San Jacinto College Central
Campus Recreation
Handbook

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SAN JAC CENTRAL CAMPUS REC

• Students must bring their San Jac Student ID to all events. (If student does not have ID, they will not be permitted to play; ID's are issued through the library on Central Campus. A onetime only pass is issued to those without ID, BUT this is a onetime only deal.)

• All events are free of charge.

• All sports are open to men, women, and coed teams.

• "In compliance with Title VI of the Civil Rights Act of 1964, Title IX, Education Amendments of 1972 of the Higher Education Act, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990 and other applicable Federal and State Acts, the Board of Trustees of the San Jacinto College hereby adopts a policy assuring that no one shall, on the grounds of race, religion, color, national origin, sex, age or qualified disability be excluded from participation in, be denied the benefits of, or otherwise be subjected to discrimination in any program or activity of the college. The San Jacinto College is an Equal Opportunity Employer and welcomes students and employees without regard to race, religion, color, national origin, sex, age or qualified disability."
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San Jacinto College Central Campus Rec

San Jacinto College Central has a full campus rec program, featuring team and individual competition in a variety of sports. Team sports include flag football, ultimate Frisbee, soccer, softball, basketball, kickball, and many others. Individual sports include racquetball, tennis, pool, jogging, table tennis and others.

PHILOSOPHY

The campus rec philosophy is based on the concept that students should have freedom of choice, equality of opportunity, and opportunity to share in planning, supervising, and implementing the program. Sound campus rec programs give all students an opportunity to enjoy satisfying recreational activities varying from highly competitive to those of a non-competitive nature. There are valuable outcomes which give immediate satisfactions and insure treasured memories in all types of activities. Participation in the campus rec program can provide and contribute to good physical health and social adjustment.

SPIRIT OF COMPETITION

Team sports activities find their origin in the basic human need for the spirit of play. Winning and losing are mere outcomes of this play spirit. Abusive language toward officials and manipulation of the rules are not “part of the game”. What is part of the game is pure satisfaction of participation, getting fit and enhancing friendships. Without your opponent, you have no game, no contest and no fun. You are indebted to them, as they are to you. The spirit of play then is based on cooperation. Upholding high standards of integrity and fair play acknowledges this idea of cooperative competition. All players are encouraged to exercise good judgment in caring for the safety of others as well as themselves. At SJC, an intentional foul is considered cheating and a gross offense against the spirit of competition. The goal of lifetime sports for all players may have more meaning that that of a win or loss, the memory of which often fades quickly. All players are asked to participate within the context of this spirit of play/competition.

ORGANIZATION

The Campus Rec Program of San Jacinto College Central is under the direction of the Dean of Student Services and the Physical Education Department. The director is responsible for planning and preparing the annual program according to the needs and interests of the students. All eligible students are welcome to participate in the Campus Rec Program, either in individual or team sports.
INJURY RESPONSIBILITY

Since participation in the Campus Rec Program is on a voluntary basis, neither the college nor the Campus Rec Department will accept responsibility for injuries sustained during practice or participation in the Campus Rec Program. However, all injuries should be reported to the Director or his representative immediately.

REGULATIONS

1. All students officially enrolled in San Jacinto College Central are eligible to participate in the Campus Rec Program. Exceptions are those students who have ever represented any college in a varsity sport or semi-professional sports are ineligible to participate in that particular sport.
2. The Campus Rec Program welcomes properly registered part-time students.
3. Any irregularity concerning persons excused from the regular physical education program will be charged against the individual player, who will be considered an ineligible player.
4. A team shall forfeit any event in which it uses an ineligible player.
5. Participation in tournaments is entirely voluntary.
6. Organization Campus Rec Managers will be responsible for all participants from their group.
7. Upon approval of the Director, organizations not having enough members in their own group may combine with another organization to form a team.
8. A student may play on only one team at a time.
9. A physical exam is recommended, but not required.
10. If a team does not have the minimum amount of players to start a game, they may continue play being short that player. (Ex: flag football 4 on a team- team only has 3 players- that team can play).

