



Handbook

Updated August 2023

For more information about the Intramurals program at BSC, go to the BSC IMLeagues Website at <https://www.imleagues.com/BSC>

Amanda Morse
Intramural Sports Coordinator
BSC.Intramurals@bismarckstate.edu

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Mission Statement

Bismarck State College Intramurals creates a positive, fun, and exciting atmosphere for students to participate with their fellow peers in a variety of sports and activities.

Every student is welcome to join. We provide activities that everyone will enjoy safely and make memories along the way.

Work Hard. Play Harder.

Intramural Rules and Regulations

ELIGIBILITY

Who can play?

- Only currently enrolled students at Bismarck State College (BSC), or currently enrolled collaborative students (Minot State or Dickinson State at BSC) may participate in Intramural Sports.
- BSC Faculty and/or Staff may participate in Intramural Sports with their student(s).
- If a team is found to be using an ineligible player, they will automatically forfeit any game that the ineligible player played in.
- All participants must sign-up online at www.imleagues.com/BSC/Registration

Athletes

- Varsity athletes are ineligible to compete in Intramural Sports according to the NJCAA rules and regulations for athletes.

Multiple Team Participation

- Although participants are not limited to the number of intramural activities they can compete in, participants may not play on more than one team or in more than one division in a given sport.
- After entering a contest, a player may not transfer to another team. An individual is considered a member of the team they play for first.
- If it is discovered that an individual has played for multiple teams or played in multiple divisions, both teams may be subject to forfeiture of the contests in which the individual competed.
- If a person is found participating on a team other than their original team during the playoffs, both teams will be subject to forfeiture of their postseason contests.
- The participant will also be unable to continue to play with any team for the remainder of the season.
- The exception to this regulation is if both team captains agree that a player may “sub in” for another team.

TEAM CAPTAIN

Responsibilities

- As a player, the team captain is held to a higher standard.
- Team captains should set an example for their teammates by playing within the spirit of the rules and exhibiting an elevated level of sportsmanship.
- In addition, team captains should address player conduct situations and incidents involving their teammates before intramural officials must step in to intervene.

ALCOHOL AND DRUGS POLICY

Alcoholic beverages are not permitted on or around the Intramural playing area (on or off campus)

- Participants who appear under the influence of drugs or alcohol will not be permitted to participate (this includes spectators).
- Tobacco is not permitted while participating in Intramural activities. This includes vaping products.
- The official(s) assigned to the game, or any staff member has the authority and responsibility to make a decision concerning the apparent state of all participants.
- All teams/individuals guilty of drug or alcohol infractions will be asked to leave the Intramural playing area immediately and may be banned from further participation. Failure to follow the request of officials in this matter will result in legal action.

DISCIPLINARY ACTION

Any action by a team or individual that is considered inappropriate by the Intramural staff will result in disciplinary action.

- These actions include swearing, fighting, trash talking, yelling at officials or other players, intent to injure someone, or any other actions that are deemed inappropriate by Intramural staff.
- If a player(s) should get in a physical fight, they will automatically be ejected from the game.
- Disciplinary actions include ejection from the present game and the next.
- Possible banning from some or all Intramural sports and a meeting with the Intramural Coordinator and Community Standards Coordinator will be necessary.
- Serious infractions will be brought to the Director of Student and Residence Life and may involve Campus Police.

FORFEITS

Note: Online registrations are a contract with the Intramural Program to the effect that the individual or team will be scheduled for competition, and that the individual or team will be ready to play at the scheduled date, time, and location. Please honor this contract.

- Intramural contests will begin at the scheduled game time. Game time is determined by the official's or supervisor's watch/clock on each field/court.
- In case of an unavoidable delay (i.e., weather or overtime match), the starting time may be adjusted at the discretion of the on-site supervisor.
- A team has 10 minutes after game time to field the needed number of players for competition. If one team is present on time with the minimal number of needed players, they must wait 10 minutes for their opponent before winning by forfeit. After the designated wait period is exhausted, the team present will take the win and forfeit loss will be recorded for the absent team.
- Continued unsportsmanlike conduct or unnecessary roughness may result in the forfeiture of a contest. Officials and supervisors have the authority to forfeit any contest.

- If a team is unable to participate at the scheduled time, the team captain or representative may call the Intramural Sports Coordinator prior to the scheduled game and a default may be requested.
- Defaults must be made 24 hours before the start of an intramural activity. A default is listed as a loss but not a forfeit.
- If it is found that a team is using an ineligible player (see Eligibility section) the team will forfeit the current contest and any contest that the ineligible player has played in.

