Intramural Sports Handbook
2015-2016
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**UNIVERSITY OF PITTSBURGH**

**INTRAMURAL AND RECREATION CENTER**

3034 Baierl Student Recreation Center

IM & REC. WEBPAGE: http://www.studentaffairs.pitt.edu/intramurals-recreation

REGISTER: www.imleagues.com/Pitt
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HOW TO ENTER THE INTRAMURAL PROGRAM

Intramural competitive opportunities are organized into 5 divisions: Fraternity/Sorority, Men’s, Women’s, Co-rec, and Grad-Fac. When the number of entries per sport is sufficient, these divisions are often divided into leagues of 4 to 7 teams each.

The following guidelines are suggested for anyone who would like to participate in the intramural program.

* Contact the Athletic Chairman of your dormitory, department, fraternity or sorority.
* Watch the bulletin board in the Baierl rec. Center in the Petersen Events Center.
* If you do not belong to team, you may sign up as a free agent on www.imleagues.com.
* Sign and turn in a release form. Either a team form or Free Agent form.

TEAM REPRESENTATIVES

Each team appoints a representative (the team captain) to act as the intermediary between the team and the Intramural Department. This representative is held responsible for ensuring that his/her team has had an enjoyable, successful experience within the by-laws and regulatory confines of the Intramural Program. Among the team representative’s specific responsibilities are:

* Arranging for practice sessions, which are voluntary, through the Facilities Office, 412-648-8273.
* Knowing the playing rules in each sport and the regulations of the Intramural Program as listed later on in the this handbook.
* Informing the team of date, place and time of all regulatory scheduled contests. Strive to prevent postponements and forfeits.
* Seeing to it that the scorecards are properly completed, furnishing competent scorer and timer when needed. Promote and sustain a cooperative and sportsmanlike attitude on the part of the team members and accompanying spectators.

PURPOSE

The purpose of the Intramural Sports Office is to encourage all students, faculty and staff members within the University to participate in an organized athletic program.
ORGANIZATION AND ADMINISTRATION

* The Intramural Program is under the jurisdiction and resides under the Division of Student Affairs. The Program is administered by the Intramural Coordinator, Program Assistant and student staff (sports managers and officials).

* The program is supervised by student leaders who serve as officials.

GAME OFFICIALS

Individuals are needed to serve as paid officials in selected sports. Officials are paid on either a game or hourly basis. If you’re interested in a challenging part-time job with excellent pay potential, contact the IM & Rec. office in 3034 Baierl Student Recreation Center, or e-mail Bill Wallace at wwallace@pitt.edu.

INSURANCE

The Intramural Department does not insure its participants. All students are encouraged to avail themselves of the relatively inexpensive program offered through the Student Health Service.

HEALTH EXAMINATION

All persons planning to participate in the program should undergo an annual physical examination. The Intramural Department reserves the right to require proof of such examinations or to require evidence of a Doctor’s examination prior to participating in selected, special activities.

INTRAMURALS BY-LAWS

Article I – ELIGIBILITY

Participants and team representatives are responsible for eligibility verification. Questionable cases should be referred to the Intramural Coordinator before competing.

Section 1  A student may play for only one team in each sport.

Section 2  Only currently enrolled Pitt students may participate.

Section 3  A professional athlete may not participate in the sport in which he has lost his amateur standing.

Section 4  Undergraduate college letter winners (whose eligibility for varsity competition has expired) may participate in Intramurals in their letter sport on a one per team basis in the following sports: touch football, soccer, volleyball, and basketball. Other college lettermen plus anyone who has an Athletic Scholarship are ineligible except in a case where they are granted a special waiver by the Intramural Coordinator.
Section 5  A student who is on a coach’s squad list for thirty days before intramural competition begins or who participates in intercollegiate contest is ineligible for the intramural sport or related sport for the school year.

Section 6  Related sports are football, touch football, soccer, indoor soccer, and basketball.

Section 7  A person using an assumed name will be ineligible for intramural sports for the remainder of that term.

Section 8  A team shall forfeit all contests in which it uses ineligible players.

