Bismarck State College
Student & Residence Life

For more information about the Intramural program at BSC go to
the BSC Intramural website at
http://www.bismarckstate.edu/student/life/Intramurals.asp
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Mission Statement

Bismarck State College Intramural sports provide a number of opportunities to stay active, healthy, meet new people, participate in a campus group, and have fun.

Whether you are super active and competitive or just looking to participate and get a little exercise, we provide something for everyone. *When is Your Game Day?*

**Contact Information:**
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Intramural Rules and Regulations

CAPTAINS’ MEETINGS
Captains' meetings are scheduled prior to league play for certain team sports. These meetings inform participants of rules, issue schedules for each sport, and provide feedback for tournament play prior to the first game. Attendance by the team captain or a representative is required.

ALCOHOL & DRUG POLICY
Alcoholic beverages are not permitted on or around the Intramural playing areas. Participants who appear under the influence of drugs or alcohol will not be permitted to participate (this includes spectators). 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.

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

ELIGIBILITY
Only currently enrolled students, faculty and staff at Bismarck State College are allowed to participate in Intramural activities. If a team is found to be using an ineligible player they will automatically forfeit any game that the player played in.

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 the intramural staff. If a player(s) should get in a 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 will also be necessary. Serious infractions will be brought to the Director or Student and Residence Life.

FORFEITS
A team will be forced to forfeit a game if they do not have a minimum number of eligible players 5 (five) minutes after their scheduled game time. A team can also be forced to forfeit if they use an ineligible player.
SAFETY
All participants must sign the injury waiver and will play at their own risk. Proper safety attire such as braces, mouth guards and other applicable equipment are recommended. The participant is liable for any injury that occurs during an Intramural activity and Bismarck State College and its employees are not responsible.

AWARDS & PRIZES
The team or person that is the champion of an Intramural sport will receive a prize that will be selected by the Intramural Coordinator.

OFFICIALS
The officials for each game or match will be appointed by the Intramural Coordinator. The officials will make calls and answer questions about situations that arise during the course of play. The Intramural Coordinator will make a final decision on any call that is disputed.

SCHEDULES
Schedules for each Intramural activity will be made available by the Friday of the week of the Captains’ meeting. The schedules will be available at the intramural office in the Student and Residence Life Office of the Student Union and online at the Intramural website.

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.

LEAGUE STANDINGS
League standings will be made available by Monday afternoon unless it is a holiday, in which case the standings will be available on Tuesday afternoon. The standings will be posted at the intramural office in the Game Room of the Student Union.

TIE-BREAKERS
Tie-breakers for Flag Football, Men’s Basketball, and Women’s Basketball will be as follows: 1st Head to Head, 2nd Point Differential, and 3rd Coin Flip. Tie-breakers for Volleyball and Dodgeball will be as follows: 1st Head to Head, 2nd Game differential (Games won – Games Lost), 3rd Coin Flip.
Flag Football Rules

The goal of the BSC Intramurals Flag Football League is to provide opportunities for teams to participate in league play in a cooperative manner.
*Please review these rules with your team!*

1. The playing field will be 40 yards long by 53 yards wide. 10 yards at one end will be considered an end zone while the other end zone will be the marked end zone. The field will be altered for the grass fields.
2. A game will consist of two 20-minute halves with a 3 minute half time.
3. Each team must have a minimum of 5 players to start the game. 7 players are allowed on the field at a time. Each player may only be on 1 team and its roster.
4. A forfeit will be called five minutes after game start time if 5 players are not present.
5. Shirts should not be able to interfere with the flags. No jewelry may be worn.
6. Substitutions may be made at any dead ball situation (Ex. incomplete pass, out of bounds, or flag pulled).
7. A Rock, Paper, Scissors game will determine which team “kicks off”.
8. Each team will have one 30-second time out per half.

Playing Regulations
1. All players on the field are eligible to receive passes. A team may throw one forward pass during a down. All other laterals must be backwards.
2. Overtime will consist of 1 play for each team from the 10 yard line and follow college football’s alternating possession rules.
3. A player is considered down at the point where his flag is removed or it falls off. The ball is positioned where the flag is or on the appropriate hash mark.
4. Defenders may not block, hold, trip, tackle, or push a runner.
5. The runner may not protect his flag in any way.
6. No on-side kicks. All drives after a touchdown will start on the 5 yard line.
7. The 20 yard line is the only first down.
8. Interceptions are allowed and play will continue. There is no turnover on a fumble. The team that dropped the ball will retain possession at the spot where the ball hit the ground.
9. A reception is good if the receiving player has 1 foot in bounds and completes the act of the catch.
10. Extra points will start from the 5 yard line and are worth 1 point.
11. Punting is an option.
12. The Defense may blitz once per set of downs. The defender must announce a blitz before he crosses the line of scrimmage.
13. 5 Mississippi rushes are legal, the count must be loud enough for both teams to hear the count. The quarterback can run only if rushed.
***Any fighting, swearing, abuse of equipment, arguing, or attempt to play while intoxicated or under the influence of drugs will result in the loss of the match and possible removal from intramural activities.***

**Water Basketball Rules**

The goal of the BSC Intramurals Co-Ed Volleyball program is to provide opportunities for teams to participate in league play in a cooperative manner.

