The Citadel Intramural Athletics
2019 - 2020

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WWW.CITADEL.EDU/ROOT/INTRAMURALS
Event Scoring

**Tier 1**

Events require athletic skill and physical fitness. They require strong leadership from athletic officers, and players must commit both time and effort.

Participation Points: 120 points for completing event without a forfeit.

Achievement Points: 40, 30 and 20 points for winner, runner-up and semi-finalists.

**Events**

- 5-on-5 Basketball
- Freshmen Dodgeball
- Freshmen Flag Football
- Upper Class Flag Football
- Freshmen Inner Tube Water Polo
- Upper Class Kickball
- Softball

**Tier 2**

Events are open: cadets, CGC students, and Citadel faculty and staff are eligible to form teams to play. Teamwork is required; athletic skill and/or physical fitness may be required. Teams will often be led by cadets other than the company athletic officer, and all players should be prepared to commit effort to the team. A $20 per team Performance Bond is required (i.e., teams must pay $20 to register for event. Money will be returned upon successful completion of event).

Participation Points: 80 points for completing event without a forfeit. Each company represented earns a percentage of these points.

Achievement Points: 40, 30 and 20 points for winner, runner-up and semi-finalists. Each company represented earns a percentage of these points.

**Events**

- 3-on-3 Basketball
- Women’s 3-on-3 Basketball
- Arena Football
- Women’s Flag Football
- Indoor Soccer
- Soccer
- Spikeball
- Team Handball
- Ultimate Frisbee
- Volleyball

updated 8/11/2019
Tier 3
Events may require individual athletic skill and/or physical fitness. Individual players will be responsible for reviewing schedule and reporting to play. Overall time commitment will be minimal.

Participation Points: 40 points for meeting desired roster size.
Achievement Points: 40, 30 and 20 points for winner, runner-up and semi-finalists.

Events
Indoor Triathlon
Pickleball
Swim Meet
Team Triathlon
Weight Lifting

Tier 4
Events may require individual athletic skill. Individual players will be responsible for reviewing schedule and reporting to play. Participation will require minimal time commitment.

Participation Points: 5 points per participant. Each company is limited to six (6) participants.
Achievement Points: 30, 20 and 10 points for winner, runner-up and semi-finalists.

Events
Freshmen Men Air Pistol
Freshmen Women Air Pistol
Badminton, Doubles
Badminton, Singles
Billiards
Darts
Table Tennis

Tier 5
Events require superior individual athletic skill and/or physical fitness. Within each event, earned points per cadet are capped at 35 per year.

Events
Athletic Achievement - see Game Rules for Athletic Achievement for available points.
CPFT Excellence - see Game Rules for CPFT Excellence for available points.
Citadel Records Challenge - 5 points per participant per event (mark must be 90% or better than current record to earn participation points). 30 points for setting a new Citadel Record.
Sigma Delta Psi - 5 points per participant per event (mark must be 90% or better than standard to earn participation points). 30 points for earning induction into Sigma Delta Psi.

Tier 6
Events provide opportunity for companies to earn bonus points toward BOV Trophy standings. Company leadership is required.

Participation Points: 2 for every 1% increment.
Achievement Points: No achievement points awarded.

Events
Athletic Participation
Deas Hall Orientation
Sportsmanship

**Player Conduct**
Players will communicate with officials through their team captain. Arguing, debating, crowding or intimidating an opponent or official is unacceptable behavior. An official may warn or eject a player for poor sportsmanship. An ejected player must leave the playing field immediately or team will be disqualified.

**Game Protest**
Written protest, sent via e-mail from the Company Athletic Officer and to the Director of Intramurals, must be received within 24 hours of game finish. A protest may concern only a rule interpretation, not an opponent’s or official’s judgment.
Officials

Officiating Guidelines

Standards
Each team is expected to designate a minimum of one student to officiate each preliminary round game in which it plays. The student acting as an official earns participation credit. Semifinal and final games will be officiated by Athletic Officers or other students approved to officiate. Any rule change or adaptation must be agreed upon by official and both teams before the start of play. Official signs score sheet and returns it to the Intramural equipment cart.

Prerequisites
No prior officiating experience is required. Training sessions will be offered for new officials on a need basis. Scheduling of officials will be based on willingness of students to serve in this capacity: an official may work as much or as little as desired. Students of any race, color, national origin, age, religion, disability status, gender, sexual orientation, marital status or cadet class may officiate.

Calling Games for Pay
Successfully officiating flag football and 5-on-5 basketball makes one eligible for compensation. Pay rate ranges from $7.25 to $8.00 per game and will be distributed at the end of the playing season.

Expectations
- must have a basic knowledge of sport and its rules.
- must communicate regularly with the Graduate Assistant for Intramurals to arrange game assignments.
- must communicate with this supervisor if you anticipate missing an assigned game.
- must arrive at least 10 minutes before schedule start time of game.
- must not depart until game is over, score sheet is completed and equipment is returned to game cart.
- must demonstrate respect for players and other officials.
- must demonstrate fairness by calling games with attention and without bias.
- must work to develop conflict resolution skills such as controlling your own emotions, being appropriately assertive in your calls, communicating clearly, identifying when you might need help (e.g., from Intramural staff), and being able to forgive and forget.

Supervisor
The Graduate Assistant for Intramurals is direct supervisor for officials. You will work in conjunction with Athletic Officers to oversee a safe and successful intramural program.

Exceptions
An ICRA staff or HESS faculty member will grade events for Sigma Delta Psi and Citadel Records Challenge.

updated 07/24/18
### Game Rules

**Competition**

3-on-3 Basketball is a Tier 2 event. The structure of play (e.g., round robin, single elimination) will be determined by the number of teams registered.

**Roster**

Desired roster size is five (5) players. Two (2) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to start of play.

**Rules**

Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

Each basket is worth one (1) point. Games are played to (15) points; a 2-point margin is required. Winner is declared with either a 2-point margin or first to score (20) points.

After a point is scored, the ball goes to scored upon team, i.e., do not play make it, take it.

Following any loss of possession, the team gaining control initiates its scoring attempt from a point behind an imaginary line parallel to the base line, and tangent to the free throw circle, i.e., take it back behind the circle.

There are no free throws. There are no jump balls.

Each team is entitled to two 1-minute time-outs.

The first possession of the game is determined by a coin toss. In the event of a ball tie up, possession will alternate.

While an intramural staff member will supervise all play, during preliminary rounds, the offensive team calls fouls. Semifinal and final games will be officiated by athletic officers and/or intramural staff.

Any player charged with three (3) personal fouls is disqualified from the game. The NCAA governs all other rules.

updated 07/24/18
5-on-5 Basketball

**Competition**
5-on-5 Basketball is a Tier 1 event. Competition begins as a round robin tournament between companies of the Blue, White and Red Leagues.

**Roster**
Desired roster size is seven (7). Four (4) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to start of play.

**Rules**
Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

Use of a women’s ball is required if women are on the team roster.

Games are played in two (2) 15-minute halves with a 5-minute break between halves. Games may be shortened at the discretion of officials. One 20-minute half will constitute a complete game. The clock runs continuously until the last two (2) minutes of each half when it will stop for all fouls and time-outs. Each team is entitled to two 1-minute time-outs per half. If the game ends in a tie score, a 3-minute overtime period will be played. If a second overtime is necessary, the team scoring first wins.

Until the last two (2) minutes of each half, the ball changes possession after a personal foul. During the last two (2) minutes, a player shoots one-and-one free throws when fouled.

At any time during the game, an official may award two (2) free throw attempts for intentional fouls, technical fouls, and flagrant fouls. The offended team gets possession of the ball following the free throw attempts.

The NCAA governs all other rules.
Air Pistol

**Competition**
Team Air Pistol is a Tier 4 event for Freshmen Men and Freshmen Women. The Company Regimental Champion is the team that posts the highest score and the Individual Regimental Champion is the shooter who posts the highest score. This is a one-day only competition; no provision will be made for class conflict, Corps Squad practice, etc.

**Roster**
Roster size is limited to a total of six (6) shooters per company. Shooters who arrive late may not participate.

**Rules**
Start time is forfeit time: there is no grace period for players to arrive late.

All shooters will participate in a safety instruction class and practice session before the match. Shooters must be in PT uniform. Shooting coats, pants or boots are not permitted. All equipment will be provided.

Shooters will be permitted a practice round of five (5) shots from the bench followed by five (5) one-handed standing.

For the competition round, each shooter will fire two 10-shot targets for record. Shooting time is limited to 10 minutes.

National Rifle Association governs all other rules.
Arena Football

**Competition**
Arena Football is a Tier 2 event. The structure of play (e.g., round robin, single elimination) will be determined by the number of teams registered.

**Roster**
Desired roster size is six (6) players with four (4) players on the court during play. Three (3) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to start of play.

