



The Citadel Intramural Athletics 2022 - 2023

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Produced in the Summer of 2022 by staff of the Citadel's Intramural, Club and Recreational Athletics.



Event Scoring for BOV Standings

Tier 1

Events require athletic skill and physical fitness. In addition, they need strong leadership from athletic officers, and players must commit both time and effort.

Participation Points: 120 points for completing the event without a forfeit.

Achievement Points: 40, 30, and 20 points for the winner, runner-up, and semi-finalists.

Events

Flag Football

Kickball

Soccer

Softball

Volleyball

Tier 2

Events require sign-up. Companies that miss the sign-up deadline will not be scheduled to play. In addition, athletic skill and physical fitness may be required.

Participation Points: 80 points for completing the event without a forfeit. After one (1) forfeit, companies will be removed from the schedule of play.

Achievement Points: 40, 30, and 20 points for the winner, runner-up, and semi-finalists.

Events

3-on-3 Basketball

5-on-5 Basketball

Indoor Soccer

Team Handball

Ultimate Frisbee

Tier 3

Events are open to all students, faculty, and staff. Individual players are responsible for reviewing the schedule and reporting to play. The overall time commitment will be minimal. Events may require unique athletic skills or physical fitness.

Participation Points: 40 points for meeting desired roster size.

Achievement Points: 40, 30, and 20 points for the winner, runner-up, and semi-finalists.

Events

3-on-3 Basketball (Women)

Badminton

Beach Wrestling

Indoor Triathlon

Pickleball

Spikeball

Swim Meet

Table Tennis

Team Quadathlon

Tier 4

Players are responsible for reviewing the schedule and reporting to play. Events may require athletic skills. Participation requires a minimal time commitment.

Participation Points: 5 points per participant. Each event has a maximum limit for the number of participants per company. See the event rules for details.

Achievement Points: 30, 20, and 10 points for the winner, runner-up, and semi-finalists.

Events

Air Pistol

Billiards

Darts

Weight Lifting

Tier 5

Events require superior individual athletic skills and physical fitness. Within each event, earned points per cadet are capped at 35 per year.

Events

Athletic Achievement

CPFT Excellence

Citadel Records Challenge

Sigma Delta Psi

Tier 6

Events provide an opportunity for companies to earn bonus points toward BOV Trophy standings. Company leadership is required.

Participation Points: 2 for every 1% increment.

Achievement Points: No achievement points awarded.

Events

Athletic Participation



Sportsmanship

Player Conduct

Players will communicate with officials through their team captain. Arguing, debating, crowding, or intimidating an opponent or official is unacceptable behavior. An official may warn or eject a player for poor sportsmanship. An ejected player must leave the playing field immediately, or the team will be disqualified.

Game Protest

Written protest, sent via e-mail from the Company Athletic Officer and to the Director of Intramurals, must be received within 24 hours of the game finish. A protest may concern only a rule interpretation, not an opponent's or official's judgment.



Officiating Guidelines

Standards

Each team is expected to designate a minimum of one student to officiate each preliminary round game in which it plays. The student acting as an official earns participation credit. Semifinal and final games will be officiated by Athletic Officers or other students approved to officiate. The official and both teams must agree upon any rule change or adaptation before play. The official signs the score sheet and returns it to the Intramural equipment cart.

Prerequisites

No prior officiating experience is required. Training sessions will be offered for new officials. The scheduling of officials will be based on the willingness of students to serve in this capacity: an official may work as much or as little as desired. Students of any race, color, national origin, age, religion, disability status, gender, sexual orientation, marital status, or cadet class may officiate.

Calling Games for Pay

Successfully officiating flag football and 5-on-5 basketball makes one eligible for compensation. The pay rate is \$8.00 per game and will be distributed at the end of the playing season.

Expectations

- Must have a basic knowledge of the sport and its rules.
- Must communicate regularly with the Graduate Assistant for Intramurals to arrange game assignments.
- Must communicate with this supervisor if you anticipate missing an assigned game.
- Must arrive at least 10 minutes before the game's scheduled start time.
- Must not depart until the game ends, the score sheet is completed, and equipment is returned to the game cart.
- Must demonstrate respect for players and other officials.
- Must demonstrate fairness by calling games with attention and without bias.
- Must work to develop conflict resolution skills such as controlling your own emotions, being appropriately assertive in your calls, communicating clearly, identifying when you might need help (e.g., from Intramural staff), and being able to forgive and forget.

Supervisor

The Graduate Assistant for Intramurals is the direct supervisor for officials. In addition, officials will work with Athletic Officers to oversee a safe and successful intramural program.

Exceptions

An ICRA staff or HHP faculty member will grade events for Sigma Delta Psi and Citadel Records Challenge.



3-on-3 Basketball

Competition

Freshmen and Upper Class 3-on-3 Basketball is a Tier 2 event; Women's 3-on-3 Basketball is a Tier 3. Sign-up is required. Companies that miss the sign-up deadline will not be scheduled to play. Athletic skill and physical fitness may be required.

Roster

Desired roster size is five (5) players. Two (2) players are required to avoid a forfeit. One player from each team is designated as the team captain before the start of play.

Rules

Start time is forfeit time: there is no grace period for players to arrive late. One (1) game forfeit disqualifies a team from further play.

Each basket is worth one (1) point, and each game has a maximum time limit of 30 minutes. Games are played to (15) points; a 2-point margin is required. The winner is declared with either a 2-point margin or the first to score (20) points.

After a point is scored, the ball goes to the scored-upon team, i.e., do not play make-it, take-it.

Following any loss of possession, the team gaining control initiates its scoring attempt from a point behind an imaginary line parallel to the baseline and tangent to the free-throw circle, i.e., take it back behind the 3-point circle.

There are no free throws. There are no jump balls.

Each team is entitled to one 1-minute time-out.

A coin toss determines the first possession of the game. In the event of a ball tie-up, possession will alternate.

While an intramural staff member will supervise all play, the offensive team calls fouls during preliminary rounds. Semifinal and final games will be officiated by athletic officers or intramural staff.

Any player charged with three (3) personal fouls is disqualified from the game. The NCAA governs all other rules.



Sign Up Required



5-on-5 Basketball

Competition

5-on-5 Basketball is a Tier 2 event. Sign-up is required. Companies that miss the sign-up deadline will not be scheduled to play. Athletic skill and physical fitness may be required.

Roster

Desired roster size is seven (7). Four (4) players are required to avoid a forfeit. One player from each team is designated as the team captain before the start of play.

Rules

Start time is forfeit time: there is no grace period for players to arrive late. One (1) game forfeit disqualifies a team from further play.

Use of a women's ball is required if women are on the team roster.

Games are played in two (2) 15-minute halves with a 5-minute break between halves. Games may be shortened at the discretion of officials. One 20-minute half will constitute a complete game. The clock runs continuously until the last two (2) minutes of the game when it will stop for all fouls and time-outs. Each team is entitled to two 1-minute time-outs per game. If the game ends in a tie score, a 3-minute overtime period will be played. If a second overtime is necessary, the team scoring first wins.

The ball changes possession after a personal foul until the game's last two (2) minutes. During the last two (2) minutes, a player shoots one-and-one free throws when fouled.

During the game, an official may award two (2) free throw attempts for intentional, technical, and flagrant fouls. The offended team gets possession of the ball following the free throw attempts.

The NCAA governs all other rules.



Sign Up Required



Air Pistol

Competition

Air Pistol is a Tier 4 event. The Company Regimental Champion is the team that posts the highest score, and the Individual Regimental Champion is the shooter who posts the highest score. Air Pistol is a one-day-only competition; no provision will be made for class conflict, Corps Squad practice, etc.

Roster

Roster size is limited to two (2) male and two (2) female shooters per company. Advance sign-up is required.

Rules

Start time is forfeit time: there is no grace period for players to arrive late.

All shooters will participate in a safety instruction class and practice session before the match. Shooters must be in PT uniform. Shooting coats, pants, or boots are not permitted. All equipment will be provided.

Shooters will be permitted a practice round of five (5) shots from the bench followed by five (5) one-handed standing.

For the competition round, each shooter will fire two 10-shot targets for record. Shooting time is limited to 10 minutes.

National Rifle Association governs all other rules.



Sign Up Required



Athletic Achievement

Competition

Athletic Achievement is a Tier 5 event. All varsity and club sport cadet-athletes may earn points for their companies based on outstanding athletic achievements. However, team managers and trainers, student coaches, and team employees are not eligible to earn points based on their team's performance.