GENERAL TOURNAMENT RULES

1. All games in the team sports events will be scheduled by the Campus Rec office.
2. In the individual sports, participants are responsible for arranging matches at a time both players are free.
3. All scores must be turned into the Campus Rec office and recorded.
4. All team sport tournaments will be round robin.
5. Individual sports will be either consolation or double elimination tournaments.
PROTESTS

1. Only protest concerning eligibility and rules will be allowed.
2. Protests concerning the judgment of an official will not be allowed.
3. Protests concerning the rules of a contest or eligibility must be made on the field of play during the contest to the head official. Do not wait until the contest is completed to register a protest. A protest must be typed and submitted to the Campus Rec office before 5 p.m. the next school day.
4. All protests must be filed with the Campus Rec Director.
5. The Campus Rec Director and the Campus Rec Council will meet and decide on all protest.

FORFEITS

1. If a team or contestant fails to appear at the appointed place and fails to be ready to play 15 minutes after the scheduled time, the contest will be forfeited to the opponent. If neither team is ready, both will forfeit. Should both teams be unable to play 15 minutes from scheduled game time the result will be a double forfeit.
2. Forfeited contests will not be rescheduled.
3. Any two forfeits will result in the team being dropped from the league or tournament.

POSTPONEMENTS

1. Requests for postponements should be made at least one day before game time.
2. Inclement weather and school functions will be considered logical causes for postponements.
3. No postponements will be made because of the absence of team members.
4. The Director of the Campus Rec Department will be the judge of postponements.

SUSPENSIONS AND RULES OF CONDUCT

Rules of personal conduct: Any person who commits, attempts to commit, incites, or aids others in committing any of the following acts of misconduct shall be subject to disciplinary procedures by the Campus Rec Office. Team captains, team managers, or coaches are responsible for the conduct of their players and are, therefore, subject to the same disciplinary actions as the guilty party.
1. Player or spectator hits or strikes an official: Indefinite suspension, minimum of one year, effective immediately.
2. Player hits another player: Indefinite suspension, minimum one year, effective immediately.
3. Threatening behavior (verbal or physical) toward an official: Indefinite suspension, minimum remainder of that sports season.
4. Player verbally abuses an official: Indefinite suspension until that player meets with the Campus Rec Director, minimum suspension for the sports season.
5. If a player is ejected from a game, he is suspended indefinitely from all intramural competition, and will report the next day to the Campus Rec Director with his team captains. The team involved may not be permitted to continue to participate in that sport if the player’s conduct is not satisfactory.
6. Additional disciplinary action may be taken as outlined in the Student Handbook.
7. If a player is ejected from a game he/she must vacate the area immediately. No matter is the play is waiting on ride, etc. The player is given 2 minutes to collect their belongings and must vacate the area.

HOW TO ENTER

All registration for Campus Rec events will take place online. Please visit www.sanjac.edu/campus-rec and follow the steps to register. You’re only a few clicks away from the fun!

WHO CAN PLAY

All students, faculty, and staff officially enrolled in San Jacinto College Central are eligible to participate in the Campus Rec Program.

DUTIES AND RESPONSIBILITIES OF TEAM CAPTAINS

The success of the Campus Rec Program depends largely on the leadership qualities and interests of the team captains.

1. Each team must have a captain responsible for the coordination between players and the Campus Rec Program.
2. Some of the team captain’s duties are as follows:
   a. Submit the required information for each member of his/her team on an official team roster. The roster is due prior to the first scheduled practice game.
b. Notify team members of scheduled games: date, location and time. It is the captain’s responsibility to have his/her team ready to play at the scheduled game time.

c. Be familiar with all rules (eligibility and game) and see that his/her team is aware of those rules.

d. Make an effort to see that those individuals representing his/her team play according to the rules of the game and conduct themselves in a sportsmanlike manner.

e. Check the weekly tournament schedule in Campus Rec Office/bulletin board.

f. Notify the Campus Rec Office whenever his/her team must default a contest.

g. Check team roster at least twice a week during the season to assure the eligibility of his/her team members.

h. Inform the Campus Rec Office immediately of any change in address or telephone number.

i. Keep in close touch with the Campus Rec Office staff for pertinent Campus Rec information.

**SPORTS OFFERED THROUGH CAMPUS REC**

**8-BALL**

1. A match consists of the best of two of three games.

2. Your objective in 8-ball is to pocket your set of object balls numbered 1 through 7 (“lows” or “solids”) or 9 through 15 (“highs” or “stripes”) before pocketing the 8-ball on a call shot.

