General Overview

Team Registration and Entry Fee
All team registrations are done online via IMLeagues. Registration periods are listed on the Intramural Sports website under the “List of Sports” section.

Instructions on how to register a team in IMLeagues can be found on our “Forms and Videos” page. Don’t forget about the pre-registration option!

The team entry fee for Softball is $30 and is to be paid online via PayPal at the time of registration. Captains will be able to pay with a credit/debit card or online check. In-person payment options are available if online payment is not feasible.

UW-L Rec Sports WILL NOT hold spots for teams or individuals during registration (including teams in the pre-registration waiting list).

Team Captain’s Quiz
All team captains are required to take an online rules and handbook quiz and score 100% in order to complete the registration process for a team. The quiz will contain general policy and sport-specific rules questions in multiple choice format.

Player Registration
Individual player registrations (i.e. roster additions) are also done via IMLeagues. Instructions can be found here.

All players are required to take a brief participant quiz and score 100% in order to be added to a team. Individuals will be prompted to take the quiz online in IMLeagues as part of the roster addition process.

No roster addition sheets are available on-site. Please make sure all roster additions are completed prior to the scheduled contest start time.

Team Schedules
All team schedules for regular season and playoff contests will be published in IMLeagues. Captains and participants will be contacted via IMLeagues when schedules are completed and ready to view.

Please do not ignore email or text messages from IMLeagues, as they will be sent from UW-L Intramural Staff

Forfeits and Defaults
If a team cannot participate in a contest, please notify the REC Information Counter (608-785-5225) at least three (3) hours prior to the scheduled contest to avoid a forfeit fee. Forfeit notifications will not be accepted via email.

Contact Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
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General Procedures/Reminders

Please refer to the 2015-16 Intramural Sports Participant Handbook for all policies and procedures related to Intramural contests. Additional information can be found on the Intramural Sports website.

1. **No ID, No Play**
   Each participant must present a valid (current) UW-L student I.D. to the Intramural Supervisor or Scorekeeper at every contest. No exceptions will be made and no other form of identification will be accepted.

   If a participant forgets their UW-L-issued I.D., a forgotten I.D. pass may be obtained at the REC Info Counter or the Rec Sports Office in Mitchell Hall (when applicable). Supervisors, Scorekeepers, and Officials do not distribute these passes. A forgotten I.D. pass may only be used once per semester across all program areas within Rec Sports.

2. **Team Roster**
   All participants must be on the team roster in IMLeagues. Any member not on the roster may complete a roster addition online via IMLeagues. **No roster add sheets will be made available at the site of the contest.**

   No participant may play on two teams in the same league or a forfeit will be charged to the second team he/she participated on. **Roster additions are allowed up until postseason brackets are published.**

3. **Apparel**
   Each participant must wear appropriate apparel and non-marking athletic footwear.

4. **Injuries/First Aid**
   First aid treatment is typically, but not always, available during Intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.

5. **Jewelry**
   For your safety, all visible jewelry, watches, and bracelets must be removed or covered legally prior to participation. Medical bracelets may stay on.

6. **Sportsmanship/Participant Conduct**
   Sportsmanship is important before, during, and after Intramural contests. Teams will be scored on a scale of 1 (unsatisfactory) to 5 (excellent) based on their behavior and conduct after every game. Teams must average a 3.5 rating in order to qualify for playoffs. Teams or individuals failing to abide by these sportsmanship guidelines must meet with the Intramural Sports Coordinator and Graduate Assistant for reinstatement.

7. **Refunds**
   Team registration fee refunds are permissible based on certain circumstances. Please email intramurals@uwlax.edu to request a refund. Due to online processing fees, you may not receive a full refund of your team’s registration.

8. **Team Names**
   Team names must be appropriate. Captains of teams that reference anything deemed inappropriate or offensive in their name will be contacted by Intramural Sports to change the team name. Intramural Sports reserves the right to change names at any time and without notice (based on circumstance).

9. **Playoffs**
   Playoffs will commence following the regular season. Teams playing more than four (4) contests are required to win two (2) contests and meet all outlined sportsmanship requirements. Teams that play four (4) or fewer contests will automatically make playoffs as long as sportsmanship requirements are met.

   Intramural Sports administration will send messages out to all participants regarding playoff procedures as regular season action winds down.

10. **Communication Efforts**
    Throughout the season and playoffs, Intramural Sports may attempt to contact teams and/or individuals on multiple occasions. Please do not ignore messages from Intramural Sports or IMLeagues, and be sure to check your voicemail.
Activity-Specific Rules

Softball is a non-contact activity. However, contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must sign the online waiver in IMLeagues prior to competing.

