Registration and Payment
All teams must register online through wellnessregistration.und.edu. A team must be registered AND paid in full, before they are officially in the league. Teammates must register and join the team separately online before being allowed to play.

Schedules
Schedules for league play are posted online through wellnessregistration.und.edu.

Facility
All games will be played at the Wellness Center on the Multi-Activity Court (MAC).

Questions
Please feel free to contact Intramurals with any questions or concerns.

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Eligibility Liability
Each participant is responsible for their own eligibility. Furthermore, each team captain is responsible for the eligibility of their team members. Inquiring about eligibility in advance of contests precludes delays and potential protest(s). The Intramurals program will check the eligibility of players if an opposing captain lodges a protest or the Intramurals program has reason to believe the person in question is not eligible. The Intramurals office reserves the right to put into immediate effect any rule changes or modifications regarding eligibility. The Intramurals program reserves the right to handle eligibility violations without a formal protest. **IGNORANCE OF ANY INTRAMURALS RULE IS NOT AN EXCUSE!**

Who is Eligible?
Only the following are eligible to enjoy all Intramurals privileges:

- All currently and regularly enrolled UND Students
- Current UND Faculty/Staff Members working in any department or college of the University
  - Must be a Wellness Center Member
  - If not a Wellness Center Member, they must purchase a Wellness Center Day Pass for each day of an intramural contest. The receipt from the Wellness Center must be presented at each contest.

Intercollegiate Team Members, Junior/Community College and Former Varsity Athletes
**Intercollegiate Team Members:** “Active” members, including redshirts of the varsity or other intercollegiate teams, are ineligible to participate in the same or related sport during the same academic year in which they participated as a member of the varsity team. “ACTIVE” members shall be defined as any athlete who is on an intercollegiate team within one week of the intercollegiate team’s first scheduled contest.
Junior College/Community College: athletes who have competed for a junior college or community college team are ineligible to compete in those sports or related sports during the same academic year.

Former University Varsity athletes are eligible to participate, but a maximum of two (2) may be on the same team in their similar or related sport.

Identification Cards
All participants will be asked to present a valid UND ID or Wellness Center membership card prior to playing in any Intramurals contest. Individuals failing present a valid UND ID will not be allowed to participate.

Adding Players to Roster
Players may be added to the roster at any time during the regular season provided the new players meet all eligibility requirements. Only players that have played in at least one regular season game are eligible to participate in the playoffs.

All players MUST be added to their team through wellnessregistration.und.edu before they can participate. Being on the “Pending Roster” is only acceptable for the first week of competition. After the first game, all players must be on the “Active Roster”, or they will not be able to participate.

General
• The Intramurals Participant Handbook will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below.
• Current National Federation of State High School Associations (NFHS) rules will be in effect, with the exceptions of those listed on the following pages.

Grace Period
Game time is forfeit time! A forfeit or default will be declared if an individual or a team fails to have the minimum number of players required to start a game at the scheduled game time. However, the opposing team captain will be offered the option of taking the win by forfeit or default or waiting 5 minutes for the minimum number of players to show. In the event the captain decides to wait, that decision is irreversible. The minimum number of players for each sport will be listed on sport rules.

Default
A default will be granted to each team that has players present to participate but does not meet the minimum requirement of players to play. Each default will result in a loss for that team. Defaulted games will not be rescheduled.

Teams may call the Intramurals office at least 3 hours prior to their game if they are unable to make their game. This will be considered a default:
• One default will result in team receiving a “3” sportsmanship rating.
• Two defaults will result in that team being ineligible for the playoffs in their sport, but left on the schedule.
• Three defaults will result in that team being automatically dropped from league play and will not be allowed to re-enter the league.

Forfeit
A forfeit is given to a team if:
• No players are on site by the end of the grace period.
• A team uses a player who is ineligible or participates under an assumed name.
• Unsportsmanlike conduct

Each forfeit will result in a loss for that team. Forfeited games will not be rescheduled.
• One forfeit will result in that team being ineligible for the playoffs.
• Two forfeits will result in that team being automatically dropped from league play and will not be allowed to re-enter the league.
Playoffs

- Any team that does not have a forfeit or two defaults on their record, has a “3” or above sportsmanship rating, and has won 2 or more games during league play is eligible for the postseason tournament (a draw counts as a win). Some exceptions may apply.