3. The fairest way to proceed is to have an open table despite what has been pocketed. Even if you’ve sunk three solids and no stripes, you must make a call shot after the break to ensure solids.
ONE-ON -ONE BASKETBALL

TEAM:

Consist of one player.

SCORING:

A goal counts as one point.

GAME:

A game is 15 points and must be won by at least two points.

FOULS:

Call your own fouls and violations. Be honest! If fouled during act of shooting and ball goes in, offense may take the score. If fouled during the act of shooting and the ball does not go in it is the offensive team’s ball behind the three point line. A player may be disqualified by the Campus Rec Director for flagrant fouls.

METHOD OF PLAY:

1. Teams will alternate possession after each score.
2. Ball will be put into play from behind the three point line. NOTE: Ball and player must be behind the line.
3. Change of possession requires the ball to be behind the three point line.
4. After each score the ball must be “checked” by the opposing player before put into play.
5. If teams disagree on any matter and no agreement can be reached, the Campus Rec Director will assess both teams with a forfeit.

THREE-ON-THREE BASKETBALL

TEAM:

Consists of four students (four players, two substitutes)

SCORING:
A goal counts as one point.

**GAME:**

A game is two 15 point halves. Winner is the first team to score 30 points.

**COURT:**

The game will be played on a half-court.

**FOULS:**

Call your own fouls and violations. Be honest! If fouled during act of shooting and ball goes in, offense may take the score. If fouled during the act of shooting and the ball does not go in it is the offensive team’s ball behind the three point line. A player may be disqualified by the Campus Rec Director for flagrant fouls.

**METHOD OF PLAY:**

1. Make it – take it.
2. Ball will be put into play from behind the three point line. **NOTE:** Ball and player must be behind the line.
3. Change of possession requires the ball to be behind the three point line.
4. After each score the ball must be “checked” by the opposing player before put into play.
5. If teams disagree on any matter and no agreement can be reached, the Campus Rec Director will assess both teams with a forfeit.

**BASKETBALL FREE THROW CONTEST**

1. The free throw contest is conducted on the most number of made out of 50 attempts.
2. The count starts when the first free throw is made.
3. In the event of a tie, the tying participants will shoot another twenty-five free throws with the high person declared the winner.
4 on 4 AIR IT OUT FLAG FOOTBALL

RULES:

1. This event is non-contact. **Blocking is not allowed.**
2. 8 players are on the field at a time, teams consist of 4 players.
3. Games are played to 28 points or 30 minutes or 17-0 point mercy rule.
4. Teams consist of 8 players, 4 on the field and 4 subs.
5. TD= 6 points, extra point=1 point (5 yards out) or 2 points (10 yards out).
6. Running is allowed after the catch.
7. Quarterbacks cannot run.
8. Laterals are allowed.
9. All players are eligible to receive passes.
10. Only players starting 7 yards behind the line of scrimmage can rush the passer.
11. Quarterback has 7 seconds to attempt a pass or the play is ruled dead.
12. Interceptions will result in 3 points for that team, the play is dead (no run-backs on interceptions) team will have the ball on 40 yd line.
13. Offense has 3 plays to cross the midfield line or score a touchdown.
14. All offensive penalties = loss of down and yardage
15. All defensive penalties = first down.
16. A quarterback tee will be used for ALL snaps. No fumble recoveries allowed.
17. Cleats are allowed, but must be rubber. No metal baseball spikes are allowed. Inspection will be made on field. NO BARE FEET ALLOWED.
18. Flagrant contact or fouls will not be tolerated. Offending player(s) will immediately be ejected from the game.
19. If a person’s flag belt comes off during play, the rule for downing them is 2 hand touch below the waist.

ULTIMATE FRISBEE

EQUIPMENT:

Frisbee disc. Two judges, a time keeper, a scorekeeper, and a stop watch.
PLAYING FIELD:

The playing field should be 60 yards long and 40 yards wide with a 30 yard area on both ends of the field. These are ideal dimensions, if this area is not available; simply keep within the 60/40 ratio. If a pass is completed outside the lateral boundary, it’s considered incomplete and the defensive team gains possession of the Frisbee disc. In order to be considered in-bounds, a player must land with both feet touching inside the boundary line. Should the Frisbee disc land outside the lateral boundary it is returned on the main playing field at the point where it went out of the lateral.

