



**CITY of CAPE
GIRARDEAU**
PARKS & RECREATION DEPARTMENT

2023

CORPORATE GAMES RULES & REGULATIONS

"WORK TO LIVE, LIVE TO PLAY!"

PRESENTING SPONSORS:



EVENT SPONSORS:



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BANNER COMPETITION

OBJECTIVE: To create a banner that best represents your team spirit for the Corporate Games Competition.

Team Captains may pick up the banner paper at the Osage Centre between August 18th and September 8th. The paper will be 48" x 72" and the banner shall be hand made. The following materials are allowed: photos of team members, letters cut out and attached, paint, markers, chalk, and crayons. Additional eye catching materials may be added, however the banner must be able to support the weight without any type of backing. No type of computer generated pictures, logos, or other materials are allowed.

A. JUDGING CRITERIA:

1. Theme: Health/Fitness (40% of total score)
 - a.) Display/include the phrase **"WORK TO LIVE, LIVE TO PLAY!"** on the banner.
 - b.) Display/include your company logo, name or slogan.
2. Originality: (30% of total score)
3. Visual Appeal – "Eye Catching": (30% of total score)

B. COMPETITION RULES:

1. Banner must be submitted before 7:00 p.m. on Friday, September 8th at the Osage Centre.
2. An impartial panel will judge the banners shortly before opening ceremonies.
3. Top three (3) teams will be determined by highest team score.

TUG-OF-WAR

- 1. Ten (10) participants' maximum per team, with a maximum of seven (7) males. (Teams may start with less than ten (10) participants provided that they have no more than seven (7) males.)**
2. Gloves and non-metal cleats may be worn.
3. First team to move the center of the marked rope three (3) yards is the winner.
4. If neither has moved the center of the rope three (3) yards within two (2) minutes, the team who has moved the center of the rope in their direction will be the winner.
5. The rope may be tied or wrapped around the "anchor" person only.
6. The referee will indicate when the match is over and declare the winner.
7. Single elimination format.

WASHERS

1. The game will be played with teams of two with no gender requirements.
2. If a team has more than two participants they may rotate players between games. If a team member begins a game he or she must finish that game. No switching players in the middle of or between games.
3. Boxes will be placed 20 feet apart.
4. The type of boxes that will be used are square with a PVC cup in the middle of the box.
5. Each player will pitch his or her four washers in a row until both players have pitched all four washers. Subsequent throwing order is based on who scored last with the scorer throwing first.
6. Players must stand behind the front edge of the box to pitch.
7. A match will consist of best two out of three format and will be played to 15 points. If a third game is necessary it will be played to 7 points. There will be a 45 minute time limit. If time expires during the first game, whichever team is ahead wins. If time expires during the second game and the team that won the first game is winning the second game, the game will end at that time. However, if the team that lost the first game is winning the second game by two points or more the second game will end at that point. A third game tiebreaker will then be played to 7 points. If the losing team from the first game is ahead in the second game by less than a point or tied, the game will be played until one team is up by two points, and a third game tiebreaker will be played if necessary.

Scoring

1. Games will be played to 15 points and best two out of three format.
2. Both players may score per round. A washer landing inside the box is 1 point; inside the cup is 3 points. Scoring is done after all contestants have thrown.
3. Opposing washers in the box (or in the cup) will not cancel each other out.
4. Grasshoppers do count. This is when a washer bounces from the ground into the box.
5. A winning game is determined:
 - a. When a team reaches 15 or more points before the opponent reaches 14 points, the game has gone full-term and the team with 15 or more points is declared the winner.
 - b. A team reaches 11 points before the opponent score a single point, the game is over.

DISC GOLF

2-Person Scramble: All team members begin by throwing a disc from designated tee box, then choosing the better shot of the two, and then both throw from that spot. This continues from tee box until disc is made inside the basket.

1. Teams will consist of two (2) participants. No gender requirements. No switching players.
2. Twosomes will be paired up with another team and will keep each other's score.
3. Each player will throw at each spot, they will decide which shot to take after each throw.
4. The team with the lowest score will be declared the winner.
5. In case of a tie. The team's tied will replay hole 1 and so on until a winner is declared.

Points awarded to the three teams with lowest scores.

GOLF SCRAMBLE

1. **Four (4) participant maximum** with a minimum of (2) participants. (2) - two person teams) No gender requirement.
2. The total score for nine holes for both teams will be added together for the overall score. If the minimum of only two members participate they must both play individually to get their overall score.
3. Both teams will play nine holes.
4. Twosomes will be paired up with another team and will keep each others scores.
5. Teams can be made up of any combinations of gender.
6. Lowest score wins.
- 7. In case of tie, there will be a scorecard playoff.**
8. Men hit from white tees, women hit from red tees, seniors 70 and over hit from gold tees.
9. We will use a shot-gun start.

Points awarded to the three teams with lowest scores.