Starting the Game

1. Game Time
GAME TIME IS FORFEIT TIME. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start.

2. Game Set Up
   a. Fields
      All fields will be set up by a Rec Sports Staff member. For more details on the fields, please click here.
   b. Officiating
      All contests will be officiated by a trained Intramural Sports Umpire. Two (2) officials may work postseason contests at the discretion of Rec Sports administration. Decisions made by umpires are final and all staff members are to be treated with respect. A trained and designated scorekeeper will monitor the contest score and time remaining. To become an official, click here.
   c. Pre-Game Captain's Meeting
      Captains will meet with game officials at center court for a brief overview of game rules and to ensure all participants are eligible/properly equipped.

3. Game Equipment
   a. Participants must provide their own fielding gloves.
   b. Game balls, warm up balls and bats will be provided.
      - To ensure player safety, all participants must use provided bats. Bats will be replaced when the umpire determines the bat is no longer safe for competition.
   c. Tennis shoes or plastic cleats are allowed. Metal cleats are NOT allowed.

4. Participation
   a. Teams will consist of ten (10) fielding players and ten (10) batting players.
   - Teams can have eleven (11) players in the batting order.
   - If a team begins with eleven (11) hitters, the batting order must remain the same for the entire game.
   b. A game may start with as few as seven (7) players.
   - If agreed upon, the other team may provide a catcher. He/she will not make a play at home.
   - When playing with eight (8) players, teams must supply their own catcher.
   - If a team is reduced to six (6) players, the game will be defaulted.
   c. Any player that arrives late to the contest should present his/her ID to the scorekeeper upon arrival. The player can enter the game as a substitute only or at the end of the batting order.
      - An 11th hitter cannot be added once the umpire has said, “play ball.”
   d. All players may withdraw and re-enter the game once in the same spot in the batting order.
      - Notify the scorekeeper when making substitutions.
      - Once a substitute enters the game and is removed from the game, he or she may not re-enter for the rest of the game.

5. Eligibility
   a. Athletic Athlete (NCAA, NAIA, NJCAA, etc.) Eligibility
      - The 2015-16 UW-L Softball and Baseball players may not participate in Intramural Softball during the 2015-16 academic year.
      - Only one (1) 2014-15 collegiate player (including transfer students from other institutions) may play on a single gender team (Men's or Women's) and must play in the “A” league when offered (leagues are considered to be “offered” even if “A” leagues are full).
Eligibility (continued)

- Co-Rec teams may have one (1) male and one (1) female 2014-15 collegiate player.
- Intramural Sports administration will search and filter athletic athlete eligibility. It is not guaranteed that all roster violations will be noticed. Teams, players, officials, and additional staff members are allowed to protest team rosters.

*If any of the eligibility rules are broken and an ineligible player plays in a contest, that contest will be forfeited and that player will be removed from that team’s roster.

Playing the Game

6. General Game Play
   a. Games will consist of seven (7) innings or 50 minutes, whichever comes first.
      - A new inning will not be started with ten (10) minutes left in game (40 minutes after start time).
   b. For tied games in the league play, one extra inning will be played. If still tied, the game will end tied.
   c. For tied games in playoffs, extra innings will be played until a winner is declared.

7. Game Fields
   a. There will be four fields utilized on campus. Two are located at the Sports Complex on the Rec Field labeled as SC Field 1 (East end near tennis courts) and SC Field 2 (West end near Reuter Hall). The other two fields are at North Campus on the Rec Field with labels as NC Field 1 (Northeast corner) and NC Field 2 (Southwest corner).
   b. Each field will have a designated player’s bench, coaching boxes, and spectator section.
   c. All equipment, participants, and spectators must remain in these sections during play.
   d. The ball is considered in play at all times unless it goes under the trees near the tennis court on SC Field 1 or over any fence at any field.
      - NOTE: On SC Field 2, the fence for the throwing cage will be used as a home-run fence when in play. Any ball hit over the fence will be an automatic home run (or out if the team has surpassed the allowed home runs. A ball bouncing over, under, or through the fence will be ruled a ground rule double.

8. Pitching
   a. Pitchers will pitch to the opposing team starting with a one (1) ball, one (1) strike count.
   b. Pitching arcs must be between six (6) and twelve (12) feet. If not in that range, the umpire will call “illegal pitch” while the ball is in flight.
      - If an “illegal pitch” is called, the pitch is considered a ball no matter where it lands with relation to the strike mat. If the batter decides to swing anyways, the result of the swing (miss, foul ball, or ball in play) will override the “illegal pitch” call and play will continue normally.
   c. Any pitch that falls within the legal pitch arc range and lands on the plate or the strike mat will be considered a strike.