Roster

Individual Achievement (e.g., All-American status) earns points for the cadet's company. Team achievement (e.g., team conference champion) earns "one-time" points for each company represented by the team. For example, the tennis team wins a conference title; multiple team members are from the same company. Therefore, each company represented earns 20 points.

Rules

It is the responsibility of company athletic officers to report corps squad and club sports achievements. Reports must be sent in writing to the Director of Intramurals. The final deadline to submit reports is 1800 on the last day of class in the fall and spring semesters. Points earned after the last day of class may be carried forward into the next academic term. Athletic Officers reporting any corps squad or club sport achievement must report all.

Scoring

Each cadet's points for Athletic Achievement are capped at 35 points per year.

<u>Accomplishment</u>	<u>Achievement Points</u>
World Champion	30
National Champion	30
Regional Champion	30
All-American	30
Athlete of the Year	20
Conference Champion	20
All-Conference Athlete (First Team)	20
All-American (Academic)	15
Conference Record Holder	10
All-Conference Athlete (2nd)	10
All-Conference Athlete (Freshmen)	10
Athlete of the Month	10
Athlete of the Week (National)	10
Athlete of the Week	0
School Record Holder	0



Athletic Participation

Competition

Athletic Participation is a Tier 6 event. Therefore, each company is encouraged to demonstrate that its members have participated in a Citadel-sponsored athletic event.

Roster

Desired roster size is 100% of unit members. Cadets earn points for the companies to which they are assigned.

Rules

In a company transfer, individual points earned travel with the cadet (e.g., Athletic Achievement, CPFT Excellence).

Events that qualify for participation credit are:

- All Intramural events
- All Varsity Athletic Teams (as playing members)
- All Club Sports Teams (as playing members)
- All Extramural events
- Citadel Cheerleading
- Intramural Officiating



Badminton

Competition

Badminton is a Tier 3 event. Events are open to all students, faculty, and staff. Individual players are responsible for reviewing the schedule and reporting to play. The overall time commitment will be minimal. Events may require unique athletic skills or physical fitness.

Roster

Desired roster size is two (2) players per company. No more than six (6) players per company may participate.

Challenge Tournaments

Per the published schedule, players report to the Deas Hall Gymnasium. Players are randomly assigned to a tournament bracket or round-robin and play until eliminated or win the bracket or pool. Players must play in a minimum of two (2) Challenge Tournaments to be eligible to advance to the Regimental Tournament. Players will be ranked by their win-loss record. Ties are broken by points scored (most) and then points scored against (least).

Rules

A match is one game played to 15 or 11 points, depending on the number of players or teams waiting to play. A 2-point margin is not required. Only the serving side can score points.

The server and receiver stand within diagonally opposite service courts without touching the boundary lines of these service courts. Players serve from and receive in their respective right service courts when the server has scored an even number of points. Likewise, players serve from and receive in their respective left service courts when the server has scored an odd number of points.

The server's feet must stay on the floor until the shuttle is served. The shuttle must be held below the waist on the serve; the head of the server's racquet must be pointed downward during the serve. "Hit the serve underhanded." It is a fault when:

- The server misses the shuttle on serve, i.e., "whiffs."
- The shuttle doesn't go over the net.
- The shuttle lands outside the court.
- The shuttle touches the ceiling or walls.
- A player touches the net.
- A player steps under the net.

The International Badminton Federation governs all other rules.



Beach Wrestling

Competition

Beach Wrestling is a Tier 3 event. The competition begins as a round-robin competition within each weight class. Top wrestlers from each class advance to the Regimental Tournament.

Roster

Desired roster size is three (3) wrestlers per company. Varsity wrestlers who have been on Corps Squad for 21 or more days this academic year are not eligible to compete.

Advance sign-up is required.

Per the published schedule, competitors will report to Deas Hall for weigh-ins, conducted by a designee of the Director of Intramurals. Competitors must be clothed for weigh-ins.

Wrestlers will be assigned to an appropriate class after all competitors have weighed in.

Participants with an open wound or infectious skin condition, e.g., impetigo, scabies, herpes, ringworm, may not participate. Current knowledge indicates that bacterial, parasitic, viral, and fungal infections may be transmitted by skin-to-skin contact.

Rules

Start time is forfeit time: there is no grace period for wrestlers to arrive late.

Wrestlers must be barefoot and wear either a PT uniform (without belt) or PT shorts and a rash guard. It is recommended that a mouthpiece be worn.

Each match will be no longer than three (3) minutes. The match winner is the one who scores three (3) points first or has the highest score at the end of three (3) minutes. If there is a tie at the end of the match, the wrestler who scored the last point wins. If the tie is 0-0, then the lightest wrestler wins.

Wrestlers begin each match in the neutral position. There is no ground fighting.

The referee will award points as described:

Scoring Opportunities	Points Awarded
Step Out	1
Takedown (to the belly)	1
Takedown (to the back)	3
Opponent receives a caution	2

Scoring opportunities are defined as:

1. Step Out - awarded when a wrestler pushes the opponent out of the ring.
2. Takedown (to the belly) - awarded when a wrestler brings any of his opponent's body to the ground, except the hands.
3. Takedown (to the back) - awarded when a wrestler exposes the opponent's back to the ground during a takedown.
4. Overhead throws and suplexes are not permitted. In addition, an opponent may not be thrown from higher than hip height.

The referee will stop the match and call for injury time if a wrestler is temporarily injured due to an incidental blow (i.e., eye poke, head collision, etc.). Injury/blood time per match cannot exceed two (2) minutes per athlete; otherwise, the athlete is disqualified.

Unsportsmanlike conduct, e.g., disrespectfully addressing an official, illegal throws, profanity, taunting, using insulting or vulgar language or gestures, contact with an official, or fighting, results in disqualification.



Sign Up Required



Billiards

Competition

Billiards is a Tier 4 event. The number of players advancing to the Regimental Tournament will be between four (4) and sixteen (16) and depends upon the quality of play during early rounds.

Roster

Desired roster size is two (2) players per company. No more than six (6) players per company may participate. Players will be seeded after an initial round of Speed Pool.

Speed Pool

One player participates at a time and starts with a full rack of balls. A Timer starts the clock when the player makes the first contact with the cue ball. The player may set up the next shot immediately but must wait until the cue ball comes to a complete stop before attempting the next shot. The clock stops once the player has successfully cleared the table of all balls.

Tournament Rules

The game of Fifteen-Ball will be played for all matches. The object of Fifteen-Ball is to score balls of greater total point value than the opponent(s). Each player keeps a running score as balls are pocketed.

In the event of a tie, the player pocketing the last object ball wins the game.

Suppose the starting player fails to pocket a ball on the break. In that case, the opposing player may accept the table and begin play, rerack and shoot the opening break, or require the offending player to repeat the opening break.

Neither ball nor pocket must be called.

The penalty for fouls is a loss of three (3) points and turn. In addition, the following infractions are considered a foul:

- Striking the cue ball with other than the cue tip.
- Pocketing the cue ball, i.e., scratching.
- Both feet leaving the floor during a shot.
- Cue ball touching the rail before hitting an object ball.
- Either the cue ball or object ball(s) leaving the table.

Billiard Congress of America governs all other rules.



The Citadel Records Challenge

Competition

The Citadel Records Challenge is a Tier 5 event. It is a year-long event to establish men's and women's record marks in a battery of athletic and fitness events. Events require superior individual athletic skill and physical fitness. The Citadel Records Challenge is considered an event within the Intramural program; record-breaking performances performed elsewhere, for example, during a CFPT or Swim Meet, are not eligible for consideration.

Roster

All currently enrolled students may attempt any or all events. Members of relay events are not required to come from the same company. Varsity cross country, track, and field athletes who have been on Corps Squad for 21 or more days this academic year are not eligible to attempt track or field events.

Individual Events

Rope Climb - from a seated position, the cadet will climb to the top of the rope located in the Deas Hall Gym and touch the wooden top for the fastest time (to the 10th of a second). Feet may not touch the ground on the ascent; legs or feet may not touch rope on the ascent.

100-yard Dash - sprint 100 yards on the Citadel Track for the fastest time (to 10th of a second).

100 meter Swim - swim four (4) lengths for the fastest time (to the 10th of a second) of the Citadel Pool.

Handstand - Hold a handstand for the longest time (to the 10th of a second), traveling no more than 3 feet in any direction.