SAFETY

Participation in Intramural activities is voluntary, and injuries may occur.

- When creating an account on IMLeagues, all participants will have to sign an injury waiver and have acknowledged that they will play at their own risk.
- Proper safety attire such as braces, mouth guards, and other applicable equipment are supported.
- The participant is liable for any injury that occurs during an Intramural activity. BSC and its employees are not responsible.

OFFICIALS

The officials for each game or match will be appointed by the Intramural Sports Coordinator.

- The officials will make calls and answer questions about situations that arise during play.
- The Intramural Sports Coordinator will make the final decision on any call that is disputed.

SPORTSMANSHIP

- All participants, teams, and spectators are expected to conduct themselves in an appropriate way.
- A team and its captain are responsible for the sportsmanship of their team and spectators associated with its team.
- If a team is deemed to be using poor sportsmanship, they will be subject to appropriate disciplinary action as stated above.

SPORT RULES AND REGULATIONS

- Each Intramural sport has its own set of rules and regulation.
- These rules combine national collegiate and high school rules along with additional Intramural rules.
- All sport rules can be found on the BSC IMLeagues Website.
- A handout of all rules for a specific sport will be available to captains of any team.
- There are no restrictions on the number of sports in which an individual may participate.

GAME PROCEDURES

- All participants should arrive at the playing field/court at least 10 minutes prior to the scheduled game time.

- Participants should check in with the on-site Intramural supervisor. The supervisor will then direct the team to their designated field/court.
- All participants must have joined the team through www.imleagues.com. This is the official team roster for the contest and will be used in determining a team's participation.
- Individuals are held responsible for all damaged, lost, or stolen equipment.

LEAGUE SCHEDULES

- Scheduled for each Intramural activity will be made available the morning competition begins.
- The schedules will be available online at the IMLeagues website and through email.
- For team sports, the days and times of league play are determined prior to the online registration date.
- If teams need to play at a certain time, they need to notify the Intramural Sports Coordinator prior to league start.
- The Intramural Sports Coordinator will try an accommodate student schedules.

LEAUGE STANDINGS

- Standings are posted online at the IMLeagues website.

PLAYOFFS

- Post-season tournaments are single elimination.
- The winners of each respective bracket will be crowned Intramural Champions.
- The playoffs will use the best-worst method of seeding whenever possible.
- Tournament games may be played at different times and days other than the team's regular league playing time. Therefore, teams should be prepared to play at any time.
- Playoff schedule will be posted and emailed to participants by 4:00PM the day following the last day of regular season play.
- All team captains should check the tournament brackets immediately and direct any questions or game conflicts to the Intramural Sports Coordinator before 4:00PM the day after the brackets are posted.

CANCELLATIONS

- Cancellations due to inclement weather or other unscheduled events are possible.
- If games are cancelled, they will not be rescheduled, and the schedule will pick up with the games of the next week.

TIEBREAKERS

- Tiebreakers for Co-Ed Basketball will be as follows:
 - 1st Head-to-Head
 - 2nd Point Differential
 - 3rd Coin Flip
- Tiebreakers for Volleyball and Bowling will be as follows:
 - 1st Head-to-Head

- 2nd Game Differential
 - 3rd Coin Flip
- Tiebreakers for all other sports will play out with a tiebreaking match.

AWARDS AND PRIZES

- The team or person that is the champion of an Intramural Sport will receive a prize that will be selected by the Intramural Sports Coordinator.
- Consolation prizes may be given out to the rest of the participants if the Intramural Sports Coordinator agrees to do so.

Co-Ed Basketball

ELIGIBILITY

- All participants are subject to the Intramural Sports eligibility rules, which are available in the Intramural Sports Handbook.

THE GAME

- The game starts with a jump ball at center court.
- Games must start by 10 minutes after the scheduled game time or game will be a forfeit for the team that does not show up with enough players.
- Games will be played in two 13 minutes halves. A 3-minute halftime will be taken.
- Each team will consist of at least 5 players, 3 men and 2 women. At no time can the number of women on the court for one team be less than 2. It is permissible to play with more women than men on the court.
- If the score is tied after both halves of the game, a 5-minute overtime will take place. If the game is tied after overtime, point differential will be in effect. If there is still a tie after point differential investigation, the game shall be decided by a coin flip.
- There is no zone defense, person-to-person is to be played. There is no backcourt violation.
- For your safety, no dunking will be allowed at any time.
- Teams can bring their own ball for play, as long as both teams agree on the ball.