**Rules**
Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

Shirts must be tucked into shorts. Games are played in two 12-minute halves (running clock) with a 3-minute break between halves. A touchdown is worth six (6) points. If a female scores a touchdown, the point value is nine (9). The target for extra points and field goals is the backboard and scored as hitting the backboard equals one (1) point, hitting the upright equals two (2) points, kicking between the uprights equals three (3), and in the basket equals six (6) points. A safety scores two (2) points. Overtime periods will be used to break ties. The overtime period will be three (3) minutes long.

The team with first possession begins with the ball on their own goal line. Teams have four (4) downs to score. After a score, the ensuing drive will begin on the new offensive goal line. The quarterback cannot advance the ball past the line of scrimmage and rushing is not allowed. The quarterback must pass within five seconds of the snap.

There are no kickoffs. Punts will be thrown (not kicked) and must be announced to opponent. On punts, two players on the receiving team must be on the line of scrimmage. Teams may substitute players before the ball is set for the next down.

Offensive pass interference results in loss of down; defensive pass interference results in replay of previous down. Picks and screens are not allowed and result in loss of down if called. NIRSA Flag Football governs all other rules. Always wear a mouthpiece.

updated 07/24/18
**Athletic Achievement**

**Competition**
Athletic Achievement is a Tier 5 event. All varsity and club sport cadet-athletes may earn points for their companies based on outstanding athletic achievements. Team managers and trainers, student coaches and team employees are not eligible to earn points based on their team’s performance.

**Roster**
Individual achievement (e.g., All-American status) earns points for the cadet’s company. Team achievement (e.g., team conference champion) earns “one-time” points for each company represented by the team. For example, the tennis team wins a conference title; there are multiple team members from the same company. Each company represented earns 20 points.

**Rules**
It is the responsibility of company athletic officers to report corps squad and club sport achievements. Reports must be sent in writing to the Director of Intramurals. The final deadline to submit reports is 1800 on the last day of class in the fall and spring semesters. Points earned after the last day of class may be carried forward into the next academic term. Athletic Officers reporting any corps squad or club sport achievement must report all.

**Scoring**
Each cadet’s points for Athletic Achievement are capped at 35 points per year.

<table>
<thead>
<tr>
<th>Accomplishment</th>
<th>Achievement Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>World Champion</td>
<td>30</td>
</tr>
<tr>
<td>National Champion</td>
<td>30</td>
</tr>
<tr>
<td>Regional Champion</td>
<td>30</td>
</tr>
<tr>
<td>All-American</td>
<td>30</td>
</tr>
<tr>
<td>Athlete of the Year</td>
<td>20</td>
</tr>
<tr>
<td>Conference Champion</td>
<td>20</td>
</tr>
<tr>
<td>All-Conference Athlete (1st)</td>
<td>20</td>
</tr>
<tr>
<td>All-American (Academic)</td>
<td>15</td>
</tr>
<tr>
<td>Conference Record Holder</td>
<td>10</td>
</tr>
<tr>
<td>*Invitational Champion</td>
<td>10</td>
</tr>
<tr>
<td>All-Conference Athlete (2nd)</td>
<td>10</td>
</tr>
<tr>
<td>All-Conference Athlete (Freshmen)</td>
<td>10</td>
</tr>
<tr>
<td>Athlete of the Month</td>
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</tr>
<tr>
<td>Athlete of the Week (National)</td>
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</tr>
<tr>
<td>Athlete of the Week</td>
<td>0</td>
</tr>
<tr>
<td>School Record Holder</td>
<td>0</td>
</tr>
</tbody>
</table>

* Cadet captains for each corps squad or club sport team may designate one competitive event during each playing season.

updated 07/24/18
Athletic Participation

**Competition**
Athletic Participation is a Tier 6 event. Each company is encouraged to demonstrate that its members have participated in a Citadel-sponsored athletic event.

**Roster**
Desired roster size is 100% of unit members. Cadets earn points for the companies to which they are assigned.

**Rules**
In the case of a company transfer, individual points earned travel with the cadet (e.g., Athletic Achievement, CPFT Excellence).

Events that qualify for participation credit are:

- all Intramural events
- all Varsity Athletic Teams (as playing member)
- all Club Sport Teams (as playing member)
- all Extramural events
- Citadel Cheerleading
- Intramural Officiating
Badminton

**Competition**
Badminton is a Tier 3 Event. The structure of play (e.g., round robin, single elimination) will be determined by the number of players that show up.

The number of players advancing to the Regimental Tournament will be between four (4) and sixteen (16), and depends upon quality of play in Challenge Tournaments.

**Roster**
Desired roster size is two (2) players per company. No more than six (6) players per company may participate.

**Challenge Tournaments**
Per published schedule, players report at 1600 to the Deas Hall Gymnasium. Players are randomly assigned to a tournament bracket and/or round robin, and play until eliminated or win the bracket or pool. Players must play in a minimum of two (2) Challenge Tournaments to be eligible to advance to the Regimental Tournament. Players will be ranked by their win-loss record. Ties are broken by points scored (most), points scored against (least).

A match is one game played to 21 points (a 2-point margin is not required). Only the serving side can score points.

The server and receiver stand within diagonally opposite service courts without touching the boundary lines of these service courts. Players serve from, and receive in, their respective right service courts when the server has scored an even number of points. Players serve from, and receive in, their respective left service courts when the server has scored an odd number of points.

Both feet of server must stay on the floor until the shuttle is served. The shuttle must be held below the waist on the serve; the head of the server’s racquet must be pointed downward during the serve. “Hit the serve underhanded.” It is a fault when

- the server misses the shuttle on serve, i.e., “whiffs.”
- the shuttle doesn’t go over the net.
- the shuttle lands outside the court.
- the shuttle touches the ceiling or walls.
- a player touches the net.
- a player steps under the net.

The International Badminton Federation governs all other rules.
Billiards Tournament

**Competition**
Billiards is a Tier 4 event. The number of players advancing to the Regimental Tournament will be between four (4) and sixteen (16), and depends upon quality of play during early rounds.

**Roster**
Desired roster size is two (2) players per company. No more than six (6) players per company may participate. Players will be seeded after an initial round of Speed Pool.

**Speed Pool**
One player participates at a time and starts with a full rack of balls. A Timer starts the clock when the player makes first contact with the cue ball. The player may set-up the next shot immediately but must wait until the cue ball comes to a complete stop before attempting the next shot. The clock stops once the player has successfully cleared the table of all balls.

**Tournament Rules**
The game of Fifteen-Ball will be played for all matches. The object of Fifteen-Ball is to score balls of greater total point value than the opponent(s). Each player keeps a running score as balls are pocketed.

In the event of a tie, the player pocketing the last object ball wins the game.

If the starting player fails to pocket a ball on the break, the opposing player may accept the table and begin play, rerack and shoot the opening break, or require the offending player to repeat the opening break.

Neither ball nor pocket must be called.

The penalty for fouls is loss of three (3) points and turn. The following infractions are considered a foul:

- striking the cue ball with other than the cue tip.
- pocketing the cue ball, i.e., scratching.
- both feet leaving the floor during a shot.
- cue ball touching the rail before hitting an object ball.
- either the cue ball or object ball(s) leaving the table.

Billiard Congress of America governs all other rules.
CPFT Excellence

**Competition**
CPFT Excellence is a Tier 5 event. All cadets may earn points for their companies based on a passing score of 300 or above on the Corps Physical Fitness Test.

**Roster**
All currently enrolled cadets may participate.

**Rules**
Only Corps Physical Fitness Tests (CPFT) are eligible for consideration. Eligible CPFTs are further defined as those scheduled by the Office of Commandant and appearing on the Cadet Training Schedule. Cadets may take as many CPFTs as desired to earn the minimum 300 points but only one will count each semester.

**Officiating**
Written protest, sent via e-mail from the Company Athletic Officer and to the Director of Intramurals must be received within 24 hours of posting of CPFT excellence points. Should an Athletic Officer request a recalculation because of change in unit strength, the recalculation will be run for entire corps.

**Conduct**
Cadets will not be graded by a cadet in his or her home company.

**Scoring**
In recognition of earning a passing score of 300, a maximum of fifteen (15) achievement points per semester will be awarded to the cadet’s home company.
Darts Tournament

**Competition**
Darts is a Tier 4 event. Competition begins with a challenge round of Cricket where players compete to earn a spot in the Regimental Tournament. The number of players advancing to the Regimental Tournament will be between four (4) and sixteen (16), and depends upon quality of play during challenge play.

**Roster**
Desired roster size is two (2) players. No more than six (6) players per company may participate. Players will be seeded after an initial round of cricket.

