

THE LINCOLN UNIVERSITY  
DEPARTMENT OF INTERCOLLEGIATE ATHLETICS



INTRAMURALS HANDBOOK

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## **Purpose**

This handbook is designed to serve as an informative and procedural reference for persons involved or interested in organized intramurals at Lincoln University. We encourage all participants to become familiar with the information contained in this handbook and to consult it when the need arises.

## **Mission Statement**

It is the mission of the intramural program to assist in the development and education of the whole individual. The intramural program at Lincoln University is designed to provide an opportunity for students, faculty and staff to participate in organized recreational activities and competition that serves an avenue for individuals to achieve a stress free, holistic approach to a healthy lifestyle. The programming allows participants to participate in competitive sports, maintain physical health and wellness, physical fitness, learn new skills, demonstrate good sportsmanship, work as a team, develop individual self-esteem, and develop leadership skills. There are single-gender as well as co-ed sport opportunities to choose from.

## **Coordinator of Intramurals Message**

Intramurals offers a unique recreational and competitive sports program to the campus community. The program provides structured recreational leagues, and tournaments in a variety of sports and activities. Beyond play, intramurals provides the opportunities for individuals to gain friendships, while having fun. With our wide variety of activities and sports, it is the goal of the intramural staff to provide you with healthy and memorable experiences that will stay with you long after your days at Lincoln.

## **Philosophy**

- Each participant should have the opportunity to pursue quality recreational opportunities in a safe and enjoyable environment.
- It is our obligation to make all participants feel welcome.
- Each participant is entitled to our full and enthusiastic attention and being sensitive to his or her needs is fundamental.
- We serve as part of a team and our success depends on our common assistance.
- Facilitating the positive experiences of participants is our primary responsibility, rather than the dictatorial enforcement of regulations.
- Adherence to high standards of personal conduct and professionalism reflects favorably on us as individuals and on the Intramurals program.

## **Facilities**

The Intramurals facilities are located in the Manuel Rivero Hall (Auxiliary Gymnasium), Wellness Center (Gym), and Turf Field across from the Wellness Center.

## **Participation Rules & Protocol**

### **Risk Statement**

Lincoln University Intramurals program strives to conduct all activities in the most prudent manner possible. However, due to the inherent risk of accident or injury in any activity, it is the responsibility of each participant to be aware that there are assumed risks involved in participation.

### **Health Insurance and Physicals**

All participants who would like to take part in Intramurals must have a current physical **on file in the University Health Center** and are advised to have insurance coverage. For those participants who do not have insurance, Lincoln University Health Center has made available various insurance programs for students to purchase for their protection. Information on student insurance packages may be obtained by contacting the Health Center.

### **Injuries**

Participants are reminded that their participation is entirely voluntary. The intramurals staff assumes no responsibility for injuries received during intramural activities. However, any participant receiving injuries during intramural activities will receive first aid treatment.

### **Eligibility for Participation**

All officially enrolled students of Lincoln University are eligible for participation in the intramural program as defined in the following rules:

1. Participants must be a full-time student with a valid LU Lions Card. Part-time students must be approved by the Coordinator of Intramurals.
2. Faculty and staff who are currently employed at Lincoln University (with a valid LU ID Card) may participate in non-league events. Faculty, staff and alumni are eligible to participate in special events designated by the Coordinator of Intramurals.
3. Members of the intercollegiate teams are ineligible to participate in intramurals in their sport activity or any related activities during the season in which they are a team member. Intercollegiate athletes are defined as any student participating in a regular contests against outside competition up to the date of the first varsity contest, a person having been a team member for one varsity game that year, or receiving athletic financial aid.
4. A member of an intercollegiate team who loses membership status due to an injury is ineligible to participate in intramurals, subject to the requirements listed in rule #3 above.
5. A student that quits an intercollegiate athletic team, cut from the athletic team, or otherwise leaves the athletic team prior to the first contest will be eligible to participate in the sport during intramurals.

