



*UNB Recreation Services*

# **Intramural Sport Rule Book**



AT THE UNIVERSITY OF NEW BRUNSWICK





## **BALL HOCKEY PLAYING REGULATIONS**

Games shall be played according to the official C.A.H.A. rules with the following exceptions:

### **GAME**

The game shall consist of three (3) 15-minute periods of running time with a 2-minute break between periods. The time and score shall be kept by one official. Time outs may only be called by the official in the event of an injury. No time outs shall be called if an altercation occurs.

A team has a five-minute grace period to have the required number of players present. A team may start a game with 4 players (including goalie) but the fifth must show by the end of the 1<sup>st</sup> period or the team will be charged with a default.

### **TEAM**

Each team shall play with five (5) players at a time B four (4) out and one (1) goaltender (**in the Co Rec league, 2 females must be on the floor at all times**). A team may dress a maximum of fifteen (15) players. All players must wear house colours or pinnies as supplied.

One player shall be designated as a captain and a maximum of one (1) other player may be designated as assistant captain. Only these individuals may address the official.

### **EQUIPMENT**

Helmets are mandatory; gloves and face masks are highly recommended. Goaltenders are required to wear face masks.

**No tape is permitted on hockey sticks.**



# Ball Hockey

## **PLAY**

Periods shall begin with a standard ball hockey faceoff between two players. Period starts are the only time faceoffs will be used. After goals, the scoring team must back beyond half. Once any member of the team who was scored on crosses half, then normal play resumes.

The ball will be kept in play as much as possible. Gym dividers, bleachers and back walls are out of play. Playing area will be marked by the gym floor lines. If a ball leaves the playing area or becomes lodged under the bleachers possession shall be awarded to the team who did not touch the ball last. Play shall resume with a pass from the spot where the ball become unplayable. No play shall start until the official's whistle is blown.

**No slap shots are permitted. Sticks cannot be raised above the waist.**

Any slapshots taken will result in possession being given to the other team

## **GOAL TENDING**

The goalie, having made a save, shall release the ball so as to allow continuation of play. The toss (i.e., not a throw) shall be made to the side or behind the net. On a scramble situation, a whistle shall be blown and the ball shall be taken behind the net by a member of the defending team. Play shall resume at the official's whistle and no member of the opposing team may enter the area behind the net until the official's whistle is blown.

No player shall interfere with the goalie while the goalie is in his net and crease area. Such actions will result in a three (3) minute penalty.

## **PENALTIES**

The game shall be of a non-physical nature; any incident where a player plays an opposing player rather than the ball will result in a three (3) minute penalty. **NO** checking will be allowed. C.A.H.A. rules as for tripping, high sticking



# Ball Hockey

(above the shoulder, even on a shot), holding etc. will be enforced. Penalty for infractions - 3 minute minor.

Unnecessary roughness or any other "Dangerous@ actions shall be awarded a major penalty of ejection from the game; and shall receive an automatic game suspension. A second offense will receive an indefinite suspension from the league.

Any player involved in a fight, receiving an ejection from the game, or harassing officials shall be assessed a game misconduct penalty and the team shall serve an accompanying automatic major (7 mins). The offending player is suspended from all further play until his case is dealt with through disciplinary procedures.

Any individual accumulating 9 or more minutes in penalties will be ejected from the game and assessed an automatic one game suspension (i.e., he/she may not play in the team=s next scheduled game).

Any team accumulating 18 or more minutes in penalties will be assessed an automatic forfeit of the game and be charged a default cheque and receive a SPIRIT OF SPORT rating of 1.

## **SUBSTITUTION**

Substitutions can be made on the fly or during a stoppage in game play



# Co-Rec Basketball

## CO-REC BASKETBALL PLAYING REGULATIONS

The rules governing play are in accordance with F.I.B.A. rules with the following exceptions:

The game shall consist of two (2) 20-minute halves straight time, with a 5-minute break between halves. The last 2 minutes of the second half will be played stop time.

Each team will play with two (2) female players and three (3) male players or three (3) female players and two (2) male players, or four (4) female players and one (1) male player on the court at one time. These are the only three (3) alternatives!