**Cricket (Challenge) Rules**
The object is to cover the numbers 20, 19, 18, 17, 16, and 15 in any order before your opponent. Players take turns throwing three (3) darts. Players will be ranked by total points earned.

**Tournament Rules**
The game of 301 will be played for all games. Each player starts with a score of 301 and takes turns to throw three (3) darts. The score for each turn is calculated and deducted from the player’s total. To win, the score must be exactly zero.

If a player reduces the score to one (1) or goes below zero, the score is bust. A bust ends the player’s turn immediately and the score is returned to what it was at the start of that turn, e.g., if a player has 32 to go out, and the first dart is a 16 and the second is a 15, the player is bust and the score is returned to 32. On the last turn, it is not necessary to throw all three (3) darts.

**Location**

<table>
<thead>
<tr>
<th>Points</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>Inner Bullseye</td>
</tr>
<tr>
<td>25</td>
<td>Outer Bullseye</td>
</tr>
<tr>
<td>3 x number</td>
<td>Triple Ring</td>
</tr>
<tr>
<td>2 x number</td>
<td>Double Ring</td>
</tr>
<tr>
<td>1 x number</td>
<td>Single Scoring</td>
</tr>
<tr>
<td>0</td>
<td>Out of Play</td>
</tr>
</tbody>
</table>

The dart is scored where the point enters the board. Wires that divide the board determine where the dart entered the board, not the colors.

If a dart bounces out of the board or is knocked out, the dart does not count nor may it be thrown again.

If a dart falls out of the board before it is scored or pulled out by the player, it does not count.

The penalty for fouls is loss of turn and any points earned so far in that turn. The following infractions are considered a foul:

- any part of the foot extending over the throw line.
- behavior intended to distract opponent during his or her throw.

The National Dart Association governs all other rules.

updated 07/24/18
Deas Hall Orientation

Competition
Deas Hall Orientation for Freshmen is a Tier 6 event. Event success is measured by total points earned and is a direct reflection of the athletic officer’s commitment to his or her job. An athletic officer’s ability to sincerely perform duties of this Deas Hall Orientation impacts the future health and wellness of members of his or her company.

Roster
Desired roster size is 100% of unit freshmen. Athletic officers may provide as many unit tours as needed before the published deadline.

Rules
Orientation must include the swimming pool, cardio training area, weight training areas, racquetball courts and locker rooms. Review building hours, equipment checkout rules, and weight room and cardio area etiquette. Encourage locker checkout, good sportsmanship and other ethical behavior (e.g., no foul language).

Reminder of things to make sure they see and emphasize:
• Equipment room - get a locker here and check out equipment here (bring your I.D.).
• Locker rooms - make sure they know where the locker rooms are (male and female).
• Racquetball courts - this is a fun game that is also a good alternative for cardio.
• Weight room - make sure they know the best workout times for freshmen, e.g., Saturday mornings and Sunday afternoons.
• Mat room (215) - show them which activities are authorized and which are not.
• Cardio area - best place to work on 2-mile time if you are struggling with this portion of the CPFT.
• Swimming pool - best all-around work-out in the building.

Other points of emphasis:
• Rack plates, bars, dumbbells, medicine balls and other apparatus in the weight room.
• Wipe down cardio machines before and after use. Wipe down benches in the weight training areas.

updated 07/24/18
Dodgeball

**Competition**
Freshmen Dodgeball is a Tier 1 event. Competition begins as a round robin within each battalion.

**Roster**
Desired roster size is ten (10) players; six (6) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to start of play.

**Rules**
Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

Six (6) players will compete on each side; others will be available as substitutes. Substitutes may enter the game only at start of a new game or in the case of injury.

Dodgeball is a best of five games competition. The first team to legally eliminate all opposing players will be declared the winner. There is a 5-minute time limit for each game. If neither team has been eliminated at the end of five minutes, team with the greater number of players remaining will be declared the winner. In the case of an equal number of players remaining after regulation, a 1-minute sudden-death overtime period will be played.

The object of the game is to eliminate all opposing players by getting them "out". This may be done by hitting an opposing player with a *live* thrown ball below the shoulders or catching a *live* ball thrown by your opponent before it touches the ground.

*Definition of live*: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc.).

All players must remain within boundary lines. Players may leave boundaries through their end-line only to retrieve stray balls. They must also return through their end-line.

Dodgeball is played on a standard volleyball court. Games begin by placing dodgeballs along the center line – three (3) on one side of the center hash and three (3) on the other. Players then take a position behind their end lines. Following a signal by the official, teams may approach the centerline to retrieve balls. Teams may retrieve only the three (3) balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown.

The NADA governs all other rules.
Flag Football

Competition
Upper Class and Freshmen Flag Football are Tier 1 events; Women’s Flag Football is a Tier 2 event. Upper Class competition begins as a round robin tournament between companies of the Blue, White and Red Leagues, and Freshmen play a round robin within their battalions. Women may play in either Upper Class or Freshmen leagues, and the Womens-Only League.

Roster
Desired roster size is ten (10) players. Five (5) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to start of play.

Rules
Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

Metal or hard tip cleats are not permitted. It is strongly recommended that a mouthpiece be worn. Shirt must be tucked into shorts. Each player must wear a belt at the waistline with three flags attached, one flag hanging at each hip and one at center of the back. Wrapping, tying or in any way securing flags to uniform or belt is illegal.

Games are played in (2) 20-minute halves with a 5-minute break between halves. Games may be shortened at the discretion of the officials; 20 minutes of play will constitute a complete game. The clock runs continuously except for time-outs. Each team is entitled to (2) 1-minute time-outs per half. Following any time-out, the offensive team has 25-seconds to start the next play.

If the game ends in a tie score, each team will have a chance to score in (4) downs with the line of scrimmage starting at the opposing team’s 20-yard line. Play will continue until one team scores and the other does not.

If a female scores a touchdown, the point value is nine (9). If a female player throws a legal forward pass and any offensive player scores a touchdown, the point value is nine (9). All other touchdowns are six (6) points.

Following a touchdown, the scoring team has one down to attempt 1, 2 or 3 extra points. The scrimmage line is at the 3-yard line to attempt 1 extra point. The scrimmage line is at the 10-yard line to attempt 2 extra points, and the scrimmage line is at the 20-yard line to attempt 3 extra points.

A safety is worth 2 points. When a safety is scored, the ball belongs to the scoring team at its own 14-yard line.

Each half starts with the ball at the 14-yard line of the defensive team. Following a touchdown, safety, or touchback, the ball is put into play at the 14-yard line of the defensive team.

The offensive team must have at least five (5) players on the scrimmage line at the snap of the ball. The offensive line may obstruct an opponent (screen block) without using any part of the body to initiate contact. Unintentional contact will not be called as a foul. However, shoving with the hands, elbows, knees or shoulders is not allowed. Prior to the snap, one (1) offensive player may be in motion, but not in motion toward the opponent’s goal line. The player who receives the snap must be at least two (2) yards behind the scrimmage line. Direct snaps are not legal.

A catch by any kneeling or prone inbounds player is a completion or interception. All players are eligible to touch or catch a pass. If members of opposing teams catch a forward pass simultaneously, the ball becomes dead and belongs to the offense. An official must visibly see the ball strike the ground to rule it incomplete. If in doubt, it is a catch. The ball is dead when and where it touches the ground.

There are no onside kicks. Quick kicks are illegal. No team may advance beyond the scrimmage line until the ball has been kicked. Once the ball is punted, it may be blocked. If a blocked punt hits the ground, it is dead there. If the kicking team catches a blocked punt, it may be advanced and a new
series of downs begins. When a punt that has crossed the scrimmage line touches a player from either team and then hits the ground, it is a dead ball and belongs to the receiving team.

The punting team must have at least five (5) players on the scrimmage line at the snap of the ball.

While attempting to remove the flag from a player in possession of the ball, defensive players may contact the body and shoulders, but not the face, neck or head. Defensive players may not hold, push, or knock an offensive player down in an attempt to remove the flag. When the flag is clearly taken from player in possession of the ball, the ball is dead and the down ends. The player who captures the flag should immediately hold it above his/her head to assist the official in marking the spot. Any player with the ball may not block or guard his/her flag from being taken. If the flag belt inadvertently falls off, a one-hand tag between the shoulders and knees constitutes a capture.

A backward pass or fumble caught or intercepted in flight and inbounds may be advanced. It is pass interference if an eligible receiver is deflagged/tagged before touching a thrown ball. Contact that interferes with an eligible receiver is pass interference.

The National Intramural-Recreational Sports Association governs all other rules.