SCORING

- Each basket is worth 2 points; there are no 3 pointers.
- Free throws count as 1 point (only during tournament play), otherwise there are no free throws.

FOULS

- No team fouls will be counted.
- Fouls will be taken at half court with a “check”.
- Players should call their own fouls, whether they are on offense or defense (unless referees are in play). The advantage rule states that if the ball goes in the basket after a shooter is fouled, the basket counts.
- In the case of foul disagreement, the alternating possessions rule will be in effect.

SUBSTITUTIONS

- Substitutions are to be made on the fly.

CONDUCT

- Fighting will not be permitted at any time. Abusive conduct or fighting will result in removal from the league. Anyone involved in an altercation will be given a “**Notice to Appear**”, which will require that person to come into the Student and Residence Life Office for a sit down meeting with the Intramural Sports Coordinator and the Community Standards Coordinator. If that person fails to follow through with this obligation, the entire team will be penalized by not

being allowed to play until the person involved fulfills their obligation. Those involved in fighting during an Intramural event may face further disciplinary action.

EJECTION

- A participant whose conduct is deemed inappropriate by the presiding officials, and is ejected from the game, will automatically face a minimum of one game suspension for the following game. In addition, the offending participant must schedule an appointment with the Intramural Sports Coordinator prior to their team's next game or the entire team will forfeit their next match and may face expulsion from the league if the incident is unresolved.

SPIRIT OF PLAY/COMPETITION

- Sport activities find their origin in the basic human need for the spirit of play. Winning and losing are more outcomes of this spirit. What is part of the game is the pure satisfaction of participation (fun, fitness, friendship, stress release, etc.) Without your opponent, you have no game, no contest, and no fun. You are indebted to them as they are to you. The spirit of play, then, is based on cooperation. Upholding high standards of integrity and fair play acknowledges this idea of cooperative competition. All players are encouraged to exercise good judgment in caring for the safety of others as well as themselves. At BSC, an intentional violation of the rules is considered cheating and a gross offense against the spirit of competition. Abusive language toward officials, other participants and manipulation of the rules are not "part of the game." A lifetime interest in sports is a goal for all players, which has more meaning than that of a win or loss, the memory of which often fades quickly. All players are asked to participate within the context of this spirit of play/competition.

Co-Ed Volleyball

START/TERMINATION OF A MATCH:

- The referee shall toss a coin and one captain (the team listed first on the schedule) shall call it in the air. The winner shall choose either serve, receive, or playing area. The loser of the toss is given the remaining choice. A coin toss (called by the team who did not call the first coin toss) will determine the serving team for the third game.
- A match is completed when one team wins 2 games out of 3, to 25 capped at 27, using rally scoring. Game 3 is to 15 with a cap of 21 (No cap for game 3 in tournament play).

PLAYERS AND EQUIPMENT

- Six players including at least three women constitute a team. Any number of substitutes is allowed. Players are only eligible if they are listed on a team's roster. At no point can there be more men than women on the court.
- The IM department supplies game equipment.

TIMES AND SUBSTITUTIONS

- Forfeit time 10 minutes after scheduled start time.
- Each team is entitled to two 30-second timeouts per game.
- Substitutions must happen in the same spot on the court upon rotation.

THE SERVE

- A legal serve is contact with the ball in which the ball is hit by one hand or fist, while the ball is held or after it has been tossed up in the air.
- Each member of a team shall serve in turn. Serving out of order causes a side out and a loss of points served by that person, if discovered before the opposing team scores.
- All players must be within the playing area at the time of the serve.

DURING PLAY

- Back line players shall not participate in the block or attempt to block, hit, or strike a ball higher than the net on/in front of the 10-foot line.
- No players may step completely across the center line. A player may cross the centerline with his/her foot as long as part of the foot is on or above the center line and the player does not interfere with play of an opponent.
- A legal hit is contact with the ball by a player's body above and including the waist that does not allow the ball to come to rest. The ball may not be lifted, pushed, or thrown.
- A block does not count as a hit for that team in any way.
- Simultaneous contact of the ball by teammates shall be permitted and considered as one play and either player involved may participate in the next play.
- **If a ball is hit more than one time on a side, it must include a female hit in the sequence.**

NET PLAY

- Reaching over the net is permitted during the follow-through of a hit made on your side, an attempt of a hit or fake hit, or block attempt.
- Blocking a ball that is entirely on the opponent's side of the net is not permitted when the opposing team has an opportunity to complete its attack.
- It is not permitted to block a serve.
- Contacting the net or any part of it, including the net supports, while the ball is in play is prohibited, except by a player's hair or unless the force of the ball by an opponent pushes the net into the player.
- If the ball contacts the ceiling and goes over the net, it is a dead ball and loss of possession. If the ball contacts the ceiling and stays on your side, and you have another hit, the ball is considered in play.