DODGEBALL

1. Teams will consist of six (6) players, with a maximum of four (4) being males on the court to start the game. Teams can start with less than 6 players, but must have a minimum of two (2) females to participate.
2. Players are not allowed to wear gloves.
3. Best 2 out of 3 games will advance on.
4. Five (5) minute time limit for each game.
5. With four (4) minutes and forty-five (45) seconds left in the game, players will be allowed to move up to the opposing teams attack line (free throw line). The head official will declare "Attack Line" when fifteen (15) seconds have passed.
6. If neither team has been eliminated at the end of 5 minutes, the team with the greater number of players will be declared the winner. In case of equal number of players remaining after regulation, "sudden death" overtime will be played. Overtime will be started the same as regulation.
7. Six (6) balls will be laid out on the centerline to begin the game and all players will start on the back line of their side. When the referee blows the whistle to start the game, players will be allowed to run to the center and pick up the balls.
8. Players are not allowed to step on, or cross the centerline until the official declares "Attack Line", or step on, or out of the playing court boundaries at any time. If they do, they will be out.
9. If you are hit with a ball thrown by an opponent, you are out and must leave the court immediately, by the shortest path. Once you have been hit, you must raise both hands as you are leaving the court, so the opposing team knows you are out.
10. If a player catches a ball thrown by an opponent, the opponent is out and the player catching the ball is allowed to bring another player from their team back in, provided they already have someone from their team knocked out.
11. You may deflect a ball thrown at you using the ball you are holding. If you drop the ball you are using to deflect the thrown ball, you will be declared out.
12. Any ball after it hits any surface including body part, another ball, floor, wall, etc. is a dead ball. The only exception is if a ball hits an opponent and is deflected upward, the person hit MUST catch ball in order to get the thrower out. Only the person hit by the ball can catch it. The ball will be considered dead if a player catches a deflected ball off of another player.
13. No kicking balls at opponents, if you do, you will be declared out.
14. If you are hit in the head with the ball, you are still in and the thrower is out, unless the official feels that you intentionally let the ball hit you in the head. In that case you will be declared out.
15. Officials will have final say on all plays, outs and time.

MINIATURE GOLF

1. Teams will consist of two (2) players (no gender requirement).
2. Each team will play 18 holes.
3. Six stroke limit per hole.
4. Ball out of bounds or in a trap is replaced at point of exit with one stroke penalty.
5. Ball against rail or obstacle may be moved one clubhead length.
6. The playing rotation should rotate each hole:
 - A. Team A should occupy the 1st and 3rd position on the scorecard and Team B should occupy the 2nd and 4th positions on the scoreboard.
 - B. The rotation should rotate forward one player each hole: example: Hole #1: 1,2,3,4; Hole #2: 2,3,4,1; Hole #3: 3,4,1,2
7. Each player should complete the hole before the next player tees off.
8. A player from each team should keep a scorecard and check the score after each hole.
9. The individual score for each player will be kept.
10. A team's total score will be determined by adding together the total score for each player.
11. The team with the lowest total score will be the winner.
12. In case of a tie, there will be a sudden death playoff starting at Hole #1 using the same format until the tie is broken.

BILLARDS

1. Two person team with no gender requirement.
2. If a team has more than two participants they may rotate players between games. If a team member begins a match he or she must finish that game. No switching players in the middle of the game.
3. Play best 2 out of 3 games.
4. Players will bounce cue ball off of back rail, and whoever's ball landing closes to the rail will shoot first.
5. Matches will be played using Dutch doubles (alternate partners every shot).
6. On a scratch, play ball in hand.
7. Slop counts.
8. The only shot that must be called is on the 8 ball, all other shots, combos, etc...do not need to be called. **Eight Ball cannot be used in a combination shot unless the table is still open.**
9. A scratch on the 8 ball will constitute a loss.
10. Any foul/penalty will result in ball in hand.
11. The winner of the first game will break second game. Winner of second game will break third game if necessary.
12. **Players must keep at least one foot on the floor during all shot attempts.**
12. **Two (2) timeouts per match.**

SOFTBALL

1. Coin flip for Home and Guests.
2. Line-ups will consist of 10 players or 11 with the 11th batter being an extra hitter. There must be at least 3 females in the lineup **and playing in the field** at all times. If the team begins the game with 8 players they will take 2 automatic outs, if 9 they will take 1 automatic out (in either case, you still must have a minimum of 3 females in the lineup to play). If teams have less than 8 players or less than 3 females they will forfeit the game.
3. Games are 4 innings. **A lead of 20 runs after 3 innings** will constitute an automatic win. In case of rain, three innings (2 ½ if home team is ahead) is a complete game.
4. There will be a 50 minute time limit per game. No new inning will start after 50 minutes. The umpire/scorekeeper will keep the time.
5. Metal cleats are **NOT** allowed.
6. **Game balls will be provided.**
7. **Bats must adhere to the bat compression test. All bats will have to be tested before they are used in a game. Once they are tested they will have a sticker placed on the bat if they are legal.**
8. 1st base has two bags, one orange to the foul side and one white to the fair side. The runner must run to the orange bag on any close plays at 1st base. The fielder must go to the white bag. This is a judgment call and must be appealed **before the runner returns to the bag**. If it is appealed and the runner ran to the wrong bag, they will be declared out.
9. When a female is at bat, all outfielders must stay behind the 200 foot line until the ball is hit. No 5 person infield.
10. All batters will come to bat with a 1-ball and 1-strike count.
11. Homerun (over the fence) limit of 4. After a team has hit their 4 homeruns, each homerun (over the fence) after that will be an out.
12. The brackets will be single elimination.
13. All other rules will follow the Official 2019 USA Softball Rules Handbook.