### Summary of Fouls and Penalties

<table>
<thead>
<tr>
<th>Loss of 5 Yards</th>
<th>Loss of 10 Yards</th>
</tr>
</thead>
<tbody>
<tr>
<td>illegally worn flag belt</td>
<td>illegally worn flag belt on touchdown</td>
</tr>
<tr>
<td>delay of game</td>
<td>quick kick</td>
</tr>
<tr>
<td>breaking substitution rules</td>
<td>reentry of disqualified player</td>
</tr>
<tr>
<td>out-of-bounds (side) kick</td>
<td>kick catch interference</td>
</tr>
<tr>
<td>encroachment</td>
<td>roughing the passer</td>
</tr>
<tr>
<td>false start</td>
<td>offensive or defensive pass interference</td>
</tr>
<tr>
<td>illegal snap</td>
<td>illegal flag belt removal</td>
</tr>
<tr>
<td>less than (4) players on scrimmage line</td>
<td>illegal screen block</td>
</tr>
<tr>
<td>offensive player illegally in motion</td>
<td>guarding flag belt</td>
</tr>
<tr>
<td>illegal forward pass</td>
<td>stiff arming</td>
</tr>
<tr>
<td>helping the runner</td>
<td>holding a runner</td>
</tr>
</tbody>
</table>

**Personal foul**, e.g., tripping, clipping, throwing opponent to the ground or contact with opponent on the ground, shoving or blocking with hands, elbows or shoulders, contact to the face, neck or head, or contact during a dead ball, results in a **10-yard penalty** and **disqualification** if the official deems it appropriate.

**Unsportsmanlike conduct**, e.g., disrespectfully addressing an official, being on the field illegally, profanity, taunting, using insulting or vulgar language or gestures, contact with an official, or fighting, results in a **10-yard penalty** and **disqualification** if the official deems it appropriate.

*updated 07/24/18*
**Indoor Soccer**

**Competition**
Indoor Soccer is a Tier 2 event. The structure of play (e.g., round robin, single elimination) will be determined by the number of teams registered.

**Roster**
Desired roster size is ten (10) players. The game is played 5-on-5 with one player designated as a goalkeeper. Four (4) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to start of play.

**Rules**
Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

It is strongly recommended that players wear a mouthpiece.

Games are played in two 12-minute halves with a 3-minute break between halves. Games may be shortened at the discretion of officials; twenty minutes of play will constitute a complete game. The clock runs continuously except for officials’ time-outs. There are no team time-outs.

In the event of a tie at the end of regulation play, teams will go to penalty kicks. Teams alternate kickers. Following five (5) kicks for each team, the team scoring the most goals is the winner. If the game remains tied, kicks will continue until one team scores and the other does not. Players who were on the court at the end of regulation must kick penalty kicks before any sideline player.

All players but the goalkeeper enter and leave as they please (aka, flying substitution). Players may not switch positions with the goalie while the ball is in play. A substitute goalie must notify the official upon entering game.

If a female scores a goal, the point value is two (2).

There is no offsides rule. All out balls are kicked-in, no throw-ins. Players may not score on a direct kick from out-of-bounds.

Violation of any of the following rules results in a two-minute power play to the opposing team (i.e., offending team plays man down); the offending player is suspended from play for the remainder of half, and the opposing team takes a direct free kick from the *spot of penalty:*

- intentionally handling the ball
- deliberately kicking an opponent
- tripping an opponent
- charging, rushing or holding an opponent
- other dangerous play as judged by officials

*Any penalty inside the goal box results in a direct free kick from top of the basketball key.

Any player charged with two (2) fouls is disqualified from the game.

The National Intramural-Recreational Sports Association governs all other rules.
Indoor Triathlon

**Competition**
The Indoor Triathlon is a Tier 3 event with two (2) divisions, Men’s and Women’s. The division winners are competitors with the lowest total time for all events. Transitions between events will not be timed.

**Roster**
Desired roster size is two (2) competitors. No more than six (6) competitors per company may participate.

**Rules**
Competitors will report to the Deas Hall Swimming Pool by 1600 on race day. Order of events is 300m Swim, 6m Stationary Bike and 1.5m Run on motorized treadmill.

**Swim**
Competitors begin in the pool at the shallow end. The distance required is 300 meters. Swimmers may use any stroke.

**Bike**
Cyclist will use stationary bikes in Deas Hall Cardio Area. Distance required is 6 miles; setting is Manual.

**Run**
Runners will complete a one and one-half (1-1/2) mile run on a motorized treadmill in the Cardio Area. Incline will be set at 3 degrees.

It is not necessary to race between events as the transition time will not be counted. It is recommended that participants sample the bikes and treadmills before race day.
**Inner Tube Water Polo**

**Competition**
Inner Tube Water Polo is a Tier 1 event. Competition begins as a round robin within each battalion.

**Roster**
Desired roster size is seven (7) players. There are five (5) players in the pool at one time, one of whom is identified as the goalkeeper. Three (3) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to the start of play.

**Rules**
Start time is forfeit time: there is no grace period for teams to arrive late. Two (2) game forfeits disqualify a team from further play.

Games are played in two 10-minute halves with a 3-minute break between halves. The clock runs continuously except for injury. Each team may take one 30-second timeout per half.

In the event of a tie at the end of regulation play, teams will play to sudden-victory: the first team to score wins.

All players must sit in a horizontal position inside the inner tube.

Substitution of players may be made when the ball is not in play, e.g., after a goal is scored. Players may not switch positions with the goalie while the ball is in play. A substitute goalie must notify opposing team.

At the start of the game and the second half, teams line up in front of their own goals. When the ball is tossed into the center of the pool, teams may move to take possession.

If a female scores a goal, the point value is two (2).

There is no offside rule. All players may go anywhere in the field of play. Only the goalie may touch or use the side of the pool.

Players dribble the ball by pushing it in the water, holding it between their knees, holding it with their hands, holding it with one hand in the air, holding it against their body, or holding it in their lap. It is illegal to hold the ball completely under the water.

After a shot-on-goal and/or score, the ball is put into play by the goalie. The goalie has five (5) seconds to release the ball. The goalie may not pass the ball beyond midfield.

Violation of any of following rules results in a change of possession. The goalie of the team taking possession puts the ball back into play.

- intentionally splashing or tipping an opponent
- kicking an opponent
- dunking an opponent
- charging, rushing or holding an opponent
- other dangerous play as judged by lifeguards

The team of any player ejected finishes the game with (4) players, i.e., the team plays one man down.

National Intramural-Recreational Sports Association governs all other rules.

*updated 07/24/18*
Kickball

**Competition**
Kickball is a Tier 1 Event. Competition begins as a round robin tournament within each battalion.

**Roster**
Desired roster size is eight (8) players. Five (5) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to start of play.

The kicking team will supply its own pitcher. Teams may have unlimited kickers; any substitute must occupy the same position in the kicking order. Teams may have up to eight (8) fielders. The defense may have one player stand next to actual pitcher, a catcher and four (4) other players in traditional infield positions. The remaining two (2) players must be beyond the designated outfield line before the ball is kicked.

**Rules**
Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

A regulation game consists of seven (7) innings or 45 minutes of play, whichever happens first. Games may be shortened at the discretion of umpire. Mercy rule is 10 runs after four (4) innings.

**Kicking Rules:**
Kicker gets the pitch from his/her own pitcher. If the ball is kicked into foul territory, the kicker gets a second, "courtesy," pitch. Kicks must be taken within a 3-foot radius of home plate. Bunting is allowed: to count, the ball must roll beyond the line between first and third base.

**Base Running Rules:**
A base runner is out if he/she leaves base before the ball is kicked. Runners may not steal. Sliding will be considered an out. Players may pinch run only for the same person. A runner who is in fair territory and is hit by a kicked ball will be called out. The kicker will be awarded first base.

**Fielding Rules:**
All fielders must stay behind the line between first and third base until the ball is kicked. Runners are out if a fielder (1) tags the base, (2) uses the ball to tag a runner, or (3) throws the ball and hits the runner before he/she reaches base. Intentionally hitting a runner with a ball above the shoulders is illegal.

**Pitching Rules:**
All players must use balls supplied by Deas Hall. No bouncies. The pitcher may not interfere with defensive players after the ball is kicked.

The World Adult Kickball Association governs all other rules.

updated 07/24/18
Pickleball

**Competition**
Pickleball is a Tier 3 Event. The structure of play (e.g., round robin, single elimination) will be determined by the number of players that show up.

The number of players advancing to the Regimental Tournament will be between four (4) and sixteen (16), and depends upon quality of play in Challenge Tournaments.

**Roster**
Desired roster size is two (2) players per company. No more than six (6) players per company may participate.

**Challenge Tournaments**
Per published schedule, players report at 1600 to the Deas Hall Gymnasium. Players are randomly assigned to a tournament bracket and/or round robin, and play until eliminated or win the bracket or pool. Players must play in a minimum of two (2) Challenge Tournaments to be eligible to advance to the Regimental Tournament. Players will be ranked by their win-loss record. Ties are broken by points scored (most), points scored against (least).