Male players are allowed in the key on defence, but can not block shots from a female player. Male players are not allowed to shoot from inside of the key on offense. A violation will result in loss of possession by the offending team. Female players are allowed on any part of the floor; however, the three (3) second rule still applies.

Any player using abusive language, committing a flagrant foul and/or showing disrespect towards an official at any time, will automatically be disqualified from any further competition in the tournament.

In the event of a tie at the end of regulation time, a two (2) minute stop-time overtime period will be played. If the game is still tied at the end of this period, a sudden death period will be played.

**NOTE:** Officials are responsible for starting all games at the designated time, but a five (5) minute grace period will be allowed. Each team must have the required number of players ready to play within 5 minutes of the scheduled starting time.



# Men's and Women's Basketball

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## BASKETBALL PLAYING REGULATIONS

Games shall be played according to F.I.B.A. handbook with the following exceptions:

The game shall consist of two (2) 20-minute halves straight time, with a 5-minute break between halves. The last 2 minutes of the second half will be played stop time.

There will be no overtime during regular play but a 5-minute overtime in the play-offs.

Each team is allowed one 45 second time out per half. Time out may be called when:

The team wanting the time out has possession of the ball on sidelines or has just been scored against.

The referee has to handle the ball (fouls).

Overtime: one 30 second time out per team

Pinnies or color coordinated shirts must be worn by all members of the designated team.

All jewellery such as rings, watches, earrings, etc. must be removed during play.

Unsportsmanlike conduct directed at players or officials will not be tolerated and will result in technical fouls or ejection from the game or league.

**NOTE:** Officials are responsible for starting all games at the designated time, but a five (5) minute grace period will be allowed. Each team must have the required number of players ready to play within 5 minutes of the scheduled starting time.



# Co-Rec Broomball

## CO-REC BROOMBALL PLAYING REGULATIONS

### **GAME**

Games will consist of a two minute warm up followed by a 28-minute period straight time.

### **TEAMS**

Each team plays six (6) people at a time, three (3) of whom must be female.

### **PLAY**

The ball may be propelled by the broom only. It can, however, be kicked slightly ahead to gain ball control. It cannot be kicked long distances.

No portion of the broom may be raised above the waist level at any time. This includes raising the broom above the waist to knock the ball down.

The ball may be stopped, but not caught, by the hand.

Only the goalie is allowed in the crease. He/She may catch the ball only while in the crease.

No body contact is allowed.

### **EQUIPMENT**

All players must wear C.S.A. approved helmets

All players must wear sneakers (free of mud and dirt).

We will supply balls and sticks



### SEVEN-A-SIDE TOUCH FOOTBALL RULES

- Games are played on the turf field located just below the Aitken Center.
- THIS IS A NON-CONTACT LEAGUE.
- NO BLOCKING or TACKLING
- We Play on Thanksgiving Monday.
- ALL players MUST have validated Student Card at EVERY game.
- Teams should try to wear similar colours, and dress for the weather; we WILL play in rain or snow.
- Cleats can be used, BUT CANNOT BE METAL.
- No watches, rings, bracelets or large necklaces are to be worn
- Flags MUST BE OUTSIDE ALL CLOTHING
- Teams must bring OWN warm-up ball, the game ball WILL NOT BE GIVEN OUT before the game.
- If the game ball is NOT returned to the ref @ the end of the game, BOTH teams Will lose a default cheque.
- REF HAS FINAL DECISION, and any rule discrepancies are to be decided by the referee and they have final say
- First downs. Teams have four (4) plays to gain 20 yards.**
- There will be no kicking or punting. The team with possession will start on their own 25 yard line at the start of each half and after a score.
- If a team fails to gain a first down/score in 4 plays. The opposing will take over





# Flag Football

possession @ the line of scrimmage.

Interceptions are legal and can be returned, but there are NO fumbles. The play will be blown dead and the offensive team will retain possession.

-Spinning is allowed. But players cannot leave their feet (no hurdling or jumping).

-If a player dives for a pass or falls, the opposing team only has to touch that player for the play to be dead. If not touched, the player can get up and the play continues.

-The game is to be played 7 on 7. Teams can play with 6 players if there is an injury, and teams can begin the game with 6 players if short, but the 7<sup>th</sup> player must show up by the time the whistle is blown to begin the second half.

Teams are co-ed  
be made.