6. Any player losing varsity status after the first intercollegiate contest may be eligible for intramural play at the discretion of the Coordinator of Intramurals and Director of Athletics.
7. Every effort will be made to prevent stacking of former intercollegiate and out-of-season intercollegiate athletes in an activity in which the student participated in at the varsity level. A limited number of athletes will be eligible depending on the activity sponsored. **(A former intercollegiate athlete is defined as students who have earned varsity letters or played in varsity games. An out-of-season athlete is defined as a student whose name is on an NCAA sports roster (including redshirts) as determined by respective sport team.)**
8. Any student placed on judicial sanctions will not be eligible for intramural participation.
9. Any student who appears to be under the influence of alcohol or drugs will not be permitted to participate in activities and reported to public safety.
10. Players must play for one team per sport.
11. Students on a team that folds may be eligible to play on another team, upon the request and approval of the Coordinator of Intramurals.
12. In league or single elimination championship playoffs, teams cannot use players who have not played in at least two (2) regular season contest for the team. With supporting documentation a player on an original roster that was injured or sick will be allowed to return during playoff for competition.
13. Ineligible players will be removed from intramural competition. Teams that utilize ineligible players shall forfeit all contests in which the ineligible player participates.
14. Participation in the intramural's program is a privilege and the Coordinator of Intramurals has the right to deny participation
15. The Coordinator of Intramurals reserves the right to modify or issue any new rules or regulations that are deemed essential to the total program.

### **Entry Procedures**

- Participants need a valid Identification card to participate in Intramurals play. Students must possess **a valid LU Lions ID Card**. No other form of identification will be acceptable.
- Entry form due dates are listed on each entry form.
- All entry forms are available in the intramurals office.
- Entries received after this deadline will not be accepted and/or a late fee.
- All entry forms must be approved by the Coordinator of Intramurals and staff prior to final submission.
- Entries must be complete with each team member's full name, signature, and phone number. Incomplete entries will not be accepted.
- Incomplete or improper entries may result in your team's ineligibility or forfeiture.
- Each sport and/or event has its own set of rules

### **Free Agents**

Students interested in playing a sport that do not have a team have two options. They can fill out a free agent form and/or they can come to the Captains Meeting for the sport they desire to play

and network with team captains to find a team to play on. If there are enough free agents at the meeting to fill a team, we will create a team.

### **Team Captain**

- Each organization should have an intramurals team captain. The method by which this captain is selected is entirely up to the organization or team.
- This individual should serve as a liaison between the organization and the intramurals staff. The captain is a vital link to the success of an organization or team

### **Duties of the captain include:**

- Representing the organization at all captain's meetings.
- Insuring that all players are eligible to compete. This includes coming in to the intramurals office and verifying playoff rosters.
- Making sure that all entries are submitted and that all information on the entry form is complete and accurate.
- Keeping the team members informed of the time and location of scheduled activities.
- Insuring that those individuals representing the organization conduct themselves in an appropriate and acceptable manner.
- Being familiar with the rules of the sport and the regulations of intramurals.

### **Team Names**

Team names are subject to the approval of the Coordinator of Intramurals. Any names deemed inappropriate will not be permitted.

### **Eligibility Restrictions and Exceptions**

A player may represent only one team in any sport in a given season. A person may also represent one co-ed team in any sport in any season. A player in violation of this restriction becomes an ineligible player. No player may compete in an intramural event under any name other than the name on his/her ID. Players in violation will immediately become ineligible players in any intramural activity until reinstated by the Coordinator of Intramurals. Persons will be ejected/removed from intramural contests. Players, coaches or spectators removed from an intramural contest are ineligible to participate in any intramural's activity until reinstated by the Coordinator of Intramurals.

### **Ineligible Players**

Teams may not play ineligible players even by mutual agreement of both team captains and other players in the contest. Such players shall be ineligible for all competition until reinstated. The intramurals staff may forfeit any contest immediately upon discovery of ineligible participant(s). Further, a team that has been notified of an ineligible player by the intramurals staff and continues to use such player may immediately be dropped from further competition for the remainder of that sport. During league play and playoffs, all contests in which an ineligible

player participated or signed in, with the intent of playing, shall be recorded as a forfeit win for the opposing team. Teams using illegal players are subject to being dropped from league competition upon discovery of such act.

## **Officials**

Officials deserve the player's highest respect because they represent the character and integrity of the game. During intramurals play, some sports official's maybe student officials; i.e., they are learning, receiving training, and gaining experience in sports officiating. These students are working in one of the most demanding and challenging situations possible to officiate for their peers. Intramurals officials are the key to a successful program, and should be treated with courtesy, patience, and consideration. The Coordinator of Intramurals is responsible for the recruiting, training, evaluating, and assigning officials to games. Comments and suggestions regarding the performance of intramurals officials should be directed to the Coordinator of Intramurals. After each intramurals event, evaluations will be provided to assess the officials. Also, Individuals who are interested in working as an intramural official are encouraged to contact the Coordinator of Intramurals.