The first side scoring 11 points and leading by at least a 2-point margin wins. Only the serving side can score points.

The ball is served underhand and without bouncing it off the court. The first serve of each side-out is made from the right-hand court. If a point is scored, the server switches sides and initiates the next serve from the left-hand court. The server continues switching back-and-forth until a fault is committed and server loses the serve.

Following the serve, each side must make at least one groundstroke, before volleying the ball (hitting it before it has bounced).

A player cannot volley a ball while standing in the dead zone, which is the area of the court bounded by the two sidelines, the non-volley line, and the net.

It is a fault when

- the serve touches the ceiling or walls.
- the serve lands on or inside the non-volley line.
- the serve hits out-of-bounds.
- the serve hits the net and lands out-of-bounds. It is a service let if the ball hits the net and lands legally within opponent’s court.
- opponent fails to return the ball.
- the ball hits floor out-of-bounds.

The United States Pickleball Association governs all other rules.
Citadel Records Challenge

Competition
The Citadel Records Challenge is a Tier 5 event. It is a year-long event to establish men’s and women’s record marks in a battery of athletic and fitness events. Events require superior individual athletic skill and/or physical fitness. The Citadel Records Challenge is considered an event within the Intramural program; record-breaking performances performed elsewhere, for example during a CFPT or Swim Meet, are not eligible for consideration.

Roster
All currently enrolled students may attempt any or all events. Members of relay events are not required to come from the same company. Varsity cross country, track and field athletes who have been on Corps Squad for 21 or more days this academic year are not eligible to attempt track or field events.

Individual Events
Rope Climb - from a seated position, cadet will climb to the top of rope located in the Deas Hall Gym and touch wooden top for fastest time (to 10th of a second). Feet may not touch the ground on the ascent; legs or feet may not touch rope on ascent.

100 yard Dash - sprint 100 yards for fastest time (to 10th of a second) on the Citadel Track.

100 meter Swim - swim four (4) lengths for fastest time (to 10th of a second) of the Citadel Pool.

Handstand - for longest time (to 10th of a second) hold a handstand, traveling no more than 3 feet in any direction.

Standing Broad Jump - for furthest distance, jump out from a standing position, pushing off with both feet at the same time. Start with toes just behind a marked line in the Deas Hall Gym. Distance is measured from the heel closest to the start line or from the body part closest to the start line if cadet falls to the ground. Distance is recorded in feet and whole inches.

High Jump - using a Scissor, Western Roll, Straddle Roll or Flop technique, execute a running high jump that clears the cross bar so that it remains in place. Take-off for any technique used must be one-footed. Height is recorded in feet and whole inches.

1 Mile Run - run one (1) mile for fastest time (to the 10th of a second) on the Citadel Track.

Push-Ups - in two (2) minutes, cadet will successfully complete as many push-ups as possible. The starting and ending position is up. Cadet will be prepared for three (3) commands: “Get Ready, resting on knees, “Get Set,” front leaning rest position, and “Go,” begin first repetition. Cadet may reposition hands, but they must stay in contact with ground. The altered front leaning rest position is the only authorized rest position; cadet may sag in the back; cadet may flex the back. Cadet may not rest on the ground, pick-up feet or hands, or rest on back of feet. Body must be lowered as a single unit until upper arms are parallel to ground.

Sit-Ups - in two (2) minutes, cadet will successfully complete as may sit-ups as possible. The starting and ending position is down. Cadet will be prepared for three (3) commands: “Get Ready,” lying on back, legs bent and partner holding ankles, “Get Set,” fingers interlocked and hands touching the ground and “Go,” begin first repetition. Cadet will keep heels in contact with ground and fingers interlocked and behind the head. Cadet must raise upper body to vertical position and lower body until the bottom of shoulder blades touch ground. Cadet may may rest while in the vertical position but may not rest on the ground. Cadet may not grab back of legs, or push-off ground to raise to the vertical position.

Dead-Hang Pull-Ups – for maximum repetitions, cadet will raise body with arms until the chin is above the bar, and then lower the body until arms are fully extended. The starting and ending position is when the body is hanging with arms fully extended. Cadet may use either a palms facing toward or away grip.

updated 07/24/18
Legs may be straight or bent, but may not be raised above the waist. Cadet may not use body or leg motion to aid in the raising or lowering of the body.

**Relay Events**

4 x 200 meter Freestyle Swim – for fastest time (to 10th of a second), a team of four cadets swims in any style. Each cadet swims two (2) laps of the Citadel Pool. The first swimmer must use a forward start. Swimmers will remain in contact with the pool deck until the previous swimmer has touched the wall. Some part of the body must touch the wall on each turn. The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn.

Mile Relay Run – for fastest time (to 10th of a second), a team of four cadets races on the most inside lane of the Citadel Track. Each cadet runs one (1) lap of the track. A starting block is not permitted. The baton must be passed within the 20-meter passing zone. The baton must be passed not thrown. If the baton is dropped within the passing zone, either runner may retrieve it. If the baton is dropped outside of the passing zone, the runner who dropped it must retrieve it.

**Scoring**

Each cadet’s points for Citadel Record’s Challenge are capped at 35 points per year. For most events, mark must be 90% or better than current record to earn participation points. The final deadline to attempt events for points is 1800 on the last day of class in the fall and spring semesters.
Sigma Delta Psi

**Competition**
Within intramurals, Sigma Delta Psi is a year-long event to support students working toward induction into The Citadel chapter. Events require superior individual athletic skill and/or physical fitness. For BOV Trophy purposes, Sigma Delta Psi is a Tier 5 event.

Sigma Delta Psi is an honorary athletic fraternity which promotes the total fitness of male college students with an emphasis on physical fitness. The Citadel became a charter member on February 1, 1960 as the Epsilon Beta chapter. Students have from matriculation until graduation to achieve passing marks in the Sigma Delta Psi events and earn a place in the Citadel’s Sigma Delta Psi Fraternity.

**Roster**
All currently enrolled male students may participate.

**Rules**
Students may test through a Required Physical Education Course (RPED 140), Intramural Athletics or under supervision of any Health, Exercise and Sport Science faculty member or Sigma Delta Psi member.

**Scoring for Intramurals**
Each cadet’s points for Sigma Delta Psi are capped at 35 points per year. Event marks must be 90% or better than the standard to earn participation points during the academic year of attempt. The final deadline to attempt events for intramural points in the current academic year is 1800 on the last day of class. Attempts will be reported to the Director of Intramurals using the Sigma Delta Psi testing form.

The record of cadet marks will be kept on file so that he may continue attempts to achieve induction into the Citadel’s Sigma Delta Psi chapter. Achievement points for earning this honor will be posted during the academic year of induction.

<table>
<thead>
<tr>
<th>Event</th>
<th>Standard</th>
<th>90%</th>
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<tbody>
<tr>
<td>100 yd Run</td>
<td>11.6 sec or less</td>
<td>12.5 sec or less</td>
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<tr>
<td>120 yd Hurdles</td>
<td>16 sec or less</td>
<td>17.6 sec or less</td>
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<tr>
<td>Running High Jump</td>
<td>based on height &amp; weight</td>
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<tr>
<td>Running Broad Jump</td>
<td>17 ft or more</td>
<td>15 ft 3 in or more</td>
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<tr>
<td>16-lb Shot Put</td>
<td>based on height &amp; weight</td>
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<tr>
<td>Rope Climb</td>
<td>12 sec or less</td>
<td>13.2 sec or less</td>
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<td>Golf Shot</td>
<td>4 out of 5 or better</td>
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<td>Baseball Throw</td>
<td>250 ft or more</td>
<td>225 ft or more</td>
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<td>Football Punt</td>
<td>120 ft or more</td>
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<td>100 yd Swim</td>
<td>1 min 45 sec or less</td>
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<td>1 Mile Run</td>
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<td>Front Handspring</td>
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<td>Handstand</td>
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<td>9 sec or more</td>
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<tr>
<td>Fence Vault</td>
<td>Chin height or more</td>
<td>chin height less 8 in</td>
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updated 07/24/18
### Running High Jump Requirement

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<tr>
<th>Body Height</th>
<th>Body Weight</th>
<th>Jump Required</th>
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<td>Below 160</td>
<td>4’ 9”</td>
<td>6’ 4”</td>
<td>Below 160</td>
<td>5’ 4”</td>
</tr>
<tr>
<td>160 to 169</td>
<td>4’ 8”</td>
<td>160 to 169</td>
<td>5’ 3”</td>
<td>170 to 179</td>
<td>5’ 2”</td>
</tr>
<tr>
<td>170 to 179</td>
<td>4’ 7”</td>
<td>180 to 189</td>
<td>5’ 1”</td>
<td>190 and over</td>
<td>5’ 0”</td>
</tr>
<tr>
<td>180 to 189</td>
<td>4’ 6”</td>
<td>190 and over</td>
<td>5’ 1”</td>
<td></td>
<td></td>
</tr>
<tr>
<td>190 and over</td>
<td>4’ 5”</td>
<td>190 and over</td>
<td>5’ 0”</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Shot Put Requirement**