Standing Broad Jump - for the furthest distance, jump out from a standing position, pushing off with both feet simultaneously. Start with toes just behind a marked line in the Deas Hall Gym. Distance is measured from the heel closest to the start line or the body part closest to the start line if the cadet falls to the ground. Distance is recorded in feet and whole inches.

High Jump - using a Scissor, Western Roll, Straddle Roll, or Flop technique, execute a running high jump that clears the crossbar, so it remains in place. Take-off for any method used must be one-footed. Height is recorded in feet and whole inches.

1 Mile Run - run one (1) mile on the Citadel Track for the fastest time (to the 10th of a second).

Push-Ups - in two (2) minutes, the cadet will complete as many push-ups as possible. The starting and ending position is up. Cadets will be prepared for three (3) commands: "Get Ready, resting on knees," "Get Set," front leaning rest position, and "Go," begin the first repetition. Cadets may reposition their hands but must stay in contact with the ground. The altered front leaning rest position is the only authorized rest position; the cadet may sag in the back and flex the back. Cadets may not rest on the ground, pick up feet or hands, or rest on the back of their feet. The body must be lowered as a single unit until the upper arms are parallel to the ground.

Sit-Ups - in two (2) minutes, the cadet will complete as many sit-ups as possible. The starting and ending position is down. Cadets will be prepared for three (3) commands: "Get Ready," lying on back, legs bent, and the partner holding ankles, "Get Set," fingers interlocked and hands touching the ground, and "Go," begin the first repetition. Cadets will keep heels in contact with the ground and fingers interlocked and behind the head. Cadets must raise their upper body to a vertical position and lower body until the bottom of their shoulder blades touch the ground. Cadets may rest while in the upright position but may not rest on the ground. Cadets may not grab the back of their legs or push-off ground to raise to the vertical position.

Dead-Hang Pull-Ups - for maximum repetitions, the cadet will raise the body with arms until the chin is above the bar and lower the body until the arms are fully extended. The starting and ending position is when the body hangs with arms fully extended. Cadets may use either palm facing toward or away grip. Legs may be straight or bent but

may not be raised above the waist. Cadets may not use body or leg motion to aid in raising or lowering the body.

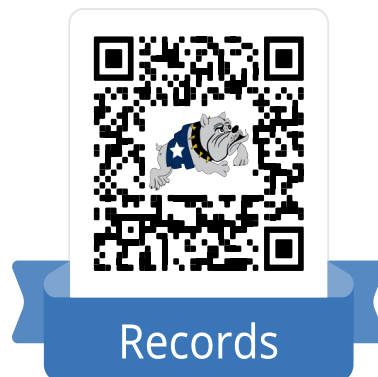
Relay Events

4 x 200-meter Freestyle Swim – for the fastest time (to 10th of a second), a team of four cadets swims in any style. Each cadet swims two (2) laps of the Citadel Pool. The first swimmer must use a forward start. Swimmers will remain in contact with the pool deck until the previous swimmer has touched the wall. Some part of the body must touch the wall on each turn. The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn.

Mile Relay Run – for the fastest time (to 10th of a second), a team of four cadets races on the most inside lane of the Citadel Track. Each cadet runs one (1) lap of the track. A starting block is not permitted. The baton must be passed within the 20-meter passing zone. The baton must be passed, not thrown. If the baton is dropped within the passing zone, either runner may retrieve it. If the baton is dropped outside of the passing zone, the runner who dropped it must retrieve it.

Scoring

Each cadet's points for Citadel Record's Challenge are capped at 35 per year. Mark must be 90% or better than the current record to earn participation points. The final deadline to attempt events for points is 1800 on the last day of class in the fall and spring semesters.





CPFT Excellence

Competition

CPFT Excellence is a Tier 5 event. Additionally, all cadets may earn points for their companies based on outstanding performance on the Corps Physical Fitness Test.

Roster

All currently enrolled cadets may participate.

Rules

Only Corps Physical Fitness Tests (CPFT) are eligible for consideration. Eligible CPFTs are further defined as those scheduled by the Office of Commandant and appearing on the Cadet Training Schedule.

Written protest, sent via e-mail from the Company Athletic Officer and to the Director of Intramurals, must be received within 24 hours of posting CPFT excellence points. Should an Athletic Officer request a recalculation because of a change in unit strength, the recalculation will be run for the entire corps.

Scoring

Cadets may earn a maximum of fifteen (15) points per semester when they complete 100 push-ups, hold a plank for 4:20, and run 1-1/2 miles in 8:15 (male 17-19), 9:29 (female 17-19), 8:30 (male 20-24), or 9:47 (female 20-24).

Each cadet's points for Athletic Achievement are capped at 35 points per year.



Darts

Competition

Darts is a Tier 4 event. The number of players advancing to the Regimental Tournament will be between four (4) and sixteen (16), depending on the quality of play during early rounds.

Roster

Desired roster size is two (2) players. No more than six (6) players per company may participate. Players will be seeded after an initial round of cricket.

Cricket (Challenge) Rules

Players take turns throwing three (3) darts each. The object is to cover the numbers 20, 19, 18, 17, 16, 15, and Bullseye in any order before your opponent.

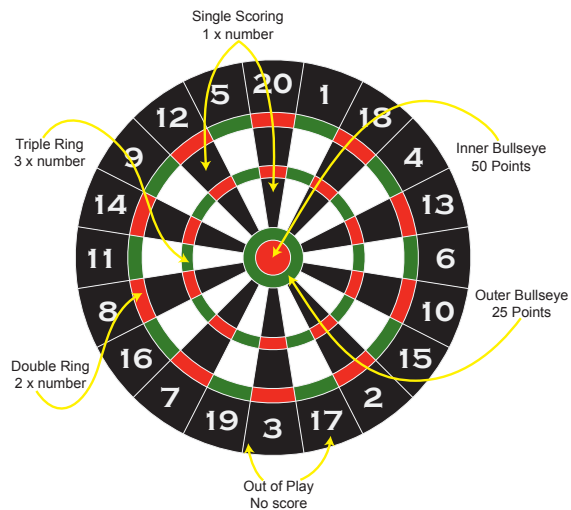
Tournament Rules

The game of 301 will be played for tournament games. Each player starts with a score of 301 and takes turns throwing three (3) darts. The score for each turn is calculated and deducted from the player's total. The score must be exactly zero to win the game.

It is not required for a player to throw all three darts on every turn.

If a player reduces the score to below zero, the score is bust. A bust ends the player's turn immediately and returns their score to what it was at the start of that turn.

<u>Location</u>	<u>Points</u>
Inner Bullseye	50
Outer Bullseye	25
Triple Ring	3 x number
Double Ring	2 x number
Single Scoring	1 x number
Out of Play	0



The dart is scored where the point enters the board. Wires that divide the board determine where the dart entered the board, not the colors.

If a dart bounces out of the board or is knocked out, it does not count, nor may it be thrown again. Likewise, if a dart falls out of the board before it is scored or pulled out by the player, it does not count.

The penalty for fouls is loss of turn and any points earned so far in that turn. The following infractions are considered a foul:

- any part of the foot extending over the throw line.
- Behavior intended to distract the opponent during their throw.

The National Dart Association governs all other rules.



Flag Football

Competition

Flag Football is a Tier 1 event. The competition begins as a round-robin tournament between companies with each battalion or within the Blue, White, and Red Leagues.

Roster

Desired roster size is ten (10) players. The game is played 7-on-7, and five (5) players are required to avoid a forfeit. One player from each team is designated as the team captain before the start of play.

Rules

Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

Metal or hard tip cleats are not permitted. It is strongly recommended that a mouthpiece be worn. Shirts must be tucked into shorts. Each player must wear a belt at the waistline with three flags attached, one hanging at each hip and one at the center of the back. Wrapping, tying, or securing flags to uniforms or belts is illegal.

Games are played in (2) 15-minute halves with a 5-minute break between halves. Games may be shortened at the discretion of the officials; 20 minutes of play will constitute a complete game. The clock runs continuously except for time-outs. Each team is entitled to (2) 1-minute time-outs per game. Following any time-out, the offensive team has 25-seconds to start the next play.

If the game ends in a tie score, each team will have a chance to score in (4) downs, with the line of scrimmage starting at the opposing team's 20-yard line. Play will continue until one team scores, and the other does not.

If a female scores a touchdown, the point value is nine (9). If a female player throws a legal forward pass and any offensive player scores a touchdown, the point value is nine (9). All other touchdowns are six (6) points.

