



FOOTBALL SKILLS SERIES RULES

Check-In

Each player must check in by their scheduled first match. If you are not checked in at your scheduled match time then you may be removed from the tournament. Please bring your Rice ID to check-in with the IMS staff members on site. If you arrive early, you may have wait outside of the Recreation Facility until an Operations Desk Assistant can check you-in to the Rec Center.

Rules

Each team will consist of 3 players. A team roster is allowed more than 3 players, but only 3 may show for the day of the series. Each participant will go one time in each skills challenge totaling 3 challenges for each team.

There will be 3 total courses within the series and each week will host a different course challenge. These course runs will consist of point values and times to determine a rank and winner within the series. Each challenge will have a ranking of the competing teams, which will then be added together to determine the teams ranking overall.

All teams will be Coed, which will consist of a least one male and one female player on your team.

All challenge course times will begin on the IMS staff member's mark. Each challenge is different, so each section below will indicate the time specifics.



Skills Challenge #1 (Punt, Pass, and Kick)

Teams get the opportunity for 15 punts, 15 passes and 15 kicks, and a score is calculated based on those results. The score is a combination of distance and accuracy.

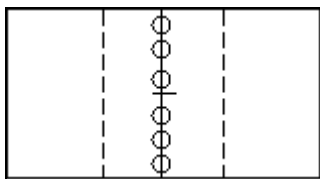
For example, if a player punts the ball 120 feet, but the ball lands out of bounds, the ball will be measured at the point wherever it went out of bounds.

The scores for each attempt are then added up for a participant's final score. So if a player's punt score is 100, passing score is 50 and kicking score is 45, the player's final score will be 195. Once all participant scores are added up then the team's score will be added together to make one final score. The team with the higher overall points will be the winner of that matchup.

There will be 3 participants allowed to make 5 punts, 5 passes, and 5 kicks each. Each participant signed in must compete in at least one of the events (punt, pass, or kick) each week, but can compete in all three events if they choose. A minimum of one female and one male must participate each week.

Skills Challenge #2 (Dodgeball)

Teams will be made up of 3 players. Three (3) players will compete on a side. The games will be played on the outdoor basketball courts at the Recreation Center. The playing field shall be a rectangle at least 45 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.





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. (This also brings the first player on your team eliminated back in the game).

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)

When is a Player Out of the Game?

1. Any person contacted by a "live" thrown ball on the fly is out of the game.
2. The person throwing the ball is out if the ball is caught by an opposing player on the fly. The thrower is not out if the ball is caught after deflecting off anything.
3. If the ball comes in contact with the opposing player's head, the person throwing the ball is out. (Exception: If a player ducks or lowers their head and the ball hits their head the player will be out. This is not considered a "head shot" because the ball was not aimed at the head.)
4. Any player who steps out of bounds will be called out when they are not following the rules for retrieving balls.
5. If any players uses a ball to block an opposing players throw and in doing so drops his or her ball.



Boundaries and Retrieving Balls

During play, all players must remain within the boundary lines. One player at a time may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end-line. Team players that are out may return balls to their teammates (they may not cross the center line).

The Opening Rush

Game begins by placing the 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 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 in the best of 5 format will be declared the winner.
- Each team will be allowed one (1) 30 second timeout per game.
- A 5-minute time limit has been established for each contest.
- If neither team has been eliminated at the end of the 5 minutes, the 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 sudden-death overtime period will be played. During sudden death play, the first team to eliminate an opposing team's player shall be declared the winner.

5-Second Violation

In order to reduce stalling, a violation will be called if a team in the lead controls all three (3) balls on their side of the court for more than 5 seconds. If the leading team controls the balls – i.e. all balls are located on their side of the court – they must make an effort to get at least one ball across the attack line and into the opponents backcourt. If this is not done, a 5-second violation can be called. Only an official can call a 5-second violation.

Penalty for 5-Second Violation:

First Violation: Stoppage of play and balls will be divided up evenly between teams.

Second Violation: Ejection of one player from offending team (offending team chooses who is OUT).

Rule Enforcement

Rules will be enforced primarily by the "honor system"*. Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. All contests will be supervised by a court monitor*. The court monitor's responsibility will be to rule on any situation in which teams cannot agree. **THE IMS STAFF DECISION IS FINAL – NO EXCEPTIONS.**



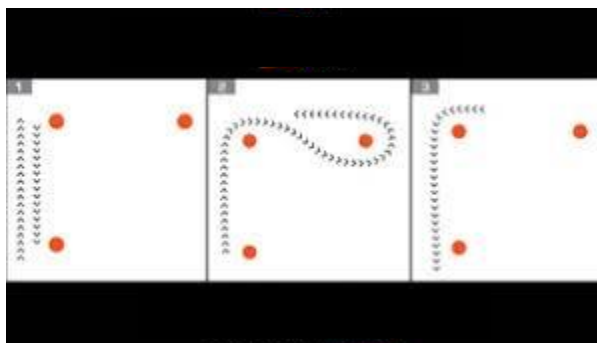
Skills Challenge #3 (Agility Combine)

Teams will be made up of 3 players. Each player must complete each agility test 3 times. So, 9 course runs must be made per team. Each team will add all 9 course times together.

All 3 total agility drill times for each team will be added together to give you an overall total agility combine time. This time will be ranked within the leagues teams and a corresponding point value will be awarded to each team for the overall league points.

Agility course #1: L-Drill

Use the figure below as reference. Each player starts on the bottom left orange dot and follow the arrow patterns to run the L-Drill. To begin you will spring 5 yards, there and back, touching the line with the same hand both times. Then spring around the middle cone and figure 8 around the far cone. Cut off your inside foot at each turn. Finish by sprinting around the middle cone and through the finish line.