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>120</td>
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<tr>
<td>121</td>
<td>22’ 8 1/4”</td>
<td>135</td>
<td>25’ 3 3/4”</td>
</tr>
<tr>
<td>122</td>
<td>22’ 10 1/2”</td>
<td>136</td>
<td>25’ 6”</td>
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<tr>
<td>123</td>
<td>23’ 3/4”</td>
<td>137</td>
<td>25’ 8 1/4”</td>
</tr>
<tr>
<td>124</td>
<td>23’ 3”</td>
<td>138</td>
<td>25’ 10 1/2”</td>
</tr>
<tr>
<td>125</td>
<td>23’ 5 1/4”</td>
<td>139</td>
<td>26’ 3/4”</td>
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<tr>
<td>126</td>
<td>23’ 7 1/4”</td>
<td>140</td>
<td>26’ 3”</td>
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<tr>
<td>127</td>
<td>23’ 9 3/4”</td>
<td>141</td>
<td>26’ 4 1/4”</td>
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<td>128</td>
<td>24’ 0”</td>
<td>142</td>
<td>26’ 7 1/2”</td>
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<td>129</td>
<td>24’ 2 1/4”</td>
<td>143</td>
<td>26’ 9 3/4”</td>
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<tr>
<td>130</td>
<td>24’ 4 1/2”</td>
<td>144</td>
<td>27’ 0”</td>
</tr>
<tr>
<td>131</td>
<td>24’ 6 3/4”</td>
<td>145</td>
<td>27’ 2 1/4”</td>
</tr>
<tr>
<td>132</td>
<td>24’ 9”</td>
<td>146</td>
<td>27’ 4 1/2”</td>
</tr>
<tr>
<td>133</td>
<td>24’ 11 1/4”</td>
<td>147</td>
<td>27’ 6 3/4”</td>
</tr>
</tbody>
</table>

148 | 27’ 9” |
149 | 27’ 11 1/4” |
150 | 28’ 1 1/2” |
151 | 28’ 3 3/4” |
152 | 28’ 6” |
153 | 29’ 8 1/4” |
154 | 29’ 10 1/2” |
155 | 29’ 3/4” |
156 | 29’ 3” |
157 | 29’ 5 1/4” |
158 | 29’ 7 1/2” |
159 | 29’ 9 3/4” |
160+ | 30’ 0” |
Soccer

**Competition**
Soccer is a Tier 2 event. The structure of play (e.g., round robin, single elimination) will be determined by the number of teams registered.

**Roster**
Desired roster size is ten (10) players, one of whom is identified as a goalkeeper. Five (5) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to start of play.

**Rules**
Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

It is strongly recommended that a mouthpiece be worn. Slide tackling will result in an immediate ejection. There are no warnings or exceptions.

Games are played in two (2) 15-minute halves with a 5-minute break between halves. Games may be shortened at discretion of the officials for darkness, inclement weather, or formation. Twenty minutes of play will constitute a complete game. The clock runs continuously except for officials' time-outs. There are no team time-outs.

In the event of a tie at the end of regulation play, teams will go to penalty kicks. Teams alternate kickers. Following five (5) kicks for each team, the team scoring the most goals is the winner. If the game remains tied, kicks will continue until one team scores and the other does not. Each team must use goalie who was in the game when regulation play ended; goalies may kick. Players who were on the field at the end of regulation must kick penalty kicks before any sideline player.

Substitution of players may be made when the ball is not in play. Players may not switch positions with the goalie while the ball is in play. A substitute goalie must notify the official upon entering game.

If a female scores a goal, the point value is two (2).

There is no offsides rule. All players may go anywhere in the field of play.

Violation of any of following rules results in a direct free kick by opposing team:

- intentionally handling the ball
- deliberately kicking an opponent
- tripping an opponent
- charging, rushing or holding an opponent
- other dangerous play as judged by officials

When a direct free kick violation occurs within the penalty area, an opposing player takes a penalty kick from the 12-yard line. Any player charged with two (2) fouls is disqualified from the game.

The National Intramural-Recreational Sports Association governs all other rules.
Softball

**Competition**
Softball is a Tier 1 event. Competition begins as a round robin tournament between companies of the Blue, White and Red Leagues.

**Roster**
Desired roster size is ten (10) players. Seven (7) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to start of play.

**Rules**
Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play. Metal or hard tip cleats are not permitted.

A regulation game consists of seven (7) innings or 50 minutes of play, whichever happens first. The last at-bat will start no later than 1655 or 1755. Games may be shortened at the discretion of umpire. Five (5) innings constitute a complete game. Mercy rule is in effect: if one team is up by 15 runs by the end four innings, or by 10 runs by the end of five innings, the game is called.

**Base Running Rules:**
A base runner is out if he/she leaves base before a legally pitched ball crosses home plate. Runners may slide only feet first. Runners may not steal. Players may pinch run only for the same person. If a female scores a run, the point value is two (2). Females may not pinch run.

One base is awarded for any ball deemed too far out of play by game official.

**Pitching & Batting Rules:**
All players must use balls and bats supplied by Deas Hall.

The pitcher must address the batter for one (1) second by holding the ball with both hands in front of the body. A pitcher’s delivery is made underarm and must begin with both feet in contact with the pitching rubber. The pitch must have a distinct arc and must be at least 6 feet high but no more than 10 feet high. The strike zone is between the batter’s knees and armpits. A quick return pitch is not allowed and will be called a ball.

Batters start with a 1-and-1 count. Batters are allowed only one foul ball after the second strike. A designated hitter is allowed.

If an intentional walk is declared, no pitching is required. The batter is awarded two bases.

The Amateur Softball Association of America governs all other rules.

*updated 07/24/18*
Spikeball

**Competition**
Spikeball is a Tier 2 event. The structure of play (e.g., round robin, single elimination) will be determined by the number of teams registered.

**Roster**
Desired roster size is three (3) players. Two (2) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to start of play.

**Rules**
Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

The team winning 2-out-of-3 games wins a match. All games are played to 15 points using rally scoring. Matches may be shortened at discretion of official. One (1) game played to 21 points will constitute a complete match.

Each team is entitled to one 30-second time-out per game.

To start a rally, opposing team members line up across from each other with the round-net in the center. A point begins when the server hits the ball off the net towards the opposing players. The returning team has up to three (3) hits between them to return the ball back onto the net.

After the serve and return, players can move or hit in any direction.

The rally continues until a team can’t return the ball onto the net within their three touches.

Points are scored when the ball hits the rim, the ground or bounces more than once on the net.

*Spikeball Roundnet Association* governs all other rules.

*updated 08/11/19*
Swim Meet

**Competition**
The Swim Meet is a Tier 3 event. At least two (2) swimmers must participate for company to earn full participation points.

The number of swimmers/relay teams advancing to the Regimental Finals will be no more than eight (8) per event.

**Roster**
Desired roster size is a minimum of four (4) swimmers per company. There is no maximum limit.

**Events**

<table>
<thead>
<tr>
<th>Open Events</th>
<th>Men’s Events</th>
<th>Women’s Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 x 100m Freestyle Relay</td>
<td>25m Back Stroke</td>
<td>25m Back Stroke</td>
</tr>
<tr>
<td>4 x 100 IM Relay</td>
<td>25m Butterfly</td>
<td>25m Butterfly</td>
</tr>
<tr>
<td>*Freestyle Sprint Medley Relay</td>
<td>25m Breast Stroke</td>
<td>25m Breast Stroke</td>
</tr>
<tr>
<td>*Sprint Medley Relay (25m, 50m, 100m, 25m) must have at least one woman participating.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Rules**
Cadet must sign-up in advance to participate in individual events. Sign up with athletic officer or at the Deas Hall Equipment Room. The deadline to sign-up will be posted on the weekly Intramural schedule.

Check in with the Clerk of Course not later than 1600 for individual events and 1640 for relays.

Swimmer must stay on back during Back Stroke events. A two-hand touch to wall is required for Butterfly and Breast Stroke events. Swimmer who starts early in finals (i.e., false start) will be disqualified. The NCAA governs all other rules.

