Participation Warning

There are inherent risks of mental and physical injury while participating in the Intramural Sports Program. Our goal is to reduce or eliminate as many risks as reasonably possible to provide a safe and fun program. This does not mean that injuries will not happen. We ask for your full cooperation in following instructions regarding proper conduct, proper use of equipment and facilities, and adherence to the rules of each sport as established by the Intramural Sports Program. Participants are responsible for the cost of any injury; therefore, you are encouraged and recommended to have adequate health insurance.

Rules of Play

Team and Equipment Regulations

1. Safety comes first: You are expected to use your best judgement and consider safety first for all other players (i.e. non-excessive fouls). Competitive Sports Program staff have the right to enforce consequences as they deem appropriate.
2. The Intramural Sports Program will furnish the game ball. Participations are required to bring their own glove(s), practice balls, and bats.
3. Cleats and shoes that are judged unsafe (liable to cause injury to self or to another player), by Competitive Sports Supervisor will not be allowed. No flip-flops, sandals, bare feet, or metal cleats are allowed! All players must wear shoes with closed toes and heels. All cleats must be made of rubber. Use of illegal cleats may result in ejection from the game.
4. Players are recommended to wear a mouthpiece.
5. Bats: Bats must not be cracked or have dents and must have a certification mark resembling one of the following:
Game Rules

1. A team shall consist of ten or more players; however, a team may begin a game and continue to play with seven players. Teams with less than 10 players, must take an automatic out in their batting order for each missing player.
   a. Automatic out(s) may be placed anywhere in the batting order.

2. Games will consist of seven innings or 50 minutes whichever comes first. Game clock will begin at the scheduled time. No new inning will start after the 10-minute mark of the game. Final decisions on starting an inning rest with the umpires and Competitive Sports Supervisors. If a game is tied after seven innings or the 50 minutes has expired, one additional inning will be played for the tiebreaker. At the beginning of the top and bottom of the additional inning, the person who was out last in the previous inning will start on 2nd base. *If the game is tied after the additional inning, it will be considered a tie game, except for tournament games.*

3. Batting: the count starts at one ball and one strike for each batter. If the batter has two strikes then they get two foul balls; on the second foul ball the batter is called out. It doesn’t matter how the batter gets the second strike, they still get two foul balls.

4. Bunting: Bunting will not be permitted, and neither are slaps. Slaps are defined as either of the following options: half-swings that result in a short dribble of the ball; and swings which involve a running start.

5. All Lineups must be completed and delivered to the scorekeeper by the manager or team representative at least five minutes prior to the scheduled game time. Additions/changes to the lineup beyond 10 players or in place of an automatic out after game time has begun must be substitutions. The first team to get their lineup to the Competitive Sports Supervisor will be the home team. (Exception of Playoffs)

6. Run Rule: A team leading by 20 or more runs after three or more innings, or 15 or more runs after four or more innings, or a team leading by 10 or more runs after five or more innings of play is declared the winner of the game.


8. Strike Zone: Consists of home plate, as well as the turf that extends out to the batter’s box and back to the end of the batter’s box or plate extension. This is indicated on the field.

9. Pitching: The pitch shall be released at a moderate speed, the pitcher’s hands must be below the hip and the ball delivered with a perceptible arc that reaches a height of at least 5’ from the ground, while not exceeding a maximum height of 15’ from the ground. Pitchers must pitch the ball with an underhand approach, with
the hand being consistently behind or in front of the ball. No quick pitches are allowed. A quick pitch is one made by the pitcher with the obvious attempt to catch the batter or base runner off balance.

a. The pitcher needs to be behind or on the mound to begin their pitch. Their back foot must touch the mound throughout the entire pitch. The umpire has the right to call an illegal pitch in the event of a pitcher being too close to the batter or too far off the mound.

10. **Infield Fly:** The umpire shall immediately call the batter out when the batter hits a fly ball within the infield. After the catch, the ball remains alive and in play, with runners in jeopardy until time is called or the ball is in the pitcher’s hands. An infield fly occurs when runners are forced to advance; on 1st and 2nd, or on 1st, 2nd, and 3rd bases with less than two outs. If a declared infield fly falls to the ground in fair territory and is untouched and bounces in foul territory before passing first or third bases, it is a foul ball.

11. **Over-Throw:** When the throw goes out of the field of play, the base-runners advance one base. In the event of the opposing team’s dug out touching or interfering with the defensive play, the overthrow rule will be in effect and the play will be dead.

12. **Appealing:** Appeals can be made in a dead ball situation. The pitcher must have the ball and be in the pitcher’s circle. They can then appeal the previous call. Defensive teams will only have one appeal per game.