Team Size:

All eight team members may participate. Six people play (three men and three women on the field at all times) with two substitutes. Substitution cannot be made during a time-out.

TIME:

Team Frisbee lasts for 20 minutes of playing time, two 10 minute halves. Before competition begins a coin is tossed and called by one team.

Scoring:

(Running time) Scoring 3 points for each completed pass caught in the opposing teams’ end zone or 6 points for each girl catching a pass in the opposing end zone.

*Frisbee is a brand name and registered trade mark of the Whamo Manufacturing Company for flying discs used in sport games.*

GOLF

1. A 18- hole tournament will be held in the fall and spring semesters.
2. Entrants must play in threesomes or foursomes and the score cards attested to by all members of the group.
3. Score cards must be turned in at the Campus Rec Office.
4. Please see “Special events” section for more information on golf tournaments.
ROLLER/FLOOR HOCKEY RULES

Games will be played Monday through Thursday. Forfeit time will be 15 minutes after scheduled game time.

1. TEAMS
   Teams will be eight players. Two captains will be designated by each team.

2. START OF GAME:
   Team at the start of the game will be comprised of six players.

       1 Goaltender – 2 Defensemen- 1 Left Wing – 1 Right Wing- 1 Center

   The game will start with a face – off at center court, between the two centers. Games will be three 15-minute periods; running time. Substitutions can take place at any time during the game. A goal is scored when the entire puck crosses the goal line.

3. THE COURT:
   The court will be the standard basketball court. In hockey, the “rink” is divided into three zones, two “attacking” zones and one neutral zone. Because of the absence of space the neutral zone in Floor Hockey is eliminated. Thusly, the court is divided into the two offensive attacking zones, separated by the center court line. On the sideline, the bleacher seats will serve as side boards. The goals will be set no less than 10 feet from the walls in the back court. Goals will be four feet high, six feet wide, and three feet deep.

4. INFRACTIONS:
   Offside will be called when any offensive player precedes the puck into the attacking zone. That is, he crosses the centerline before the puck. In the event that a penalty is called, the team being penalized will play shorthanded for one minute 30 seconds. The most a team can be shorthanded is two players. If a goal is scored, the penalty is expired. If a team is shorthanded two players and a goal is scored the first player penalized is allowed to return. Match penalties of five minutes will be called for fighting or high sticking with violent attempt. The player penalized is out for five minutes and is not replaced in the event of a goal. Fighting constitutes also a game misconduct and further expulsion form Floor Hockey.

5. PENALTIES:
   High Stick- High Stick will be called when a player carries his stick or checks an
opposing player with his stick above his shoulder. Penalty one minute 30 seconds.

**Holding**- Grabbing a player to impede his progress or grabbing another player’s stick, in order to impede play. Penalty one minute 30 seconds.

**Hooking**- Using the stick to “hook” a player in order to impede play. Penalty one minute 30 seconds.

**Tripping**- Using the stick or foot to trip another player if no one is between the player being tripped and the goal, a penalty shot is called. Penalty one minute 30 seconds.

**Cross Checking**- Using the stick to check an opposing player. Penalty one minute 30 seconds.

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**SLOWPITCH SOFTBALL**

**GENERAL INFORMATION OF SOFTBALL:**

1. The rules shall be governed by the Amateur Softball Association.
2. Requires 9 players (six men and three women) but, the game may be started with eight players and upon arrival of the ninth player, they enter the game and bat in correct gender position. You may not play with more than six men. The batting team supplies the pitcher, who does not play defense.
3. A regulation game consists of five inning or 45 minutes, whichever comes first.
4. The game shall be started by a coin flip for choice of “at bat” or “in the field”.

**EQUIPMENT:**

1. Only tennis or soccer type shoes may be used. Metal spiked baseball shoes or football shoes will not be allowed by any player even by mutual agreement.
2. Each team must furnish its own practice equipment, bats, balls, and gloves.