**Order of Events**

<table>
<thead>
<tr>
<th>Event</th>
<th>Start Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clerk of Course and Pool Opens</td>
<td>1530</td>
</tr>
<tr>
<td>Preliminary 25m Back Stroke (Men)</td>
<td>1610</td>
</tr>
<tr>
<td>Preliminary 25m Back Stroke (Women)</td>
<td>1615</td>
</tr>
<tr>
<td>Preliminary 25m Butterfly (Men)</td>
<td>1620</td>
</tr>
<tr>
<td>Preliminary 25m Butterfly (Women)</td>
<td>1625</td>
</tr>
<tr>
<td>Preliminary 25m Breast Stroke (Men)</td>
<td>1630</td>
</tr>
<tr>
<td>Preliminary 25m Breast Stroke (Women)</td>
<td>1635</td>
</tr>
<tr>
<td>Preliminary 25m Free Style (Men)</td>
<td>1640</td>
</tr>
<tr>
<td>Preliminary 25m Free Style (Women)</td>
<td>1645</td>
</tr>
<tr>
<td>Break. All Relay Teams should be checked-in by 1640.</td>
<td></td>
</tr>
<tr>
<td>Finals 4 x 100m Freestyle Relay</td>
<td>1700</td>
</tr>
<tr>
<td>Finals 25m Back Stroke (Men)</td>
<td>1710</td>
</tr>
<tr>
<td>Finals 25m Back Stroke (Women)</td>
<td>1715</td>
</tr>
<tr>
<td>Finals 25m Butterfly (Men)</td>
<td>1720</td>
</tr>
<tr>
<td>Finals 25m Butterfly (Women)</td>
<td>1725</td>
</tr>
<tr>
<td>Finals 25m Breast Stroke (Men)</td>
<td>1730</td>
</tr>
<tr>
<td>Finals 25m Breast Stroke (Women)</td>
<td>1735</td>
</tr>
<tr>
<td>Finals 25m Free Style (Men)</td>
<td>1740</td>
</tr>
<tr>
<td>Finals 25m Free Style (Women)</td>
<td>1745</td>
</tr>
<tr>
<td>Finals 4 x 100m IM Relay</td>
<td>1750</td>
</tr>
<tr>
<td>Finals *Sprint Medley Relay</td>
<td>1800</td>
</tr>
</tbody>
</table>

updated 07/24/18
Table Tennis

Competition
Table Tennis is a Tier 4 event. The structure of play (e.g., round robin, single elimination) will be determined by the number of players that show up.

The number of players advancing to the Regimental Tournament will be between four (4) and sixteen (16), and depends upon the quality of play in Challenge Tournaments.

Roster
Desired roster size is two (2) players per company. No more than six (6) players per company may participate.

Challenge Tournaments
Per the published schedule, players report at 1600 to Deas Hall. Players are randomly assigned to a tournament bracket and play until eliminated or win the bracket. Players must play in a minimum of two (2) Challenge Tournaments to be eligible to advance to the Regimental Tournament. Players will be ranked by their win-loss record. Ties are broken by points scored (most) then points scored against (least).

A match is one game played to 21 points (must win by a 2-point margin).

Who serves first is the PING rally winner. The serve changes after five points. Once 20 points have been awarded, the serve goes to player behind (i.e., to the man down) and continues until the match is won.

USA Table Tennis governs all other rules.

updated 07/24/18
Team Handball

Competition
Team Handball is a Tier 2 event. The structure of play (e.g., round robin, single elimination) will be determined by the number of teams registered.

Desired roster size is seven (7) players. Five (5) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to start of play.

Rules
Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

It is strongly recommended that players wear a mouthpiece. Cleated shoes are not permitted.

Games are played in two (2) 10-minute halves with a 2-minute break between halves. Games may be shortened at discretion of officials; fifteen minutes of play will constitute a complete game. The clock runs continuously except for officials’ timeouts.

Each team is entitled to one (1) 1-minute time-out per half.

In the event of a tie at the end of regulation play, teams will go to penalty shots. Teams alternate shooters. Following seven (7) shots for each team, the team scoring the most goals is the winner. If the game remains tied, shots will continue until one team scores and the other does not. Players who were on the court at the end of regulation must shoot penalty shots before any sideline player.

Substitutes may enter the game at any time so long as players being replaced have left the field. Substitutes must enter the game at midfield. Players may not switch positions with goalie while the ball is in play. A substitute goalie must notify referee upon entering game.

Score by getting the ball into opponent’s goal by taking shots from behind the goal area line. Players may use hands, arms, head, torso, thighs and knees to move the ball. The ball can be passed, dribbled or rolled, but the ball cannot be touched with the feet.

A player may dribble the ball without time restriction, but players are not permitted to dribble the ball after they have dribbled it and picked it up, i.e., double dribble is not permitted.

A player may run (3) three steps with the ball. A player may hold the ball for (3) three seconds. As soon as the ball is held with one or both hands, it must be released after (3) steps or (3) seconds.

No player, except for the goalie, is permitted in the goal area. The only exception is when an offensive player, while taking a shot on goal, is carried by momentum across the goal area line. In this case, regardless of whether the goal is made or missed, the offensive player must immediately clear the goal area. For example, an offensive player may not take his own rebound while standing inside the goal area line and shoot again.

When the ball enters the goal area, it belongs to the goalkeeper only. Any ball out-of-bounds over the endline goes to the defending goalie.

Field players may not enter the goal area (area bounded by line closest to goal). If a field player enters goal area while taking a shot, and scores, the goal is not counted, and ball changes possession.

Most play will occur between the goal area line and 9-meter line. When there is any change of possession, e.g., after shot on goal and goalie is returning ball to play, or ball is returned to play from out-of-bounds, the offensive team must be outside the 9-meter line until field play resumes. On a throw-in from out-of-bounds over the sideline, defending players must stay 3 meters (10 feet) from the ball.

A player is allowed to use the torso of the body to obstruct an opponent with or without the ball. However, using the outstretched arms or legs to obstruct, push, hold, trip or hit is not allowed. The attacking player is not allowed to charge into a defensive player.
A free throw is awarded for a minor foul or violation. The free throw is taken at the spot where the infraction took place, unless the infraction occurred between the goal area line and 9-meter line. In this case, the ball and all offensive players must be behind the 9-meter line, and defensive players must be 3 meters (10 feet) away when the shot is taken. Violation of any of following rules results in a free throw by opposing team:

- holding the ball without moving for longer than three (3) seconds.
- running with the ball for more than three (3) steps without dribbling.
- contacting the ball below the knees.
- pulling, hitting or punching the ball out of then hands of an opponent.
- unintentionally endangering an opponent with the ball.
- unintentionally tripping an opponent.
- charging, rushing or holding an opponent
- other dangerous play as judged by officials

A penalty throw, taken from the 8-yard hash line, is awarded to opponents when:

- a foul destroys a clear chance to score a goal.
- the goalie carries ball back into the goalie area.
- a field player throws the ball to his or her goalie in the goalie area.

All players must be outside the penalty line when the throw is taken. Any player may take the shot.

Actions directed toward an opponent and not the ball, e.g., tripping, holding, pushing, hitting, or intentionally endangering opponent with the ball, will be punished with a 2-minute suspension. The suspended player’s team plays short a man for the two minutes. Repeat of aggressive play by any team member will result in exclusion: the excluded player’s team continues one player short for rest of the game.

USA Team Handball governs all other rules.
Team Triathlon

**Competition**
The Team Triathlon is a Tier 3 event and will be held indoors. At least one (1) team must participate for company to earn full participation points.

**Roster**
Desired roster size is one (1) team. No more than two (2) teams per company may participate.

**Rules**
Teams will report to the Deas Hall Swimming Pool by 1600 on race day.

**Swim**
Competitors begin in the pool at the shallow end. The distance required is 400 meters. Swimmers will exit the pool and tag cyclist on the pool deck.

**Bike**
Cyclist will use stationary bikes in Deas Hall Cardio Area. Distance required is 8 miles; setting is Manual.

**Run**
Runners may begin after the cyclist tags. Runners will complete a two (2) mile run on a motorized treadmill in the Cardio Area. Incline will be set at 0 degrees.
Ultimate Frisbee

Competition
Ultimate Frisbee is a Tier 2 event. The structure of play (e.g., round robin, single elimination) will be determined by the number of teams registered.

Roster
Desired roster size is ten (10) players. Six (6) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to the start of play.

Rules
Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

Games are played in two 15-minute halves. Games may be shortened at discretion of the referees for darkness, inclement weather, or formation. Twenty minutes of play will constitute a complete game.

The clock runs continuously except for injury time-outs and at the referees’ discretion. In the event of a tie at the end of regulation play, teams will play to sudden-victory: the first team to score wins. Teams involved in a tie during Regimental Semi’s or Finals will play a five (5) minute overtime period. If a tie still remains at then end of this overtime period, teams will play to sudden-victory.

Out-of-Bounds
The thrower may pivot in- and out-of-bounds, providing some part of the pivot foot contacts the playing field.