## **GAME PROCEDURES**

-Games are 2- 20 minute halves. At the 2 minute mark, there will be 5 plays till

half or the end of the game. There will be a 3 minute break between halves, and

-5 minute warm-up. Games start promptly, and any wasted time comes out of game time. A coin flip (or rock-paper-scissors) will decide first ball. The team that

wins the flip gets the decision to kick or receive only.

-If the defensive team does not rush the QB, the QB can still run.

-Teams have 20 seconds from time the ball is placed by the ref to begin their next play.

-A touchdown counts for 6 points, after which teams will have the choice of going for 1 or 2 points. A 1 point conversion is done from 5 yards from the goal

# Flag Football

line, and a 2 point conversion is from 15 yards off the goal line.

-Teams can use a running play to score a touchdown from the 5 yard line and in, BUT there must be a hut from the center to the quarterback (no direct snaps to RB), and the quarterback cannot run the ball into the end zone.

-The defensive team can have a player that rushes the quarterback, BUT, this player must be 10 yards behind the line of scrimmage (no more 2 yards left or right). Players do NOT have to indicate if they are rushing, but the measurement rules will be strongly enforced (see penalties). Defensive teams can have as many players as they want rushing, as long as they follow the requirements.

-Players that are NOT rushing the quarterback must give at least 2 yards spacing between themselves and any offensive player. Non-rushing defensive players cannot go passed the line of scrimmage UNLESS the football has been handed off or a play-action fake has been used by the offense. In these cases, any defensive player can cross the line of scrimmage and is eligible to 'flag' the offensive player with the ball.

-Offensive players can use a screen play, BUT CANNOT TOUCH A DEFENSIVE PLAYER. Once the quarterback has handed off or thrown the ball, any offensive player not directly involved with the play can momentarily screen a defensive player, but cannot touch that player. They also cannot screen for more than a 'one one thousand' count,

Plays such as the 'hook and ladder' or a running back throwing the ball are legal and encouraged, but players DIRECTLY involved in the play must not touch a defensive player.

Stiff arming a defensive player is NOT allowed

Swatting defensive players hands from flags is NOT allowed

Blocking own flags is NOT allowed With arms, ball, clothing, etc

Defensive players CANNOT grab an offensive player other than their flags. A prolonged grab will result in a penalty.



# Flag Football

Stripping the ball is illegal, and considered a fumble (dead ball).

The center must snap the ball OFF the ground. The center can do so through their legs or by standing next to the ball (“shotgun”).

The quarterback cannot hand the ball directly back to the center. The center must move and receive the ball as a pass (forward motion)

The offensive team can hand or pass the ball off as many times as they like, as long as the ball is passed backwards. Forward motion or lateral motion of the ball is allowed ONCE, and any subsequent times will lead to a dead ball at point of pass.

A handed off ball can still be thrown by the running back as long as they are behind the line of scrimmage.

The ball is spotted where the FEET of the player is once the play is dead, NOT where the ball is.

There are a few exceptions to this rule

If the player is on the ground and touched. Then the ball is placed at the point of contact furthest from the offensive end zone.

The ball only has to break the plane of the end zone for a touchdown

For a catch to be legal, the offensive player must have at least one foot in play after a catch WITH possession (no bobbling the ball)

The offensive player MUST avoid contact. Defensive players are awarded position (see penalty rules)

All players can receive a thrown pass.

There must be at least ONE receiver on each side of the quarterback. Teams can load up one side of the field if they wish.

One offensive player can be in motion, but that motion cannot be toward the offensive end zone, it must be laterally or backwards

Interceptions are NOT dead balls and are the possession of the defensive team



# Flag Football

An interception in the end zone that does not leave the end zone will result in the ball being placed on the 10 yard line. If the defensive team leaves the end zone with the interception, then the ball is placed where the player's feet are when the flags are pulled.

If an offensive player goes into their own end zone and is flagged (a safety), the play will result in 2 points for the defensive team and a turnover. A safety also can occur if a player intercepts a ball, leaves the end zone, then returns to the end zone.

Substitutions

Once the ball is dead

Whistle

Flag is pulled

Score

End/beginning of a half

Must fit into the 30 seconds to next play rule

If a player loses their flags during the course of a play, the play becomes TWO HAND TOUCH, the play IS NOT DEAD.