If we have rain and cannot complete all of the softball games on the makeup date as well, all teams that were competing in softball will receive 10 points for participation and there will be no 1st, 2nd or 3rd places given out.

KICKBALL

A. Equipment

- a. Official playground kickball.
- b. Uniforms
 - i. **NO CLEATS**
 - ii. Tennis shoes are required
 - iii. No jewelry
 - iv. The uniform is an extension of the player.

B. Playing Field

- a. Games will be played on a regulation size softball diamond
- b. Bases will be set at 60 ft. apart
- c. The pitcher's plate will be 45 ft. from home plate
- d. There will be a 16 ft. (8 ft. radius) pitcher's circle drawn with the pitcher's plate in the center
- e. The strike zone is a three-dimensional irregular pentagon based on the shape of home plate and is one foot in height. The front of the zone aligns with home plate. The sides of the zone extend one foot to either side of the plate. The back edges of the zone are one foot from the back sides of the plate.

C. Players

- a. There is no roster limit.
- b. Seven players are required to start or continue a game.
- c. Lineup cards are to be completed and kept in the dugout at all times. The lineup should include the first and last name of each player. All available substitutes shall be listed at the bottom of the lineup card.
- d. A team shall consist of players:
 - i. **At least 2 females in the line-up and playing in the field at all times.**
 - ii. **Maximum of 8 players in the field and one must be a catcher**
- e. Shorthanded rule
 - i. The vacant positions must be listed last in the batting order.
 - ii. No outs will be recorded for the vacant position(s) in the kicking order.

D. Base Coaches

- a. Two members of the kicking team may coach first and third base.
- b. The base coaches must assist in retrieving foul balls and may switch with other team members to remain in the proper written scorebook kicking order.
- c. Base coaches may not physically assist runners while the ball is in play.

E. Game Play

- a. Substitutions/Re-entry
 - i. Teams have the option of kicking the entire line-up or only the eight players playing the field.
 - ii. All substitutions must be reported to the umpire by the coach/manager at the time the substitute enters the game.
 - iii. If a player is deemed to be an illegal substitute by the opposing team prior to receiving a pitch (kicker must have stepped into the kicking box)

1. First time: A warning will be issued – the coach will then be allowed to report the substitute.
 2. Second time and further: No additional warning will be issued – an out will be recorded in that spot in the kicking order and the next kicker in the line-up will kick.
 - iv. After an illegal substitute receives a pitch he/she will become a legal substitute.
 - v. Any players may be substituted for or replaced and re-entered once, provided the players occupy their same position in the kicking lineup.
 - vi. The starting player and their substitute may not be in the line-up at the same time.
- b. Regulation Games
- i. Regulation games last five (5) full innings or 40 minutes.
 - ii. In the event of a tie score at the end of five innings, the International Tie Breaker rule will be followed. Under this rule, each team starts the inning with the player who completed the last official at bat, as a base runner on second base. Each subsequent inning will start the same until a winner has been determined.
 - iii. If a team is winning after the top of the 5th inning or later and is set to kick in the bottom of the inning, the game ends and will be marked as a regulation game.
- c. Pitching and Catching
- i. The pitcher must start the act of pitching within the pitching circle and have at least one foot on or directly behind the pitching rubber when releasing the ball.
 1. First infraction – Warning
 2. Second infraction – Kicker will have the option of taking first base or taking the outcome of the kick
 - ii. The catcher must field behind the kicker, within or directly behind the kicking box. One of the players must be a catcher. Infractions of this rule will be the same as Rule E.c.i
- d. Kicking
- i. All kicks must be made by foot or leg, below the knee. Any ball touched by the foot or leg below the knee is considered a kick.
 - ii. All kicks must occur with the plant foot on or behind home plate.
 - iii. Bunting is not allowed – any kick deemed by the umpire to be a bunt will be called a foul ball.
- e. Running and Scoring
- i. No ghost men.
 - ii. No courtesy runners.
 - iii. Neither leading off base nor stealing is allowed. Runners cannot leave the base until the ball is kicked. A runner off his or her base before the ball is kicked is out.
 - iv. Hitting a runner's neck or head with the ball is not allowed, except when the runner is sliding.
 1. Any runner hit in the neck or head is safe, and advances to the base they were running toward when the ball hits the runner.
 2. If the runner intentionally uses the neck or head to block the ball, and is so called by the umpire, the runner will be out.
 3. Any player that intentionally hits a player in the head or neck, at the discretion of the umpire, will be ejected from that game.

