**Wiffleball Rules**  
**SPRING 2016**

**General Overview**

**Team Registration and Entry Fee**
All team registrations are done online via [IMLeagues](https://www.imleagues.com). 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”](https://www.imleagues.com/forms) page. Don’t forget about the pre-registration option!

The team entry fee for Wiffleball 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](https://www.imleagues.com/forms).

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>
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</thead>
<tbody>
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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@uwlaus.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

Wiffleball 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
      Fields are to be set up by Rec Sports Staff only. All court equipment is property of UW-L Rec Sports.

   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. Bats and balls will be provided by UW-L Rec Sports.
   b. Participants ARE NOT allowed to use gloves or any other catching device in the outfield.

4. Participation
   a. Teams will consist of eight (8) players in the field, four (4) male and four (4) female.
   b. Teams may begin with as few as six (6) players; three (3) male and three (3) female or two (2) male and four (4) female.
   c. If at any time a team is reduced to less than six (6) players, a default will occur.
      • If both teams agree, a team with six (6) players may use the opponent as a catcher. He/she will not make any plays during a live ball including catching a force out.
      • 7 or 8 defensive players = defense provides own catcher
      • 6 defensive players = defense may request a player from the offensive to return pitches only
   d. Teams may set up their lineup in any order they desire as long as everyone bats once before anyone bats for a second time and the lineup stays consistent throughout the game.
      • A teams batting line-up may consist of up to twelve (12) players.
      • Participants arriving late must check in with the scorekeeper and may enter the game at the end of the line-up only.
   e. 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. **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 of each gender, one (1) Male and one (1) Female, (including transfer students from other institutions) may play on a team and must play in the “A” league when offered (leagues are considered to be “offered” even if “A” leagues are full).
   - 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 innings or 40 minutes, whichever comes first.
      - A new inning will not be started with 10 minutes left in game (35 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.
   c. For tied games in playoffs, extra innings will be played until a winner is declared.
   d. Team members will pitch to their own team either under hand or over hand.
      - Once the ball is in play, they will not participate in the defensive plays.
      - If the pitcher intentionally interrupts the play, the batter of that play will be ruled out.
   e. Every pitch is a strike and the batter gets 3 strikes (or 3 pitches) before an out is called.
      - A foul ball is considered a strike.
      - On the 3rd strike, if the batter fouls off the pitch they are out.
      - There are no walks.
   f. There is no stealing or leading off. An out will be recorded if the base runner leaves the base early.
   g. There is no sliding or diving.
   h. The catcher position counts as an infield position.
   i. Teams may utilize a 1st and 3rd base coach.
   j. Once the ball is returned to the pitcher, the play is dead until the next hit.
      - Runners may only advance to the base they started to before the pitcher received the ball.
   k. Teams may use a courtesy runner in the case of an injury.
      - The courtesy runner will be the last person of that gender to record an out or score.
      - If no outs or runs have been recorded, the person of the same gender before the injured participant in the lineup will assume the courtesy runner position.

7. **Mercy Rule**
   The game will be called if a team is ahead by 20 runs at the completion of the 4th inning or 15 runs at the completion of the 5th or 6th innings.

8. **The Playing Surface – Rules**
   a. Any ball which strikes the ceiling or any part of the overhead facility (including divider, suspensions from ceiling, or rafters) inside fair territory and lands in fair territory is a fair ball.
   b. Any ball, which strikes the ceiling or any part of the overhead facility in foul territory, is a foul ball.
   c. Any ball caught off the overhead facility is an out.
   d. Any ball that hits the wall or bleachers cannot be caught for an out.
The Playing Surface – Diagram

All games will be played at Mitchell Hall in the gyms. Only one field will be used for the Spring 2016 season.

9. 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@uwlax.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.

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