**GENERAL SUMMARY OF RULES GOVERNING CAMPUS REC SOFTBALL:**

1. No stealing is allowed. No lead-off until pitched ball has crossed the home plate.
2. Sliding is permissible.
3. Pitching rules: A legal delivery is a ball pitched to the batter underhand and at a moderate speed, with a perceptible arch of not less than three feet and no more than 10 feet. **NOTE:** Speed and height are left entirely to the judgment of the umpire. Pitcher must have one foot in contact with the pitcher’s plate at delivery and pitch (not hit) the ball must be returned to the pitcher by the catcher. Illegal pitches: An illegal pitch is a ball only. No runner or runners can advance.
4. Fairly delivered ball: In slow-pitch the strike zone is between the shoulder and knees. Also, the ball must cross home plate to be a strike. Therefore, a fairly delivered ball is a legally pitched ball which enters the strike zone and crosses home plate before touching the ground and at which the batter does not strike. The strike zone is that space over home plate which is between the batter’s shoulders and his/her knees when the batter’s in his/her natural stance.

5. A batter is out in case of a bunt or chopped ball called by the umpire. An inadvertent bunt caused by the batter trying to move away from the pitch is legal Judgment call by the umpire.

6. A run or runs may be scored only as the result of a hit ball or play resulting from a hit ball. A run or runs may not score on a wild pitch or passed ball.

7. A hit ball that strikes a base is a “fair hit ball”.

8. A fair hit ball is legal “while on or over fair ground touches the person or clothing of an umpire or a player”.

9. It is a fair hit ball when a hit ball first falls on fair ground beyond first or third base.

10. A fair fly must be judged according to the relative position of the ball and the foul line, and not to whether the fielder is on fair or foul ground at the time he touches the ball.

11. A batted ball which first touches foul ground then rolls or bounds into fair territory before having touched any object, is a fair ball, provided it rolls or bounces into the diamond before reaching first or third base.

12. Any foul, tip or hit, caught is a strike.

13. A base runner who is hit by a legally batted ball is declared out.

14. A batter becomes a base-runner if he/she intentionally interferes with a thrown ball or in any way obstructs a fielder in attempting to field a batted ball (judgment of the umpire).

15. Unintentional interference with an outfielder by an adjoining fielder in an adjoining intramural softball game shall result in a dead ball and the situation being played over. A fair batted ball that foes by the defensive player or over his/her head and lands in an adjoining playing field shall be in play. If the ball is unintentionally interfered with, it shall be the judgment of the umpire as to what effect the inference has on the resultant of play.

**For Example:** The batter hits a long fly over the fielder’s head which bounces onto an adjoining field; as the batter rounds third base and fielder is in pursuit an adjoining game player unintentionally interferes with the ball. Effect: Umpire shall declare a homerun, since batter was rounding third base when the ball was interfered with.

16. Batting order is alternated- guy, girl, guy, etc. (or vice versa).

17. Three strikes, foul on third strike-out.
PUNT, PASS & KICK

1. Each contestant will be given three attempts to punt, pass and kick a football.
2. The longest distance in each event is recorded.
3. Awards will be given for the longest: punt, pass, kick and the largest total of the three combined distances.

Additional rules on scoring:

Each participant is allowed one punt; one pass and one placekick as part of his or her competition. Scores are based on both distance and accuracy. For example, if a participant passes the ball 100 feet, but the ball lands 30 feet to the right of the measuring tape, the final score is calculated by deducting 30 from 100, for a final score of 70. Scores are based on exact feet and inches (partial inches are rounded to nearest inch). Participants cannot receive a negative score, but they can receive a score of zero. A participant's final score is his or her cumulative total for the three individual events. For example, if the participant scores 40 for punting, 60 for passing and 22 for kicking, the participant's final score would be 122. If a participant goes over the line prior to or before releasing or making contact with the ball, he or she is penalized five feet. The only exception is in kicking, where a participant may go over the line without penalty, provided the tee is placed on or behind the line. There is no violation if the kicking tee is kicked with the football during the kicking event. Scores are determined from where a participant's punt/pass/kick first makes contact with the ground. Bounces or rolls do not add to the score. If a participant tries to punt, pass or kick and misses the ball completely, it does not count as an attempt, and another attempt is allowed.