- a. If a legal substitute remains on the bench he or she may enter for the ejected player.
 - b. If there is no legal substitute remaining, the team will take an out for the ejected player's at bat(s).
- v. No infield fly rule.
- vi. Once the pitcher has the ball in control in the pitcher's circle, the play ends. Runners who are off base at this time and in forward motion may advance only one base. Runners who are off base at this time and not in forward motion must return to the base from which they were running.
- f. Ball and Strikes
 - i. All kickers will begin with a one ball – one strike count (1 & 1)
 - ii. A count of three strikes is an out.
 - iii. Foul balls are considered strikes.
 - iv. Foul balls include:
 - 1. A kick made on or above the knee.
 - 2. A kick made in front of home plate.
 - 3. A kicked ball touched more than once or stopped by the kicker.
 - 4. A kick that is bunted.
 - v. A strike is a pitch that is not kicked and is not called a ball that enters any part of the strike zone or an attempted kick missed by the kicker in or out of the strike zone
 - vi. A count of four balls advances the kicker to first base
 - vii. A ball is:
 - 1. a pitch outside of the strike zone when a kick is not attempted
 - 2. a pitched ball that exceeds one foot in height from the bottom of the ball at any time during the pitch
- g. Outs
 - i. An out is:
 - 1. a count of three strikes
 - 2. any kicked ball (fair or foul) that is caught by a fielder
 - 3. a ball tag on a base to which a runner is forced to run; before the runner arrives at the base.
 - 4. a runner touched by the ball or who touches the ball at any time while not on base while the ball is in play
 - 5. a kicker that intentionally hits the ball with his or her hand or arm
 - 6. a ball tag of a runner on base, in which the runner does not tag-up as required when a ball is caught
 - 7. a runner off of his or her base when the ball is kicked

LACROIX TRAIL RELAY

1. Bike helmets are MANDATORY for all cyclists participating in the trail relay.
NO HELMET=NO RELAY
2. Each team will consist of four (4) players, with a minimum of one female. If you have less than four (4), it will be a forfeit.
3. Each team will run/bike the total length of the trail and back for a total of 8.98 miles.
4. Each team member will run/ bike between one mile and 2 and a half two miles total, but in separate stints, except for the anchor person (#4 bike) which will bike their two miles in one stint.
Runner 1 total combined distance: 1.08 miles
Bike 1 total combined distance: 2.98 miles
Runner 2 total combined distance: 1.94
Bike 2 total combined distance: 2.98
- 5. ALL PARTICIPANTS SHOULD MEET AT THE KINGSWAY/LEXINGTON TRAILHEAD 15 minutes prior to the start of the event.**
- 6. The order and locations of the relay exchanges are #1 run from the Trail Head at Lexington and Kingsway to the Cape Woods parking lot; #2 bike from Cape Woods Parking lot to Arena Park Tennis Courts; #3 run from Arena Park Tennis Courts to shopping center at Bloomfield Rd & S. Kingshighway; #4 bike from shopping center to Shawnee Park Sports Complex and back. Each person will take same course back to their starting point.**
7. The first three teams to make it across the finish line will win the designated points.

Severe weather date/time change will be announced at the Manager's Meeting.

HORSESHOES

1. A team shall consist of two members with no gender requirement.
2. If a team has more than two participants they may rotate players between games. If a team member begins a game he or she must finish that game. No switching players in the middle of a game.
3. Each player pitches both shoes followed by the opponent's two shoes.
4. In pitching a shoe, the player may not cross the foul line.
5. When playing teams, half the team throws from one stake and half throws from the other.
6. A match will consist of best two out of three format and will be played to 21 points. If a third game is necessary it will be played to 7 points. There will be a 60 minute time limit. If time expires during the first game, whichever team is ahead wins. If time expires during the second game and the team that won the first game is winning the second game, the game will end at that time. However, if the team that lost the first game is winning the second game by two points or more the second game will end at that point. A third game tiebreaker will then be played to 7 points. If the losing team from the first game is ahead in the second game by less than a point or tied, the game will be played until one team is up by two points, and a third game tiebreaker will be played if necessary.
7. Stakes are 40 feet apart, however females may throw at 30 feet.

SCORING

1. Any shoe must be within one horseshoe-width (measured across the outside of the open end of the shoe) of the stake to be considered for points. (Official rules call for 6 inches max.)
2. The closest shoe to the stake gets one (1) point.
3. If you have two shoes closer than any of your opponent's, you get two (2) points.
4. Ringers are worth three (3) points each and must completely encircle the stake so the ends can be touched with a straight-edge without touching the stake.
5. If you have the closest shoe and a ringer, it's four (4) points.
6. If your opponent throws a ringer on top of yours, they cancel and no points are scored.
7. Leaners are worth one (1) point and considered closer than any adjacent shoe except ringers.