## **Sportsmanship**

In order to promote good sportsmanship the Intramural Program has adopted a sportsmanship policy. It is the responsibility of the team and players to make sure the game atmosphere is friendly and fun to both staff and fellow participants.

## **Conduct**

All participants are expected to play according to the rules of Intramurals. The Coordinator of Intramurals and staff reserves the right to penalize individuals or teams for violation of these rules. Participants who choose to follow unsportsmanlike practices, whether directed toward an opponent or official may be ejected from that contest.

## **Reinstatement Procedures for Ineligible Players**

Participants who choose not to follow unsportsmanlike practices and are ejected from a contest are ineligible to participate in any intramural activity pending Coordinator of Intramurals reinstatement. No individual will be reinstated prior to a one-one meeting with the Coordinator of Intramurals to discuss the situation. The Coordinator of Intramurals will contact the individual to resolve the situation. The period of suspension shall be determined from the result of the meeting with the player(s) and the intramurals staff member.

## **Alcohol**

Alcohol use and possession is a direct violation of Intramurals policies. The Coordinator of Intramurals reserves the right to refuse participation to any player that is suspected of being under the influence of alcohol and/or drugs.

Examples of unsportsmanlike conduct which may result in ejection include verbal abuse, excessive technical fouls, and flagrant actions toward an opponent, flagrant actions toward an official or staff member, and fighting or inciting a fight, also sagging shorts.

### **Penalty Structure**

Vulgar language:

- 1 game suspension
- Written letter of apology

Fighting:

- Terminated
- Written letter of apology

Sagging shorts:

- 1 game suspension
- Written letter of apology

Vulgar language towards the intramurals staff, officials, etc.

- Terminated
- Written letter of apology

### **Protests**

Protests may be filed on the use of an ineligible player or when interpretation of the rules is incorrect. Under no circumstances will the judgment of an official be grounds for protest. Further, since there are various intramural venues and leagues, no protest involving fields, courts or play space will be accepted. In any instance relative to protest, if the contest officials and the Coordinator of Intramurals can resolve incidents relative to the protest, this shall be done.

#### **Protests involving player eligibility**

Protests on player eligibility must be written and turned in to the Coordinator of Intramurals. The protest must contain complete information including the name of the individual being protested and the reason the protest is being lodged. The protest should contain complete information including the date and time of the contest, the names of the opposing teams and any information that is relevant to the protest. Protests must be specific to an individual(s).

All eligible protests should be filed within 24 hours of the contest in question and must be filed within 24 hours of the final regular season contest for the team in question. Protests filed after this time will be accepted for playoff consideration but will not affect any regular season league contest.

During playoffs, opposing teams have until the next game played to file a protest. If it is the final contest, no protest shall be accepted after one business day from the conclusion of the contest.



## **Protests involving interpretation of the rules**

No protest will be considered unless it is first registered with the Coordinator of Intramurals and official(s) in charge of the contest at the time the prompting incident occurs. The Coordinator of Intramurals will not consider any protest involving rule interpretation.

All protests must be submitted to the intramurals office, in writing, (Microsoft word) by the close of the next business day following the contest in question. All information relevant to the contest must be contained including information about the game, timing, teams involved and so forth. The protest should specify the rule under which the protest is being made, the official's decision and all other pertinent facts.

A copy of the protest will be available to the captain of the opposing team. During the course of lodging the protest, it is the responsibility of the team protesting to insure that scorekeepers and game officials record all relevant information on the score sheet at the time of the protest. Contests in which a protest is sustained will be replayed from the exact point of the protest providing that all information is available. If not, the game will be replayed from the nearest preceding division of the contest and/or start the game over from the beginning

## **Forfeit - Ready to play**

Game time is forfeit time. {Ready to play} means that a team must be on the playing area, ready to play, with the minimum number of players as listed in the sport rules. The line-up must be recorded on the official book. The team must be able to respond immediately to the begin play order of the official. In all sports, the team present and ready to play at the time the game is scheduled to start, may claim a win by forfeit by recording their lineup, and stating forfeit on the official scorecard. The intramurals staff will assist the captains with this process. Forfeited contests will not be rescheduled. A team that forfeits two contests, by not being ready to play, will automatically be dropped from further play. Their remaining contests shall be entered as wins for their opponents.

## **Forfeit - Rule Violation**

A team that forfeits a contest due to rule violation or player eligibility will receive a loss for that contest and may be dropped from league competition after review of the incident.