Playing the Frisbee
Each point begins with both teams lining up in front of their respective endzone line. The defense throws the Frisbee to the offense.

The thrower must establish a pivot foot, and may not change that pivot foot until the throw is released.

The thrower has the right to pivot in any direction. However, once the marker has established a legal defensive position, the thrower may not pivot into the marker.

The thrower has 10 seconds to throw the Frisbee.

If the Frisbee is caught simultaneously by offensive and defensive players, the offense retains possession.

For the receiver to be considered in the endzone after gaining possession of the Frisbee, his/her first point of contact with the ground must be completely in the endzone.

Defending
Only one defensive player may guard the thrower at any one time; that player is the marker.

The marker may not straddle (i.e., place feet on either side of) the pivot foot of the thrower.

All players have the right to the space immediately above them.

There must be at least an arm’s length between the upper bodies of the thrower and the marker at all times.

It is the mutual responsibility of both players to respect each other’s position and not to encroach into this area once it is established.

No physical contact is allowed between players. Picks and screens are prohibited.

Change of Possession
The defense becomes offense at the location of out of bounds, drop, block or interception, not from where the Frisbee was thrown.

Fouls and Violations
A foul occurs when a player initiates contact with another. The fouled player must call “Foul!” to stop play and retain or gain possession. If the player accused of the foul disagrees, the play is redone. (Contact occurring during the thrower’s follow through, or between opposing players in the process of catching, intercepting or blocking the Frisbee may be deemed incidental contact.)
If an uncontested foul occurs in the endzone (with the exception of a force-out foul), the player fouled gains possession at the closest point on the goal line to the infraction.

If an airborne receiver catches the Frisbee, and is contacted by a defensive player before landing and that contact causes the receiver to land out-of-bounds, the receiver must call him/herself out-of-bounds or call a force-out foul on the defensive player. If this foul occurs in the endzone, and it is uncontested, a goal is awarded.

If offensive and defensive players call off-setting fouls, the Frisbee reverts back to the thrower.

A violation occurs when a player violates the rules in a manner that does not result in physical contact. The violated player must call "Violation!" or name the specific violation to stop play and retain or gain possession. Examples of violations are:

- traveling
- the thrower moves pivot foot
- the receiver takes more steps than required to stop after catching the Frisbee
- the receiver, after receiving a pass, does not come to a complete stop before throwing the Frisbee
- striping – a defensive player touches the Frisbee while it is in possession of the thrower or receiver
- If there is ever a failure to come to an agreement over a call, the Frisbee reverts back to the thrower.

**Punishments**

Actions directed toward an opponent and not the Frisbee, e.g., tripping, holding, pushing, hitting, or intentionally endangering opponent, will be punished with a 2-minute suspension. The suspended player’s team plays short a man for the two minutes. Repeat of aggressive play by any team member will result in exclusion: the excluded player’s team continues one player short for rest of the game.

Substitutes may enter the game after a score and during an injury timeout.

Ultimate Players Association governs all other rules. Always wear a mouthpiece.
Volleyball

**Competition**
Volleyball is a Tier 2 event. The structure of play (e.g., round robin, single elimination) will be determined by the number of teams registered.

**Roster**
Desired roster size is six (6) players. Four (4) players are required to avoid a forfeit. One player from each team is designated as the team captain prior to start of play.

**Rules**
Start time is forfeit time: there is no grace period for players to arrive late. Two (2) game forfeits disqualify a team from further play.

The team winning 2-out-of-3 games wins a match. All games are played to 15 points using rally scoring. Matches may be shortened at discretion of official. One (1) game played to 21 points will constitute a complete match.

Each team is entitled to one 30-second time-out per game.

All players from the serving team rotate after each serve. Substitution of players may be made when the ball is not in play. Substitutes must take the position of replaced players.

Each team is entitled to a maximum of three (3) hits to return the ball to opponents. These hits are in addition to blocking. Blocking is the action that deflects the ball coming over the net. To be considered a blocker, a player must reach above the net sometime during the effort to deflect the ball. Returning team may not block or spike a serve.

Ball may be played out of the net except on a serve.

A sideout or point is awarded to opponent if ball hits the ceiling on opponent’s side of net. Team may continue play if ball hits ceiling on its own side of net.

Players may not touch the net, or step over center line (under the net) while ball is in play. Blockers may reach over the net as long as they do not touch it.

USA Volleyball governs all other rules.
Weight Lifting

Competition
Weight Lifting is a Tier 3 event. At least two (2) competitors must participate for company to earn full participation points.

Roster
Desired roster size is two (2) competitors per company. There is no limit to the number of competitors who may attempt to qualify for Regimental Finals but only two (2) qualifiers from each company may advance, men’s and women’s divisions combined.

Preliminary Competition
A staff member will be available during times noted on the weekly intramural schedule to score preliminary attempts. Competitors may report to the Deas Hall Weight Room for weigh-in and competition.

Competitors will bench press a weight equal to 85% (men) or 55% (women) of body weight. To qualify for Regimental Finals, competitors must perform 20 (men) or 15 (women) repetitions (See Table for qualifying standards). Lifter may choose one of the following two (2) supine positions on bench, which must be maintained throughout lift:

- with head, trunk and legs extended on bench, knees locked, or
- with head, trunk (including buttocks) extended on bench, feet flat on platform.

Lift begins in a straight-arm position; bar must be lowered to touch the chest and returned to a straight-arm position. Lift will be ruled incomplete for any change in the elected lifting position, raising of head, shoulders, buttocks, or legs, any shifting of the same, bridging in any form, failure to touch bar to the chest, resting between repetitions, or any lifting of the bar by the spotter.

Regimental Finals
Regardless of total number of qualifiers, each company is limited to two (2) entries to Regimental Finals, men’s and women’s divisions combined.

Competitors will bench press a weight equal to 90% (men) or 60% (women) of body weight (See Table for standards). Lift repetitions will be counted to failure, or exhaustion. The competitor with the most lifts is the Regimental Champion. In the event of a tie, competitors will lift 95% (men) or 65% (women) of body weight to failure, and continue until a winner is declared.
## Preliminary Standards

**Men**  
Add these plates to a 45 lb bar:

<table>
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*approximately 55% of body weight

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*approximately 85% of body weight
### Finals Standards

#### Men

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*approximately 60% of body weight

*approximately 90% of body weight
<table>
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<tr>
<th>Month</th>
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<th>Event</th>
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<tbody>
<tr>
<td>Aug</td>
<td>Freshmen</td>
<td>Deas Hall Orientation</td>
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<tr>
<td>Aug</td>
<td>Freshmen</td>
<td>Inner Tube Water Polo</td>
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<tr>
<td>Aug</td>
<td>Upper Class</td>
<td>Kickball</td>
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<td>Sep</td>
<td>Freshmen</td>
<td>Air Pistol</td>
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<td>Freshmen</td>
<td>Dodgeball</td>
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<td>Sep</td>
<td>All Students</td>
<td>Pickleball</td>
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<td>Oct</td>
<td>Upper Class</td>
<td>Flag Football</td>
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<tr>
<td>Oct</td>
<td>Freshmen</td>
<td>Flag Football</td>
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<tr>
<td>Oct</td>
<td>All Students</td>
<td>Badminton</td>
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<tr>
<td>Oct</td>
<td>All Women</td>
<td>Flag Football</td>
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<td>Oct</td>
<td>Open</td>
<td>Soccer</td>
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<td>Nov</td>
<td>Open</td>
<td>3-on-3 Basketball</td>
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<td>Dec</td>
<td>All Students</td>
<td>Swim Meet</td>
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<td>Dec</td>
<td>Open</td>
<td>Volleyball</td>
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<td>Dec</td>
<td>All Students</td>
<td>Indoor Triathlon</td>
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<tr>
<td>Dec</td>
<td>All Students</td>
<td>Billiards</td>
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<tr>
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<td>5-on-5 Basketball</td>
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<td>Weight Lifting</td>
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<tr>
<td>Feb</td>
<td>Open</td>
<td>Arena Football</td>
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<td>Mar</td>
<td>Open</td>
<td>Ultimate Frisbee</td>
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<td>Records Challenge</td>
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<td>Mar</td>
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<td>Apr</td>
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<td>Softball</td>
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<td>Apr</td>
<td>All Students</td>
<td>Spikeball</td>
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<tr>
<td>Apr</td>
<td>All Students</td>
<td>Team Triathlon</td>
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**Ongoing Events for Cadets**

- Sigma Delta Psi
- CPFT Excellence
- Athletic Achievement
- Athletic Participation

Unless indicated otherwise, all events are co-ed. Open events require advance sign-up and a $20-per-team performance bond.

*Events listed are planned for the 2019 - 2020 school year. A detailed weekly schedule is published each Friday. Look for it on the Company Bulletin Board and Intramural Website.*