Following a touchdown, the scoring team has one down to attempt 1, 2, or 3 extra points. The scrimmage line is at the 3-yard line to attempt 1 extra point. The scrimmage line is at the 10-yard line to attempt 2 extra points, and the scrimmage line is at the 20-yard line to attempt 3 extra points.

A safety is worth 2 points. When a safety is scored, the ball belongs to the scoring team at its 14-yard line.

Each half starts with the ball at the 14-yard line of the defensive team. Following a touchdown, safety, or touchback, the ball is put into play at the 14-yard line of the defensive team.

The offensive line may obstruct an opponent (screen block) without using any part of the body to initiate contact. Shoving with the hands, elbows, knees, or shoulders is not allowed. Before the snap, one (1) offensive player may be in motion but not in motion toward the opponent's goal line. The player who receives the snap must be at least two (2) yards behind the scrimmage line. Direct snaps are not legal.

A catch by any kneeling or prone inbounds player is a completion or interception. All players are eligible to touch or catch a pass. If opposing teams catch a forward pass simultaneously, the ball becomes dead and belongs to the offense. An official must visibly see the ball strike the ground to rule it incomplete. If in doubt, it is a catch. The ball is dead when and where it touches the ground.

There are no onside kicks. Quick kicks are illegal. No team may advance beyond the scrimmage line until the ball has been kicked. Once the ball is punted, it may be blocked. If a blocked punt hits the ground, it is dead there. If the kicking team catches a blocked punt, it may be advanced, and a new series of downs begins. When a punt that has crossed the scrimmage line touches a player from either team and then hits the ground, it is a dead ball and belongs to the receiving team.

The punting team must have at least five (5) players on the scrimmage line at the snap of the ball.

While attempting to remove the flag from a player in possession of the ball, defensive players may contact the body

and shoulders, not the face, neck, or head. Defensive players may not hold, push, or knock an offensive player down in an attempt to remove the flag. When the flag is taken from the player in possession of the ball, the ball is dead, and the down ends. The player who captures the flag should immediately hold it above their head to assist the official in marking the spot. Any player with the ball may not block or guard their flag against being taken. If the flag belt inadvertently falls off, a one-hand tag between the shoulders and knees constitutes a capture.

A backward pass or fumble caught or intercepted in flight and inbounds may be advanced. It is passing interference if an eligible receiver is deflagged/tagged before touching a thrown ball. Contact that interferes with an eligible receiver is pass interference.

Summary of Fouls and Penalties

Loss of 5 Yards	Loss of 10 Yards
illegally worn flag belt	illegally worn flag belt on touchdown
delay of game	quick kick
breaking substitution rules	reentry of a disqualified player
encroachment	kick catch interference
false start	roughing the passer
illegal snap	offensive or defensive pass interference
an offensive player illegally in motion	illegal flag belt removal
illegal forward pass	illegal screen block
helping the runner	guarding flag belt
	stiff-arming
	holding a runner

Personal fouls, e.g., tripping, clipping, throwing an opponent to the ground or contact with an opponent on the ground, shoving or blocking with hands, elbows, or shoulders, contact to the face, neck, or head, or contact during a dead ball results in a 10-yard penalty and disqualification if the official deems it appropriate.

Unsportsmanlike conduct, e.g., disrespectfully addressing an official, being on the field illegally, profanity, taunting, using insulting or vulgar language or gestures, contact with an official, or fighting, results in a 10-yard penalty and disqualification if the official deems it appropriate.



Indoor Kickball

Competition

Kickball is a Tier 1 Event. Competition begins as a round-robin tournament within each battalion.

Roster

Desired roster size is eight (8) players. Five (5) players are required to avoid a forfeit. One player from each team is designated as the team captain before the start of play.

The kicking team will supply its pitcher. Teams may have unlimited kickers; any substitute must occupy the same position in the kicking order. Thus, teams may have up to eight (8) fielders. The defense may have one player stand next to the actual pitcher, a catcher, and four (4) other players in traditional infield positions. The remaining two (2) players must be beyond the designated outfield line before the ball is kicked.

Rules

Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

A regulation game consists of five (5) innings or 40 minutes of play, whichever happens first. Games may be shortened at the discretion of the umpire. The mercy rule is ten (10) runs after four (4) innings.

Kicking Rules:

The kicker gets the pitch from their pitcher. The kicker gets a second "courtesy" pitch if the ball is kicked into foul territory. The kicker's plant foot must not be past home plate when contact is made with the ball.

Bunting is not allowed.

A kicked ball that hits the ceiling is an out.

Base Running Rules:

A base runner is out if they leave the base before the ball is kicked. Runners may not steal. Sliding will be considered an out. Pinch runners are allowed. The last person to make an out is the pinch runner. A runner in fair territory hit by a kicked ball will be called out. The kicker will be awarded first base.

If a female scores a run, the point value is two (2), so long as she successfully kicked to get on base.

Fielding Rules:

All fielders must stay behind the line between first and third base until the ball is kicked. Runners are out if a fielder (1) tags the base, (2) uses the ball to tag a runner, or (3) throws the ball and hits the runner before they reach base. Intentionally hitting a runner with a ball above the shoulders is illegal.

Balls may be played off the walls or curtain. An out is called when the ball is caught before hitting the ground.

Pitching Rules:

All players must use balls supplied by Deas Hall. No bouncies. The pitcher may not interfere with defensive players after the ball is kicked.

The World Adult Kickball Association governs all other rules.



Indoor Soccer

Competition

Indoor Soccer is a Tier 2 event. Sign-up is required. Companies that miss the sign-up deadline will not be scheduled to play. Athletic skill and physical fitness may be required.

Roster

Desired roster size is ten (10) players. The game is played 5-on-5 with one player designated as a goalkeeper. Four (4) players are required to avoid a forfeit. One player from each team is designated as the team captain before the start of play.

Rules

Start time is forfeit time: there is no grace period for players to arrive late. One (1) game forfeit disqualifies a team from further play.

It is strongly recommended that players wear a mouthpiece. Slide tackling will result in immediate ejection. There are no warnings or exceptions.

Games are played in two 12-minute halves with a 3-minute break between halves. At officials' discretion, games may be shortened; twenty minutes of play will constitute a complete game. The clock runs continuously except for officials' time-outs. There are no team time-outs.

Teams will go to penalty kicks if there is a tie at the end of regulation play—teams alternate kickers. Following five (5) kicks for each team, the winner is the team scoring the most goals. If the game remains tied, kicks will continue until one team scores and the other does not. At the end of regulation, players on the court must kick penalty kicks before any sideline player.

All players but the goalkeeper enter and leave as they please (aka, flying substitution). Players may not switch positions with the goalie while the ball is in play. A substitute goalie must notify the official upon entering the game.

If a female scores a goal, the point value is two (2).

There is no offsides rule. All out balls are kicked-in, no throw-ins. Players may not score on a direct kick from out-of-bounds.

Violation of any of the following rules results in a two-minute power play to the opposing team (i.e., the offending team plays man-down); the offending player is suspended from play for the remainder of the half, and the opposing team takes a direct free-kick from the *spot of penalty:

- intentionally handling the ball
- deliberately kicking an opponent
- tripping an opponent
- charging, rushing, or holding an opponent
- other dangerous play as judged by officials
- *Any penalty inside the goal box results in a direct free-kick from the top of the basketball key.

Any player charged with two (2) fouls is disqualified from the game.

The National Intramural-Recreational Sports Association governs all other rules.



Sign Up Required



Indoor Triathlon

Competition

The Indoor Triathlon is a Tier 3 event with two (2) divisions, Men's and Women's. The division winners are competitors with the lowest total time for all events. Transitions between events will not be timed.

Roster

Desired roster size is two (2) competitors. No more than six (6) competitors per company may participate.

Rules

Competitors will report to the Deas Hall Swimming Pool by 1600 on race day. The order of events is 300m Swim, 6m Stationary Bike, and 1.5m Run on a motorized treadmill.

Swim

Competitors begin in the pool at the shallow end. The distance required is 300 meters. Swimmers may use any stroke.

Bike

Cyclists will use stationary bikes in Deas Hall Cardio Area. The distance required is 6 miles; the setting is Manual.

Run

Runners will complete a one and one-half (1-1/2) mile run on a motorized treadmill in the Cardio Area. The incline will be set at 3 degrees.

It is not necessary to race between events as the transition time will not be counted. It is recommended that participants sample the bikes and treadmills before race day.



