

BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY INTRAMURAL MULTI-SPORT RULES

Section 1: Intramural Guidelines and Expectations

Eligibility, protests, forfeits and concedes, conduct, appeal, and attire are covered in details in the BCIT Intramural Guidelines and Expectations.

Section 2: Authority

The *Programs and Intramurals Coordinator and or Official* has the maximum authority to ensure that the given game runs in an appropriate and “proper” manner. This implies that they may deal with any form of unsportsmanlike conduct in any manner that they may deem necessary. This includes, but is not limited to: ejecting players, forfeiting a team, and forfeiting a contest.

Section 3: Included Sports

The Intramural Multi-sport league is a league in which teams rotate through four sports (Ultimate Frisbee, Handball, Volleyball, and Futsal) on a weekly basis. League standings will be calculated based on the overall cumulative performance at the end of each week.

Each team may register any number of players unless otherwise deemed by the *Sports Programs and Intramurals Coordinator*. **Players cannot be added to the roster after the conclusion of the regular season.** Special consideration may be obtained from the *Sports Programs and Intramurals Coordinator*.

Each weekly match will be governed and played under the following rules:

Ultimate Frisbee

1) Field of Play:

Matches are played on an indoor rectangular field of play with a marked endzone at each end. Scorekeepers bench will be placed at center field on either side of the field of play.

2) Starting Play:

Matches will consist of two twenty-minute halves with a two-minute break for half time. Each team will be permitted to have 4 players on the court at any one time, but may play with a minimum of 3. Teams not able to field at least 3 players are subject to default rules outlined in the *Intramurals Guidelines and Expectations*.

Starting possession will be determined by rock-paper-scissors between captains prior to game start. At the start of the second half, the team who did not have first possession at the beginning of the game will have possession.

Each point begins with both teams lining up on the front of opposite end zone lines. The defending team to start will throw the disc to the receiving team. If, on the throw to start a point, the disc leaves the back of the receiving teams endzone, the receiving team will start with possession 5 meters up from there own endzone. If, on the throw to start the point, the disc leaves the field of play to either side, the receiving team will retain possession at the point where the disc left the field of play. A disc can be caught or picked up anywhere within the field of play by the receiving team upon the starting throw.

3) Scoring:

Each time an offensive player catches and completes a pass in the defending team's endzone, a point is scored for the attacking team. Teams must switch direction after every point and the next point begins with a throw by the team that just scored.

4) Movement of the Disc:

The disc may be moved by a pass in any direction with a completed throw to a teammate. Players are not able to run with the disc and have 10 seconds to throw the disc. Defenders may guard the thrower and must verbally count out loud the 10-second stall count.

5) Change of Possession:

When a pass is incomplete (out of bounds, dropped, interception, blocked, or stalled), the defense immediately takes possession of the disc at the spot of the incompleteness and becomes the offense.

6) Substitutions:

Players on the bench may replace players on the field after any stoppage in play. I.e. After any score or change in possession.

7) Fouls:

Players must make every effort to avoid physical contact during play. Picks and screens are prohibited.

When a player initiates contact that affects the play, a foul occurs. When a foul causes a player to lose possession, the play resumes as if the possession was retained. If the player that the foul was called against disagrees with the foul call, the play is redone.

8) Self-Officiating/Spirit of the Game:

Players are responsible for their own foul, line, and catch calls and must resolve their own disputes. This emphasis is built into the spirit of Ultimate Frisbee and the BCIT Intramurals program. Competitive play is encouraged, but never at the expense of mutual respect between players, adherence to the rules, or the basic joy of play.

9) End of Match:

In the event of a tie at the end of regulation time, regular season games may end in a tie. During playoffs, however, there will be a mini-game overtime format.

Overtime will consist of each team having possession of the ball once. If the team who starts with the ball in overtime scores, the opposing team has a chance to match. If they fail to do so, the first team is declared the winner.

If the starting team fails to score, and the opposing team scores on their possession, the game is over and the second team is declared the winner.

If neither team scores on their first possession, the game will continue as sudden death and the first team to score will be declared the winner.

Handball

1) Field of Play:

Matches are played on an indoor rectangular field of play with a marked goaltender's crease at each end. This crease is represented by the three-point line on the basketball court. Scorekeepers bench will be placed on either end of the field of play.

2) Starting Play:

Matches will consist of two twenty-minute halves with a two-minute break for half time. Each team will be permitted to have 4 attackers on the court at any one time and a goaltender, but may play with a minimum of 3 attackers and a goalie. Teams not able to field at least 3 attackers and a goaltender are subject to default rules outlined in the *Intramurals Guidelines and Expectations*.

Starting possession will be determined by rock-paper-scissors between captains prior to game start. At the start of the second half, the team who did not have first possession at the beginning of the game will have possession.

3) Scoring:

A point is awarded each time a ball is thrown into an opponent's goal.

4) Movement of the ball:

Attackers or outfielders can touch the ball with any part of their body that is above the knee. A ball played with the feet or leg below the knee will result in possession being turned over to the non-violating team at the nearest sideline.

Once a player receives possession, they can hold possession, pass, or shoot. If a player holds possession, they can dribble or take three steps for up to three seconds without dribbling.

Attackers/Outfielders must not come into contact with the goaltender area (three-point line) while in possession of the ball, but are permitted to jump over it for a shot on net provided they release the ball before landing in the goaltender area. If a violation of this rule occurs, possession will be awarded to the goaltender of the defending team.