## **Extramural(s)**

Extramural(s) is traveling to play different Intramurals champion's at a variety of Universities in the area. Therefore, our Intramurals championship teams may have the chance to represent The Lincoln University in a variety of events (i.e. flag football, and basketball) against champions from other Universities.

## **Intramural Sport Seasons**

Announcements will be made throughout the campus including via: email and social media two weeks prior to the start of all activities.

### **Fall Sports:**

- Flag Football
- Dodge Ball
- Volleyball

### **Spring:**

- Basketball
- Bowling
- Softball

# FLAG FOOTBALL



## 7-Man Flag Football League Rules

### Rules

#### Team Rosters

1. All players must have a valid Lincoln University ID to participate.
2. Players must sign in at the scores table prior to the start of each contest and present their ID.
3. The maximum roster is size is ten (10) players (7 on the field with 3 substitutions). Only players listed on the official roster will be eligibility to participate.
4. A minimum of five (5) players must be present to start the contest.
5. If a team's roster falls below seven (7) players, additional player may be added; however, it must occur one day prior to the next contest date. The last day to add to a roster is prior to the fourth contest of the season.
6. One speaking captain per team. It is the responsibility of the team capital to maintain player/team control.

#### Playing Rules

1. A coin toss will determine the beginning and overtime of each game.
2. The offense must wait until the referee blows the whistle to start the play. After the whistle has been blown, the quarterback has (15) seconds to snap the ball - **5 yards penalty.**
3. Before the referee blows his/her whistle, all players must be behind the quarterback - **5 yards penalty.**
4. If a flag comes off by itself, the ball is dead where the flag falls.
5. **If a player falls to the ground, he is down.**
6. All shirts must be tucked in; they are not permitted to hang over the flag - **5 yards penalty.**
7. Contact is allowed—a player can block, but no push-off
  - a. Push-off (example: extension of arms) – **5 yards penalty.**
  - b. Bump receiver after 5 yards – **5 yards penalty.**
  - c. Push player out of bounds – **15 yards penalty.**
8. A defensive player shall not hold the offensive player's progress of running when attempting to remove the flags - **10 yards penalty.**

9. The defense will throw the ball off after each touchdown; there will not be any kickoffs. The team that doesn't score has to take the walk. The defensive team must throw the ball towards the center of the field - **5 yards penalty**.
10. The offense gets four attempts/four downs to score a touchdown. If the offense doesn't score a TD in four downs, the ball goes to the other team.
11. No guarding of the flag belts, using any part of the body or ball to deny the defender to remove the flags - **10 yards penalty**.
12. Each time the ball is spotted, the teams will have (15) seconds to snap the ball.
13. The defense must use the verbal (10 second) Mississippi count before rushing the offense - **5 yards penalty**.
14. **Rushing the QB** - Someone must guard the QB at all times. If no one is counting/guarding the QB, there will be a **5 yard penalty**.

### **Other Penalties**

1. Contact with opponent on the ground, illegally secured flag belts
2. Fighting (**termination**) of game.
3. **Vulgar Language** twenty (20) yards
4. Profanity **towards the referee** twenty (20) yards. First a warning; second offense, **termination**.

**Overtime** - 5 Minutes—the first team to score, wins.

**Scoring** – Touchdown is 7 points. There is no Safety.

**Mercy Rule** - If a team is up (28 pts), in the first half, the Mercy Rule will end the game.

**Timeouts** - Each team has four (4) 60-second timeouts per game in which the clock stops. Teams get two timeouts per half. Reasons for clock stoppage are injuries/rule interpretations.

**Defense** - No zone; man to man defense only. Players must be within 5 yards of the person they are playing defense on.

**Fumbles** - If the ball is dropped at any time during the run, this is declared as a fumble.

**Interception** - If the ball is intercepted in the in-zone, and the player tries to run, if caught, the defense will receive the ball at the 10 yard line; on the other hand, if the ball is intercepted in the in-zone and the player falls to the ground, that team will receive the ball on the 10 yard line.

### **Attire**

1. Rubber sole athlete shoes only.
2. Shorts, t-shirts or warm-up gear
3. No jewelry.

# Dodgeball



## **Dodgeball**

### **Rules**

#### **Team Rosters**

1. All players must have a valid Lincoln University ID to participate.
2. Players must sign in at the scores table prior to the start of each contest and present their ID.
3. The maximum roster size is ten (10) players (6 on the field with 4 substitutions). Only players listed on the official roster will be eligible to participate.
4. A minimum of five (5) players must be present to start the contest.
5. If a team's roster falls below six (6) players, an additional player may be added; however, it must occur one day prior to the next contest date. The last day to add to a roster is prior to the fourth contest of the season.
6. One speaking captain per team. It is the responsibility of the team captain to maintain player/team control.