TABLE TENNIS

1. A match consists of the best two of three games.
2. Contestants will officiate their own games.
3. United States Table Tennis Association rules will govern play.
GAME:

1. Team set-up on floor- men and women must be alternated at all times.
2. A match shall consist of the best two out of three games. If a team wins two in a row, the third game will be played for fun if both teams agree to play.
3. A game is 15 points. The winner must win by two point advantage.
4. Side and service shall be decided by a toss of a coin. For the deciding game a coin will be tossed again.
5. Teams will change courts after each game.

RULES:

Volleyball rules are simple and can be learned quickly by beginners. The simplified rules follow. The penalty for practically every foul is the loss of the ball for the side serving or loss of the point if the receiving side fouls.

1. The ball must be served by the right back behind the rear line, right of the 10-foot mark, and may be hit in any manner with the hand.
2. Only one trial serve is allowed per side and it must land within the opponent’s court. If it touches the net and continues into the opponent’s court, it counts as a serve.
3. It is a foul for players to touch the net, to reach over the net, or under the net and touch an opponent, or to step over the center line.
4. Holding or throwing the ball while it is in play is a foul. The play must be a distinct hit of the ball.
5. A ball landing in a boundary line is “in”.
6. A point may be scored only by the side serving.
7. If a ball touches a player or a player touches a ball, he is considered as having played the ball. If the ball hits a player twice or two or more blockers after being played, it is considered as having been played just once.
8. The ball may be played only three times by one team in a volley, and a player may not play it twice in succession but may play it twice if it is played by a teammate in between. **Example of legal play:** Boy-Girl-Boy or Girl-Boy-Girl OR, Boy-Boy-Girl- or Girl-Girl-Boy.
9. Players of the serving team must rotate clockwise when receiving the ball to serve, and the right back must serve. Women do no rotate for their first serve.

**Indoor Soccer**

**The team** - Most indoor soccer matches are played with 6 players per team. One of this six needs to be a goalkeeper.

**Offside** - In indoor soccer, the offside rule doesn’t exist. With other words, you may stand in your opponent’s penalty kick area and wait for the ball. In fact, this is a strategy that is pretty efficient especially for contra attacks.

**The Field** - Most indoor soccer fields are rectangular or oblong in shape with artificial turf surface. The game can also be played on basketball courts. Goals are generally recessed into the walls. They are also smaller than the regular outside soccer goals.

**Equipment** - You need to wear your teams uniform and have shin guards & indoor shoes. Jewelry and other accessories are not allowed. If you are playing as goalkeeper you should wear colors that are easy to distinguish you from all other players plus the referees.

**Free kick** - If the ball hits the roof, a free kick is awarded to the opposite team. The free kick must be taken from the place where it hit the roof.

**Corner kicks** - A corner kick is awarded to your team when the ball hits the netting above your opponents goal. A good strategy to take advantage of corner kicks is to kick the ball with power at your opponent’s goal. With little luck the ball will touch someone and find a way into the goal.

**Don’t slide tackle** - Slide tackling is not allowed in indoor soccer. You should avoid executing sliding tackles because you will burn your skin and I can tell you that it really hurts! Sliding is dangerous because the walls of the indoor field are pretty hard. If you don’t know what you are doing you may injure both yourself and your opponent seriously. Avoid sliding tackles whatever you do.

**The ball** - For leagues that play on hard surface the ball is usually covered with sued or similar non marking covering. This type of ball will not bounce so much and will be easier to control.

**The crease** - There are indoor leagues that enforce a special zone inside the goalkeeper box that is called the crease. Remember that you can’t shoot the ball from inside the crease unless you have entered the crease already having the ball at your feet.
Kickball

