Regulations published in the Lamar Intramural Sports Handbook will be the governing policies for all intramural sports. Team captains are responsible for possessing a thorough understanding of these regulations and their implications. The current National High School Federation (NFHS) rules will be in effect with the following interpretations and exceptions.

**TEAM CAPTAINS**
- Team captains are responsible for informing their teammates of all Intramural Sports governing rules and policies.
- The team captain is responsible for the eligibility of the team’s players.
- Only the team captain may address an official, on matters of rule interpretations or to obtain essential information.
- Team captains are responsible for their team and fans behavior before, during and after their game.
- Team captains are responsible for any equipment given to them, such as team jerseys and team balls. (Team captains, you will be charged for the missing items).

**ELIGIBILITY**
- Participation is limited to currently-enrolled, Lamar University-Beaumont and LIT students or faculty and staff.
  - LU & LIT students must be enrolled in current semester (Example must be enrolled in the Spring to play Spring sports)
- NO ID NO PLAY! In order for participation in an intramural contest each player must present one of the following ids and print their name on the score sheet:
  - LU-Beaumont Students = Cardinal One Card
  - LIT- ID Students = Validated Student ID
  - Faculty/Staff = Employee ID (must have paid Rec Sports membership fee)
- Players may not play if they are wearing jewelry of any type, including necklaces, earrings, bracelets etc.
- Team captains are responsible for informing their teammates of the game schedules and of all Intramural Sports governing rules and regulations, eligibility of team players, teams and fan’s behavior before, during and after games, and equipment loaned to them for IM games such as team jerseys and balls.
- GAME TIME IS FORFEIT TIME!

**Faculty/Staff Participation**
Faculty/Staff must demonstrate positive examples of behavior and professionalism when competing with students. Not doing so will suffer game suspension and possible indefinite suspension for future Intramural events.

- **Note:** Current Lamar women’s volleyball players are ineligible to play in the same academic year. No more than two (2) club players per intramural team.

**POOL REGULATIONS:**
- Pool rules must be obeyed at all times.
- The Aquatic staff/lifeguards must be obeyed at all times.
- Showers are required prior to entering the pool.
- Spectators / extra players must remain in the stands.
- **Appropriate Swim Wear:** All participates must wear a swimming suit. No basketball shorts allowed. If you feel uncomfortable in a swimming suit then you can wear a t-shirt and shorts over it. If you are unsure about your swim attire ask the lifeguard on duty.
PLAYERS:

- Players may play for only one men’s or women’s team and one co-rec team in the same league.
- Men and women’s teams consist of 4 players. A minimum of 3 players is needed to start the game.
- Co-Rec teams consist of 4 players, 2 men and 2 women. A minimum of three is required to start the game. Acceptable combinations of males and females include: 2M & 1 W or 1M & 2 W.
- There may be unlimited substitutions during a team’s serve. Subs may enter the game only on a dead ball, timeout upon permission of an official.
- Maximum number of players per roster is 8.
- If there are not enough teams to form a certain league, LU Intramurals reserves the right to mix leagues.
- All -University games will be played by the winning All-Sport Team VS the winning Independent team.

GAME TIME/DEFAULTS/FORFEITS:

- **Default**: A team may default by calling Intramurals at 409-880-7862 24 hours in advance of their game. For Sunday games by 4pm on Friday. Teams are allowed one default per season. A default is used when a team is unable to make their game. A default is a loss but will not interfere with their chances of making playoffs.
- **Forfeits**: A team not ready to play at game time shall be penalized in the following manner.
  - Loses game by forfeit
  - 1 sportsmanship grade
  - Captain must pay a $20 forfeit fee.

LEAGUE FORMAT:

- Tournament: Either single or double elimination tournament.

EQUIPMENT:

- The Intramural staff will furnish game balls. However, both teams may agree to use another ball as long as it is regulation.
- All participants must wear the proper swim wear attire allowed by the Recreational Sports Pool rules.
- Goggles, Snorkeling/SCUBA or other large masks are not permitted.
- Flippers, webbed gloves, or other devices used to gain an advantage are NOT permitted.
- No Jewelry, hats, caps or bandanas.

THE GAME:

- Co-Rec: The serving order must rotate male/female.
- A coin flip will determine who serves first. Co-Rec: Teams playing with 2M & 1 W will lose one point (but not the serve) when males serve back to back.
- The server must stand near enough to be able to touch the back boundary anywhere across the court.
- The ball must be contacted with one hand on the serve – either underhand, sidearm or overhead. The ball may not be thrown or hit with two hands.
- Let serves are legal.
- The serve may not be attacked.
- Co-Rec: A female has to be involved in 1 of the 3 hits before the ball is returned over the net; exceptions if it is accidental.
- There are no restrictions on alignment or the placement of players.
- Teams may sub any number of players on THEIR OWN SERVE.
- Teams have 3 hits to play the ball over the net.
- The back boundary, net poles, pool sides and deck are out of bounds.
- Players may not jump off of the steps on the side of the pool.
- Players may not contact the net with any part of their body or clothing.
• Teams will call their own points. The Intramural Sport Staff will determine if points will be awarded on a disputed call or if the point will be replayed.
• Teams will play best 2 of 3 games to 21 points (rally scoring), win by 2, cap at 25 points.
• The Intramural Staff on duty will have final authority on all rules and disputed calls.