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)**

- Regular Season Starts: Monday, February 18
- Regular Season Ends: Thursday, March 7th
- Playoff Brackets Posted: Saturday, March 9th
- Playoffs Begin: Monday, March 18th
- Champ Night: Thursday, April 4th

**Rules of the Game**

1. Players and 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 5 or 7 players.

2. The Game
   a. Games are played in the War Memorial Hall Pool (exception: champ games played in McComas Hall).
   b. Tubes will be provided by the Intramural Sports Staff.
   c. Games consist of four 7 ½-minute quarters with a 1-minute intermission between quarters and a 3-minute halftime.

3. Starting Play
   a. To start a period:
      i. Players line up along their end of the pool and must be touching their wall.
      ii. The ball is thrown to the center of the pool to begin the game, where players may then leave their wall.
      iii. Players are only permitted to push off any wall to start a period of play.
   b. Following a goal:
      i. The ball is put in play by the goalie of the non-scoring team.

4. The Playing Area
   a. Goalkeeper area – area from the end of the pool to first black line, including the entire width of the pool. Only the goalie is allowed in this area.
   b. Penalty area – area from the end of the pool to the second black line.

5. Substitutions
   a. Players may not enter the pool without permission from Intramural Staff.
   b. Substitutions may only be made between periods.
   c. The goalie may be changed with a person already playing in the period only after a goal or with anyone on the roster between periods.
d. Both teams may substitute if play is stopped for an injured player.

6. Scoring
   a. In Men’s/Women’s games, all goals count as 1 point.
   b. *CoRec – Female goals are worth 3 points and male goals are worth 2 points.
   c. During the regular season, games may end in a tie.
   d. During the playoffs only, games will be played until there is a winner.

7. Goalkeeper Rules
   a. A Goalie may not throw the ball past the 4th black line closest to their own goal unless the goalie is outside the goalkeeper area.
   b. No player except the goalie is permitted in the goalkeeper area.

8. General Playing Rules
   a. Catching and throwing – one or both hands can be used to catch/throw the ball.
   b. Free throws – may be taken by any player of that team.
   c. Stoppages of play – when a whistle blows, players must maintain their position.
   d. Position in a tube:
      i. Players must sit horizontally in the tube.
      ii. Exception: the goalie may sit in the tube any way other than folding the tube into a saddle and straddling it; additionally, the goalie may not stand on/jump off the pool floor at any time.
   e. Held ball – possession of a held ball will be determined by a drop ball procedure.
   f. Ball out of play – a ball that goes out of play is awarded to the team that did not cause the ball to go out of play (i.e., team that last touched the ball).
      i. A throw is awarded at a spot on the sideline closest to where the ball went out of play.
      ii. A throw is awarded on the sideline at the 3rd line if the ball went out of play over the endline.

9. Fouls
   a. An official may refrain from calling a foul if a team does not gain an advantage by committing an act.
   b. All fouls result in a free throw at the spot of the foul. Defenders must be at least 5 feet away from the thrower on all free throws.
   c. Contact with an opponent’s tube
      i. A player may not grab and hold an opponent’s tube, even if the player has the ball.
      ii. A player may push down on an opponent’s tube with 1 or 2 open hands from the top of the tube.
      iii. A player may not grab or push an opponent’s tube from underneath the water.
   d. Minor fouls – result in an indirect free throw from the side of the pool at the area closest to the foul.
      i. Touching the ball or another player when out of a tube.
      ii. Not allowing an opponent 5 feet on a free throw.
      iii. Holding pool wall while in possession of the ball or while catching/passing the ball.
      iv. A goalie holding the wall once the ball crosses the 4th line from the offending player’s goal.
      v. Holding the ball under water.
      vi. Hitting the ball with a closed hand.
      vii. Failing to clear the ball from the goalkeeper area within 10 seconds. A goalie may not move in/out of the goalkeeper area to consume time. **Penalty:** Free throw along sideline at 3rd line from the offending player’s goal.
   e. Major fouls – result in a direct free throw from the side of the pool at the area closest to the foul.
      i. Illegal body contact (e.g., holding, pushing, dunking) with an opponent not in possession of the ball. **Note:** a ball is in “player possession” if it is within one arm’s length of the player.
      ii. Grabbing and holding an opponent’s tube.
      iii. Pushing/pulling an opponent’s tube from underneath.
      iv. Pushing an empty tube away from an opponent.
      v. Dunking an opponent in any way other than using 1 or 2 open hands from the top of the tube.
vi. Hitting the ball out of an opponent’s hand.

vii. Reaching over an opponent’s back.

viii. Goalie blocking a shot while holding the pool wall or while out of his/her tube. **Penalty:** direct throw penalty throw.

ix. Defensive player blocking a shot while in the goalkeeper area.

x. Interfering with a penalty throw.

xi. Persistent repetition of a minor foul.

xii. Unsportsmanlike conduct fouls.

xiii. Splashing water in the face of an opponent. **Penalty:** the offender is taken out of the game for 1 minute or until a goal is scored by the opposing team, whichever occurs first. A removed player may only re-enter the pool in his/her team’s goalkeeper area. 5 major fouls committed by the same player results in disqualification from the remainder of the game.

f. Unsportsmanlike fouls – **Penalty:** the offender is taken out of the game for 1 minute or until a goal is scored by the opposing team, whichever occurs first. A removed player may only re-enter the pool in his/her team’s goalkeeper area. If a player commits 2 unsportsmanlike fouls in the game, that player is ejected from the game and suspended from further play.

i. Misconduct/verbal abuse.

ii. Disrespectfully addressing an official.

iii. Dunking an opponent either player is out of the tube.

g. Penalty throws

i. A penalty throw is given when a defender commits 1) a major foul inside the penalty area, 2) commits a foul in the penalty area that would have resulted in an obvious goal-scoring opportunity, or 3) when the goalie blocks a shot while holding the pool wall.

ii. The offended player must take the penalty shot from the 3rd black line.

iii. All players, except shooter and goalie, must be outside the 3rd black line and at least 5 feet from the shooter until the shot is completed.

iv. If the ball rebounds from a goal post, crossbar, or goalie, it remains live unless the period has ended.

10. Mercy Rule

   a. If a team is ahead by 4+ points with 2 minutes or less remaining in the game, the game is over.

   b. *CoRec – If a team is ahead by 10+ points with 2 minutes or less remaining in the game, the game is over.

   c. If a team scores in the last 2 minutes of the game and it creates a 4+ (10+ in CoRec) point differential, the game is over.

11. Overtime Procedure (Playoffs Only)

   a. A tied score at the end of regulation time will result in a series of 5 penalty shots will define a winner.

   b. Only players who are in the pool at the end of the end of regulation may take a penalty shot.

   c. *CoRec – players cannot take a second shot until all members of the same sex have had a shot.

   d. *CoRec – at least 2 females and 2 males must take a penalty shot for every 5 shots and must alternate between male and female players when taking penalty shots.
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” or below. Forfeiting teams 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 a 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**

1. Teams are required to bring a 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, 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.
2. 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.
3. Casts (above or below the waist) and braces (above the waist) are not allowed.