CONDUCT

- The referee shall have the power to warn, declare side-out or point, or disqualify from the game or match, any player, substitute, or spectator who persistently addresses the official regarding decisions, make derogatory remarks about or to the officials, or commits derogatory acts to the officials or other players. The Intramural department will support any decisions made by an official. Any further disputes should, however, be discussed with Intramural staff.
- The captain is responsible for his/her team and should be responsible for controlling the conduct of his/her team.

SPIRIT OF COMPETITION

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Bowling

Intramural bowling will take place at Midway Lanes in Mandan. BSC Intramural Sports will pay for participants' shoe rental and three games.

- Bowling teams are comprised of 4 players.
- If a team member will be absent on a given week, they will be replaced by a blind (a blind is a computerized score which is 10 pins lower than the player's average score).
- A player will develop a handicap based on their average score each week which is dynamic and changes along with a player's performance each week.
- A player's handicap is determined by taking the difference from their average and a set number (depending on the format, this can be 100% of the difference between a player's average and 200 or 90% of the difference between a player's average and 200). So, the lower the handicap, the better the bowler. Handicaps are meant to make head-to-head play more even by making a player bowl against their average each week.
- Each week, a team will bowl head-to-head against another team on adjacent lanes; there will be no alternating of lanes.
- Teams will bowl 3 games against each other each night of league play consisting of 10 frames.
- 1 point is allotted for the winner of each game as well as for the team which has the greatest combined score for all three games. So, there are 4 points to be won each match.
- A team's score for a given game is the cumulative result of the players' scores with handicaps added in.
- A player will have 2 tries to knock down 10 pins with a single bowling ball in each frame. A strike is when a bowler knocks down all ten pins in one attempt. A strike is worth 10 pins plus the number of pins knocked down in the next two frames.
- A spare is when a player knocks down all 10 pins in two attempts. A spare is worth 10 pins in addition to the number of pins knocked down in the next single frame.
- On the tenth frame, a player is allowed 3 attempts to knock down as many pins as possible only if they achieve a strike or spare.
- Most importantly, there is no drinking of alcohol or use of tobacco during BSC Intramural Sports league play. If caught drinking at Midway Lanes before or during league play, a team will be disqualified and dropped from the league immediately. No exceptions.

SPIRIT OF COMPETITION

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are not “part of the game.” A lifetime interest in sports is a goal for all players, which has more meaning than that of a win or loss, the memory of which often fades quickly. All players are asked to participate within the context of this spirit of play/competition.

Cornhole Tournament

GENERAL INFORMATION

- Intramural Cornhole is governed by the rules of the American Cornhole League, Intramural Handbook, and the following modifications.

PLAYERS

- A team consists of 2 players.
- Each player must meet the eligibility requirements set out in the BSC Intramural Handbook.

TIME-OUTS AND TIMING

- Each team is allowed one 90-second time-out per game
- Time-outs do not carry over to the next game.
- The opposing players who did not call the time out may also leave the pitcher's box to view the other board.
- Touching of bags is prohibited. If a player (or a player's teammate) touches a bag that is in play during the timeout (or during play outside of a timeout before the round is complete), the round immediately ends and all bags are transitioned to the next round at the other board.
- Each player will have 20 seconds to pitch their bag from the moment that the opposing player's bag comes to rest on the other end.

NO SHOW

- If a team is not present and ready to play by 10 minutes after the scheduled match time, the 1st game will be a now show. The team ready to play at match time will have the choice of service and side of the court to start the 2nd game.
- If a team is not present and ready to play by 15 minutes after the scheduled match time, the entire match will be declared a no show. A team with one no show will not be eligible to win the championship match.

GENERALS RULES OF PLAY

- A game begins with a round in which the winner of a coin toss chooses who pitches the first bag.
- A pitch of a cornhole bag may be underhand or overhand.
- When pitching a bag, players must release the bag before any part of the player's body touches the ground on or beyond the foul line.
- Upon release of the bag during a pitch, a player must have at least part of one foot inside the pitcher's box and not across the foul line.
- A round is defined as a complete sequence of all bags thrown by two players towards one board.
- Scoring is calculated at the conclusion of each round.
- Play continues until a score of at least 21 points is achieved by one team at the conclusion of a round.