9. Batting
   a. The official score sheet must list the batting order of the team, with first and last names, and be turned into the scorekeeper prior to the game.
   b. Batters must bat in this order, unless a substitute enters the game. All players in the field must bat.
   c. If a player hits a foul ball with a 2-strike count, that player will be out.
   d. There is NO bunting or chopping the ball downward, the batter must have a full swing to be a legal hit. Bunting or chopping the ball will result in an automatic out.
   e. If noticed before the first pitch of the next batter, batting out of order is an out. If not noticed after the first pitch of the next batter, it is a non-correctable error and the batter is legal.
   f. Infield Fly Rule will be in effect if there is a runner on first and second, or bases loaded with less than two outs.
      - If the batter hits a routine fly ball in fair territory in the infield, the umpire will yell “Infield Fly”. The batter is out and all runners are safe at the base they started at.
      - Any runner that leaves his/her base does so at his/her own risk.
10. Baserunning
   a. A runner may not leave the base until the ball has been hit. **Rules on “tagging up” will apply.**
      • Leaving the base early (prior to a ball being hit) will result in the play being ruled dead and an out will be called on that runner.
      ♦ Runners can tag when a ball is legally touched by a defender; the ball does not necessarily need to be caught (i.e. a ball being “bobbled”).
   b. There is no stealing.
   c. There is no sliding or diving into any base. The runner will automatically be called out.
   d. Teams may use a courtesy runner for an injury once the batter safely reaches base. The person of the same gender who made the last out will be used.
      • If needed, the last out of the previous inning will be used.
      • If no outs have been recorded in the game, the last person of that gender in the batting order will be used.
   e. A home plate force out will be utilized when the runner passes the 2/3rds mark on the 3rd baseline.
      • The runner is assumed committed to home plate once he/she passes that line.
      • If the defensive player (catcher) has control of the ball and is either touching home plate or in the extended home plate markings before the runner touches home plate, the runner is called out.
   f. Malicious contact is the judgment of the umpire.
      • If a fielder is holding the ball and waiting for the runner, the runner is to give themselves up or change direction. If the runner causes contact and/or illegally alters the actions of the fielder the runner is called out.
      • If a defensive player has the ball, or is about to catch a thrown ball, and the runner crashes into the defensive player, and the contact is determined malicious, the offender shall be ejected from the contest.
   g. An appeal for leaving a base early or missing a base may be made by the defense after the ball is declared dead by the umpire and before the next legal pitch. The appeal must be announced to the umpire, and then the base in question must be touched by a defensive player in possession of the ball. The umpire’s decision on an appeal is final.
   h. On an overthrow, runners advance at their own risk. If the ball goes into trees or over a fence, the runner then is awarded two bases. No matter who threw the ball two bases are awarded from the last base touched when the ball left the hand of the thrower.
   i. Each team is allowed two homeruns per game. After two homeruns, an out will be called.
   j. There are NO errors recorded for over-throws, missed catches, or other actions by the defense. Any batter who eventually ends up scoring before the next batter bats, will be considered a homerun.

11. Mercy Rule
   The game will be called if a team is ahead by 15 runs at the completion of the 4th inning or 10 runs at the completion of the 5th or 6th innings.

12. Co-Rec Specifications
   a. Teams are encouraged to play with an equal number of males and females.
   b. Teams will consist of ten (10) fielding players and ten (10) batting players.
      • Teams can have up to twelve (12) players in the lineup, one (1) additional male & one (1) additional female.
      • If a team begins a game with extra hitters, the batting order must stay the same for the entire game.
   c. A game may start with as few as seven (7) players.
      • If agreed upon, the other team may provide a catcher. He/she will not make a play at home.
      • When playing with eight (8) players, teams must supply their own catcher.
      • If a team is reduced to six (6) players, the game will be defaulted.
   d. Any player that arrives late to the contest should present his/her ID to the scorekeeper upon arrival. The player can enter the game as a substitute only or at the end of the batting order.
      • An 11th or 12th hitter cannot be added once the umpire has said, “play ball.”
Co-Rec Specifications (continued)

e. When playing with an odd number of players, there can only be one (1) additional male or female participating than the other.

f. Batting order for Co-Rec leagues must list players in alternating order by gender. A batting order might be F1, M1, F2, M2, F3, M3... etc. or it might be M1, F1, M2, F2, M3, F3... etc.

g. At any time two (2) males or two (2) females bat back to back in a Co-Rec league, an out will be called.
   • EXAMPLE: If a team has nine (9) players and the 1st and 9th batters are male an out will be called before the lineup goes back to the top of the order.

h. Teams are required to play with at least two (2) females in the outfield and two (2) in the infield.

i. All players may withdraw and re-enter the game once in the same spot in the batting order.
   • Notify the scorekeeper when making substitutions.
   • Once a substitute enters the game and is removed from the game, he or she may not re-enter for the rest of the game.

j. A male batter who receives a walk, intentional or not, is awarded first base. The female who follows has the option to walk or bat.
   • If the female chooses to walk, the male advances to 2nd.