CORNHOLE

1. Each team will consist of two (2) players with no gender requirements.
2. If a team has more than two participants they may rotate players between game. If a team member begins a game, he or she must finish the game. No switching players in the middle of or between games.
3. Court Layout
 - a. Cornhole Boards: Boards are positioned 27' from the front edge to front edge of the board.
 - b. Cornhole Pitchers Boxes: A designated pitchers box is a 4' x 3' area at each end of the court and at both sides of each board; four (4) boxes in all.
 - c. Cornhole Foul Lines: The front edge of the cornhole board is the foul line.
4. Cornhole Scoring:
 - a. A match will be played using a best two out of three game format. Games will be played to 21 points. If a third game is necessary, it will be played to 15 points. All games must be won by 2 points.
 - b. *Woody*: Refers to any cornhole bag that has been pitched and remains on the cornhole board playing surface at the conclusion of the frame. Each woody is 1pt.
 - c. *Cornhole*: Refers to any cornhole bag that has been pitched and passes through the cornhole board hole at anytime within the frame. Each cornhole is 3pts.
 - d. No cancellation scoring
 - e. *Foul Bags* – Refers to any cornhole bag that has not been determined as a “woody” or “cornhole”, or was designated a foul bag as the result of rules violation.
5. Doubles Play
 - a. Each team will stay in their designated lane for the whole game.
 - b. Players at the headboard will alternate pitching bags until each player has pitched all (4) of his/her bags.
 - c. Players at the footboard will take score and resume pitching back to the other cornhole board.
6. Pitching
 - a. Players alternate pitching bags (one player at a time) until each player has pitched all (4) of his/her bags.
 - b. A player must pitch all (4) cornhole bags from their designated cornhole pitchers box.
 - c. Players must deliver the bag with an under-hand release.
 - d. One foot must be completely within the pitcher's box at the time of releasing the bag.
 - e. Players must not cross the foul line with their feet before the bag has landed.
7. Pitching the next frame: The player/team who scored the most points in the preceding frame shall pitch first in the next frame. If neither player/team scores, the player/team who pitched first in the preceding frame shall retain first pitch in the next frame.

BOWLING

1. Each team will consist of four (4) participants. You can participate with a minimum of three (3) participants, one (1) of which must be female.
2. No more than three (3) male bowlers will be allowed to bowl in the same game.
3. If a team member arrives late, they will be allowed to start at the beginning of the next full game.
4. If a team has more than four participants they may rotate players between games. If a team member begins a game he or she must finish that game. No switching players in the middle of a game.
5. Each team will bowl three (3) games.
6. The top three teams with the highest total pins in each division will be declared the winners.
7. In the event of a tie, there will be a one frame bowl off.

PICKLEBALL

1. Each team will consist of two (2) players with no gender requirement.
2. If a team has more than two participants they may rotate players between games. If a team member begins a game he or she must finish that game.
3. Non-marking tennis shoes must be worn.
4. A coin toss will be used to determine serving team. The winning team will have the option to choose side or to serve or receive.
5. Scoring
 - a. Games will be played to 11 points (win by 2). Cap of 15.
 - b. Points are only scored by the serving team (no rally scoring)
 - c. Players on the serving team switch sides of the court after each point scored
 - d. It will be the best two out of three.
6. Serving
 - a. The serve must be made underhand
 - b. Paddle contact with the ball must be made below the server's waist
 - c. The serve is initiated with at least one foot behind the baseline; neither foot may contact the baseline or court until after the ball is struck.
 - d. The serve is made diagonally crosscourt and must land within the confines of the opposite diagonal court.
 - e. Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve and lands on the proper service court; let serves are replayed).
7. Service Sequence
 - a. Both players on the serving doubles team have the opportunity to serve and score points until they commit a fault *(except for the first service sequence of each new game).
 - b. The first serve of each side-out is made from the right-hand court.
 - c. If a point is scored, the server switches sides and the server initiates the next serve from the left-hand court.
 - d. As subsequent points are scored, the server continues switching back and forth until a fault is committed and the first server loses the serve.
 - e. When the first server loses the serve the partner then serves from their correct side of the court (except for the first service sequence of the game*).
 - f. The second server continues serving until his team commits a fault and loses the serve to the opposing team.
 - g. Once the service goes to the opposition (at side out), the first serve is from the right-hand court and both players on that team have the opportunity to serve and score points until their team commits two faults.

*At the beginning of each new game only one partner on the serving team has the opportunity to serve before faulting, after which the service passes to the receiving team.

Faults

- h. A fault is any action that stops play due to a rule violation
- i. A fault by the receiving team results in a point for the serving team.
- j. A fault by the serving team results in the server's loss of serve or side out.
- k. A fault occurs when:
 - i. A serve does not land within the confines of the receiving court
 - ii. The ball is hit into the net on the serve or any return
 - iii. The ball is volleyed before a bounce has occurred on each side
 - iv. The ball is hit out of bounds
 - v. A ball is volleyed from the non-volley zone
 - vi. A ball bounces twice before being struck by the receiver
 - vii. A player, player's clothing, or any part of a player's paddle touches the net or the net post when the ball is in play
 - viii. There is a violation of a service rule
 - ix. A ball in play strikes a player or anything the player is wearing or carrying
 - x. A ball in play strikes any permanent object before bouncing on the court

8. Double Bounce Rule

- a. When the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning, thus two bounces.
- b. After the ball has bounced once in each team's court, both teams may either volley the ball (hit the ball before it bounces) or play it off a bounce (ground stroke).
- c. The double bounce rule eliminates the serve and volley advantage and extends rallies.

