Thank you for being a part of one of the best intramural programs in the nation. We are proud to offer a variety of quality intramural activities. Good luck and we hope you have a fun and exciting season!

If you have questions throughout the season, please feel free to contact us by calling our office (540-231-8297), emailing imsports@vt.edu, stopping by our office in 135 War Memorial Hall or consulting our Participant Policy and Procedure Manual.

Key Dates (tentative and subject to change)

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Season Starts</td>
<td>Saturday, February 9th</td>
</tr>
<tr>
<td>Regular Season Ends</td>
<td>Sunday, March 3rd</td>
</tr>
<tr>
<td>Playoff Brackets Posted</td>
<td>Monday, March 11th</td>
</tr>
<tr>
<td>Playoffs Begin</td>
<td>Monday, March 25th</td>
</tr>
<tr>
<td>Champ Night</td>
<td>Thursday, April 11th</td>
</tr>
</tbody>
</table>

Rules of the Game

1. Players & Substitutes
   a. Games are played between teams of 7 players.
   b. Each team must have 4 players to begin a game.
      i. During the game, a team may play with fewer than 4 if the game remains competitive.
   c. *CoRec – the ratio between males/females may not differ by more than one. The extra male/female is required to play goalkeeper if a team is playing with 7 players.

2. The Game
   a. A game consists of two 20-minute halves and a 5-minute half time.
   b. The clock runs continuously throughout the entire game.
      i. Teams are not allowed time-outs.
      ii. The referee may stop the clock for injuries, delays of game, etc.
      iii. Each half ends when the referee blows their whistle.
      iv. A half may be extended for the taking of a penalty kick.
   c. If the game clock is stopped for an injury, the injured player must be replaced.
   d. Regular season games ending in a tie will be recorded as such. Playoff games ending in a tie will be decided by penalty kicks (see overtime procedure below).

3. Kickoffs
   a. During a kickoff, the ball may be played in any direction.
   b. Kickoffs are direct kicks so a goal may be scored directly from a kickoff.
   c. Opposing players must be at least 6 feet away from the ball until it is kicked.
   d. The kicker may not play the ball a second time until it has been touched by another player.

4. Out-of-Bounds & Kick-ins
   a. A ball that completely crosses the goal line or sideline (on the ground or in the air) is out of bounds.
   b. A ball hitting any part of the basketball hoop is considered out of bounds.
   c. The crossbar and posts of the goal are considered in-bounds.
   d. Location of the ball for a kick:
      i. Kick-in: must be placed on/behind the sideline nearest to where the ball was out of bounds.
      ii. Goal kicks: may be placed anywhere inside the penalty box.
Corner kicks: must be placed on the corner of the sideline and goal line.
If a kick-in is not taken from the proper spot, the result shall be a re-kick.
If the kick-in does not enter the court, the ball is awarded to the opposing team at the spot where the ball was kicked.

The kicker may not play the ball again until it has been touched by another player.
Opponents must be at least 6 feet away from the ball until it is kicked.
Opponents interfering with a kick-in will be issued a yellow card for unsportsmanlike conduct.

Substitutions
Substitutions are allowed throughout the game from the substitution box (marked by the bench area).
An incoming substitute must wait to enter the court until the replaced player is inside the box.
A player wishing to substitute replace a goalkeeper must wait until a stoppage in play and must also inform the referee of the switch.

Penalty for illegal substitutions: yellow card for the incoming substitute.

The goal may use his/her hands to control the ball within the penalty box (includes penalty kicks).
The goalie may not use hands to touch the ball if it is passed from a teammate on the court or during a kick-in.
The goalie may use hands to touch the ball if it is passed from a teammate using the head, chest or knee. A player may not use trickery to circumvent this rule.

After obtaining possession, the goalie has 6 seconds to release the ball into play.
The ball may not be thrown beyond the mid-court line unless it has touched a player or the court before crossing the line. Penalty: Kick-in for the opposing team on the sideline closest to the throw.