Section 9  Membership and resident requirements are:

(a) Fraternities and sororities may be represented by active members and pledges who are in good standing. Pledges must be pledged during the recognized pledge period or during the first two weeks of open bidding. All members must be chartered, have dues paid up, and have a completed roster form;

(b) Dormitory houses may be represented by the counselors and students who reside there;

(c) Graduate-Faculty division may use faculty, staff or students;

(d) Graduate students may not participate in any undergraduate division. Sections 2 and 3 restrictions are waived in this division;

(e) Engineering division teams any use an eligible student enrolled in its respective department;

(f) Clubs may be represented by any member cleared by the Club Sponsor;

(g) All other teams may be represented by eligible participants irrespective of affiliation unless they wish to limit themselves of a specific membership.

Section 10  All teams must enter team rosters at the beginning of the season. If the season is divided into two sessions, a new roster must be turned in for each session.

Section 11  If you do not have your Pit ID on the night you are playing, you will not be permitted to play. NO EXCEPTIONS.

Article II – PROTESTS

Section 1  Protests dealing with faulty interpretations of rules by game officials should be settled by the Intramural Supervisor, whenever possible, at the time they occur. The game should proceed to completion. On the field or court, decisions may be appealed.

Section 2  Protests that question an official’s judgment will not be allowed. MISCONDUCT TOWARD OR HARASSMENT OF AN OFFICIAL CAN RESULT IN SUSPENSION OR EXPULSION FROM INTRAMURAL PLAY.
Section 3  All eligibility protests must be made prior to the beginning of a contest. Once the game begins the results stand.

Section 4  All other protests will be handled by the IM Coordinator and the Sports Managers.

Article III – POSTPONEMENTS

Section 1  Scheduled activities postponed by the IM Office will be rescheduled by that office and the teams will be notified accordingly. In case of inclement weather, team managers should contact the IM Office after 3:30 p.m.

Section 2  A scheduled activity may be postponed by mutual agreement of the team representative and the IM Office. Requests for postponement should be made at the IM Office in writing by 12:00 noon on the day preceding the contest.

Section 3  Teams which do postpone a scheduled contest without consent of the Intramural Office will be considered as having forfeited.

Section 4  Sections 1, 2 and 3 apply to regular season contests. Exceptions for play-off contests are not permitted unless first approved by the Coordinator.

Article IV – FORFEITS

Section 1  Teams or contestants will be given an extension of 10 minutes following a regularly scheduled playing time. Teams may start a game with one less than the usual number of required players.

Section 2  In case of forfeiture, that team shall be dropped from the sport. If a request is made within 24 hours, the team will be reinstated with the game being counted as a loss, except in single elimination tournaments where the loss would result in elimination.

Article V – INJURIES

Section 1  The University endeavors to provide suitable playing facilities and supervision but it is not responsible for injuries. Participants with physical limitations are advised to exercise discretion.

Section 2  Shatterproof glasses or a protective guard should be worn in volleyball, racquetball, and contact sports.
Section 3  The Intramural supervisor should render first aid where applicable. The University Police Ambulance should be called in the case of serious injury and the injured may go to the medical service if it is possible for him to get there.

Section 4  The University Security Department (Ext. 2121) has ambulance service on call.

Section 5  A First Aid Office is located in room 169 in Trees Hall.

Article VI – AWARD PROGRAM

Section 1  The Fraternity and Sorority Divisions have their own All Point and Team Award Trophies.

Section 2  All independent division winners will receive a championship T-shirt.

Article VII – OFFENSE POLICY

1\textsuperscript{st} offense = Player suspension = 1 game

2\textsuperscript{nd} offense = Player suspension = sport

3\textsuperscript{rd} offense = Team suspension = sport

If the second and third offenses happen in the last game of the season, the players or the team will not be able to participate in the following sport of the same academic year or the same sport in the following year.

Article VIII – SPORTS RULES

Section 1  All contestants are governed by the N.C.A.A. or designated amateur rules for that sport except as modified by Intramural revisions.

Section 2  Mimeographed rules are available for all sports and may be obtained at the IM Office at the beginning of each sporting season.

Section 3  Rules or modifications for soccer, indoor soccer, touch football, volleyball, basketball, ultimate Frisbee, are as follows:

SOCCER
National Collegiate Soccer Rules will govern IM soccer except where the Intramural modifications necessitate change.

Six men constitute a team. However, a team may play with five men to prevent forfeiture.