Intramural Sigma Delta Psi

Competition

Sigma Delta Psi (SDP) is a year-long event within intramurals to support students working toward induction into The Citadel chapter. Events require superior individual athletic skill and physical fitness. For BOV Trophy purposes, Sigma Delta Psi is a Tier 5 event.

Sigma Delta Psi is an honorary athletic fraternity that promotes the total fitness of male college students, emphasizing physical fitness. The Citadel became a charter member on February 1, 1960, as the Epsilon Beta chapter. Students have from matriculation until graduation to achieve passing marks in the Sigma Delta Psi events and earn a place in the Citadel's Sigma Delta Psi Fraternity.

Roster

All currently enrolled male students may participate.

Rules

Students may test through a Required Physical Education Course (RPED 140), Intramural Athletics, or under the supervision of any Health and Human Performance faculty member or Sigma Delta Psi member.

Scoring for Intramurals

Each cadet's points for Sigma Delta Psi are capped at 35 points per year. Event marks must be 90% or better than the standard to earn points during the academic year of the attempt. The final deadline to attempt events for intramural points in the current academic year is 1800 on the last day of class.

<u>Event</u>	<u>SDP Standard</u>	<u>90%</u>
100-yd Run	11.6 sec	12.5 sec
120-yd Hurdles	16.0 sec	17.6 sec
Running High Jump	based on height and weight	
Running Broad Jump	17 ft	15 ft 3 in
16-lb Shot Put	based on height and weight	
Rope Climb	12 sec	13.2 sec
Golf Shot	4 out of 5	3 out of 5
Baseball Throw	250 ft	225 ft
Football Punt	120 ft	108 ft
100 yd Swim	1 min 45 sec	1 min 56 sec
1 Mile Run	6:00	6:36
Front Handspring	land on feet	land on feet
Handstand	10 sec	9 sec
Fence Vault	Chin height	Sternal notch height



Kickball

Competition

Kickball is a Tier 1 Event. Competition begins as a round-robin tournament within each battalion.

Roster

Desired roster size is eight (8) players. Five (5) players are required to avoid a forfeit. One player from each team is designated as the team captain before the start of play.

The kicking team will supply its pitcher. Teams may have unlimited kickers; any substitute must occupy the same position in the kicking order. Thus, teams may have up to eight (8) fielders. The defense may have one player stand next to the actual pitcher, a catcher, and four (4) other players in traditional infield positions. The remaining two (2) players must be beyond the designated outfield line before the ball is kicked.

Rules

Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

A regulation game consists of seven (7) innings or 45 minutes of play, whichever happens first. Games may be shortened at the discretion of the umpire. The mercy rule is ten (10) runs after four (4) innings.

Kicking Rules:

The kicker gets the pitch from their pitcher. The kicker gets a second "courtesy" pitch if the ball is kicked into foul territory. Kicks must be taken within a 3-foot radius of home plate. Bunting is allowed: the ball must roll beyond the line between first and third base to count.

Base Running Rules:

A base runner is out if they leave the base before the ball is kicked. Runners may not steal. Sliding will be considered an out. Pinch runners are allowed. The last person to make an out is the pinch runner. A runner in fair territory and hit by a kicked ball will be called out. The kicker will be awarded first base.

Fielding Rules:

All fielders must stay behind the line between first and third base until the ball is kicked. Runners are out if a fielder (1) tags the base, (2) uses the ball to tag a runner, or (3) throws the ball and hits the runner before they reach base. Intentionally hitting a runner with a ball above the shoulders is illegal.

Pitching Rules:

All players must use balls supplied by Deas Hall. No bouncies. The pitcher may not interfere with defensive players after the ball is kicked.

The World Adult Kickball Association governs all other rules.



Pickleball

Competition

Pickleball is a Tier 3 event. Events are open to all students, faculty, and staff. Individual players are responsible for reviewing the schedule and reporting to play. The overall time commitment will be minimal. Events may require unique athletic skills or physical fitness.

Roster

Desired roster size is two (2) players per company. No more than six (6) players per company may participate.

Challenge Tournaments

Per the published schedule, players report to the Deas Hall Gymnasium. Players are randomly assigned to a tournament bracket or round-robin and play until eliminated or win the bracket or pool. Players must play in at least two (2) Challenge Tournaments to be eligible to advance to the Regimental Tournament. Players will be ranked by their win-loss record. Ties are broken by points scored (most) and then points scored against (least).

Rules

The first side scoring 11 points and leading by at least a 2-point margin wins. Only the serving side can score points.

The ball is served underhand and without bouncing it off the court. The first serve of each side-out is made from the right-hand court. If a point is scored, the server switches sides and initiates the next serve from the left-hand court. The server continues switching back and forth until a fault is committed and the server loses the serve.

Each side must make at least one groundstroke following the serve before volleying the ball (hitting it before it bounced).

A player cannot volley a ball while standing in the dead zone, which is the area of the court bounded by the two sidelines, the non-volley line, and the net.

It is a fault when:

- The serve touches the ceiling or walls.
- The serve lands on or inside the non-volley line.
- The serve hits out-of-bounds.
- The serve hits the net and lands out of bounds. However, if the ball hits the net and lands legally within the opponent's court, it is a service let.
- The opponent fails to return the ball.
- The ball hits the floor out-of-bounds.

The United States Pickleball Association governs all other rules.



Soccer

Competition

Soccer is a Tier 1 event. The competition begins as a round-robin tournament between companies with each battalion or within the Blue, White, and Red Leagues.

Roster

The game is played 6-on-6 with five (5) field players and a goalie. Five (5) players are required to avoid a forfeit. One player from each team is designated as the team captain before the start of play.

Rules

Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

It is strongly recommended that a mouthpiece be worn. Slide tackling will result in an immediate ejection. There are no warnings or exceptions.

Games are played in two (2) 10-minute halves with a 3-minute break between halves. Games may be shortened at the discretion of the officials for darkness, inclement weather, or formation. Twenty minutes of play will constitute a complete game. The clock runs continuously except for officials' time-outs. There are no team time-outs.

In the event of a tie at the end of regulation play, teams will go to penalty kicks. Teams will alternate kickers. Following five (5) kicks for each team, the winner is the team scoring the most goals. If the game remains tied, kicks will continue until one team scores and the other does not. Each team must use the goalie who was in the game when regulation play ended; goalies may kick. Players on the field at the end of regulation must kick penalty kicks before any sideline player.

Substitution of players may be made when the ball is not in play. A substitute goalie must notify the official upon entering the game.

If a female scores a goal, the point value is two (2).

There is no offsides rule. All players may go anywhere on the field of play.

Violation of any of the following rules results in a direct free kick by the opposing team:

- intentionally handling the ball
- deliberately kicking an opponent
- tripping an opponent
- charging, rushing, or holding an opponent
- other dangerous play as judged by officials

When a direct free kick violation occurs within the penalty area, an opposing player takes a penalty kick from the 12-yard line. Any player charged with two (2) fouls is disqualified from the game.

The National Intramural-Recreational Sports Association governs all other rules.



Softball

Competition

Softball is a Tier 1 event. The competition begins as a round-robin tournament between companies within each battalion.

Roster

Desired roster size is ten (10) players. Four (4) of the ten (10) defensive players are in the outfield. Seven (7) players are required to avoid a forfeit. One player from each team is designated as the team captain before the start of play.

Rules

Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play. Metal or hard tip cleats are not permitted.

A regulation game consists of five (5) innings or 40 minutes of play, whichever happens first. The last at-bat will start no later than ten (10) minutes before the next scheduled game. Games may be shortened at the discretion of the umpire. Four (4) innings constitute a complete game. The mercy rule is in effect: the game is called if one team is up by 10 runs by the end of four innings.

Base Running Rules:

A base runner is out if they leave the base before a legally pitched ball crosses home plate. Runners may slide only feet first. Runners may not steal. Pinch runners are allowed. The last person to make an out is the pinch runner. If a female scores a run, the point value is two (2). Females may not pinch run.

One base is awarded for any ball deemed too far out of play by the game official.

Pitching and Batting Rules:

All players must use balls and bats supplied by Deas Hall.

The pitcher must address the batter for one (1) second by holding the ball with both hands in front of the body. A pitcher's delivery is made underarm and must begin with both feet in contact with the pitching rubber. The pitch must have a distinct arc and be at least 6 feet high but no more than 10 feet high. The strike zone is between the batter's knees and armpits. A quick return pitch is not allowed and will be called a ball.

Batters start with a 1-and-1 count. Batters are allowed only one foul ball after the second strike.

