

**CAMPUS RECREATION
INTRAMURAL SPORTS**

2024-



UNIVERSITY OF
NORTHERN IOWA

9. **OVERTIME:** During the regular season there is no overtime, games will end in a tie. During the playoffs, the winner of a tie game will be determined by five (5) minute sudden death (Golden Goal) overtime. If neither team scores during the overtime, penalty kicks will determine a winner. Each team will have three (3) kicks

10. **SUBSTITUTIONS:** Substitutions are unlimited, and may be made at any time there is a dead ball. The player leaving the floor must be completely off the court before the substitute enters. Additional substitutions may be made by requesting a substitute to an official during a dead ball.
11. **GOALKEEPER:** The goalkeeper may not throw the ball over mid-court unless a player makes contact with it or it bounces before half. A violation will result in a free kick from the point the ball crossed the mid-court line.
12. **GOALKEEPER DELAY:** The goalkeeper has five (5) seconds to put the ball back in play after he/she gains possession. If not, the opposing team will receive a free kick from the nearest "X."
13. **GOALKEEPER PASS BACKS:** The goalkeeper may not touch the ball with his/her hands when passed with the feet from a teammate.
14. **Goal Keeper Area:** If a defensive player touches the ball with the intent to defend a goal while inside the goal arc, a penalty kick will be awarded to the offensive team.
15. **OUT OF BOUNDS:** The ball will be considered out of bounds if it leaves the playing area, enters the designated out of bounds area behind or side of the goal, or contacts a ceiling obstruction. Play will be resumed at the nearest point on the court to where the violation occurred.
16. **SLIDE TACKLING:** No form of slide tackling is permitted. The penalty is a yellow card and free kick for the opposing team. If the act is deemed intentional and blatant, a red card may be issued.
17. **DELAY OF GAME:** Trapping the ball in a corner to consume time will be considered delay of game, and a free kick will be awarded to the opposing team.

18.

UNIVERSITY OF
NORTH



24. UNSPORTSMANLIKE CONDUCT FOUL LIMIT: If two (2) players are ejected from a game, that game will be ended and that team will receive a loss and a zero (0) sportsmanship rating, regardless of the score and the time remaining.
25. BENCH CONDUCT: All substitutes, coaches, and spectators must adhere to Intramural Sports and CRC rules, and are subject to the authority of the Intramural Sports Supervisor and all sportsmanship-related rules and policies.
26. DRUG, ALCOHOL & TOBACCO POLICY: Teams and fans are not permitted to bring alcohol and/or drugs, or come under the influence of alcohol and/or drugs. Teams and fans are also not permitted to use any tobacco products in CRC. Violators may be removed from the facilities with possible forfeiture of the game, at the discretion of the supervisor.
27. INTRAMURAL POLICIES: Team captains are responsible for making sure that all members of their teams are aware of all Intramural Sports policies and rules. Captains are responsible for their teams' sportsmanship, and may be held accountable for the actions of individuals on their team.
28. RATING: Sportsmanship Ratings are on a ranking from 0-3. The intramural supervisor will distribute sportsmanship for each team at the end of every game and will be noted on the score sheet. General description of each rating and the behavior that is expected of all participants, spectators, and bench personnel (including the coach):

3 – **Above Average:** High level of respect consistently shown to opponents, staff, officials. Conducts themselves in a calm respectful manner

2 – **Average:** No incidents of poor conduct or one minor unsporting incident (ie: talking back to an official more than once during the game). Any team receiving one sportsmanship-related yellow card will receive a (2).

1 – **Below Average:** frequent swearing, disrespect towards opponents, supervisors and officials. Consistent arguing with the officials' calls or a player is ejected.. Any team receiving two sportsmanship-related yellow cards or one red card will receive a (1).

0 – **Unacceptable:** sportsmanship and conduct: The team is completely uncooperative, resulting in several yellow and/or red cards to be issued. Any team receiving three sportsmanship-related cards and/or causing the game to be ended early will receive a (0).

****Teams who do not have a representative at the captains meeting must receive a 2.25 or higher in sportsmanship rating to be post-season eligible. For teams with representation at the meeting the sportsmanship score must be 2.0 or higher****

CO-RECREATION

All of the above rules apply with the following exceptions:

29. TEAMS: Six (6) players constitute a team. There will be three (3) male players and three (3) female players. The goalkeeper can be either a male or a female. If a male goalkeeper is used, there will be two (2) male field players and three (3) female field players. If a female goalkeeper is used, there will be three (3) male field players and two (2) female field players. A team may play with as few as four (4) players; however, there may not be more than three (3) players of the same gender on the court at the same time.

30. FEMALE SCORING: In “A” LEAGUE a goal scored by a female will count as one (1)



UNIVERSITY OF
NORTHERN IOWA