A game consists of two 20-minute halves. Half time will be 5 minutes or less by agreement of both teams.

No time-outs are permitted except to substitute for an injured player.

Major fouls will be penalized by awarding a direct kick from the spot of infraction. Only the goalie may defend the goal.

In playoff games, ties are settled by a 10-minute sudden death overtime. After the 10-minute overtime is up the game will be decided by penalty kicks. Each team is allowed three penalty kicks in alternating fashion. If after three kicks the game is still tied, sudden death penalty kicks will decide the game. Each team is given an opportunity to kick until one team is ahead.

There can be intentional pass backs to the goalkeepers.

**INDOOR SOCCER RULES**

**FRAMEWORK**

1. National Collegiate Indoor Soccer Rules will govern IM indoor soccer except where the Intramural modifications necessitate change.

2. The game is played with two teams consisting of 6 players each (one goalie and five players).

3. The fields are set up in the Cost Center.

4. The side lines consist of the red line on one side and the bleachers on the other.

5. If a team kicks the ball so that it hits the ceiling, the other team receives an indirect kick from the point it hit the ceiling.

6. A regulation sized indoor soccer ball, which is slightly deflated, is used.

**RULES**

1. There are no offsides.

2. Play runs continuously except in the event of an injury.

3. There are no time outs.
4. Player substitutions are made “on the run”.
5. Too many men on the field results in stoppage of play and an indirect kick given to the other team.
6. All contact violations, unless blatant, result in indirect kicks.
7. Blatant contact results in penalty kick from the far side of the red circle in front of the goal. Only the goalkeeper may try to stop the ball.

There is no slide tackling.
The goalkeeper may not throw the ball in the air further than half court.
All other rules are governed by official indoor soccer rules.

**ULTIMATE FRISBEE**

Ultimate Frisbee is a sport that combines the non-stop movement and physical endurance of soccer with the aerial passing skills of football. It is a refreshing way to experience competitive sports.

The UPA’s 10th edition rules ([http://www.upa.org/ultimate/rules/10thFinl.pdf](http://www.upa.org/ultimate/rules/10thFinl.pdf)) will govern IM ultimate except where the Intramural modifications necessitate change. The following is a brief summary of the rules:

The Field – A rectangular shape with endzones at each end. Games played in The Cost Center.

Initiate Play – Each point begins with both teams lining up on the front of their respective endzone line. The defense throws (“pulls”) the disc to the offense. A regulation game has five players per team; however, a team may play with as few as two players.

Scoring – Each time the offense completes a pass in the defense’s endzone, the offense scores a point. Play is initiated after each score.

Game Length – A game consists of two 20-minute halves. Half time will be 5 minutes or less by agreement of both teams. If time expires, while the disc is live (in the air) then play will continue until the disc is caught, hits the ground, or lands out of bounds.

Movement of the Disc - The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (“thrower”) has ten
seconds to throw the disc. The defender guarding the thrower (“marker”) counts out the stall count.

Change of possession – When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

Substitutions – Players not in the game may replace player in the game after a score and during an injury timeout.

Non-contact – No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

Fouls - When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

10. Self-Refereeing – Players are responsible for their own foul and line calls. Players resolve their own disputes.

11. Spirit of the Game – Ultimate Frisbee stresses sportsmanship and fair play. Competitive play is encouraged but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

12. Time-outs – Each team will have 1 time-out per half.

**TOUCH FOOTBALL**

1. National Collegiate Touch Football rules will govern IM touch football except where Intramural modifications necessitate change.

2. Six men constitute a team. Unlimited substitution is allowed as long as the game is not delayed. If a player/coach runs on the field, they must remain in the game for 1 play (5 yard penalty).

3. The fields are 80 x 35 yards, divided into four 15-yard zones. Intramural fields have 10 yard end zones.

4. A team has four downs to advance from zone to zone.

5. A game consists of a total number of plays with a brief half-time.
A. All snaps count as plays; i.e. field goals, out of bounds punts, and plays without a penalty. Extra-points, kickoffs and free kicks do not count as plays.

B. Penalties occurring before or at the snap of the ball (offsides, encroachment, illegal motion and delay of game) do not count as plays.