*Please review these rules with your team!* 

1. Each team will consist of five players in the water at a time.
2. The game is scheduled for sixteen minutes. Two eight-minute halves will be played. During the final minute the clock will stop for all fouls and violations. No time-outs will be allowed.
3. A jump ball consisting of an official tossing the ball between two players at center court along the pool edge will start the game. All non-jumpers have to be at least 3-feet away from the jumpers. Alternating possessions will be used for all other jump ball situations. (i.e. second half, and etc)
4. Any player being guarded by another player within 6-feet of them has five seconds to either shoot or pass the ball. After five seconds a violation will be called and the ball will be awarded to the other team.
5. It is a technical foul and automatic ejection from the game if a player dunks the ball or grasps the rim. It is a technical foul if a player intentionally splashes water in another player’s face. Two technical fouls will result in an ejection from the game.
6. A team may not maintain possession of the ball for more than 30 seconds without attempting a shot. After 30 seconds expire, a violation will be called, the ball awarded to the opposing team at the closest spot. For violations, the opposing team will put the ball in play at the spot of the violation with a throw-in.
7. It will be ruled a violation if the ball is taken underwater by a player.

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Inner Tube Water Polo

The goal of the BSC Intramurals Co-Ed Volleyball program is to provide opportunities for teams to participate in league play in a cooperative manner. *Please review these rules with your team!*

1. Teams will consist of 6 players. Teams may start with as few as 4 players. If a team is reduced to less than 4 players at any point during the match, the match will be forfeited.
2. Games will consist of two fifteen-minute halves with a 3 minute halftime. Each team is allowed one timeout per half. The clock will run continuously during both halves.
3. The game begins with each team in their tubes at opposite ends of the pool. They must be holding onto the wall of the pool. The period begins when the official blows the whistle and throws the ball into the center of the playing area and both teams propel their tubes toward the ball.
4. Players must have shoulder blades touching inner tube at all times with tube flat in the water. The ball may only be played from the inner tube.
5. Exception: The goalie may leave the inner tube to block a shot, but may not play the ball again until returning to the inner tube.
6. Substitutions: Must occur on team’s defensive half within 3 ft of the wall and may not create an advantage.
7. Scoring: One point is awarded for each successful goal.
8. Goal Box: Only the goalie is allowed within the goal box. Defined as the width of the goal and extending 2 yards from the front of the goal. The ball must be carried outside of the inner tube at all times.
9. The goalie cannot throw the ball past the center line at any time.
10. Defensively a team can:
   a. Move in front of an advancing player
   b. Seize the ball
   c. Knock the ball from a player’s hands
11. Free throws will be awarded after minor infractions. A non-violating team player nearest the spot of the infraction puts the ball into play by passing to a teammate. The opposing team may not touch, impede, or interfere with an attempt to pass the ball. One pass must be made before any attempted goal.
   a. Minor infractions:
      i. Holding onto the pool wall, other than to begin a period.
      ii. Pushing off the wall with the feet.
      iii. Throwing the ball across the center line by the goal tender.
      iv. Failure to remain in the inner tube while passing or shooting.
      v. Starting play prior to the official’s signal.
      vi. Playing the ball while out of the inner tube.
      vii. Intentionally splashing an opponent.
      viii. Delay of game (including stalling).
      ix. Holding the ball underwater
12. A penalty throw is awarded after a major infraction.
   a. Major infractions:
i. Fouling an offensive player in the 5 yard penalty area.
ii. Holding, pushing, kicking, striking, or dumping an opponent.
iii. Committing a minor foul to prevent a goal.
iv. Unsportsmanlike conduct.

13. Tie Game: In the event of a tie, there will be a shootout with 3 players having one shot at the opposing goalie from 10 feet.
Co-Ed Volleyball

The goal of the BSC Intramurals Co-Ed Volleyball program is to provide opportunities for teams to participate in league play in a cooperative manner.

*Please review these rules with your team!*

1. Each team will consist of 6 players (3 men & 3 women.) Teams may play to their disadvantage with 5 or 4 players, but there must be an equal or greater number of females on the court. The roster may contain 10 players total.
2. Each team must have one person serving as a captain each night of play. Captains will participate in a coin toss to determine serving team and sides at the beginning of each match.
3. A match is best 2 out of 3 games. Games 1 & 2 are played to 25 points by rally point scoring with a 2-point advantage by the winning team with a cap of 27 points. The third game if needed will be a straight race to 15 points.
4. Teams that do not have enough players (4) to compete will forfeit the match 5 minutes after game start time.
5. The server is allowed one attempt to put the ball in play. Net serves are legal.
6. Balls that hit the line are “in.”
7. Three hits are allowed to get the ball over the net. One female player must always hit the ball if there is more than 1 hit before the ball can be sent to the opponent’s side.
   