13. **Sliding:** When a defensive player clearly has the ball and is waiting for the runner and the runner deliberately crashes into the defensive player, the runner is declared out. If a play on the base is likely to occur at any base besides first, the runner is highly encouraged to slide. The umpire reserves the right to calling the runner out in the event of reckless endangerment. In the event of reckless endangerment, the offender shall be ejected, the ball is dead and all other runners must return to the last base touched at the time of the collision. **This does not mean that players can block the bases or home plate without the ball nor does it mean a runner can deliberately crash into the defensive player. Sliding into first base is not allowed under any circumstance.**

**Team Regulations**

1. **Substitutions:** There will be free substitutions. The only restriction is you must bat in the batting order given to the scorekeeper at the beginning of the game. Substitutions in the batting order are final. Once a batter is subbed out, they cannot return to the line-up. They can however continue to play in the field. You cannot alternate a batter’s spot in the batting line-up. Example: B1 bats in the first at bat, B2 in the second, then back to B1 in the third. A substitution is required in order to change batters.

2. **Courtesy Runners** may be used if a player is injured during the game. The last player of the same gender to make the last out must be the courtesy runner. The batter must get to at most first base, but once they have reached first base and time is called, a courtesy runner may step in for them. Courtesy runners are also used for the bleeding policy.

3. **Batting:** You may bat as many players as you like up to the roster limit as long as the lineup alternates gender. If two batters of the same gender bat back to back, an automatic out will be placed in place of the missing batter of the other gender. You cannot make changes in the lineup once the game has started outside of legal substitutions. If a player leaves in the batting order, then an automatic out will be put in that spot if the team cannot provide a sub for that player. Bats must be ASA approved, or be on the NSA approved bat list. A questionable bat can be banned by the Intramural Sports Staff.
4. **Batting out of order:** If a batter bats out of order, as soon as violation is caught, the batter will be out. If violation is caught while batter is batting, the real batter must bat and will still be held at what had been called for illegal batter. Example, if batter in position number four (B4) bats illegally for batter in position number two (B2), and has one strike when violation is caught, B2 must bat with one additional strike already against them.

5. **Forfeits:** Teams are expected to be ready to play at the scheduled time. However, teams with less than seven players will be given a five-minute leeway. **Every two minutes the team does not have enough players, the other team will be awarded a run.** After this time a forfeit will be assessed to teams with less than seven players. Teams must have at least three females to play.

6. **Teams** consist of at least **five female and five male.** A maximum of 10 or minimum of seven players will play in the field each inning. If a team only has seven, eight or nine players, there can be any number of male to female ratio as long as no more than five men are playing at a time. However, the automatic out rule will apply. Teams who have more than 10 players can have the additional players bat as long as if follows the every other batter gender rules. If two players of the same gender bat back to back there will be an automatic out placed in place of the missing batter.

7. **Automatic Out Rule:** Lineups must consist of male and female alternating with automatic outs in the proper order. If there are more males than females or females than males, anytime two batters of any sex bat in order, there will be an automatic out replacing where a female or male should have been batting. Even numbers of males and females are required in the active line-up to avoid automatic outs. **Example:** If the lineup consists of five men and three women, the automatic out must be in a female’s spot in the batting order.

   a. Two players of the same gender may share a batting spot to avoid an automatic out. These players will alternate batting when their spot appears in the lineup.

   b. In this example Boy D will bat after Girl C the 1st time through the lineup, and the next time through the lineup Boy E will bat instead of Boy D

      i. Boy A
      ii. Girl A
      iii. Boy B
      iv. Girl B
      v. Boy C
      vi. Girl C
      vii. Boy D/ Boy E
      viii. Girl D

8. **Intentionally Walking Males:** For the purposes of Intramural Softball, intentionally walking anyone does not mean that the pitcher has purposely walked a batter. If a pitcher’s first three pitches to a batter are all balls it will constitute as an intentional walk. If a male is intentionally walked, he will go to second base, and the next female batter will have the choice of batting or going to first base.

9. **Extra Players:** If the Extra Player(s) option is used, you must have an equal number of each gender. The batting order must have an even number of hitters, which consists of males and females. Any 10 players consisting of five males and five females may take a defensive position throughout the game. The automatic
out rule will be in effect if the number of players drops below the number you started the game with listed in the batting order and are not subbed out. You cannot sub out a player without subbing a batter in that spot. If this occurs, an automatic out will fill the spot in the batting order.