6. Each team is allowed two 1-minute time outs per game.

7. On a kickoff, a place kick is taken from the team’s 15-yard line. The ball may be held on the ground or a tee. Punting the kickoff is not permitted.

   A. Kickoffs going into or out of the end zone for a touchback will be spotted on the 15-yard line.

   B. The receiving team has a choice of putting an out of bounds kick in play at midfield or where it went out of bounds.

   C. A free kick after a safety is the same as a kickoff; out of bounds, ball goes to mid-field; over the end zone, the ball is spotted on the 15-yard line.

   D. A tee is not permitted on an extra point, field goal, or free kicks.

   E. On-side kicks are not permitted.

   F. Kick will become a dead ball on the second bounce.

8. A ball carrier may be tagged with one or two hands anywhere between the shoulders and the feet. A player may not dive to make a tag. Violation is subject to a penalty of ten yards or continued running distance if the ball carrier is not tagged.

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<td>Playoffs</td>
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9. Both the offensive and defensive players can dive to catch the football. The offensive player can dive for a first down and for a touchdown.

10. Offensive players may not line up closer than two yards from a sideline. Defensive players must line up no closer than one yard off the ball. Violation is subject to the 5-yard penalty.

11. A team may declare to the referee their intention to punt at any down. On the punt neither team may cross the scrimmage line until the kick is made. There is no time limit on punts. The defensive team must have three men on the line of scrimmage until the snap.

12. The center may rotate but not remove the ball from the ground. When the ball is snapped, it must be one continuous motion between the center’s legs.

13. Any type of number of passes may be thrown behind the line of scrimmage. All players are eligible receivers.

14. Balls in play are dead upon touching the ground. All actions except field goals or extra point attempts are subject to this rule.

15. Only the shoulder block may be used.

   A. The blocker must stay on his feet and his arms may not be used except as an immobile extension of the shoulder while the hands are kept in contact with the chest.

   B. No blocking below the waist. At no time may any player contact an opponent in the head with the hands or arms.

16. All instances of a rule infraction involving illegal use of hands, illegal blocking, holding, offensive interference and unnecessary roughness result in 10-yard penalties from the line of scrimmage. Defensive interference in the end-zone is first down on the 1-yard line.

17. Unsportsmanlike conduct plus flagrant and dangerous infractions of Rule #15 are penalized with a 10-yard penalty, disqualification, and an automatic first down (loss of down if against the offense).

18. Scoring:

   - Touchdown: 6 points
   - Safety: 2 points
   - Field Goal: 3 points
   - Extra Points: Kicks: 1 point
   - Pass* or Run: 2 points

*If intercepted, the defense may run back for 2 points.
19. If a team decides to kick a field goal, they must announce it to the referee. The kicking team must execute the kick within 5 seconds from the time of the snap. A ball that touches the ground is not dead if kicked within 5 seconds.

   A. A missed field goal inside the fifteen yard line goes over to the defense at the fifteen yard line. If beyond the fifteen yard line the ball goes where the line of scrimmage was before the attempt.

   B. No offensive blocking or defensive rushing is permitted. Stacking is permitted (one yard off the ball) by the defensive team when the referee spots the ball.

   C. Blocked or missed attempts cannot be run back.

   D. The offensive team needs three men on the field for an extra point or field goal attempt.

   E. Jumping from the stack to block the kick is not permitted (5-yard penalty). Falling off the stack and breaking the line of scrimmage is not a penalty, as long as contact is not made with an offensive player.

20. For tie games in league play and in play-off games, after a coin toss, the teams will play a 4-down shoot out. Each team gets the ball at the OFFENSIVE FIFTEEN YARD LINE (SAME DIRECTION) for 4 offensive plays (NO FIRST DOWNS).

   A. The team winning the toss has choice of the ball or direction (losing team has remaining choice).

   B. Total points determine the winner. After each team gets 4 downs, another 4 downs are given to each team. If still tied, this continues until one team scores more points.

   C. Interceptions count as points, if the defense scores a touchdown. The ball is returned to the offense for the remainder of their four plays. The down is not repeated after an interception.

   D. The down will be repeated if the defense accepts a penalty occurring after the snap. Penalties occurring before the snap will be loss of yardage only.