## **PENALTIES**

Penalties can be declined

Down is repeated

Penalties close to goal line will be  $\frac{1}{2}$  distance to goal (so within 5 or 10 yards of end zone)

Games cannot end on defensive penalty (unless declined)

No ID – NO PLAY

Pass interference – point of infraction or 15 yards, whichever is greater, and first down

Offside – 5 yards



# Flag Football

Illegal contact – 10 yards from point of infraction, loss of down

Illegal rushing – 5 yards

Delay of game – 5 yards

Illegal motion – loss of down

False start – 5 yards, loss of down

Holding – 10 yards

Flag guarding – 10 yards, loss of down

Jumping/diving – 10 yards from point of infraction, loss of down

Rushing player out of designated area – 10 yards, first down

Screening for too long – 10 yards from point of infraction and loss of down

Personal fouls (swearing, taunting, harassment, unsportsmanlike conduct, incorrect attire/equipment, etc) minimum 10 yards, with referee allowed to eject player and suspend player.

Any other penalties are referee's decision, and **ONLY CAPTAINS CAN TALK THROUGH REFEREE'S DECISION.**



## Men's Softball Playing Regulations

### **GAME**

Games will consist of 7 innings or 90 minutes. At the end of 90 minutes the score will be taken as of the last completed inning. **In the event that the home team is leading there will be no home-half of the 7th inning. The game is over.**

### **TEAM**

Teams will play with 10 fielders, the 9 regular positions and 1 rover.

### **PLAY**

The rules governing play will be in accordance with the CASA rules, with the following amendments:

The ball must be pitched underhand from the pitcher's mound with an arc between 6 and 12 feet. If the umpire judges the ball to be outside of this range, either too high or too flat, one of two things will happen. If the batter does not swing the pitch will be called a ball regardless of whether it passed through the strike zone. If the batter swings the play is live.

No leading off

No bunting is allowed.

An overthrown ball going out of play entitles the runner (s) to advance one base only. This includes through/over the fence and the dugouts. If the ball is inside the park/fence the play is live unless otherwise specified by the umpire.

Absolutely no steel spikes or cleats will be permitted. This will include studded rugby, soccer, or football shoes.

### **EQUIPMENT**

We will supply bases, balls bats and batting helmets. Players are responsible for their own gloves and shoes

# Women's Softball

## Women's Softball Playing Regulations

The rules governing play will be in accordance with the CASA rules, with the following amendments:

A base runner may not leave the base until contact is made with the ball by the batter. In the event the base runner violates this rule, she is automatically out.

No bunting is allowed.

The ball must be pitched underhand from the pitcher's mound with an arc between 5 and 10 feet. If the umpire judges the ball to be outside of this range, either too high or too flat, one of two things will happen. If the batter does not swing the pitch will be called a ball regardless of whether it passed through the strike zone. If the batter swings the play is live. No whip pitch is allowed.

Games that end in a tie will remain a tie and be scored as such.

Teams will play with 10 fielders, the 9 regular positions and 1 rover.

An overthrown ball going out of play entitles the runner (s) to advance one base only. This includes through/over the fence and the dugouts. If the ball is inside the park/fence the play is live unless otherwise specified by the umpire.

Innings will end when the defensive team secures three outs or the offensive team has sent 10 batters to the plate.

Absolutely no steel spikes or cleats will be permitted. This will include studded rugby, soccer, or football shoes.

Games will consist of 5 innings or 60 minutes. At the end of 60 minutes the score will be taken as of the last completed inning. **In the event that the home team is leading there will be no home-half of the 5<sup>th</sup> inning. The game is over.**

Home team of first game is required to pick up equipment from the equipment room in the LB Gym. Home team of last game is required to return equipment to equipment room after last game.

Note: Umpires are responsible for starting games on time. A 5 minute grace period will be allowed with the late team forfeiting home team advantage. If both teams are late, a coin toss will decide home team advantage.



## CO REC Softball Playing Regulations

### **GAMES**

Games will consist of 7 innings. **In the event that the home team is leading there will be no home-half of the 7th inning. The game is over**

### **TEAM**

Team make up will be a min 5 girls and 5 guys. A team, may play with a min 9 players, providing 5 of the players participating are girls. Batting order must alternate, guy...girl...guy...girl...etc.