A designated hitter is allowed.

If an intentional walk is declared, no pitching is required. The batter is awarded two bases.

The Amateur Softball Association of America governs all other rules.



Spikeball

Competition

Spikeball is a Tier 3 event. Events are open to all students, faculty, and staff. Individual players are responsible for reviewing the schedule and reporting to play. The overall time commitment will be minimal. Events may require unique athletic skills or physical fitness.

Roster

Desired roster size is three (3) players. Two (2) players are required to avoid a forfeit. One player from each team is designated as the team captain before the start of play.

Rules

Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

The team winning 2-out-of-3 games wins a match. All games are played to 15 points using rally scoring. Matches may be shortened at the discretion of the official. One (1) game played to 21 points will constitute a complete match.

Each team is entitled to one 30-second time-out per game.

To start a rally, opposing team members line up across from each other with the roundnet in the center. A point begins when the server hits the ball off the net towards the opposing players. Then, the returning team has three (3) hits between them to return the ball onto the net.

After the serve and return, players can move or hit in any direction.

The rally continues until a team can't return the ball onto the net within their three touches.

Points are scored when the ball hits the rim, the ground, or bounces more than once on the net.

Spikeball Roundnet Association governs all other rules.



Swim Meet

Competition

The Swim Meet is a Tier 3 event. At least two (2) swimmers must participate for the company to earn total participation points. The number of swimmers/relay teams advancing to the Regimental Finals will be no more than eight (8) per event.

Roster

Desired roster size is a minimum of four (4) swimmers per company. There is no maximum limit. Advance sign-up is required.

Relays

4 x 100m Freestyle Relay
4 x 100 IM Relay
*Freestyle Sprint Medley Relay

Men's Events

400m Freestyle
25m Back Stroke
25m Butterfly
25m Breast Stroke
25m Freestyle

Women's Events

400m Freestyle
25m Back Stroke
25m Butterfly
25m Breast Stroke
25m Freestyle

*Sprint Medley Relay (25m, 50m, 100m, 25m) must have at least one woman participating.

Event

Start Time

Clerk of Course and Pool Opens	1530
Finals 4 x 100m IM Relay	1550
Finals 25m Free Style (Women)	1600
Preliminary 25m Free Style (Men)	1605
Finals 25m Butterfly (Women)	1615
Preliminary 25m Butterfly (Men)	1620
Finals 400m Freestyle (men and women swim together, scored separately)	1630
Finals 25m Back Stroke (Women)	1645
Preliminary 25m Back Stroke (Men)	1650
Finals 25m Breast Stroke (Women)	1700
Preliminary 25m Breast Stroke (Men)	1705
Finals 4 x 100m Freestyle Relay	1715
Finals 25m Free Style (Men)	1730
Finals 25m Butterfly (Men)	1735
Finals 25m Back Stroke (Men)	1740
Finals 25m Breast Stroke (Men)	1745
Finals *Sprint Medley Relay	1755



Sign Up Required

Rules

Check-in with the Clerk of Course not later than 1545.

The swimmer must stay on the back during Back Stroke events. For Butterfly and Breast Stroke events, a two-hand touch to the wall is required. A swimmer who starts early in finals (i.e., false start) will be disqualified.



Table Tennis

Competition

Table Tennis is a Tier 3 event. Events are open to all students, faculty, and staff. Individual players are responsible for reviewing the schedule and reporting to play. The overall time commitment will be minimal. Events may require unique athletic skills or physical fitness.

Roster

Desired roster size is two (2) players per company. No more than six (6) players per company may participate.

Challenge Tournaments

Per the published schedule, players report to the Deas Hall Gymnasium. Players are randomly assigned to a tournament bracket or round-robin and play until eliminated or win the bracket or pool. Players must play in a minimum of two (2) Challenge Tournaments to be eligible to advance to the Regimental Tournament. Players will be ranked by their win-loss record. Ties are broken by points scored (most) and then points scored against (least).

Rules

A match is one game played to 21 points (must win by a 2-point margin).

Who serves first is the P I N G rally winner. The serve changes after five points. Once 20 points have been awarded, the serve goes to the player behind (i.e., to the man down) and continues until the match is won.

USA Table Tennis governs all other rules.



Team Handball

Competition

Team Handball is a Tier 2 event. Sign-up is required. Companies that miss the sign-up deadline will not be scheduled to play. Athletic skill and physical fitness may be required.

Roster

The game is played 5-on-5 with four (4) field players and one (1) goalie. Five (5) players are required to avoid a forfeit. One player from each team is designated as the team captain before the start of play.

Rules

Start time is forfeit time: there is no grace period for players to arrive late. One (1) game forfeit disqualifies a team from further play.

It is strongly recommended that players wear a mouthpiece. Metal or hard tip cleats are not permitted.

Games are played in two (2) 10-minute halves with a 2-minute break between halves. Games may be shortened at the discretion of officials; fifteen minutes of play will constitute a complete game. The clock runs continuously except for officials' time-outs.

Each team is entitled to one (1) 1-minute time-out per game.

Teams will go to penalty shots if there is a tie at the end of regulation play—teams alternate shooters. Following five (5) shots for each team, the winner is the team that scores the most goals. If the game remains tied, shots will continue until one team scores and the other does not. At the end of regulation, players on the court must shoot penalty shots before any sideline player.

Substitutes may enter the game anytime so long as replaced players have left the field. Substitutes must enter the game at midfield. Players may not switch positions with the goalie while the ball is in play. A substitute goalie must notify the referee upon entering the game.

Score by getting the ball into the opponent's goal by taking shots from behind the goal area line. Players may use hands, arms, head, torso, thighs, and knees to move the ball. The ball can be passed, dribbled, or rolled, but the ball cannot be touched with the feet.

A player may dribble the ball without time restriction. Still, players are not permitted to dribble the ball after they have dribbled it and picked it up, i.e., double dribble is not allowed.

A player may run (3) three steps with the ball. A player may hold the ball for (3) three seconds. As soon as the ball is held with one or both hands, it must be released after (3) steps or (3) seconds.

No player, except for the goalie, is permitted in the goal area. The only exception is when an offensive player is carried by momentum across the goal area line while taking a shot on goal. Then, regardless of whether the goal is made or missed, the offensive player must immediately clear the goal area. Thus, for example, an offensive player may not take his rebound while standing inside the goal area line and shoot again.

When the ball enters the goal area, it belongs to the goalkeeper only. Any ball out-of-bounds over the endline goes to the defending goalie.

Field players may not enter the goal area (area bounded by the line closest to the goal). If a field player enters the goal area while taking a shot and scores, the goal is not counted, and the ball changes possession.

Most play will occur between the goal area line and the 9-meter line. However, when there is any change of possession, e.g., after a shot on goal and the goalie returns the ball to play, or the ball is returned to play from out-of-bounds, the offensive team must be outside the 9-meter line until field play resumes. Likewise, defending players must stay 3 meters (10 feet) from the ball on a throw-in from out-of-bounds over the sideline.

A player can use the body's torso to obstruct an opponent with or without the ball. However, using the out-stretched arms or legs to block, push, hold, trip, or hit is not allowed. In addition, the attacking player is not allowed to charge into a defensive player.

A free throw is awarded for a minor foul or violation. The free throw is taken at the spot where the infraction took place unless the infraction occurred between the goal area line and the 9-meter line. In this case, the ball and all offensive players must be behind the 9-meter line, and defensive players must be 3 meters (10 feet) away when the shot is taken. In addition, violation of any of the following rules results in a free throw by the opposing team:

- holding the ball without moving for longer than three (3) seconds.
- running with the ball for more than three (3) steps without dribbling.
- contacting the ball below the knees.
- pulling, hitting, or punching the ball out of an opponent's hands.
- unintentionally endangering an opponent with the ball.
- unintentionally tripping an opponent.
- charging, rushing, or holding an opponent.
- other dangerous play as judged by officials.

A penalty throw, taken from the 8-yard hash line, is awarded to opponents when:

- A foul destroys a clear chance to score a goal.
- The goalie carries the ball back into the goalie area.
- A field player throws the ball to their goalie in the goalie area.

All players must be outside the penalty line when the throw is taken. Any player may take the shot.

Actions directed toward an opponent and not the ball, e.g., tripping, holding, pushing, hitting, or intentionally endangering the opponent with the ball, will be punished with a 2-minute suspension. The suspended player's team plays short a man for two minutes. Repeating aggressive play by any team member will result in exclusion: the excluded player's team continues one player short for the rest of the game.