#### **Playing Rules**

1. The first team to legally eliminate all opposing players will be declared the winner. This may be done by hitting an opposing player with a live thrown ball below the shoulders or by catching a live ball thrown by your opponent before it touches the ground.
2. A 3-minute time limit will be established for each game.
3. If neither team has been eliminated at the end of the 3 minutes, the team with the greater number of players remaining will be declared the winner.
4. Forfeit time is 10 minutes.
5. If teams have any dispute over any calls, the Coordinator of Intramural/designee will make the final call.
6. Eligible players may be added to the rosters at any time within the first two weeks of the league.

## **Time-Outs & Substitutions**

Each team will be allowed one 30-second timeout per game. At this time, a team may substitute players into the game.

## **5-Second Violation**

In order to reduce stalling, a violation will be called if a team in the lead controls all six balls on their side of the court for more than 5 seconds. This also applies to teams that are tied.

**Boundaries** - During play, all players must remain within the boundary lines. Players may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end line.

**Schedule** - All games will be played as scheduled unless by reason of facility scheduling conflict.

## **Attire**

1. No jewelry
2. All body piercings must be removed before players can play
3. No do-rags; only head bands
4. All players must wear shorts or warm-up pants

## **Equipment**

1. Each team will be issued a colorful t-shirt or jersey with numbers on the front and back
2. After team finishes playing, they must bring uniform back over to the scores table
3. Teams may bring their own t-shirts or jerseys for the league

## **Termination**

1. The Coordinator of Intramurals/designee will enforce all out-of-character misconduct
2. Vulgar Language
3. Fighting
4. Shorts not above the waistline



# BASKETBALL



## **Basketball League**

### **Rules**

#### **Team Rosters**

1. All players must have a valid Lincoln University ID to participate.
2. Players must sign in at the scores table prior to the start of each contest and present their ID.
3. The maximum roster size is eight (8) players (5 on the court with 3 substitutions). Only players listed on the official roster will be eligible to participate.
4. A minimum of five (5) players must be present to start the contest.
5. If a team's roster falls below five (5) players, an additional player may be added; however, it must occur one day prior to the next contest date. The last day to add to a roster is prior to the fourth contest of the season.
6. One speaking captain per team. It is the responsibility of the team captain to maintain player/team control.

#### **Playing Rules**

1. A team consists of 5 players on the floor, but a team may start the game with 4 players if necessary. Any team starting with less than 4 players is playing short-handed; therefore the game will be recorded as a forfeit.
2. Forfeit will occur when a team doesn't have the minimum number of players to start the game after a 10 minute grace period. The Referee will start the game clock timer to determine the 10 minutes.
3. The game will consist of two 16 minute halves, with a 3 minute halftime.
4. All points scored are 1 point.
5. A jump ball will begin the game and any overtime period. All other times, alternating possessions will be used.
6. On each dead ball, the ball must be taken out at the top of the three-point line.
7. No stalling the ball (teams cannot hold the ball for more than 10 seconds).
8. If teams have any dispute over any calls, the Director will make the final call.
9. Each player is given 5 fouls before fouling out.
10. All players on the bench must remain seated at all times.
11. Mercy Rule: In the second half, if a team is up by 20 points or more with 2 minutes left in the game, the game will be stopped.

**Fouls**

1. The referees will call all fouls.
2. Players may receive a maximum of 5 fouls.

**Timeouts**

1. Each team is allowed 4 timeouts per game - 2 in each half. Timeouts will not carry over
2. The clock will be non-stop throughout the game, apart from timeouts and injuries, and the last 2 minutes in each half. During that time, the clock will stop on all official whistles

**Schedule** - All games will be played as scheduled unless by reason of facility scheduling conflict

**Equipment**

1. Each team will be issued a colorful t-shirt or jersey with numbers on the front and back
2. After team finishes playing, they must bring uniform back over to the scores table
3. Teams may bring their own t-shirts or jerseys for the league

**Termination**

1. The Director will enforce all out-of-character misconduct
2. Vulgar Language
3. Fighting
4. Shorts not above the waistline