9. Non-Volley Zone

- a. The non-volley zone is the court area within 7 feet on both sides of the net.
- b. Volleying is prohibited within the non-volley zone. This rule prevents players from executing smashes from a position within the zone.
- c. It is a fault if, when volleying a ball, the player steps on the non-volley zone, including the line and/or when the player's momentum causes them or anything they are wearing or carrying to touch the non-volley zone including the associated lines.
- d. It is a fault if, after volleying, a player is carried by momentum into or touches the non-volley zone, even if the volleyed ball is declared dead before this happens.
- e. A player may legally be in the non-volley zone any time other than when volleying a ball.

10. Line Calls

- a. A ball contacting any line, except the non-volley zone line on a serve, is considered "in."
- b. A serve contacting the non-volley zone line is short and a fault.
- c. Players will call their own lines and faults.

6 V 6 INDOOR SOCCER

1. Teams will consist of 6 players. (1) one being a female Maximum:6 players Minimum:4 players.
One female must be on the field at all times.
2. Games will consist of (2) 10 minute halves. The clock will run continuous.
3. There will be a shootout in case of a tie. 3 players from each team will participate
4. There is no offside rule
5. Three line rule is not in effect
6. Goalkeepers may only retain possession of the ball with his or her hands for a period of six seconds. A dead ball must be played in six seconds or be turned over to the opposing team.
7. Goalkeepers may not punt the ball, only throw ins will be allowed
8. The goalkeeper is not allowed to punt or throw the ball past mid field
9. End Line: a ball which passes over the end line.
 - Having been the last played by a player defending that end of the field will result in a "corner kick"- a direct kick taken from the corner spot by the attacking team
 - Having been last played by a player attacking that end will result in a "goal kick"- a direct kick taken from any point in the goal box by the defending team.
10. Free Substitution" substitution will be on the fly as the game is in progress.
11. Advantage Rule: A foul will be counted on the direct free kick counter if one occurs on the advantage is played. The referee will hold up his or her hand to indicate that a direct free kick has been given.
12. Indirect Free Kicks: awarded inside the penalty area will be taken from the nearest point outside the penalty area.
13. Direct Free Kicks: awarded inside the penalty area will be taken as a penalty kick from the attacking yellow line. The goalkeeper lines up on his or her goal line
14. Sliding/Tackles: no slide tackling, infringement will result in a direct free kick and that player will be given a yellow or red card (referees discretion)
15. Yellow Card: players who receive a yellow card must spend five minutes in his or her player box
16. Red Card: players who receive two red cards in a season will not be allowed to play for the remainder of the season.
 - * A team that has received a red card must play short a player for the remainder of the game. Players who receive two yellow cards in a game will receive a red card.

DARTS

1. Two person team with no gender requirement.
2. If a team has more than two participants they may rotate players between games. If a team member begins a game he or she must finish that game. No switching players in the middle of or between games.
3. The teams will play the best of 3 games.
4. The teams will play Cut Throat Cricket.
5. Teams will diddle each game to see who will throw first.
6. The objective shall be to 'own'/'close' numbers 20-15, including bull's-eye and to have the lowest points total.
7. To close an inning, the team must score three of a number. Three singles, a single and a double or a triple can achieve this.
8. Once a team has closed a number they then "own" that number. They can then continue to throw at that number until the other team has closed it.
9. To close the bull's-eye, the outer bull counts as a single and the inner bull counts as a double.
10. Once a team has closed an inning (number) they may give their opponents points until the other team closes that number.
11. Numbers can be 'closed' in any order desired by the individual team. Calling your shot is not required.
12. If a dart does not register on the board it may only be tapped in if it still remains on the board.
13. Each team will take turns throwing. (Three darts in succession will constitute a "turn/inning").
14. Winning the game:
 - a. The team that closes all innings first and has the least amount of points shall be declared the winner.
 - b. If both sides are tied on points, or have no points, the first team to close all innings shall be the winner.
 - c. If a team closes all innings first and is ahead in points, they must continue to score on any innings still open until either the point deficit is made up or the opponent has closed all innings.