A goalie may not drop kick or punt the ball. Penalty: Corner kick for the opposing team.
Goal kicks may be kicked beyond mid-court with no penalty.
Opponents may not interfere with a goalie attempting to put the ball back in play.

The entire ball must cross the line for a goal to be scored.
In Men’s/Women’s games, all goals count for 1 point (including penalty kicks).
*CoRec – female goals count as 3 points; male goals count as 2 points (including penalty kicks).

Penalty Kicks
The kicker and goalie must be on the court at the time of infraction.
All players – except the kicker/goalie – must be at least 6 feet from and behind the penalty box until the ball is kicked.
The ball must roll forward.
Once a kicker begins approaching the ball, he/she may not interrupt his/her forward movement.
After kicking, a kicker may not play the ball again until it is touched by another player.
The goalie must be in contact with the goal line’s vertical plane until the ball is kicked.
A goalie may move laterally as long as contact is maintained with the goal line’s vertical plane.
A penalty kick may be awarded even if time has expired.

If the game is tied at the end of regulation, kicks from the penalty mark will be used to determine a winner.
Kicks will be 1 for 1, meaning each team will get to take 1 kick.
If both teams score or both teams miss, a second round of 1 for 1 kicks will be taken.
This will continue to occur until 1 team scores and the other team misses, at which point the game is over.
No player on a team may take a second kick until all players of the team have taken a first kick.
Any player may be chosen to be goalie or take a kick regardless of who was on the court at the end of regulation.

Direct Kicks
Direct kicks include corner kicks, kickoffs, and goal kicks.
b. Direct kicks result from actions including but not limited to handballs, tripping, slide tackling, pushing, other illegal physical contact.

c. Opponents must be at least 6 feet away from the player taking a direct kick.

d. The ball can be played in any direction.

e. The ball may be kicked directly into the goal, in which case a goal is scored.

11. Indirect Kicks

a. A goal cannot be scored on an indirect kick until the ball is touched by a player other than the kicker.

b. Indirect kicks result from action including but not limited to sliding (if there is no attempt to make a tackle), dangerous play, obstruction, illegal handling of the ball by the goalie in the box.

c. Kick-ins are indirect kicks.

d. Opponents must be at least 6 feet away from the player taking an indirect kick.

e. The ball can be played in any direction.

12. Handling

a. Only the goalie is allowed to use his/her hands inside the penalty box, as permitted by rule.

b. If a goalie handles the ball outside the penalty box, it is handling.

c. **Penalty, handball inside the box (defensive player other than the goalie):** penalty kick.

d. **Penalty, handball in court of play by any player:** direct kick from the spot of the infraction.

13. Sportsmanship & Yellow/Red Cards

a. Cards are given for improper conduct at the discretion of the officials.

b. Yellow Card: may be given for excessive verbal abuse, intentional delays of game, minor fouls, etc.

   i. Slide tackling is illegal! Slide tackling within 6 feet of an opposing player is an illegal slide tackle. **Penalty:** yellow card (whether or not there is an opponent near the player).

   ii. A goalkeeper may dive but may not lead with his/her feet.

c. After receiving a yellow card, the player does not have to leave the court of play, but play may not resume until the yellow card has been issued and both teams ready for play to begin.

d. Red Card: may be given for a second yellow card, blatant major fouls (e.g., swinging or kicking at an opponent regardless of contact), excessively roughing a goalie, slide tackling from behind, taunting, excessive celebration, etc.

   i. A team must play down a player anytime a red card is issued to a member of that team.

   ii. *CoRec – A team may still only have 1 more player of a particular gender at a time.*

e. The use of foul language, toward an official or not, will not be tolerated.

f. Intramural Staff reserves the right to impose disciplinary action on players/teams if the situation warrants.

14. Mercy Rule

a. With 2 minutes remaining in the second half, the game shall be declared over if one team is winning:

   i. By 4+ goals in Men’s or Women’s games.

   ii. By 10+ goals in CoRec games.

*Denotes a CoRec rule modification.