- During the playoffs, a “1” or “0” sportsmanship rating results in forfeiture of the game and all players on the team being suspended for the first game of the next season, regardless of their new team or involvement in the forfeited game.

Players, Rosters, and Substitutions

- Six (6) players per team (5 field players and 1 goalie). A minimum of 4 players (3 field players and 1 goalie) are required to play. If a team is reduced to less than 4 players at any time during a contest, a default will result.

- Individuals may be added to the roster at the game site at any time during regular season, but must also be added through IMLeagues. No players may be added once playoffs begin.

- Coed teams are encouraged to play with an equal number of females to males. Coed teams may have a female to male ratio of 3:3, 3:2, 2:3, or 2:2. If a coed team is unable to have one of those ratios, a default/forfeit will result.

- Substitutions - Must be made on the fly, through the swinging door or over the bench, and may occur on an unlimited basis provided the player leaving the playing area arrives on the bench before the replacement enters the game. Substitutions are at the team’s risk at all times.
  - Goalkeeper Substitutions - the referee must be properly informed and the change made during a stoppage in play.
  - The goalkeeper must be properly uniformed using a clearly different jersey or shirt than the other players.

- Players may only play for one coed and one single sex team. Teams with players found to be playing on more than one team within a division will be required to forfeit those games with the illegal player. The first team you PLAY for is the team you are committed to for the season. If you have not played for a team, you are allowed to transfer teams, with proper notification to the Intramural staff.

Equipment

- All participants are required to wear proper or appropriate footwear for competition. At no time will any combat boots, dress shoes, or full metal cleats be allowed. Open toed sandals, bare feet or just wearing socks is prohibited.

- Each team is encouraged to have some type of uniform, which provides uniformity in color for all participants. In cases where teams do not have uniforms, all players will be required to wear a pinnie from Intramurals. The goalkeeper must wear a pinnie or uniform of a different color from his/her teammates.

- No jewelry may be worn during an Intramurals sports activity. All participants are expected to remove all jewelry prior to the start of the contest. Jewelry consists of any visible rings (including wedding rings), watches, necklaces, earrings, studs, bracelets, rubber bands, and any other similar jewelry. Tape, band aids or any other substance will not be allowed to cover any jewelry. Any participants required to wear medical bracelets or medical medals will be permitted to do so. However, they must be taped to the body with medical data visible.

- Players must store their belongings in a locker (available right outside the MAC), or must fit on the “shelf” in the boards. This is for safety reasons in case of emergency.

- Plastic water bottles may be brought into team bench areas.

Field of Play

- All games will be played in the Student Wellness Center Multi Activity Court (MAC).

- Playing area is defined as the confines of the MAC court from the floor to the edge of the white wall. All walls may be used for strategic moves or plays.

- Team benches are located on the east side of the playing area and the penalty box is located between the two benches.