3 ON 3 BASKETBALL

1. The game will be played with a maximum of three (3) players on the court at a time and one must be a female. Teams must have a minimum of 2 players to start the game with a minimum of 1 female.
2. A coin toss will decide who gets the ball first.
3. The scoring system will be regulation. Any baskets made inside the three point line area will count as 2 points, and any baskets made outside of the three point line area will count as 3 points. Check the ball after each made basket.
4. The ball DOES NOT have to be passed in after it is checked.
5. On a shooting foul, two free throws will be awarded and on non-shooting fouls, the player will shoot a one and one (bonus). Players may enter the lane on the release of any free throw.
6. Each team shall be allowed two (2) 30 second time-outs per game.
7. All 3 on 3 Basketball games will be 20 minutes or the first team to 30 points. The clock shall run continuously until one minute and then stop like regulation.
8. In the event of a tie after regulation there will be a three-minute overtime. The clock will run continuously until one minute and then stop like regulation.
9. After each change of possession the ball must be cleared beyond the three point line at the top of the key before any offensive movement can be made.
10. At the change of possession, if the ball does not clear the three point line and the offensive team scores, then the points will be awarded to the defensive team. The previous offensive team will receive the ball on the next possession.
11. If the offensive team misses a shot and grabs their own rebound they may try to score without clearing the ball.
12. Substitutions may only be made on a dead ball.
13. Games will be officiated by a Parks and Recreation official.
14. Tournament format will be determined after the number of teams is entered.

6 v 6 SAND VOLLEYBALL

1. Matches will be best 2 out of 3 games. The first two games will be played to 21 points with a 23 point cap. If game 3 is necessary it will be played to 15 with a 17 point cap – Rally scoring. All matches will have a 40 minute time limit. Whichever team is up after 50 minutes will be declared the winner of that game. One more point may be played if need be.
2. Teams will play with six people on the court. In the event that there are less than 4 players the team will be forced to forfeit. **There must be at least 2 male and 2 female on the court at all times. Maximum Players=6 players Minimum Players= 4 players**
3. A team playing with less than four people will take an automatic loss of rally (side-out) whenever the empty spot rotates to the serving position. A point will be awarded to the opponent. If one of your team members arrives late and you are not playing with four, he/she may rotate in on the next dead ball. They must rotate in at the open spot.
4. Teams are required to be ready 5 minutes prior to game time. Five minutes after game time will result in the forfeit of game one. Ten minutes after game time will result in the forfeit of game two. Fifteen minutes after game time will result in the forfeit of game three.
5. A player may serve from anywhere they wish on the back line. The server may not step on or over the serving line.
6. The first server of the game is the right back position. When the receiving team wins a rally, the player in the right front position rotates to the serving area.
7. Substitution may be made by rotation in at the serve or through regular substitution rules (MSHSAA rules). Whichever method you start the game with, is how you must continue the game.
8. Let serves are allowed.
9. All lifts will be called at the referee's discretion.
10. Players may not attack or block the serve.
11. Players may not open hand dink a ball over the net (throw).
12. Sets must be clean (per USAV rules).
13. Open hand digs will be allowed. Flagrant throws or catches will be called as violations.
14. No more than half of a player's body is allowed under the net at any time.
15. You may receive the serve with a fingertip set.
16. Double Hits will be allowed on hard spikes and serves (meaning a hit off the arms, and one off of another part of the body.)
17. Foot digs will be allowed.

TENTATIVE RAIN OUT ARRANGEMENT FOR SAND VOLLEYBALL
6 ON 6 INDOOR VOLLEYBALL

1. A maximum of six players are allowed on the court, with at least two players being female. A team may start with a minimum of four players, but there must be a minimum of 2 females.
2. Matches will be best of three games to 21 points rally scoring, winning by 2 points with no cap. If a third game is necessary, teams will play to 15 points rally scoring, winning by 2 points with no cap.
3. If a team plays with less than 6 players, then when it is the "hole's" turn to serve, it will be a side out to the opposing team and 1 point will be awarded to the opposing team.
4. Teams are required to be ready 5 minutes before game time. If there are less than 4 players at game time for a team, they have 5 minutes before the game is a forfeit. They have an additional 5 minutes before the second game is a forfeit to field enough players.
5. Servers may serve the ball anywhere behind the base line. Server must serve with both feet behind the line.
6. Server will serve the ball after the official blows the whistle.
7. You may not block the ball on the serve.
8. Net serve will be allowed. (if ball hits net, the ball is still in play). Net height will be 7'8".
9. Flagrant throws and catches will be called as violations.
10. You may receive the serve with a fingertip set.
11. Double hits will be allowed on hard spikes and serves.
12. You may play off the ceiling if the ball returns to your side of the net and is not the fourth hit. You may not play off the curtain or the walls.
13. The ball may hit any part of the body, above and including the waist.
14. Foot faults will be called when the entire foot is over the centerline.
15. There will be two 30 second time-outs per game.
16. Substitutions may be made by rotation in at the serve or through regular substitution rules. Whichever method you start the game with is how you must continue the game. Current MSHSAA rules apply additionally to those above.

FLAG FOOTBALL

Game Format will be five (5) on five (5) with a minimum of four (4) players to participate. There will be a max of three (3) males on the field and a minimum of (2) females* at all times.

*If, due to injury, a team may play with only one (1) female or zero (0) females but may only play with no more the three (3) males.

The Field

- **MARKINGS:** The field shall be 60 yards by 25 yards including end zones. End Zones are 10 yards deep.
- **FIRST DOWN:** First Downs are marked with orange cones. Midfield is where the first down will be.