**Rules not outlined in this sheet follow the National Federation of State High School Association (NFHS) Rules.
Sportsmanship

1. After each game, teams are given a sportsmanship rating by the officials, the scorekeeper, and the supervisor. The following rating system is used as a guideline for all sportsmanship ratings:

   “5” Excellent Conduct and Sportsmanship – Players cooperate fully with opponents and officials. The captain calmly converses with officials and has full control of his/her teammates.

   “4” Good Conduct and Sportsmanship – Team members display minor disagreement or unsporting behavior. Teams receiving an unsportsmanlike penalty/foul are not eligible to receive a rating higher than a “4” for that game. A team wins by forfeit.

   “3” Average Conduct and Sportsmanship – Team members display disagreement and unsporting behavior toward officials and/or opponents. Teams receiving more than one unsportsmanlike penalty/foul are not eligible to receive a rating higher than a “3” for that game.

   “2” Below Average Conduct and Sportsmanship – Team members display a serious lack of control and continuously show unsporting behavior to officials and/or opponents from the field/sidelines. The captain has little or no control of team. Must have received at least one unsportsmanlike penalty/foul to receive a “2” rating. Teams with an unsporting ejection cannot receive higher than a “2” rating.

   “1” Poor Conduct and Sportsmanship – Captain has no control over team, resulting in an ejection. Team is completely uncooperative. Any team causing a game to be forfeited – other than by not showing – may receive a “1” rating.

   “0” Team Disqualification – Player(s) or coach(s) ejected for abuse against a staff member or opponents. Team is disqualified for unsportsmanlike acts before, during, or after the game.

2. Each week, all teams that maintain a 5.0 sportsmanship average are entered into a drawing for a sportsmanship award. The team receiving these awards will also have their picture posted on the Intramural Sports website.

3. Regular Season Situations:
   a. Teams must maintain a 3.0 average throughout regular season play to be eligible for playoffs.
   b. Teams that receive below a 3.0 average for any game will be contacted by the Intramural Sports Office.

4. Playoff situations
   a. If a team receives below a 3.0 average in a playoff contest, that team will be eliminated from playoffs.
   b. If neither team receives at least a 3.0 average, a double forfeit is declared and both teams are eliminated.

5. If a game is not finished due to any circumstances, the sportsmanship rating earned will stand.

6. The Department of Recreational Sports may impose additional penalties on players that are unsportsmanlike during regular season or playoff contests.
League Structure
1. All recreational division teams are eligible to play the full season in a round robin schedule.
2. Competitive division teams play the regular season in a round robin schedule. Following the regular season, these teams are placed into a single-elimination bracket.
3. All round robin results are posted on the website for teams to review.

Playoff Structure
1. All competitive division teams are eligible to advance to a single-elimination playoff if:
   a. The team maintains a 3.0 sportsmanship average during regular season games.
   b. The team does not forfeit a game without paying the Forfeit Reinstatement Fee ($20).
2. Recreational divisions are rescheduled into another round robin schedule.
3. Teams should check the brackets after 1:00pm the day following a playoff game.
4. Intramural Champion Shirts are awarded to the champions of the competitive bracket.

