on a game ball (balls will be available for check-out with an ID if teams cannot agree on a ball), each team shall designate one person to shoot free-throws to determine which team will start with possession of the ball. After one person has made and one person has missed, the team making the free throw shall start with the ball at the top of the key. After the first game, the losing team of the previous game will start the next game with the ball.
3. Checking the ball: The ball shall be "checked" before the start of the game at the top of the key, and after all usual and unusual stoppages of play, including, but not limited to: steals, turnovers, made baskets, all fouls, out-of-bounds, and balls entering the court from another court. For any unusual stoppage of play, the team currently or last in possession of the ball shall retain possession, except after a made basket.
4. After a made basket, the team that was on defense will start at the top of the key on offense. There is no make-it-take-it.

5. Scorekeeping/Reporting: Teams are responsible for keeping track of the score throughout the game. The score should be announced prior to every checking of the ball. In the event of a score discrepancy, teams shall restart the game from the last agreed upon score.
6. Fouls will be called by the players on the court. A defensive foul on a made basket shall result in the basket counting and the fouling team starting with the ball at the top of the key. A common foul, or a foul resulting in a missed shot, shall result in the fouled team starting with the ball at the top of the key. There will be no free throws. There shall be no foul limit for players to exceed. Sport Supervisors have the right to issue warnings or disqualify teams from the tournament if teams continually foul their opponents.
7. Excessive fouling, with the intent to gain an advantage, and not in the spirit of the game, will be penalized at the Staff's discretion.
8. Out-of-Bounds: In the event the ball is declared out-of-bounds, the game shall be restarted at the top of the key with the team not having last touched the ball being awarded possession. The half court line shall be considered an out-of-bounds line. If the ball passes over the backboard, it shall be the same as an out-of-bounds violation.
9. Alternating Possession/Jump Balls: On the first held ball, the ball shall be awarded to the team that did not start the game with possession. Possession on all held balls thereafter shall be awarded on an alternating basis. Teams are responsible for keeping track of the alternating possession.
10. After a defensive rebound of a shot attempt (regardless of the ball hitting the rim or not) the player must take the ball outside of the 3-point line with both feet before taking a shot at the basket.
11. Forfeit Time: A game time forfeit time will be enforced. Teams must be on the court and ready to play.
12. A minimum of three players must be present to start an official game. If less than three players are present, the game will be declared a forfeit. A team may play with less than three players if players become injured during the game.
13. Each team must have at least three players on its roster.

Darts

For Darts, we will be playing the game '301' in teams of two, bracket style play. Because of the popularity and availability of this event, it has to be single elimination.

Rules are:

1. The first team to 301 exactly wins.
2. If it is your turn and you go over 301, your turn is over and your team returns to its last recorded score.
3. Players will alternate turns throwing.
IE – Team 1, player A □ Team 2, player A □ Team 1, player B □ Team 2, player B □ Repeat
4. Teams will keep track of their own score on the board, it must be updated and posted after each turn. No keeping track on your phone.
5. You can use your phone to assist with arithmetic if need be.

Play fair, and have fun!