### **PLAY**

No bunting is allowed. No leading off is allowed.

The ball must be pitched underhand from the pitcher's mound with an arc between 6 and 12 feet. If the umpire judges the ball to be outside of this range, either too high or too flat, one of two things will happen. If the batter does not swing the pitch will be called a ball regardless of whether it passed through the strike zone. If the batter swings the play is live.

Games that end in a tie will remain a tie and be scored as such.

Teams will play with 10 fielders, the 9 regular positions and 1 rover.

An overthrown ball going out of play entitles the runner (s) to advance one base only. This includes through/over the fence and the dugouts. If the ball is inside the park/fence the play is live unless otherwise specified by the umpire.

Innings will end when the defensive team secures three outs or the offensive team has sent 10 batters to the plate. Offensive team must notify defensive team of tenth batter. To end the inning, the defensive team must touch home plate with the ball in their control.

Absolutely no steel spikes or cleats will be permitted. This will include studded rugby, soccer, or football shoes.

### **EQUIPMENT**

We will supply bases, balls bats and batting helmets. Players are responsible for their own gloves and shoes





# Co-Rec Volleyball

## **CO-REC VOLLEYBALL PLAYING REGULATIONS**

Standard volleyball rules will be used with the following additions:

There must be a minimum of three (3) females on the floor at all times.

A player may serve only five (5) times in a row, after which the team rotates.

No overhead serves.

Net will be at Men=s height.

### **NOTE:**

Rule concerning spiking will be discussed by captains prior to the start of the league.

Officials are responsible for starting all games at the designated time, but a five (5) minute grace period will be allowed. Each team must have the required number of players ready to play within 5 minutes of the scheduled starting time.



# Co-Rec Volleyball

## **The Net:**

Net dimensions are 8 feet for men and 7 feet 6 inches for women.

## **Server and Positions:**

The server is the right-back player of the serving team. His/her position must be in rotation order before the ball is contacted for service.

Other players must be in rotation order before the ball is contacted for service.

After the ball is contacted for serve, players may interchange positions anywhere on the court.

## **Player Rules:**

Matches are best 2 of 3 sets

Games are played to 21 rally-point for sets 1 and 2. The third set will be to 15 points. A team must win by two points.

A team shall consist of six players.

A team may not start or finish with less than 6 players.

## **During Play:**

A player may not touch the net while the ball is in play

A player may not play the ball twice in succession, unless there is simultaneous contact by two players (a player may hit the ball on the first and third hits)

The ball may be played a maximum of 3 times by each team (excluding a block), before it is returned over the net

A ball contacting the boundary line is considered in the court of play

A player may run outside of his/her own court to play a ball

# Men's and Women's Volleyball

The ball must pass inside the net antennas as it crosses the net to be legal

Players may step on, but not completely over the centre line during play

## **Serving:**

The service results in a side-out when the server;

Does not take the proper position before serving, or is the wrong server

Commits a foot fault

Hits the ball into the net

Hits the ball so it crosses outside of the net antennas as it passes over the net

Hits the ball into any post or overhead structure

Does not serve within 5 seconds

Serves before the official whistles play to begin

## **Scoring:**

A game is won by either team when;

One team scores 21 points first with a 2-point advantage. A tie at 24-24

calls for additional play until one team succeeds in gaining a 2-point advantage

If a team is reduced to less than 6 players after the games has begun, play shall continue

The team that wins 2 sets of 3 wins the match

## **Time:**

The following time factors are in effect:

Time-outs shall not exceed 1 minute

1 time-out is allowed per team in each set

Time-out for injury is at the discretion of the referee

# Men's and Women's Volleyball

Teams have the full time limit allowed to play (50 minutes). If the game is not completed within 50 minutes, the team leading wins the match

## **Contacting the Ball:**

The following rules apply when playing the ball;

The ball must be contacted cleanly (not caught or held)

Simultaneous contact by team-mates is considered one contact

A player can not make successive contact of the ball

A player may go outside of the court to play the ball if he/she does not cross the centre line or contact any walls or obstructions

If two opposing players contact the ball simultaneously directly above the net, either player may play the ball again on the next hit

The ball is dead if it crosses the net outside the net antennas, touches the ceiling, posts holding the net or lands out of bounds

A return may be played in any direction and the player may use any part of his/her body

# Men's and Women's Indoor Soccer

## GAME

A match consists of two (2) 20-minute halves with a two (2) minute halftime break.