Eligibility
1. Any person who has purchased the Full Intramural Membership is eligible to participate in any team activity. The following persons are eligible to purchase memberships:
   a. Student or employees; individuals associated with Campus Ministry, VCOM, Vet Med; Visiting Scholars; CRC Employees, and Long Term Guests (except Dependents). Such persons are eligible until they withdraw from the University or fail to comply with eligibility guidelines.
   b. Alumni are not eligible to purchase the Intramural Membership unless they fall into one of the previous categories mentioned.
   *All memberships may be purchased online. To complete your purchase of an intramural membership, you will be required to watch an online video presentation covering the basic policies of the program.
2. All players must show their valid VT Hokie Passport in order to play. No ID, No Play!
   a. Cards must be readable – unrecognizable pictures, names, or numbers may not be considered valid.
3. Participants may play for only one single-sex team and one CoRec or Open team (when offered).
4. Current varsity athletes may not participate in their sport or allied sport during the academic year. Former varsity athletes must sit out for one semester following their last varsity game before being eligible to play in their sport or allied sport (both summer sessions are considered one semester). No more than three varsity athletes (any combination of current or former athletes) may play on one intramural team.
   a. A varsity athlete is defined as anyone who is on a varsity athletic team roster during the academic year, anyone participating with a varsity squad in an attempt to make a roster, red-shirts, Proposition 48 students, and any scholarship player with eligibility remaining.
   b. Former varsity athletes are defined as anyone who was a varsity athlete (as defined above) at any time within the past five years beginning the semester following their last varsity game.
5. Sport Club members are allowed to participate in their sport or allied sport with a maximum of three total players per team roster (sport specific). For example, an intramural soccer team may only have three club soccer players but may have six members of the field hockey club. **Sport club members are defined as anyone whose name appears on the current year’s roster.**
6. Current or former professional athletes are ineligible to participate in their sport or allied sport.
7. Team captains are responsible for checking player eligibility for his/her teammates and the players of the opposing team. The Intramural Staff is not responsible for checking player eligibility but reserves the right to impose disciplinary action for players/teams discovered to have ineligible players.
8. Teams found to have one or more ineligible players, will forfeit all games in which the player(s) played.
   a. Teams will have until 5:00pm the next business day after discovered to pay the Forfeit Reinstatement Fee ($20) in order to remain in the league. If the fee is not paid by the deadline, the team will be removed from the league.
   b. If the player(s) correct eligibility issues (e.g., purchase the appropriate membership by midnight the 2nd day after participating), the team will be allowed to remain in the league. Ineligible players may be suspended from play in that sport’s gender classification (i.e., Men’s, Women’s, CoRec) for the remainder of the season.
9. As long as a game is ready to begin by game time, any participant who arrives after that time may participate provided they properly check in (see Roster Policy above).
10. Men/Women are required to play in their specific single-sex divisions when offered unless participating on a CoRec or Open team (e.g., no women in men’s division and vice versa).

Roster Policy
1. Players must check in with the Intramural Staff at their field/court for all games.
2. A player must present his/her valid Virginia Tech ID before participating.
3. Additions to the team roster can be made at any point throughout the season.
   a. If a player does not properly check in, he/she is not allowed to participate.
   b. **Practice games do not influence team rosters** – roster additions begin with regular season contests.
3. Roster Switches – after playing for a team, a player may choose to remove him/herself from a roster and participate on another team within the same division (i.e., Men’s Women’s, CoRec).
   a. A player may not be removed from a roster in order to be added to another roster after the third week of the season
   b. Participants on a team that is removed from the league due to sportsmanship issues are not eligible to join other teams within the same division.
4. There is no limit to the number of players a team can on the roster, but teams winning a championship in their division will receive a maximum number of shirts.
   a. If the team has fewer players on the roster, the team will only receive shirts for the players on their roster.
   b. Extra shirts are available for purchase ($8.00/shirt) in the Intramural Sports Office.

Ejection Procedure
1. Players, coaches, or fans ejected from intramural contests must **immediately** leave the playing area if requested to do so by Intramural Staff.
   a. Failure to leave may result in forfeiture of the game.
2. Individuals ejected from intramurals should receive an email notification from the Intramural Sports Staff as well as a notification form from an Intramural Sports Supervisor on site. Ejected participants must contact the Intramural Sports Graduate Assistant(s) within 14 days of the ejection.
   a. Failure to do so may result in referral to Virginia Tech’s Office of Student Conduct.
   b. Ejected participants are suspended from participating in all intramural programs and from the use of recreational sports facilities until having met with the Intramural Sports Graduate Assistant(s).
   c. An ejected individual found to be playing with an intramural team prior to meeting with the Intramural Staff may result in loss of intramural privileges for the duration of the academic year.
   d. Self-imposed punishment is **not** accepted.
3. Ejection meetings are structured around open dialogue to ensure all points of view are represented before any outcome is decided. Therefore, it is in the ejected individual’s best interest that the meeting is conducted in a timely fashion.