   Examples:
   
   1 hit (female) = legal
   1 hit (male) = legal
   2 hits (male, female) = legal
   2 hits (male, male) = illegal
   3 hits (male, female, male) = legal
   3 hits (male, male, male) = illegal

8. A blocked ball that is on the blockers side of the net does not count as a hit. The ball may be hit three more times.
9. Rotations must be made at the same position throughout the entire game.
   
   (Example: You rotate in at the back middle spot.)
10. The referee has final say in all calls and will call the following fouls:
    - touching the net while ball is in play
    - catching, scooping, dunking or lifting the ball
    - a person hitting the ball twice in succession
    - more than three hits per side
    - serving out of order
    - The team receiving serve may not block or attack the serve. The players in the front line may not leave their feet to block or attack a serve.
    - The ceiling is in play as long as the ball does not cross the plain of the net

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5 on 5 Men’s & Women’s Basketball

The goal of the BSC Intramurals Basketball Leagues is to provide opportunities for teams to participate in league play in a cooperative manner.

*Please review these rules with your team!*

1. Players may play on one team only. BSC basketball players are not eligible to play.
2. Teams must be ready to play at game time. You must have 4 players to begin. The other team will still play with 5 players. 5 minutes after the start of gametime a forfeit will be called if a team does not have enough players. There are no make-up games. Two (2) forfeits will result in elimination from the league.
3. Games will be two 12-minute halves with a four minute half time. The time will only be stopped for official time-outs.
4. Each team is allowed 1 time-out per half. The time-out will be 30 sec.
5. There will be a 30 second shot clock in games that have a point differential of 6 points or less in the last 2 minutes of play or in overtime.
6. Substitutions may be made on the fly as long the players due not interfere with the ongoing play.
7. Fouls will not be tracked. The person in charge of the game has the right to warn or eject any player who continually fouls or fouls in a manner that is deliberate and dangerous.
8. Fouls are to be called by either the player who committed the foul, the player who was fouled or the referees. If you are fouled or commit a foul, you need to state so quickly and loudly so there is no question.
9. Free throws are not taken on fouls committed by the offensive team. If a player is fouled while shooting and makes the shot, they will be awarded points and possession goes to the other team.
10. During the last 2 minutes of the game with a point difference of less than 6 points, all fouls will be a 1 and 1 situation with the clock stopped.
11. If there is a foul at the half or end of a game the players will not line up around the key.
12. Technical fouls will result in 2 free throws and possession of the ball at half court. Any act that may be considered unsportsmanlike will be given a technical foul. This includes, but is not limited to, excessive swearing, arguing with players or officials, purposefully harming another player, intentional fouls and derogatory comments to players, officials or spectators. The player who commits the technical foul will not be allowed to play in the following week’s game. A team that received a technical foul will be eliminated from the league.
13. All players must be dressed in like uniforms.
14. During a free throw, players may enter the lane once the ball leaves the shooter’s hand. The shooter must remain behind the free throw line until the ball touches the rim.
15. If an injured player cannot complete foul shots, he may not re-enter the game.
16. If officials do not agree on a call, a jump ball shall be called. Jump balls will be awarded on an alternating basis.
17. Overtime: In the case of a tie, three minute overtime will be taken. There will be no time-outs allowed. Play will begin with a jump ball. If the game is still tied after overtime, each team will pick one player to complete 5 free throws.

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Dodgeball Rules

The goal of the BSC Intramurals Flag Football League is to provide opportunities for teams to participate in league play in a cooperative manner.

*Please review these rules with your team!*

1. Each team will consist of 6 players all of whom must be BSC students. A team may play with a minimum of 3 players. The roster may contain 10 players.
2. The games will be played on a regulation tennis court. When a team is down to 3 players or less, the players must remain inside the “T” line.
3. A player is considered in if they have one foot on the tennis court for them to be able to play.
4. Players may leave the court to chase down loose balls in the red area but they must leave and re-enter from the baseline.
5. A player is out when his ball is caught by a player on the other team, they cross the center line, or are hit by a ball thrown by the other team.
6. A player may use a ball to deflect a ball thrown at them. If the thrown ball is caught the player throwing then thrower is out.
7. A team may gain another player by catching a ball thrown by the other team.
8. Each match will consist of 5 games.
9. When a player is out they may help their teammates by retrieving loose balls from the red area around the court.

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List of Potential Intramural Events

**Fall Semester:** Flag Football, Co-ed Volleyball, Parking Lot Golf, Pool Tournament, Water Basketball, Inner Tube Water Polo, Air Hockey Tournament, Ping Pong Tournament

**Spring Semester:** Men’s Basketball, Women’s Basketball, Spring Flag Football, Dodgeball, Pool Tournament, Air Hockey Tournament, Ping Pong Tournament.