## TEAM

*Each team plays SIX (6) people at a time – ONE (1) goalkeeper + FIVE (5) outfield players.* Two (2) Former Varsity Soccer players may play on one (1) team, but only one (1) is allowed on the floor at a time. Any number of substitutions is allowed. NO current (that academic year )Varsity players may play. Teams found to be using ineligible players will lose a default cheque and forfeit any previous wins.

*\*Substitutions can be made on the fly. Incoming substitutes can only enter the field once the outgoing player leaves the field. The referee must be notified of all substitutions of goalkeepers.*

*\*A minimum of 4 players are required. Otherwise, the game results in a forfeit.*

## PLAY

In general, the rules are the same as for regular soccer, with the following exceptions:

All free kicks are indirect. The referee won't call a free kick if he/she feels that doing so is of questionable advantage to the benefiting team.

Three (3) yards on kick-offs and free kicks.

A player cannot score from his/her own half. Consequence: the ball goes to the opposing goaltender. *A player cannot score directly from a kick-off.*

A player cannot score from within the opposing goal area. Consequence: free kick for defending team.

*\*Field of play: The field of play will be designated by the lining on the gym floor. Walls, dividers and bleachers are out of bounds. Balls leaving the field*

# Men's and Women's Indoor Soccer

*of play will result in an indirect free kick by the team not responsible for kicking the ball out.*

The goaltender can handle the ball only when both his/her feet are within his/her own goal area. Consequence: free kick for attacking team.

**NO SLIDING OR DANGEROUS TACKLING IS ALLOWED.**

Only the goaltender may play the ball inside the goal area (basket key).  
Consequence: free kick to non-offending team.

\*All penalty kicks will be taken from the top of the red key on the floor. Player is allowed *a maximum of 5 steps*, and goalie must be able to touch the wall with his/her arm and can only move laterally.

# Men's and Women's Outdoor Soccer

To start a game each team must have of a total 9 players (including a goalie) and 7 to continue play during regulation time. In coed games 3 players excluding the goalie must be female.

***Intramural Soccer will be governed by FIFA regulations as well as URec rules stated in the following:***

1. To begin play, the ball is placed at the centre of the midfield line. The offensive team begins by kicking the ball forward. After the ball turns one complete revolution, it is a free ball to play for anyone except the original kicker. The original kicker may kick the ball only after another player has touched it. When play begins, all defensive players must be at least 10 yards from the ball, in their own half of the field. Once play has started, all players may position themselves and move anywhere on the field.
2. A goal is scored when the entire ball passes over the goal line within the area defined by the goalposts. A goal counts one point. After a successful goal, the teams return to midfield where the team scored against becomes the offensive team and gains possession of the ball to kick it forward.
3. The Goalie: The goalie may use his hands to stop the ball anywhere within the goal area. The goalie is only allowed to handle the ball for 6 seconds and once he leaves the goal area, he must observe the rules that govern the other players.
4. Time & Start of Game:

# Men's and Women's Outdoor Soccer

- a) The team that wins the coin toss has their choice of goal to defend.
- b) A game consists of two 20 minute halves with a short break between halves.
- c) No timeouts are allowed during the game except during an injury at which time the injured player must be removed from the field immediately and a substitute inserted in his place and when there is a discussion between referees and team captains.

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5. Referees: The referees control the game using a whistle to start and stop play.

**Note:** The whistle is not used to start play on an out of bounds ball; the ball is put back into play immediately.

6. Offside: Without the ball, an offensive player can not go into the offensive half of the field unless there are at least two defensive players between him and the goal. The goalie counts as a defensive player. If the ball is between an offensive player and the goal line, the offensive player may play the ball even though there are not two defensive players between him and the goal.

7. Out of Bounds:

a) Over sidelines. A ball that goes out of bounds on either side of the field is put back into play immediately by the opposite team, at the point it went out of bounds. It must be put back into play by a two-hand, overhead throw, with both of the player's feet remaining on the ground.

b) Drop ball. If it can not be determined by whom a ball went out of



# Men's and Women's Outdoor Soccer

bounds, a drop ball results. The ball is held out by the referee between the two players involved, and then dropped to the ground. The ball must make contact with the ground before it can be played. All other players must remain 10 yards away from the drop point.