- If a player pitches in an incorrect sequence, the bag that is incorrectly pitched is forfeited.
- If one partner of a double's teams cannot finish the match for any reason that game will be forfeited by the team that could not finish by a score of 21-0.

THE GAME

- A match consists of winning two out of three games.
- Play continues until a score of at least 21 points is achieved by one team at the conclusion of a round.
- A game is won when a team scores 21 points and has at least a two-point advantage over the opposing team. No game shall exceed 25 points. If teams are tied at 24-24, the first team to score the 25th point shall be declared the winner.
- All games will use the rally point system with a point awarded on each service or awarded side out. Winners are determined as described above (first to 21, win by 2, cap at 25).
- Teams switch sides once one team has reached 11 points.

LAYOUTS

- A rectangle measuring 3 feet wide by 4 feet long (length of the board) on either side of the board designates a player's pitcher's box.
- A lane is defined as two pitcher's boxes directly across from one another on two different boards on on court.
 - If a right-handed player is in the pitcher's box forcing their right hand to be directly over a board, the other pitcher's box in their lane would be on the opposite board facing their right hand to be on the outside toward the edge of play.
 - In double play, players on the same team will line up directly across from each other in the same lane, not diagonally from each other in opposite lanes.
- The foul line is designated as the front end of the board, which is also marked by the front edge of a player's pitcher's box.

SCORING

- Scoring is always completed at the end of a round, not during.
- The board at the end of a round is valued to 1 point.
 - Bags "hanging" in the hole are valued at 1 point.
- A bag through the hole at the end of a round is valued to 3 points.
- A bag that neither went through the hole nor is lying on top of the board at the end of a round is valued at 0 points.
 - Bags that are lying on top the front edge of the board but are touching the ground are valued at 0 points.
 - Bags that touched the ground or any other surface before touching the board or going into the hole are valued at – points and must be removed from the board.
 - If this bag causes other bags on the board to move, the final resting places of the bags in play will count.
- All scoring for a round features cancellation.

- For example, Player A pitches 3 bags in the hole and one bag on the board for a total of 10 points. Player B pitches two bags in the hole and two bags on the board for a total of 8 points. Player A will then earn 2 points ($10-8=2$) towards their overall score.
- Players must wait 3 seconds after a bag comes to a stop on the board before the players may pick up a bag at the end of the round. If a bag is slick enough that it begins to slide down the board, players must wait for that bag to come to a complete stop before proceeding with a round.
- Players may not interfere with an opponent's bag during its flight path.
 - If a player interferes with the flight of a bag, the rest of that player's bags are forfeited for the remainder of the round and the pitching player gets to re-pitch the bag.
- Talking, yelling, and movement that is distracting to the opposing team is not permitted.

SPIRIT OF COMPETITION

- Sport activities find their origin in the basic human need for the spirit of play. Winning and losing are more outcomes of this spirit. What is part of the game is the pure satisfaction of participation (fun, fitness, friendship, stress release, etc.) Without your opponent, you have no game, no contest, and no fun. You are indebted to them as they are to you. The spirit of play, then, is based on cooperation. Upholding high standards of integrity and fair play acknowledges this idea of cooperative competition. All players are encouraged to exercise good judgment in caring for the safety of others as well as themselves. At BSC, an intentional violation of the rules is considered cheating and a gross offense against the spirit of competition. Abusive language toward officials, other participants and manipulation of the rules are not "part of the game." A lifetime interest in sports is a goal for all players, which has more meaning than that of a win or loss, the memory of which often fades quickly. All players are asked to participate within the context of this spirit of play/competition.

Billiards (8-Ball) Tournament

OBJECT OF THE GAME

- 8 ball is played with a cue ball and 15 object balls. The purpose of the game is for one player or team to pocket the solid balls numbered 1-7 or the striped balls numbered 9-15, and then marking and pocketing the 8 ball before their opponent. Choice of balls to be pocketed is made by the player legally pocketing the first ball of the game.

LAG

- Method used to start a match.
- Players simultaneously shoot a ball from the “kitchen”, banking it off the foot rail and back to the head of the table. Striking the side rails or any pocket results in loss of the lag. The closest ball to the headrail wins. It is permissible to strike the head rail. If the lagged balls make contact during the lag, the lag should be attempted again.