Current W.A.K.A rules will govern kickball rules with the following exceptions:
1) Kickball is a simple game consisting of two teams, 10 fielders, 5 innings, 2 base coaches (if desired), one base on an overthrow, forced outs, no ghost runners, and bunting is allowed. (highly discouraged since Pitcher’s Hand rule is in place).
   a. There is NO “pegging” of the ball. If a base runner is hit by a ball kicked by their teammate, that base runner is out. If a fielder throws the ball and the base runner is hit, the base runner is still safe, if they beat the tag/force out.
   b. Games will be played at Henderson Field.
2) Teams will provide a pitcher to their own team. Each batter will get a maximum of 3 pitches. If a ball is kicked foul on the third pitch, the batter will be called out. There will be a designated defensive pitcher in order to use the Pitcher’s Hand rule.
3) There is no stealing base when the pitcher has the ball in their possession. If the runner is past halfway at the point when the pitcher calls time, the runner is then allowed to advance to the next base. You cannot tag a player out after the pitcher calls time. You automatically get one base on a throw that goes out of play, but if the ball stays in the field of play during an overthrow, runners may advance at their own risk.
4) A player can be called out by: Pitcher’s Hand rule (explained below), a caught ball that has been kicked legally, stepping over the plate on a kick (stepping on the plate is allowed), striking out, forced out at a base, or tagged out.
   a. Pitcher’s Hand rule – The defensive pitcher must be within the infield to call time. If the pitcher calls time while not in the infield or without the ball, runners are automatically safe. If the pitcher calls time with the ball in the infield before the kicker gets to first base, the kicker is out. Pitcher’s Hand is only in effect for first base. (A pitcher can tag second base, and then call time AFTER the tag to induce a double play).
   b. Players CANNOT knock a ball loose from a fielder’s hands for them to “drop the tag.” Player will be called out, as long as possession was established before the tag.
   c. NO sliding allowed!
5) The player who is up to kick cannot step in front of the plate to kick the ball. They are allowed to step on or next to home plate.
6) There are 3 outs each inning, and 5 innings played.
7) If a ball that is legally kicked lands in bounds but then goes foul before the third and first base, it is a foul ball. If a legally kicked ball lands in bounds AFTER first/third base, then goes foul, it is considered a fair ball.
Dodgeball

THE TEAM
Teams will be made up of 6-10 players. Six (6) players will compete on a side; others will be available as substitutes. Substitutes may enter the game only during timeouts or in the case of injury.

THE FIELD
The game may be played indoors or outdoors. The playing field shall be a rectangle at least 50 ft long and at least 30 ft wide, divided into two (2) equal sections by a center-line and attack-lines 3m from, and parallel to the centerline. IDEAL MEASUREMENTS: 60’ x 30’ – Identical to a volleyball court.

THE EQUIPMENT
The official ball used in tournament and league play will be an 8.25” rubber-coated foam ball.

THE GAME
The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:
1. Hitting an opposing player with a LIVE thrown ball below the shoulders.
2. Catching a LIVE ball thrown by your opponent before it touches the ground.

Definition: 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)

BOUNDARIES
During play, all players must remain within the boundary lines. Players may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end-line.

THE OPENING RUSH
Game begins by placing the dodge balls 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 line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Teams may only retrieve 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.

TIMING AND WINNING A GAME
The first team to legally eliminate all opposing players will be declared the winner. A 3-minute time limit has been established for each contest. If neither team has been eliminated at the end of the 3 minutes, the team with the greater number of players remaining will be declared the winner. Details on overtime can be found in the NADA Rule Book.
TIME-OUTS & SUBSTITUTIONS
Each team will be allowed one (1) 30 second timeout per game. At this time a team may substitute players into the game.

5-SECOND VIOLATION
In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds. This also applies to tied teams. More details can be found in the NADA Rule Book.

RULE ENFORCEMENT

- Collegiate Golf Alliance Golf Tournaments - we conduct 2 tournaments each year. The top student team will qualify to attend and play in the CGA National Tournament in Las Vegas, NV.

- Gulf Coast Intercollegiate Conference (GCIC) Sports Days - We conduct 2 sports days a year featuring sports such as flag football, soccer, and basketball. GCIC consists of many area community colleges; all sporting events take place on San Jacinto College Central. Participants will be selected based on participation within the Campus Rec Department and by the Campus Rec Director. No awards are given away for participating in GCIC events. Please see Campus Rec Director for more information.

- GCIC Beach Day consists of beach volleyball, beach flag football, and golf tournament on Stewart Beach in Galveston, TX. This tournament takes place each April. Participants are invited based on participation within the Campus Rec Program and by the Campus Rec Director. No awards are given away for participating in GCIC events. Please see Campus Rec Director for more information.