**Overtime Play** – If a game ends with the score tied, 2 minutes of a continuously running clock will be used.

**Attire**

1. No jewelry All body piercings must be removed before players can play
2. No do-rags; only head bands
3. All players must wear shorts or seat pants; no other attire permitted

# Bowling



## **Bowling**

### **Rules**

#### **Team Rosters**

1. All players must have a valid Lincoln University ID to participate.
2. Players must sign in at the scores table prior to the start of each contest and present their ID.
3. The maximum roster size is seven (7) players (5 on the lanes with 2 substitutions). Only players listed on the official roster will be eligible to participate.
4. A minimum of five (5) players must be present to start the contest.
5. If a team's roster falls below six (5) players, additional player may be added; however, it must occur one day prior to the next contest date. The last day to add to a roster is prior to the fourth contest of the season.
6. One speaking captain per team. It is the responsibility of the team captain to maintain player/team control.

#### **Playing Rules**

1. Two hour time limit to bowl 3 complete games. If the teams do not complete the 3 games within the time limit, the team with the most pins will be declared the winner for the final game.
2. There are 10 frames in a game.
3. Teams will rotate lanes.
4. The captains will score the opponents score sheet. Scoring is based on the number of pins knocked down with the highest possible score being 300.
5. The Coordinator of Intramurals will review all score sheets for accuracy.
6. After completing the required three games, all balls must be returned to the racks and shoes returned to the desk.

#### **Attire**

1. No dresses or skirts.
2. All players on a team shall wear bowling and socks shoes.
3. Uniforms are not required for bowling.
4. Pants may not fall below the waist.

## **Equipment**

Bowling balls and shoes are provided. Players are permitted to bring their own equipment, but it is not required.

# **Softball**



## **Softball**

### **Rules**

#### **Team Rosters**

1. All players must have a valid Lincoln University ID to participate.
2. Players must sign in at the scores table prior to the start of each contest and present their ID.
3. The maximum roster is size is twelve (12) players (10 on the field with 2 substitutions). Only players listed on the official roster will be eligibility to participate.
4. A minimum of nine (9) players must be present to start the contest.
5. If a team's roster falls below nine (9) players, additional player may be added; however, it must occur one day prior to the next contest date. The last day to add to a roster is prior to the fourth contest of the season.
6. One speaking captain per team. It is the responsibility of the team capital to maintain player/team control.

#### **Equipment**

1. Balls and bats will be provided.
2. Metal spikes may not be worn in intramural softball.

#### **Playing Rules**

1. A regulation game will be seven innings in length or 1 hour time limit.
2. During the regular season, ties will not be resolved and each team will be credited with a win.
3. If a tie exists during the playoffs, extra innings will be played.
4. When a defensive player has the ball, a base runner may not deliberately, with great force, crash into the defensive player.

#### **Batting**

1. Batters have a one ball and one strike count upon coming up to bat.
2. When a player bats, it establishes their position in the line-up for the entire game.
3. If, for any reason, a player must leave the batting line-up, the substitute must be a person who has not yet batted.
4. A player may leave and return to the line-up only once, provided that the player returns to the same spot in the batting order.

#### **Fielding**

1. There will be unlimited substitution of players in the field on defense, but never more than ten.

### **Pitching**

1. A legal pitch is delivered with an underhand motion at a moderate speed. Speed and height are left entirely to the judgment of the umpire.
2. The strike zone is that space over any part of home plate which is between the batter's back shoulder and their knees when the batter assumes their natural batting stance.
3. Balls and Strikes—a batter receives a base on balls after three balls and is called out after receiving two strikes. Any foul ball resulting in the second strike is out.
4. Bunting or chopping the ball is not allowed. Result: Batter is out.
5. Base stealing is not allowed.
6. Runners cannot leave their base until the pitch crosses home plate. Result: pitch runner is out.
7. An illegal pitch is a ball; if the batter swings, the resulting play stands.

### **Overthrow**

1. When a thrown ball enters any designated out-of-play area, the umpire will immediately signal the ball dead. Each and every base-runner shall be entitled to two bases from where the base runner was at the time of the overthrow.

### **Scoring**

1. The Team Manager is responsible for maintaining the official score on the scorecard, which will be provided.
2. If a team is winning by 10 runs after 4.5 or 5 innings, a mercy shall be called, and the game shall end.
3. Teams may score a maximum of 10 runs per inning; except in the 7<sup>th</sup> inning or last inning under time limit, whichever applies.