USA Team Handball governs all other rules.



Sign Up Required



Team Quadathlon

Competition

The Team Quadathlon is a Tier 3 event. Events are open to all students, faculty, and staff. Individual players are responsible for reviewing the schedule and reporting to play. The overall time commitment will be minimal. Events may require unique athletic skills or physical fitness.

Roster

Desired roster size is one (1) team. No more than two (2) teams per company may participate.

Rules

Per the published schedule, players report to the Deas Hall Gymnasium.

Swim

Competitors begin in the pool at the shallow end. The distance required is 200 meters. Swimmers will exit the pool and tag the sprinter on the pool deck.

Sprint

Sprinters leave Deas Hall and race along Grier Avenue to Summerall Gate, where they tag cyclists. The distance is approximately 400 meters.

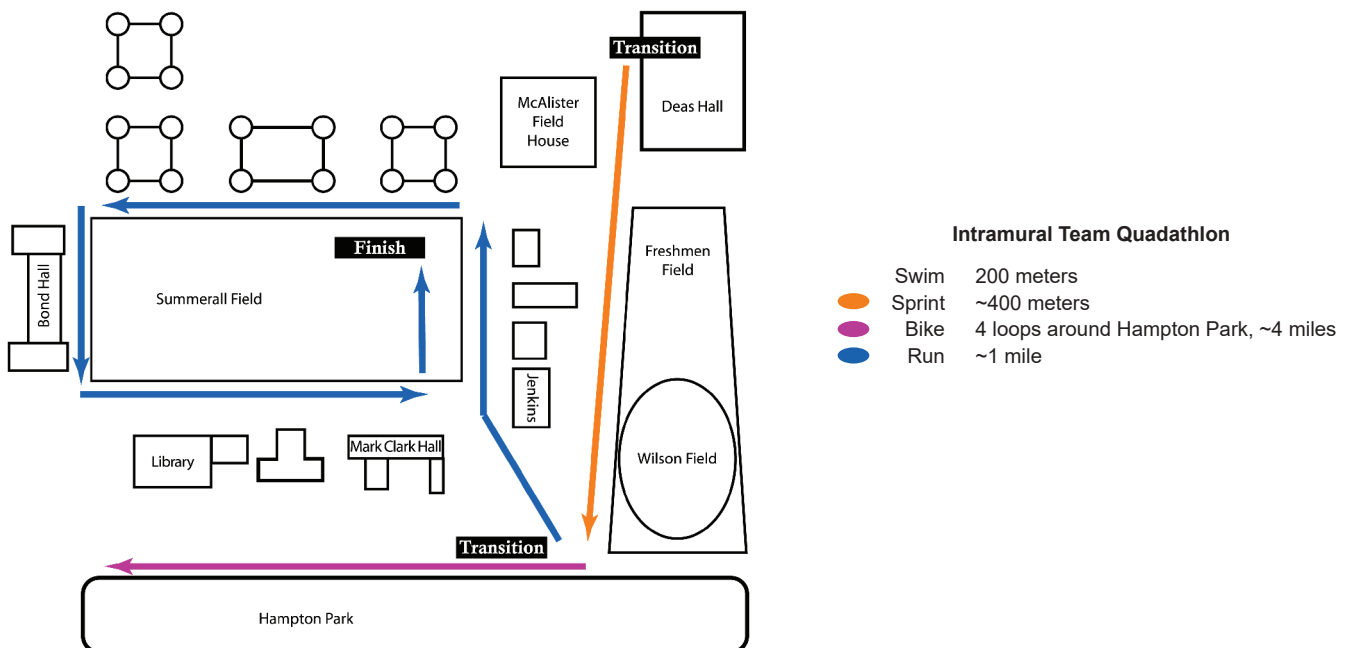
Bike

Deas Hall does not provide bikes. The cyclist may mount their bikes after the sprinter tags. The rider must wear an approved helmet; Deas Hall has helmets to lend. The bike distance is approximately 4 miles; see course map.

Run

Runners may begin after the cyclist tags. The run distance is approximately one (1) mile; see course map.

While the Intramural office will provide several course monitors, on and off-campus roads will not be closed to traffic. All bike and run participants must use caution during their event, e.g., watch for cars and pedestrians, ride single file through Hampton Park, and avoid excessive speed around corners and over rough pavement.





Ultimate Frisbee

Competition

Ultimate Frisbee is a Tier 2 event. Sign-up is required. Companies that miss the sign-up deadline will not be scheduled to play. Athletic skill and physical fitness may be required.

Roster

Desired roster size is ten (10) players. Six (6) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to the start of play.

The game is played 7 vs. 7. If a team only has six (6) players, they will play a man down.

Rules

Start time is forfeit time: there is no grace period for players to arrive late. One (1) game forfeit disqualifies a team from further play.

It is strongly recommended that players wear a mouthpiece. In addition, soft sole shoes are required; players may not play barefoot.

Games are played in two (2) 10-minute halves with a 2-minute break between halves. Games may be shortened at the discretion of officials; fifteen minutes of play will constitute a complete game. The clock runs continuously except for officials' time-outs.

In the event of a tie at the end of regulation play, teams will play to sudden victory: the first team to score wins. Teams involved in a tie during Regimental Semifinals or Finals will play a five (5) minute overtime period. Teams will play to sudden victory if a tie remains at the end of this overtime period.

Out-of-Bounds

The thrower may pivot in- and out-of-bounds, providing some part of the pivot foot contacts the playing field.

Playing the Frisbee

Each point begins with both teams lining up in front of their endzone line. Then, the defense throws the Frisbee to the offense.

The thrower must establish a pivot foot and may not change that pivot foot until the throw is released.

The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into the marker.

The thrower has 10 seconds to throw the Frisbee. The marker counts out loud, "Stall 1, stall 2, stall 3, etc.," to determine when the time is up.

The offense retains possession if the Frisbee is caught simultaneously by offensive and defensive players.

For the receiver to be considered in the endzone after gaining possession of the Frisbee, their first point of contact with the ground must be entirely in the endzone.

Defending

Only one defensive player may guard the thrower at any time; that player is the marker.

The marker may not straddle (i.e., place feet on either side of) the pivot foot of the thrower.

All players have the right to the space immediately above them.

There must be at least an arm's length between the upper bodies of the thrower and the marker at all times.

It is the mutual responsibility of both players to respect each other's position and not to encroach into this area once it is established.

No physical contact is allowed between players. Picks and screens are prohibited.

Change of Possession

The defense becomes offense at the location of out-of-bounds, drop, blocks or interception, not from where the Frisbee was thrown.

Fouls and Violations

A foul occurs when a player initiates contact with another. The fouled player must call "Foul!" to stop play and retain or gain possession. If the player accused of the foul disagrees, the play is redone. (Contact occurring during the thrower's follow-through or between opposing players while catching, intercepting, or blocking the Frisbee may be deemed incidental contact.)

If an uncontested foul occurs in the endzone (except a force-out foul), the player fouled gains possession at the closest point on the goal line to the infraction.

Suppose an airborne receiver catches the Frisbee and is contacted by a defensive player before landing, and that contact causes the receiver to land out of bounds. In that case, the receiver must call themselves out-of-bounds or call a force-out foul on the defensive player. If this foul occurs in the endzone and it is uncontested, a goal is awarded.

If offensive and defensive players call off-setting fouls, the Frisbee reverts to the thrower.

A violation occurs when a player violates the rules that do not result in physical contact. The violated player must call "Violation!" or name the specific violation to stop play and retain or gain possession. Examples of violations are:

- traveling.
- the thrower moves pivot foot.
- the receiver takes more steps than required to stop after catching the Frisbee.
- the receiver, after receiving a pass, does not come to a complete stop before throwing the Frisbee.
- striping – a defensive player touches the Frisbee while it is in possession of the thrower or receiver.
- If there is ever a failure to come to an agreement over a call, the Frisbee reverts to the thrower.

Punishments

Actions directed toward an opponent and not the Frisbee, e.g., tripping, holding, pushing, hitting, or intentionally endangering the opponent, will be punished with a 2-minute suspension. The suspended player's team plays short a man for two minutes. Repeating aggressive play by any team member will result in exclusion: the excluded player's team continues one player short for the rest of the game.

Substitutes may enter the game after a score and during an injury timeout.

Ultimate Players Association governs all other rules.



Sign Up Required



Volleyball

Competition

Volleyball is a Tier 1 event. Competition begins as a round-robin within each battalion.

