League Registration:
All intramural registration will take place on IMLeagues through the UWRF Intramural Sports website. During team registration, captains will select the league and division they wish for their team to participate in. The league and division will indicate the nights and times of the contests for the regular season.

Captain’s Quiz:
During registration, team captains will take a quiz related to the general intramural policies and rules of the specific sport they are registering for. Successful completion of the quiz ensures the captain knows the rules and policies prior to the start of the intramural league. Online quizzes have replaced mandatory in-person captains meeting.

Entry Fee:
The entry fee is now an individual fee. Participants must purchase a pass from IMLeagues upon registering or use a pre-purchased pass. Passes are $7.50 for a single team, $15 for a semester, or $25 for a year. The team entry fee must be paid online with a credit/debit card after the successful completion of the quiz. Payment will not be accepted in any other form. Teams cannot complete registration without payment. Entry fees help cover the cost of equipment, facility expenses, student staff labor costs, and administrative expenditures.

Schedules, Results, and Standings:
Schedules, results, and standings for league play and playoffs will be on IMLeagues. Please go to the UWRF Intramural Sports website at www.uwrf.edu/campusrec and click on the Intramurals Sports and IMLeagues to access IMLeagues.

Forfeit/Default:
If your team is unable to compete in a contest, please notify the Intramural Sports staff by email (campusrec@uwrf.edu) or phone (715.425.4289) before 1pm on the day of your contest to avoid a forfeit fee. If you do not notify the campus recreation staff before the deadline or you do not show up for the contest, your team will be charged a forfeit fee.

Questions:
Please contact the Campus Recreation Staff with any questions or concerns.

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<thead>
<tr>
<th>Contact Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Rec Staff</td>
<td>General Information</td>
<td>715.425.4289</td>
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</tbody>
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General Procedures:
Please refer to the Intramural Sports Handbook for all policies and procedures related to intramural contests.

1. Each participant must present a valid UWRF ID to the intramural supervisor or scorekeeper at every contest. No other form of ID will be accepted.
2. All participants must be on the team roster. Any member not on the roster must add to the roster prior to the contest. No participant may play on two teams in the same league or a forfeit will be charged to the second team he/she participated on.
3. Each participant must wear appropriate apparel and footwear.
4. Minor first aid treatment is available during intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.

5. All visible jewelry, watches, fitness trackers, and bracelets must be removed prior to participation.  
   Note: Players are allowed to wear stud earrings at their own risk. All other piercings including hoop or dangle earrings will need to be removed.

RULES:

1. GAME SETUP:
   a. Two officials will officiate the contest, keep track of the score, and run the clock. All calls are final.
   b. Games will consist of two 15 minute halves with running clock and a three minute intermission.
   c. If the buzzer sounds before the last match of the half is complete, the match will continue after the buzzer.
   d. If there is less than 10 seconds remaining on the clock, another match will not be played.

2. PARTICIPATION:
   a. Teams will consist of eight players.
   b. Teams must have a minimum of three females and three males participating.
   c. Teams may start with as few as six players.
   d. If a team is reduced to less than six players at any time during the contest, a default will result.
   e. Substitutions may only occur between matches.

3. EQUIPMENT:
   a. Balls will be provided at the game. Eight balls will be used during each contest.
   b. There is no kicking the balls.
   c. If a ball is missing at the end of a match, the clock will stop until the players locate the ball.
   d. Team jerseys are required and available for rent with the Intramural Supervisor.
      i. Participants must wear a sleeved shirt underneath (no cut-offs).

4. COURT:

5. REGULAR PLAYING AREA
   a. Players from each team all begin in their playing area.
   b. Each team will start with four balls.
   c. Once a player is hit from an opponent’s ball on the fly or a ball they throw is caught by an opponent, they must immediately raise their hand and jog to the trench area.
   d. If a player has a ball in their hand, they must drop the ball immediately after being hit.
      i. There is absolutely no advancing the ball to another teammate or carrying a ball to or from the trench after being hit.
   e. Players may never contact the ball or any person on their way in or out of the trench.
      i. Failure to follow Rules C and D will result in an automatic loss for that match.
   f. If a player crosses the center line at any point, they must move to the trench.
i. Intentionally crossing the mid-line is Illegal and will result in a loss of the match.

6. **DESIGNATED TRENCH AREA**
   a. Each team’s trench is located behind the opponent’s regular playing area.
   b. A team may only go into an opposing team’s trench if there is nobody occupying the trench.
   c. If an opponent crosses the trench line when it is occupied, they are out.
   d. As long as a player has possession of the ball in the trench before an opposing players enters the trench, the ball belongs to the player having possession.
   e. The only way to move from the trench back into the regular playing area is by hitting your opponent from the trench.
   f. If the opponent catches the ball you throw at them, you will remain in the trench.
   g. Once you hit one person, you must immediately exit the trench. You may not hit multiple players.
   h. A player may wait by the mid-line as long as they choose before entering their regular playing area.

7. **GAME RULES**
   a. The ball is part of your body, if an opponent’s ball hits the ball you are holding then you are out.
   b. If you catch an opponent’s ball they are out.
   c. Once a ball contacts anything or anyone, it is dead.
      i. Exception: If a ball hits Player A and flies into the air without hitting anything else, Player A may still make a catch on the opponent’s ball.
   d. Head shots are illegal.
   e. Player’s may not hold a ball for more than ten seconds.
      i. Once ten seconds is up, they must throw the ball at an opponent.
      ii. Throwing the ball back and forth between teammates in the regular playing area still constitutes ten seconds.
   f. To win a match, you must get all of the players from the opposing team into their trench.
   g. The team that has player(s) left in the regular playing area at the end of each match will receive one point for that match.
   h. The team that has the most points at the end of regulation wins.

8. **MERCY RULE**
   a. The game will be called if one team is ahead by 12 points at any time during the 2nd half.
   b. An official has the right to end the game at any time they feel necessary.

9. **OVERTIME**
   a. If the score is a tie at the end of regulation one more match will be played to determine the winner.

10. **CHEATING IS CONSIDERED:**
    a. Getting hit by a ball and not going to the trench.
    b. Intentionally interacting with any ball/person on your way to or from the trench.
    c. Intentionally crossing the center line or trench line.
    d. Any other instance that the official deems to be unsportsmanlike conduct.

11. **PENALTY FOR CHEATING:**
    a. Forfeit of current match.
    b. Player can be ejected if actions continue.