THE RACK

- The balls are racked with a solid and stripe on opposite ends at the bottom of the rack with the front ball on the foot spot and the 8 ball in the center. All balls should be frozen (touching) as tightly as possible.

BREAKING

- To be a legal break, players must break from inside the kitchen, the head ball or second ball must be struck first, and at least four object balls must be driven to the rails or a ball must be pocketed. The cue ball may not be shot into a rail before the break. If the break does not qualify as legal, the balls are reracked and broken by the same player. If the break does not qualify as legal and results in a scratch, the balls are reracked and broken by the opposite player.

AFTER THE BREAK

- Various circumstances can occur upon completion of the break. They are:
 - No balls are pocketed, and it is the other player’s turn.
 - The 8 ball is pocketed. This results in the 8 ball being spotted. If the spot is taken, the ball is placed on a line directly behind the spot as close as possible.
 - One ball is pocketed. It is still the breaker’s turn, but the table remains “open” until a designated ball and pocket is declared, and the player is successful. If the player is not successful, the table remains open. The 8 ball is neutral when the table is open and can be used for a combination shot but is no longer neutral after a player has pocketed an object ball after the break.
 - One (or multiple) of each category is pocketed. The breaker has their choice of balls. They may shoot any ball, except the 8 ball (which would be a foul), and each pocketed ball counts. If they miss or foul on their second shot, their opponent has an “open table” and may choose which category of balls to play.

COMBINATION SHOTS

- Combination shots are legal, but the player must call the correct ball and pocket and must strike their own group ball first. The 8 ball is not neutral after the table is no longer open.

BALLS ON THE FLOOR

- If the 8 ball is knocked on the floor, it is loss of game. An object ball knocked on the floor results in a foul and is spotted.

SAFETY SHOT

- If a “safety” is called before a legal shot, a player may legally pocket the ball and in turn forfeit their next shot.

POCKETED BALLS

- Balls must remain in a pocket to be legal. All pocketed balls remain in the ball shoot for the remainder of the game.

FOULS

- “Recreational” Level Play
 - Anytime the cue ball goes in a pocket or leaves the playing surface, the incoming player will place the ball in the “kitchen” and may play any ball that is outside of the kitchen.
 - Anytime a ball is pocketed in such a manner that it is determined to be “slop” (any pocketed ball that does not go into the obvious pocket as determined by the shooter’s shot selection), the turn will be forfeited, and the incoming player will play the cue ball from it’s current location.
- Championship Match
 - If any of the following fouls are committed, the penalty is ball-in-hand for the incoming player. Ball-in-hand refers to a player placing the cue ball anywhere on the table (with the exception of a scratch on the break which results in ball-in-hand in the kitchen) and proceeding with their turn. After having addressed the cue ball, a player may make further adjustments with the hand, cue stick, or any other piece of equipment.
 - Anytime the cue ball goes into a pocket or leaves the playing surface.
 - Failure to hit the correct group ball first.
 - If, during the course of a shot, the cue ball doesn’t touch anything.

THERE ARE VARIOUS WAYS TO LOSE

- Your opponent pockets their numerical group and legally pockets the 8 ball.
- You pocked the 8 ball out of turn or knock it on the floor.
- You pocket the 8 ball in the wrong pocket or fail to properly indicate the pocket.
- You foul the cue ball and then pocket the 8 ball.
- When playing the 8 ball, you scratch.

HOW TO WIN

- A player has won the game when all the balls of their numerical group have been pocketed and they have legally pocketed the 8 ball in a properly called pocket without scratching. Matches are best 2 out of 3 games.

SPIRIT OF COMPETITION

- Sport activities find their origin in the basic human need for the spirit of play. Winning and losing are more outcomes of this spirit. What is part of the game is the pure satisfaction of participation (fun, fitness, friendship, stress release, etc.) Without your opponent, you have no game, no contest, and no fun. You are indebted to them as they are to you. The spirit of play, then, is based on cooperation. Upholding high standards of integrity and fair play acknowledges this idea of cooperative competition. All players are encouraged to exercise good judgment in caring for the safety of others as well as themselves. At BSC, an intentional violation of the rules is considered cheating and a gross offense against the spirit of competition. Abusive language toward officials, other participants and manipulation of the rules are not “part of the game.” A lifetime interest in sports is a goal for all players, which has more meaning than that of a win or loss, the memory of which often fades quickly. All players are asked to participate within the context of this spirit of play/competition.