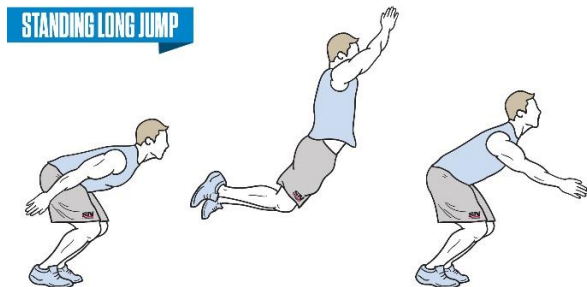


Agility course #2: Broad Jump

Use the figure below as reference. Each team member will start on the baseline of the measured out course and will with a balanced stance, the competitor explodes forward as far as they can and must land without moving. Competitors

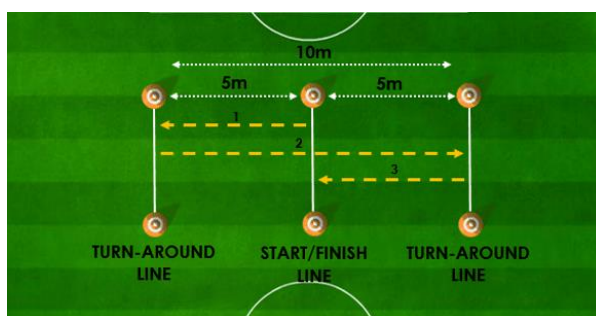


must remain on their feet and the distance will be measured from the baseline to the closest heel in the broad jump course.



Agility course #3: Shuttle or 5-10-5

Each competitor must start their shuttle on the center line and can choose to go left or right first. For this example, we will start going left as the figure below references. So, you will start on the opposite side of the line from the direction you're traveling first and spring 5 yards then touch that farthest left line with your left hand and spring 10 yards to your right and touch the farthest right line with your right hand. After you touch the farthest right line, you will then travel back through the center line and completing your shuttle. The time will stop once you cross the center line after the second 5 yard sprinting portion.



Tournament Scoring

Ranks within each challenge will be awarded based on the total number of teams competing. For example, if there are 10 teams competing then the first



place team will receive 10 points, second place will receive 9 points, third place team will receive 8 points, etc.

Each challenge will be initially awarded either points or a time, which will then be translated into a rank within that challenge. Those ranks will be awarded the above point system and between the challenges, a winner will be determined. If a tie breaker is needed, we will ask the tied teams to complete a tie breaker challenge that will be chosen by the intramural staff.

Tournament Scoring Example

Challenge #1 Scoring:

There are 4 teams competing in this tournament. Team A, Team B, Team C, and Team D. Challenge #1 ranks the teams from first to last accordingly with their total Punt, Pass, and Kick scores: Teams A with 550 yards, Teams D with 540 yards, Teams B with 500 yards, Teams C with 485 yards.

Team A will be awarded 4 points from challenge #1 toward the overall tournament. Team D will be awarded 3 points from challenge #1 toward the overall tournament, Team B will be awarded 2 points from challenge #1 toward the overall tournament, Team C will be awarded 1 points from challenge #1 toward the overall tournament.

Tournament Overall Scores:

Team A= 4pts

Team D= 3pts

Team B= 2pts

Team C= 1pt



Challenge #2 scoring:

Challenge #2 ranks the teams from first to last accordingly with their total wins out of 5 games plus 2 bonus points for winning against your opponent in only 3 games. For example, Team D (3 wins + 2 bonus points) vs Team A (0 wins), Team B (4 wins) vs Team C (1 win). Team D with 5pts, Team B with 4pts, Team C with 1pt, and Team A with 0pts.

Team D will be awarded 4 points from challenge #2 toward the overall tournament. Team B will be awarded 3 points from challenge #2 toward the overall tournament, Team C will be awarded 2 points from challenge #2 toward the overall tournament, and Team A will be awarded 1 point from challenge #2 toward the overall tournament.

Tournament Overall Scores:

Team A= 5pts

Team D= 7pts

Team B= 5pts

Team C= 3pts

Challenge #3 scoring:

Challenge #3 ranks the teams from first to last accordingly within each agility challenge. So, the faster you complete the L-Drill and Shuttle Drill and the longer you Broad Jump will benefit your teams ranking.

L-Drill ranking:

Team D= 54.82 seconds

Team A= 58.12 seconds

Team B= 59.32 seconds

Team C= 60.43 seconds

Broad jump ranking:

Team D= 67'

Team A= 64' 3"

Team B= 60' 6"

Team C= 55'

Shuttle ranking:

Team D= 57 seconds

Team A= 59.12 seconds

Team B= 61.42 seconds

Team C= 64.43 seconds



Team D will be awarded 12 points from challenge #3 toward the overall tournament. Team B will be awarded 9 points from challenge #3 toward the overall tournament, Team C will be awarded 6 points from challenge #3 toward the overall tournament, and Team A will be awarded 3 point from challenge #3 toward the overall tournament.

Tournament Overall Scores:

Team A= 8pts

Team D= 19pts

Team B= 14pts

Team C= 9pts

The winner of the basketball skills tournament would be Team D with 19 overall tournament points.

If you have any questions, please email IMS@rice.edu.

FURTHER QUESTIONS OR COMMENTS MAY BE DIRECTED TO:

Chris Watkins, Assistant Director for Competitive Sports

713-348-2733

Email: cwatkins@rice.edu

Website: <http://recreation.rice.edu/ims>

Cara Caspersen, Coordinator for Competitive Sports

713-348-8810

Email: ccaspersen@rice.edu

Website: <http://recreation.rice.edu/ims>