8. Fouls: Because of rule infringements or fouls by one team, the offended team may be awarded one of the following types of kicks:

a) Free kick. A free kick is either direct or indirect.

i) Direct. A direct free kick is awarded to the offended team for the following rule infractions that occur outside the penalty area: illegal charging, kicking, striking, kneeing, pushing, holding, jumping at an opponent, or a player other than the goalkeeper handling the ball.

The kick is taken at the point of the infraction, and the kicker has the option of passing to a team-mate or trying for a goal. Except for the kicker, all players must remain 10 yards away from the drop point.

ii) Indirect. An indirect free kick is given to the offended team for rule infractions that include offside, illegal substitutions, and goalkeeper carrying the ball more than 6 seconds. This kick is made from the point of the infraction or from the spot where play stopped; the kicker may not try directly for a goal.

b) Goal kick. A goal kick is given to the DEFENSIVE team if the ball goes over the goal line but not between the goalposts and is last touched by an offensive player. The goal kick is taken from any point in the 6 yard box by the defending team.

# Men's and Women's Outdoor Soccer

charging, kicking, striking, kneeling, pushing, holding, jumping at an opponent, or a player other than the goalkeeper handling the ball.

The kick is taken at the point of the infraction, and the kicker has the option of passing to a team-mate or trying for a goal. Except for the kicker, all players must remain 10 yards away from the drop point.

ii) Indirect. An indirect free kick is given to the offended team for rule infractions that include offside, illegal substitutions, and goalkeeper carrying the ball more than 6 seconds. This kick is made from the point of the infraction or from the spot where play stopped; the kicker may not try directly for a goal.

b) Goal kick. A goal kick is given to the DEFENSIVE team if the ball goes over the goal line but not between the goalposts and is last touched by an offensive player. The goal kick is taken from any point in the 6 yard box by the defending team.

c) Corner kick. A corner kick is taken from the corner area, closest to the spot where the ball passes over the goal line. A corner kick is awarded to the offensive team where the defensive team last touches the ball before it passes over the goal line (other than between the goalposts). A goal may be scored directly from a corner kick.

9. Players committing flagrant fouls more than once in games, which are determined by the referees, will be ejected from that game.

10. Arguing with the referees by players will not be tolerated.

11. Team captains may seek information from the referee only



# Ultimate Frisbee

## ULTIMATE FRISBEE PLAYING REGULATIONS

1. **The Field** -- A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.
2. **Initiate Play** -- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. **Scoring** -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
4. **Movement of the Disc** -- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **Change of possession** -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. **Substitutions** -- Players not in the game may replace players in the game after a score and during an injury timeout.
7. **Non-contact** -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **Fouls** -- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. **Self-Refereeing** -- Players are responsible for their own foul and line calls. Players resolve their own disputes. A supervisor will be on hand to oversee all games.
10. **Spirit of the Game** -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play

# Co-Rec Inner Tube Waterpolo

## CO REC INNER TUBE WATER POLO

### GAME

Each game will consist of two (2) 15-minute straight time periods, with a 2-minute break between periods to change ends.

### TEAM

Each team must have seven (7) players in the water – **at least three (3) girls**. All players, except the goalie, must sit in the tube and remain in it at all times while in the water.

### PLAY

Play begins with teams lined up at their respective ends of the pool.

Players swim towards the centre on the referee's signal.

Goalies cannot throw the ball over the half.

Goalies cannot hold the ball for more than five (5) seconds.

The penalty for such will be the awarding of the ball at the 2-metre line.

Players may use one or two hands.

Goalies may not hold onto the net.

Players may not hang onto an opponent's tube, or dump an opponent from their tube

### MINOR FOULS

Splashing Holding opponent's tube

Holding onto side of the pool while in play

Submerging the ball while in play

Reaching over an opponent's shoulder who has possession of the ball

# Co-Rec InnerTube Waterpolo

When the whistle is blown for a minor foul the ball is awarded to the team and location indicated by the referee. The opposing team must not interfere with the free throw; allowing one (1) metre distance from the player putting the ball into play. Free throws must be put into play within five (5) seconds and the player may not score directly from the free throw.