10. **Stealing/Leading Off:** No stealing will be allowed. A runner must have one foot on the base until the ball crosses home plate. This also includes instances that the defensive team has given up on trying to get anybody out and is just getting the ball back to the pitcher on the pitcher’s mound. It will be up to the discretion of the officials if a baserunner is stealing while the defensive team is just getting ready for the next batter.

**Injured Player(s) Policy**

If someone on your team becomes injured, please contact the Intramural Program staff at intramurals@usu.edu 24 hours before your next scheduled game to inquire about replacing the injured player on your team. Doctor or Athletic Trainers note may be required. Intramural Sports Program staff has the authority to determine if an injured player will be allowed a substitute. There are limitations when it comes to who can substitute during tournament play. If someone becomes injured during the tournament, an eligible participant may play in their place. Once the injured individual becomes approved to play again, that substitute is then removed from the team roster.

**Eligibility Requirements**

Eligibility to participate in the Intramural Sports Summer Programs at Utah State University is open to all members of the campus community who are 18 years of age or older. Review the following requirements carefully to ensure you and your teammates are, and remain, eligible. For questions concerning eligibility, please call our office at 435-797-8388 or email intramurals.usu.edu.

**Adding Players**

Team captains are responsible for monitoring participants who join their team. If players are not on the team roster before 4pm of your scheduled game day, those players will need to get permission from the Competitive Sports Supervisor on duty. The cut off for adding players to rosters is one day after the season ends.

**Sportsmanship Rating System**

The sportsmanship rating system is intended to be an objective scale by which teams’ attitudes and behaviors can be assessed. Behavior before, during, and after a contest is included in each rating. Each team captain is responsible for educating **ALL players and spectators** affiliated with his/her team about the system. **Teams must maintain a 3.0 (“B”) average in order to qualify for tournament play. Teams must also maintain a 3.0 (“B”) average during tournament play.** The Intramural Staff will determine the score for the teams after each intramural contest. The Intramural Staff reserves the right to review and/or change any sportsmanship rating given. Captains inquiring about their team’s sportsmanship rating should do so the business day following the contest by contacting the Assistant Director of Competitive Sports or Graduate Assistant of Competitive Sports by emailing intramurals@usu.edu
The sportsmanship rating system is based on the following criteria, but not limited to:

4.0 = Excellent Conduct and Sportsmanship (A)
- Team members cooperate with and demonstrate good sportsmanship toward members of opposing teams, spectators, and ALL campus recreation staff.
- Team manager exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations, and cooperates by providing any information requested by any intramural staff member.

3.0 = Good Conduct and Sportsmanship (B)
- Team members verbally complain about some of the decisions made by the officials and/or show minor dissensions, which may or may not merit an unsportsmanlike conduct penalty.
- Teams receiving one unsportsmanlike conduct penalty will receive no higher than a "B" rating.
- A team defaults the contest

2.0 = Average Conduct and Sportsmanship (C)
- Team shows verbal dissent toward officials and/or the opposing team, which may or may not result in an unsportsmanlike conduct penalty.
- Team captain exhibits minor control over team/spectators, but is in control of himself/herself.
- Teams receiving more than one unsportsmanlike conduct penalties will receive no higher than a "2.0" rating.
- Team is unable to produce a team at game time resulting in a forfeit.

1.0 = Below Average Conduct and Sportsmanship (D)
- Team continually dissents the officials and/or opposing team from the court/sidelines.
- Team manager exhibits little or no control over team/spectators or himself/herself.
- Teams that have a player ejected will receive no higher than a "D" rating.

0.0 = Poor Conduct and Sportsmanship (F)
- Team is completely uncooperative; manager has no control over team/spectators/self.
- Teams play with ineligible participants or withhold any information requested.
- Damage or destruction of any Campus Recreation facility/equipment.
- Multiple player ejections or causing a contest to be forfeited by any reason than not having enough players will receive an "F" rating.
- Any threatening behavior (verbal/nonverbal) towards any player, spectator, or campus recreation employee.

Teams receiving a "0.0" rating during tournament will not be allowed to advance. Teams receiving a "1.0" rating during tournament must have their team captain meet with the Assistant Director of Competitive Sports before their next scheduled contest. Teams that do not earn at least a 3.0 during each Tournament game, they will not advance in the tournament.
For full details and our entire Intramural Sports Program Manual, please visit
https://www.usu.edu/campusrec/intramural_sports/homepage_intramural

Everything is at the discretion of the Assistant Director of Competitive Sports and the Graduate Assistants of Competitive Sports. If you have any questions, contact them at intramurals@usu.edu or 435-797-8388.