- Only one coach per team will be allowed in the team area.
The Game

- A coin flip will decide the team that gets the first kickoff.
- Two halves - **20 minutes running time each half.** The clock will run continuously unless a time out is called by the team, the officials stop the clock for any reason and/or the **Mercy Rule (If one team is 10 goals ahead at halftime)** is in effect
- Halftime will be 2 minutes.
- Team time-outs: **1 time-out per half,** each 1 minute in length. Timeouts must be called during a stoppage of play.
- Goalkeepers:
  - Goalkeepers have **ONLY 6 seconds to play the ball outside the goal box after making a save.** If a goalkeeper maintains possession of the ball longer than 6 seconds, an indirect free kick shall be awarded to the opposing team at the top of the goal area.
  - The goalie may use his/her hands within the entire goal area ONLY. The goalie is allowed to play the ball outside his/her respective goal area (ex. The goalie may play the ball anywhere on the court using his/her feet).
  - **The goalie may slide, legally, only inside their goal area.**
  - Balls distributed by the goalkeeper after establishing control with his/her hand(s) may only cross the midfield line if the ball is touched by another player or the ground. If not, the result will be an indirect free kick from the center of the midline. The goalkeeper may play the ball to his/her feet. No punts or drop kicks are allowed.
  - The goalkeeper may NOT play a ball with his/her hands if it has been intentionally passed back by their own team. This will result in an indirect kick for the opposing team from the top of the goal area.
  - **The opposing team may not obstruct the goalie when the goalie has control of the ball.**
- Teams exchange ends of the playing floor at the start of the second half and overtime.
- **Overtime:** **Teams will play in a sudden death overtime session. This will consist of one five (5) minute overtime (no “sudden death”; full OT will be played).** A game that is tied after overtime will a penalty kick tiebreaker:
  - Each team shall take an initial series of **3 kicks** alternately from the penalty mark. A different player shall take each kick. If coed, at least one female must take a penalty kick. The team scoring the greater number of goals shall be declared the winner.
  - If score still remains tied after each team has 3 kicks, they shall continue alternately in the same order until a team has one more goal in the same number of kicks.
  - If an ejection occurs after the start of the shootout and the ejected is one of the designated kickers for that team, he/she may be replaced by choosing another player from that team’s bench.
- **Kickoffs:** A kick-off begins from the center of floor, on the referee’s whistle. Every player shall be on his/her half of the field at the time of the kick-off. The **opposing team shall remain outside the yellow lined box** until the ball is kicked. The ball may be played in any direction. A goal may NOT be scored directly from the kickoff.

Three Line Rule

- Any “clearing kick” or pass or shot made by a defender that crosses the three dark green hashed lines in the air before being touched by another player or the ground will result in an indirect free kick from the center of the midline. The wall does NOT count as the ground. There is NO offsides.

Scoring

- A goal is scored when the whole ball has passed over the whole of the goal line between the goal posts and between the crossbar and floor, provided the ball has not been intentionally thrown, carried or propelled, by hand or arm, by a player of the attacking side.

Penalties/Fouls
1. Any player that receives a yellow card will not be allowed to play for 3 minutes. The team may put in a replacement player.

2. Any player receiving 2 yellow cards in the same game will not be allowed to play the remainder of the game and will be asked to leave the playing area. The team must play down a player for 3 minutes. The player must meet with the Intramural Coordinator before the next scheduled and will serve a 1-game suspension.

3. Any player receiving 3 yellow cards throughout the season must meet with the Intramural Coordinator before the next scheduled game and will serve a 1-game suspension.

4. Any player that receives a direct red card will not be allowed to play the remainder of the game and will be asked to leave the playing area. The team must play down one player the remainder of the game. The ejected player must meet with the Intramural Coordinator prior the next scheduled game and will serve at least a 1-game suspension.

5. Any participant receiving a fourth offense (i.e. a red card then two yellow cards or four yellow cards) throughout the season will be suspended.

6. Cautionable Offenses (Yellow Card) including but not limited to:
   a. Illegal substitution - putting excess number of players on the field.
   b. Persistent rule infringement
   c. Slide tackles/Sliding at a player [Warning and then issue a Yellow Card]
      i. Accidental falling when going for the ball will be allowed at the officials’ discretion. Once on the ground, the player cannot take any action, including trying to kick the ball or interfering with other players, until they are back on their feet.
   d. Indiscriminate foul language
   e. Unsporting conduct, including, but not limited to:
      i. Delay of game - during any free kick, all opposing players do not remain at least 10 feet away until the ball is kicked, or kicking the ball away intentionally after play has stopped. Other delays of game such as covering the ball may also be penalized.
      ii. Holding a shirt, short, etc.
      iii. Deliberate verbal tactics
      iv. Encroachment
      v. Deliberate handball or tactical foul
      vi. Player who displays reckless play
      vii. Simulating a foul or injury
      viii. Illegally equipped player
      ix. Spitting on the court or in the bench area
   f. Objecting by word of mouth or action to any decision given by an official (dissent)