13. Weather Issues

a. Weather cancellations will be determined by the Rec Sports Staff no more than two (2) hours before the first scheduled game of that day.

b. If the weather is questionable, please check the Intramural Sports website, Facebook page, and watch for an email from Rec Sports. DO NOT IGNORE EMAIL MESSAGES FROM IMLEAGUES OR INTRAMURAL SPORTS.

c. During regular season, four completed innings or 40 minutes (whichever is less) will constitute a completed game. If less is completed, the game will be rescheduled (if time allows). Incomplete games will start over from the first pitch of the game.
   • If the game is called early, the score at the end of the last inning will be used. Unfinished innings will only count if the home team is up to bat and currently winning.

d. Games will be made up if time allows. Please check IMLeagues for game makeup dates/times.

14. Protests

Teams are permitted to protest. If you wish to protest in-game, notify the game official and find an Intramural Supervisor right away. To file a post-game protest, email the program at intramurals@uwla.edu or visit the online protest form here.

15. Officiating

a. Officials are hired and trained by the Intramural Sports Staff
   i. Officials are provided a quality hands-on experience both on and off the court/field while developing skills in conflict resolution, team building, time management, communication, and leadership.
   ii. Officials are not required to have a certification, however some officials are certified. The Intramural Sports Staff puts on sport specific training clinics prior to each season to properly inform all interested applicants.
   iii. To become an official, click here.

b. Post-game rating
   i. After each contest, captains will have the opportunity to rate and give feedback on the official’s performance and professionalism. This information will be utilized by the Intramural Sport Staff to further enhance participants experience and as a development opportunity for officials.
   ii. Rating forms will be available in-person at the Intramural Supervisor’s or scorekeeper’s table and online via the Intramural Sports “Forms and Videos” website.
   iii. Comments, Questions, Feedback can be directed to intramurals@uwla.edu
c. The UWL Student Officials Association (SOA)
   i. The organization is comprised of students interested in the field of sports officiating and meets monthly to discuss sport-specific points of emphasis, WIAA and NFHS rule implementations, training clinics, prepare for certification exams, study game film, and much more.
   ii. The purpose of the SOA is to enhance the overall participant experience related to contest officiating in Intramural Sports in addition to introducing prospective student officials to the many components officiating brings to the UWL campus and general La Crosse community.
   iii. The SOA is open to all students, not just Intramural Officials. To learn more, please visit the Student Officials Association website.

Other than the above exceptions, official WIAA and NFHS rules will be followed.

Drink Policy
Participants and fans are not permitted to bring/consume alcoholic beverages at any Rec Sports facility and event. Violators of this policy will be removed from the facility and a forfeiture of the Intramural contest/suspension from Intramural activity is possible.

Any participant and/or spectator suspected of possessing an alcoholic beverage must cooperate with Rec Sports Staff.

Drug and Alcohol Policy
All team members (including “coaches” and “fans”) coming to any Intramural activity under the influence of alcohol and/or drugs will be asked to leave to site of competition immediately if, in the opinion of the Rec Sports Staff, they pose a threat to the safety, welfare, fairness, and overall enjoyment of all players, officials, and spectators. Teams/players will also face likely disciplinary measures determined by Rec Sports administration.
REC*IT – Intramural Sports’ Mobile App
All participants are invited to download the official smartphone app of UW-L Intramural Sports and IMLeagues, REC*IT! REC*IT allows users to track their personal Intramural schedules and statistics, see content updates from the Rec Sports program, interact with other participants, and much more!

Download REC*IT for FREE from the Android or iPhone stores. To learn more about REC*IT, visit recitcollege.com.

Watch the REC*IT promo video here!

THANK YOU FOR YOUR PARTICIPATION!

BEST OF LUCK THIS SEASON!

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UW-L Intramural Sports (official)

Follow us on Twitter
@UWLRcSports

We’d love to hear from you!
Intramural Sports Rule Suggestion Form
Intramural Sports Activity Suggestion Form
Rec Sports Feedback Form
intramurals@uwlax.edu

Click the logo to return to the Intramural Sports website