21. The only cleated shoes permitted are those with soft, molded rubber cleats.

22. To have any pass ruled as a forward pass, the ball must have left the passer’s hand. A legal tag, by a defensive player, occurs when the tag is made and the quarterback has possession of the football. Forward movement of the passer’s arm does not constitute a forward pass.

23. The five-yard contact rule applies for the defensive players.

24. Immediate suspension if a player uses excessive force on a block from behind or the side.
**VOLLEYBALL**

Volleyball rules will be regulation for men, women and co-recreational except for the following changes.

1. National Collegiate Volleyball Rules will govern IM volleyball except where Intramural modifications necessitate change.
2. Teams may have one time-out (thirty seconds) per game.
3. Time-outs are not needed for substitutions provided the referee is notified first.
4. A player may step on the center-line as long as he goes not cross completely over it.
5. For co-recreational volleyball, a team may have a maximum of 6 players, with no more than 3 men and no less than 2 women on the court or it must forfeit.
6. In co-recreational volleyball, if all three hits are used, one must be by a female.
7. For co-recreational volleyball, serves may not be blocked or spiked.
8. A detailed rule sheet may be obtained at the IM office at the beginning of the season.

**BASKETBALL**

1. National Collegiate Basketball Rules will govern IM basketball except where Intramural modifications necessitate change.
2. The game will consist of two twenty minute halves with the clock stopping the last minute of the first half and the last two minutes of the second half.
3. Each team MUST supply a person to keep score or time. If one team has five players plus a scorekeeper and one team has only five players, the team with five players must agree to use the other team’s scorekeeper or forfeit the game.
4. Games will start promptly at the time designated. A team not able to field at least four men after a ten minute forfeit time shall lose by forfeit. Game MUST start with four men if they are there at the designated time.
5. In the case of a tie game, a three-minute overtime period will be played. If either team is ahead at the end of overtime period, they win the game. If still tied, another three-minute overtime is played. This continues until one team wins.
6. Time-outs: Each team is allowed three one-minute time out periods per game. One additional time out will be awarded in an overtime game. Teams cannot carry time-outs over into overtime period.

7. A team may substitute on foul shots, at intermissions, when the watch is stopped, or when it is their ball out of bounds.

8. Teams will flip a coin for the choice of basket, or choice of shirts or skins.

   A. No dunking will be allowed. First violation results in a technical foul, second violation results in ejection. If team dunks during the game, made basket does not count.

10. Technical fouls will be called for the following reasons:

    (a) Disrespectful addressing or contacting an official
    (b) Use of profanity
    (c) Unsportsmanlike conduct
    (d) Dunking

   *Two points and the ball will be awarded to the non-offending team. Technical fouls will not be shot.

11. A team shall have ten seconds to bring the ball across the center-line. The five seconds closely guarded rule or five seconds hash mark rule will not apply.

12. Play-offs will be held on a schedule determined by the IM office. Teams unable to fit their schedules to the play-off schedule MUST forfeit their chance to play in the end of the season play-offs.

13. Any player caught dunking or hanging on the rim in pre-game warm-ups will be assessed a technical foul and the opposing team will be given two points. A second violation of this will also result in ejection.

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**RECREATION BASKETBALL**

Welcome to the Recreation Basketball League. Your emphasis should be on playing basketball rather than winning the game. The structure of this game has been modified to foster cooperation rather than competition. The rules have modified to maximize exercise, speed up play, and simplify the decision making process. Ideally, you play the game for its value of cooperation, exercise and recreation.
1. The game consists of two twenty-five-minute halves with each team permitted one time out per half.
2. Toss of coin will determine first possession and choice of basket.
3. No score will be kept; there are no winners or losers.
4. You will call your own fouls and turnovers.
5. No foul shooting-ball will be taken out of bounds.
6. No fouling out of game.
7. Substitutions can only take place on a dead ball or by informing the other team that you want to enter the game.
8. There will be no jump ball – answerable decisions will be solved “firsts”.
9. Clock will stop only for time-outs.

RECREATIONAL FACILITIES

Fitness facilities are available for use by individuals and groups when not being used for scheduled activities. A term schedule is posted on the intramurals website.

Please see the schedule for family guest policy information.

Please visit the intramurals website, www.intramurals.pitt.edu for facility hours/details, announcements, intramural sign-up schedules, and emergency closure notification.