Roster

Desired roster size is six (6) players. Four (4) players are required to avoid a forfeit. One player from each team is designated as the team captain before the start of play.

Rules

Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

The team winning 2-out-of-3 games wins a match. All games are played to 15 points using rally scoring. Matches may be shortened at the discretion of the official. One (1) game played to 21 points will constitute a complete match.

Each team is entitled to one 30-second time-out per game.

All players from the serving team rotate after each serve. Substitution of players may be made when the ball is not in play. Substitutes must take the position of replaced players.

Each team is entitled to a maximum of three (3) hits to return the ball to opponents. These hits are in addition to blocking. Blocking is the action that deflects the ball coming over the net. To be considered a blocker, a player must reach above the net sometime during the effort to deflect the ball. The returning team may not block or spike a serve.

The ball may be played out of the net except on a serve.

A side out or point is awarded to the opponent if the ball hits the ceiling on the opponent's side of the net. However, a team may continue to play if the ball hits the ceiling on its own side of the net.

Players may not touch the net or step over the center line (under the net) while the ball is in play. However, blockers may reach over the net as long as they do not touch it.

USA Volleyball governs all other rules.



Weight Lifting

Competition

Weight Lifting is a Tier 4 event.

Roster

Desired roster size is two (2) competitors per company. There is no limit to the number of competitors who may attempt to qualify for Regimental Finals. Still, only two (2) qualifiers from each company may advance—for example, two men, one man and one woman, or two women. Once in the Regimental Finals, men will compete against men, and women will compete against women (i.e., there will be two divisions).

Preliminary Competition

A staff member will be available during times noted on the weekly intramural schedule to score preliminary attempts. Competitors may report to the Deas Hall Weight Room for weigh-in and competition.

Competitors will bench press a weight equal to 85% (men) or 55% (women) of body weight. To qualify for Regimental Finals, competitors must perform 20 (men) or 15 (women) repetitions (See Table for qualifying standards). Lifters may choose one of the following two (2) supine positions on the bench, which must be maintained throughout the lift:

- with head, trunk and legs extended on the bench, knees locked, or
- with head, trunk (including buttocks) extended on the bench, and feet flat on the platform.

The lift begins in a straight-arm position; the bar must be lowered to touch the chest and returned to a straight-arm position. A lift will be ruled incomplete for any change in the elected lifting position, raising of head, shoulders, buttocks, or legs, any shifting of the same, bridging in any form, failure to touch the bar to the chest, resting between repetitions, or any lifting of the bar by the spotter.

Regimental Finals

Regardless of the total number of qualifiers, each company is limited to two (2) entries to Regimental Finals, men's and women's divisions combined.

Competitors will bench press a weight equal to 90% (men) or 60% (women) of body weight (See Table for standards). Lift repetitions will be counted to failure or exhaustion. The competitor with the most lifts is the Regimental Champion. In the event of a tie, competitors will lift 95% (men) or 65% (women) of body weight to failure and continue until a winner is declared.

Preliminary Standards

		Men					
		Add these plates to a 45 lb bar:					
If you weigh (lbs)	*Lift 20 times (lbs)	45	35	25	10	5	2.5
105 or less	90				4		2
106-111	95			2			
112-117	100			2			2
118-123	105			2		2	
124-129	110			2		2	2
130-135	112		2				
136-141	120		2				2
142-147	152		2			2	
148-152	130		2			2	2
153-158	135	2					
159-164	140	2					2
165-170	145	2				2	
171-176	150	2				2	2
177-182	155	2			2		
183-188	160	2			2		2
189-194	165	2			2	2	
195-200	170	2			2	2	2
201-205	175	2			4		
206-211	180	2			4		2
212-217	185	2		2			
218-223	190	2		2			2
224-229	195	2		2		2	
230-235	200	2		2		2	2
236-241	205	2	2				
242-247	210	2	2				2
248-252	215	2	2			2	
253-258	220	2	2			2	2
259-264	225	2	2		2		
265-270	230	2	2		2		2
271-276	235	2	2		2	2	
277-282	240	2	2		2	2	2
283-288	245	2	2		4		
289-294	250	2	2		4		2
295-300	255	2	2	2			

*approximately 85% of body weight

		Women					
		Add these plates to a 45 lb bar:					
If you weigh (lbs)	*Lift 15 times (lbs)	45	35	25	10	5	2.5
90 or less	50						2
91-100	55					2	
101-109	60					2	2
110-118	65				2		
119-127	70				2		2
128-136	75				2	2	
137-145	80				2	2	2
146-154	85				4		
155-163	90				4		2
164-172	95			2			
173-181	100			2			2
182-190	105			2		2	
191-200	110			2		2	2
201-209	115		2				
210-218	120		2				2
219-220	125		2			2	

*approximately 55% of body weight

Finals Standards

Men							
If you weigh (lbs)	*Lift to exhaust	Add these plates to a 45 lb bar:					
		45	35	25	10	5	2.5
105 or less	90			2			
106-111	100			2			2
112-116	105			2		2	
117-122	110			2		2	2
123-127	115		2				
128-133	120		2				2
134-138	125		2			2	
139-144	130		2			2	2
145-150	135	2					
151-155	140	2					2
156-161	145	2				2	
162-166	150	2				2	2
167-172	155	2			2		
173-177	160	2			2		2
178-183	165	2			2	2	
184-188	170	2			2	2	2
189-194	175	2			4		
195-200	180	2			4		2
201-205	185	2		2			
206-211	190	2		2			2
212-216	195	2		2		2	
217-222	200	2		2		2	2
223-227	205	2	2				
228-233	210	2	2				2
234-238	215	2	2			2	
239-244	220	2	2			2	2
245-250	225	2	2		2		
251-255	230	2	2		2		2
256-261	235	2	2		2	2	
262-266	240	2	2		2	2	2
267-272	245	2	2		4		
273-277	250	2	2		4		2
278-283	255	2	2	2			
284-288	260	2	2	2			2
289-294	265	2	2	2		2	
295-300	270	2	2	2		2	2

*approximately 90% of body weight

Women							
If you weigh (lbs)	*Lift to exhaust	Add these plates to a 45 lb bar:					
		45	35	25	10	5	2.5
91 or less	55					2	
92-100	60					2	2
101-108	65				2		
109-116	70				2		2
117-125	75				2	2	
126-133	80				2	2	2
134-141	85				4		
142-150	90				4		2
151-158	95			2			
159-166	100			2			2
167-175	105			2		2	
176-183	110			2		2	2
184-191	115		2				
192-200	120		2				2
201-208	125		2			2	
209-216	130		2			2	2
217-220	135	2					

*approximately 60% of body weight



Event Schedule

Aug	Freshmen	Indoor Kickball	Jan	Freshmen	5-on-5 Basketball
Aug	Upper Class	Softball	Jan	All Students	Darts
Aug	All Cadets	Records Challenge	Jan	Upper Class	Team Handball
Aug	Open	Spikeball	Jan	All Cadets	Sigma Delta Psi
Aug	Freshmen	Air Pistol	Jan	All Women	3-on-3 Basketball
Sep	Freshmen	Volleyball	Feb	Open	Indoor Triathlon
Sep	Upper Class	Flag Football	Feb	Upper Class	5-on-5 Basketball
Sep	Open	Table Tennis	Feb	Freshmen	Team Handball
Oct	Freshmen	Flag Football	Feb	All Students	Weight Lifting
Oct	Upper Class	3-on-3 Basketball	Feb	Upper Class	Indoor Soccer
Oct	Open	Badminton	Feb	Freshmen	Ultimate Frisbee
Oct	Upper Class	Soccer	Mar	Upper Class	Ultimate Frisbee
Nov	Freshmen	3-on-3 Basketball	Mar	Open	Beach Wrestling
Nov	Upper Class	Volleyball	Mar	Freshmen	Indoor Soccer
Nov	All Students	Billiards	Mar	Open	Swim Meet
Nov	Freshmen	Soccer	Apr	All Cadets	Softball
Dec	All Cadets	Athletic Achievement	Apr	Open	Pickleball
Dec	All Cadets	CPFT Excellence	Apr	Open	Team Quadathlon
Dec	All Cadets	Athletic Participation	Apr	All Cadets	Athletic Achievement
			Apr	All Cadets	CPFT Excellence
			Apr	All Cadets	Athletic Participation

The events listed are planned for the 2022 - 2023 school year. A detailed weekly schedule is published each Friday. Look for it on the Intramural Website.