*More information on the ejection process can be found in the [Participant Policy and Procedure Manual](#).*

Forfeits
1. Teams must have the minimum number of players required to start a game.
   a. If a team does not have the required number to start, a 10-minute grace period will begin. A team must have the required number of players by the end of the grace period or that team will forfeit the game.
   b. If neither team has the necessary number of players, the game will be recorded as a double forfeit.
2. A team that forfeits during regular season play has until 5:00pm the 2nd business day following the game to pay the **Forfeit Reinstatement Fee** ($20) online. If the fee is not paid by that time, the team will be eliminated from regular season play. The team will be replaced with a team from the waiting list or replaced with
another team wishing to play an extra game. If there is not waiting list, open spots will be filled on a first come, first served basis by contacting teams through Twitter/Facebook or e-mail.

3. A forfeit during the playoffs eliminates the forfeiting team from further competition.

**Protests**

1. Eligibility Protests
   a. If a team wishes to protest player eligibility, the captain is responsible for notifying a supervisor.
   b. Following an eligibility protest, the game will be played as normal. The Intramural Staff will rule on the protest the following business day and notify both teams of the outcome.

2. Rule Misapplication or Misinterpretation Protests
   a. **Judgment calls cannot be protested.**
   b. If a team wishes to protest a rule application or interpretation, the captain must notify the Intramural Supervisor immediately, before the continuation of play. The team captain should refuse to continue play until the supervisor arrives and makes a ruling regarding the protest.
   c. If the team captain disagrees with the supervisor’s protest ruling, the team captain should immediately inform the Supervisor that the contest is being played under protest. In that situation, the Supervisor will record all necessary information (e.g., score, ruling, date, time, site number, time remaining in the contest) and file a report with the Coordinator of Intramural Sports.

**All protests must be filed in writing by the protesting team captain with the Intramural Sports Office by 12:00 noon the day following the incident and accompanied with the Protest Fee ($10). See the Participant Policy and Procedure Manual to find the Protest Form.**

**Inclement Weather & Cancellations**

1. Decisions concerning game status are made before 4:00pm daily.
2. All decisions made after 4:00pm are made by the supervisor on duty at the activity site.
3. For the most current game status, follow us on Twitter/Facebook (@VTIntramurals)
4. Games cancelled during regular season play will not be rescheduled (unless circumstances permit). The Intramural Sports Office will notify team captains/co-captains if games are rescheduled via email once rescheduling has been completed.

**Responsibilities of the Captain**

1. Know rules, schedules, and program policies... and pass information along to all team members.
2. Have team members properly check in prior to the scheduled start time with their valid VT Hokie Passport.
3. Encourage sportsmanship with all team members.
4. Act as team representative when discussing rule interpretations and player eligibility with Intramural Staff.
5. Select one MVP from the opposing team following each game.

**Equipment**

2. Teams are required to bring a numbered white shirt/jersey and a dark-colored shirt/jersey to all games.
   a. The dark-colored shirt/jersey must be a similar shade of color for all team members.
   b. Opposing teams are not allowed to wear similar colors during the game.
   c. If both teams show up with the same color, the captains must determine which team will wear an alternate color. If an agreement cannot be reached, both teams will forfeit the game.
   d. Teams playing flag football, 9-on-9 soccer, indoor soccer, 5-on-5 basketball, and softball are required to have one- or two-digit whole numbers on their shirt/jersey for administrative purposes.
      i. Player numbers must be distinct from other team members.
      ii. Numbers must be clearly visible from a distance of 10 yards.
      iii. Taping numbers is not allowed.
3. Due to safety risks, all jewelry – except medical alert items – must be removed before play.
   a. Taping over jewelry is not an acceptable alternative to removing jewelry.
   b. If a Supervisor suspects a team member has taped over jewelry, the team member may be asked to remove the tape. If a team member does not remove jewelry or tape, he/she is not eligible to play.
4. Casts (above or below the waist) and braces (above the waist) are not allowed.