## **MAJOR FOULS**

Unsportsmanlike conduct

Interference on a free throw

## **PENALTY:**

One (1) minute out of the game. Re-entry will be indicated by the referee. The penalized player must re-enter the pool at their own end of the pool. Three (3) major fouls constitutes a game misconduct.

## **PENALTY SHOT:**

Takes place when a major or minor foul is committed on a player who has a clear chance to score.

## **GAME MISCONDUCT:**

Any form of aggression or brutality will result in a game misconduct.

## **MISCONDUCT:**

three (3) major fouls

The player who receives a game misconduct may or may not be replaced in the water at the referee's discretion.



# Co-Rec Dodgeball

## **DODGEBALL**

### **GAME**

Game length will vary depending on time available. All games will be a “best of“ series, with the length of the series varying. Short breaks will be allowed between “sets” of a game

### **TEAM**

Teams must have 10 players to register and must have a minimum of 6 players to avoid a default All games will be 6 on 6 (3 females, 3 males per team).

### **GAME**

Play begins when the referee/monitor blows his/her whistle after he/she has placed four dodgeballs on the centre line. Teams must start behind the baseline of their respective halves of the court, and may enter the court to retrieve the balls only after the referee/monitor has whistled the start of play. Balls may only be thrown behind the respective attack lines.

Players are out if they are struck with the ball, or a member of the opposing team catches their attempt to get them out.

Players who are out of the game must immediately go to the “jail” behind the other teams zone.

Players can only be released from jail if a member of their team catches a ball

Games are finished when one team has no players left. In the event of a timed game, the winning team will be the one with the most players left at the end of time.

### **EQUIPMENT**

Dodgeballs will be provided. Proper indoor gym shoes are required on the court



# ICE HOCKEY

## ICE HOCKEY

There will be 3 fifteen-minute straight-time periods. During the last three (3) minutes of the game, if there is a goal difference of 2 or less ( ie 3-1, 3-2, 4-2) then stop time will be used until the game is over, or if the goal differential increases, in which case run time will be used again.

### **Playing Rules and Regulations**

Play shall be governed by C.I.S. rules with the following exceptions:

A player receiving more than two minor penalties in a game will receive a game misconduct. The third penalty will be served by a member of the team.

ie. three minors equal a game misconduct (no automatic suspension) **but game ejection.**

**There is no body checking. A minor penalty shall result from this infraction.**

Checking from behind anywhere on the ice will result in a major penalty and a game misconduct, plus an indefinite suspension

A player who contact an opposing player with their stick above the shoulders will automatically be assessed a major penalty. If injury results, the offending player will receive an additional game misconduct.

INTENTIONAL BODYCHECKING - if a player intentionally checks an opposing player, (ie. lines him up and flattens him) he shall be subject to the following:

(i) a major penalty

(ii) ejection from the game (penalty to be served by a team mate on the ice at the time of the infraction).

(iii) suspension for his next league game.

(iv) Should the player commit the same infraction in the current season, he shall be suspended indefinitely from the league.



# ICE HOCKEY

ANY match penalty, major penalty, game misconduct (except 5.B), or gross misconduct will result in an indefinite suspension of the offending player pending disciplinary action.

Any misconduct received in the last 10 min of the third period is an automatic 1 game suspension, and will be reviewed further if needed.

Any delayed penalty that is waved off because a goal is scored will be recorded and counted as a penalty under 5.B (3 minor penalties per game). The offending team shall be told by the referee.

## **Penalties**

When we are using straight time, penalties will be timed as followed:

2 minute penalty - 3 minutes

5 minute penalty - 7 minutes

10 minute penalty - 14 minutes

Penalties are timed when they are assessed. For example, if you receive a 3 minute penalty with 4 minutes of playing time left, the penalty will be over with 1 minute left. During stop time, penalties will be timed per C.I.S rules.

## **Equipment**

URec has several sets of equipment and will lend out anything but sticks, skates, socks or jocks.

All players must wear CSA approved Helmets at **ALL** times with:

(i) CSA approved Full Mask or a

(j) (ii) CSA approved Visor shield .