7. Sending Off Offenses (Red Card) including, but not limited to:
   a. A second yellow card
   b. Exhibiting violent conduct or committing serious foul play
   c. Taunting and/or spitting at an opposing player, coach, official, or other individual
   d. Deliberate handling of the ball or fouling a player to deny a goal

Ejections of a player:
   • If any player is ejected from the game the team must play shorthanded for the rest of the game. The player must leave the playing area immediately. This includes the observation areas.
   • If an ejection occurs in regulation play and the game proceeds into overtime, then the team penalty will be carried over.
   • Unsportsmanlike players will be ejected and required to schedule an appointment with the Intramural Coordinator prior to the next scheduled game to discuss the unsportsmanlike action and will additionally will serve a one game suspension.
**Indirect free kick** - from which a goal may not be scored unless a ball is touched or played by another player of either team.

An indirect free kick is awarded and taken from the point of the infraction, unless inside the goal area. The opposing players must be at least 10 feet from the ball when kicked.

- If the ball is played next by the kicker following a kickoff, a free kick, goal kick or penalty kick.
- If a player fairly charges into an opponent when neither is within playing distance of the ball.
- If a player who is not in possession of the ball obstructs an opponent who is attempting to play the ball.
- If a player kicks or attempts to kick the ball while it is in possession of the goalkeeper.
- For dangerous play.
- If the goalkeeper takes more than six (6) seconds to release the ball.
- If the goalkeeper illegally handles the ball while in his/her own penalty area.
- If the game is stopped for misconduct of a player and no other restart takes precedence.
- If the goalkeeper’s throw or kick crosses over the half court line in the air.
- If a player plays the ball between the basketball sidelines/end lines and the walls.
- For temporary suspension of play for an injury or unusual situation and one team has clear possession of the ball.
- If the game is stopped because of misconduct by a person in the team and coaching area.
- If during a penalty kick, the player taking the kick interrupts his/her movement towards the goal.

**Penalty Kicks** - Any infringement of rules which ordinarily requires the awarding of a direct free kick shall be penalized by a penalty kick if the foul is committed by a defender within the ¼ line area (penalty area).

- **Only intentional fouls occurring in the penalty area will be awarded with a direct penalty kick.** Foul s occurring in the field of play, but not within the boundaries of the ¼ line area (penalty area), will be penalized by indirect free kicks and/or yellow cards.
- A penalty kick can be awarded irrespective of the position of the ball, if in play at the time the defending team within the penalty area commits a deliberate offense.
- A penalty kick shall be taken only from the penalty spot. All players except the kicker and opposing goalkeeper shall be outside the penalty area and at least 10 feet behind the ¼ dividing dash line. The goalkeeper must stand on his/her own goal line until the ball is kicked. The player kicking the ball must kick the ball forward. S/he is not allowed to play it a second time until another player has touched it. **The player taking the kick must have a continuous motion forward and may not stop and restart on their approach to the ball or in their progression towards the goal.**
- If there is an infringement during a penalty kick:
  - By a member of the defending team, the kick is to be retaken if a goal has not resulted (The infringement is ignored if a goal is scored).
  - By a member of the attacking team other than the player taking the kick, the kick is not permitted if a goal resulted (The defending team is awarded an indirect free kick from the spot of the infringement).
  - By the player taking the kick, a goal may not be scored and the kicker’s opponents are awarded an indirect free kick from the spot of the infringement.
- If necessary, time of play is to be extended at the end of a period to allow a penalty kick to be taken. If a penalty kick is taken after the expiration of time, only the kicker may play the ball. If the ball caroms off the goalkeeper and goes directly into the goal, it should be counted as a goal.

**Injuries**

- During an injury situation, the clock will stop.
- The injured player must leave the field of play and may only substitute back in once play has resumed.
- **No “walking it off” will be allowed.** This must be done on the sideline, off of the field of play. Any delay in resuming of the game in this manner will result in a yellow card.

**All rules are subject to change and all referee calls are final!**