Game Time

- **LENGTH OF GAME:** Games will consist of two 10 minute halves. The clock runs continuously the first half and stops the final minute of the second half.
 - There will be a 3 minute half time.

BASICS

- **COIN TOSS:** 3 Choices: Offense, Defend a Goal or Deter to Second Half.
- **POSSESSION:** The offensive team takes possession of the ball at its ten (10) yard line.
 - All possession changes, except interceptions, start on the offense's ten (10) yard line.
 - Interceptions may be returned.
- **PENALTIES THAT RESULT IN LOSS OF DOWN**
 - Illegally secured flag belt
 - Illegal forward pass in all cases except after change of possession illegal pass
 - Illegal forward handling
 - Backward pass out of bounds to stop clock
- **FOULS THAT CREATE AUTOMATIC FIRST DOWNS**
 - Defensive Pass Interference
 - Roughing the Passer

TIMING/OVERTIME

- Each time the ball is spotted, a team has thirty (30) seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has one sixty (60) second and one thirty (30) second time-out per half.
- Officials can stop the clock at their discretion.
- **OVERTIME:** If the game score is tied after regulation time, then a coin toss will determine who will get the ball first. The home team shall call the toss. **If additional overtime periods are needed to decide the outcome of the game, captains shall alternate choices.** Each team will have the chance to score in series of four downs from midfield. If the score is still tied after each team has had a try, a second series is played and so on until a winner is determined.

SCORING

TOUCHDOWN = 6 Points

EXTRA POINT = 1 Point (played from the three (3) yard line)
2 Points (played from the ten (10) yard line)

SAFETY = 2 Points

RUNNING

- The quarterback cannot run with the ball.
- Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- Absolutely NO laterals or pitches of any kind are allowed.

RECEIVING

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- As in the NFL, only one player is allowed in motion at a time and the receiver may only move lateral to the line of scrimmage.
- A player must have at least one foot inbounds when making a reception.

PASSING

- All passes must be caught beyond the line of scrimmage. Any pass caught in the backfield will be ruled dead at the spot.
- Shovel passes are allowed provided they are beyond the line of scrimmage.
- Interceptions may be returned.

DEAD BALLS

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
 - Ball carrier's flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown or safety is scored
 - Ball carrier's knee hits the ground
 - Ball carrier's flag falls out

NOTE: There are no fumbles. The ball is spotted where the ball hits the ground.

RUSHING THE QUARTERBACK

- All players who rush the passer must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball is handed off, the seven (7) yard rule no longer is in effect and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven (7) yards from the line of scrimmage. Remember, no blocking or tackling is allowed.

SPORTSMANSHIP/ROUGHING

- If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking of any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**

PENALTIES AND YARDAGE

Loss of 5 Yards

- Encroachment (Dead Ball)
- Illegal Snap (Dead Ball)
- Illegal Motion
- Illegal Procedure
- Required equipment worn illegally
- Helping the Runner
- Intentional Grounding (Loss of Down)
- Illegally handing ball forward (Loss of Down for offense)
- Illegal Forward Pass (Loss of Down for offence)
- False Start (Dead Ball)
- Delay of Game (Dead Ball)
- Illegal Shift
- Illegal Substitution

Loss of 10 Yards

- Two or more consecutive encroachments during the same down interval
- Forward Pass Interference; Defensive=Automatic First Down (Spot of Foul), Offensive=Loss of Down
- Unsportsmanlike player, coach or fan conduct
- Spiking, throwing, kicking or not returning the ball to the official
- Steal, strike or attempt to strip the ball
- Trip, hurdle, tackle, clip, stiff arm or any unnecessary contact of any nature
- Roughing the passer (Automatic First Down)
- Illegal offensive screen blocking
- Flag guarding by offense, illegal removal by defense
- Obstruction of runner
- Defensive illegal use of hands

NOTE: Any flagrant activities associated with 5 or 10 yard penalties result in immediate disqualification.

Personal Fouls may be called as 15 yard penalties if viewed as flagrant by official.

Cleats are allowed, except for metal spikes. Inspections will be made.

There are no kickoffs and no blocking allowed.

TRIVIA NIGHT

1. Tables must have no more than six (6) players, with no gender requirement, to be eligible for points. Only Trivia Contest participants are allowed at the table. Players are not allowed to substitute in at any time.
2. The event will consist of five rounds of questions. Each round will include ten questions.
3. Points are awarded to each table based on the number of questions answered correctly.
4. Answers given by the house are correct and final.
5. Absolutely no electronic devices (cell phone, tablets, laptops, etc.) are allowed at the tables. If you are caught during the round, then the team will receive a 0 for the round.
6. Tie breaker rules: At the bottom of your first answer sheet, indicate the number of correct answers you predict your table will have for the entire night (50 questions). In the event of a tie, the table coming closest to their prediction, without going over the actual number of correct answers, will be the winner.

In the event the game is still tied, we will decide the winner by determining which table scored the best in the fifth round, then the fourth round, etc. until one table has out scored the other going from the fifth round backward.