Only a goaltender is allowed to come into contact with the floor of the goal area while in possession of the ball. A shot knocked out the back of the endline by a goaltender will result in that goaltender retaining possession. Goaltenders are allowed to leave the goaltender area but must not retain possession if they are outside the area.

The disc may be moved by a pass in any direction with a completed throw to a teammate. Players are not able to run with the disc and have 10 seconds to throw the disc. Defenders may guard the thrower and must verbally count out loud the 10-second stall count.

5) Change of Possession:

If a ball goes out of bounds, the team that was not the last to touch it will retain possession for an inbound pass from the sideline.

6) Substitutions:

Players on the bench may replace players on the field after any stoppage in play. I.e. After any score or change in possession.

7) Fouls:

Players must make every effort to avoid physical contact during play. Picks and screens are prohibited.

When a player initiates contact that affects the play, a foul occurs. When a foul causes a player to lose possession in the act of shooting, a penalty shot will be awarded from the top of the goalkeeper area.

All other fouls will result in a change in possession and the ball will be turned over to the non-offending team.

Offensive fouls can be called if an attacker makes physical contact with a defender who had already established position on the attacker.

8) Self-Officiating/Spirit of the Game:

Players are responsible for their own foul and line calls and must resolve their own disputes. This emphasis is built into the spirit of the BCIT Intramurals program. Competitive play is encouraged, but never at the expense of mutual respect between players, adherence to the rules, or the basic joy of play.

9) End of Match:

In the event of a tie at the end of regulation time, regular season games may end in a tie. During playoffs, however, there will be a sudden death overtime period of 5 minutes. If, after five minutes, the game is still tied, a shootout will be held to determine a winner.

A shoot-out consists of 5 players from each team taking shots from the penalty mark. Note: any eligible player participating in that game may participate in the shootout.

1. All of the Throws will be taken 6 meters from the goal. All players (except the goalkeeper and the player taking the shot) shall remain at the centerline during the shoot-out.
2. The *Programs and Intramurals Coordinator* will toss a coin. The team who wins the coin toss shall decide which team shoots first.
3. Both teams shall take 5 shots unless the losing team cannot overcome the deficit in the score.
4. If the score is still tied after 5 shots, the shoot-out shall continue until both team have taken an equal number of shots, and one team has scored one goal more than the other has. (In co-ed league, the team must alternate gender between male and female shooters).
5. A different player must take each shot. Only after the first 5 shots will a player be allowed to take a second shot (same with after 10, after 15, etc.).
6. A goalkeeper who is injured during the shoot-out may be replaced by a substitute.

Volleyball:

See "Intramural Volleyball Rules" – Note: Co-Ed requirement is not mandatory in Multi-Sport

Futsal:

See "Intramural Futsal Rules" – Note: Co-Ed requirement is not mandatory in Multi-Sport

Section 4: Transfers and Additions

No player, having played for one team, shall play for any other team on the same night or other night during the league's schedule. Special consideration, however, may be given to players on a forfeited team and players on overcrowded teams. All transfers have to be approved by the *Sports Programs and Intramurals Coordinator*. Players that have not played during the regular season are not allowed to play during playoffs. All playoff participants must have played at least two regular season games.

Section 5: Sportspersonship

Teams and players are expected to exhibit sportspersonlike conduct throughout every contest. Delay of the game, obscene language or gestures, and arguing with the staff constitutes unsportspersonlike behavior. Players may be penalized, ejected from the game, or possibly suspended from further games depending on the severity of the offense.

The Sportspersonship Program was put in place to ensure a safe and fun experience for all involved. Sportspersonship is a critical aspect of any sport and any level and rewards teams that compete with integrity and credibility. After each game, referees will rank the fair play of each team on a scale of 0-5 by answering the following: "Did the team significantly contribute to the enjoyment of this game in spirit and sportspersonship?"

The idea of the sportspersonship system is to encourage teams to participate knowing that referees and officials will be determining a ranking based on their play. At the end of the season, teams will be disqualified from playoffs if their sportspersonship average is at or below 3.5. Should a game official give a score to a team equal to or less than 3, that team will be contacted by the *Sports Programs and Intramurals Coordinator*, Justin Lee. That team will be provided with a brief written statement outlining the reasons why that decision was made. Any consequences from a sportspersonship score will also be explained. The ranking is subject to review by the in-game officials and the Programs and Intramurals Coordinator and a final score for sportspersonship will be determined.

**All sportspersonship scores are %100 subject to review by the Programs and Intramurals Coordinator and may be adjusted accordingly. Teams that make arrangements to circumvent the spirit of the sportsmanship rules will be deemed to have intentionally cheated and will face consequences related to intentional cheating.

Scaling:

- 0 – Poor Sportspersonship (fight, player ejection, etc.) or Default without 2 days' notice
- 1 –
- 2 –
- 3 –
- 4 –
- 5 – Good sportspersonship

The purpose of the Flag Football Rules is to provide a guideline which describes the manner in which the games are to be played. The Intramural leagues place a high demand on each individual player being morally bound to abide by the rules. There is a high expectation for individuals to maintain a high level of sportspersonship through responsible behavior. It is assumed that no player will intentionally violate the rules. An intentional foul would be considered cheating and a gross offense against the Sportspersonship values. Competitive play is encouraged but never at the expense of mutual respect

between players. Such action as taunting, dangerous play, intentional fouling, or other win at all cost behaviors are contrary to the spirit of the game and must be avoided by all players.