

# Whiffleball Rules and Regulations

## Eligibility

Below are the guidelines that participants must follow in order to be eligible to enroll or play in UREC intramurals.

**1. Undergraduates/Graduate Students**

All undergraduate students enrolled in 7 or more hours (6 or more hours for graduate students) at JMU are eligible for intramural competition.

**\*Note: Undergraduate students enrolled in 1 to 6 hours (1 to 5 hours for graduate students) will be required to pay a recreation fee in order to participate in the program.**

**2. Faculty and Staff**

All full-time faculty and staff at JMU are eligible for intramural competition. Spouses of full-time faculty and staff are required to obtain a URAC card to participate in the program.

**\*Note: All part-time faculty/staff can participate in the program; however, their spouses cannot participate.**

**3. Alumni**

All alumni are ineligible to participate without a proper membership to UREC.

**4. Professional Athletes**

Students ineligible for varsity competition due to professional rank are prohibited from competition in the intramural sport(s). Those participants with professional rank will be ineligible for five (5) years from the date professional career ended. (This does not include try-outs and cuts from a professional team).

**5. Varsity Letter Person**

A person who has received a varsity award at any university (4 year college or junior college) within the last academic year is ineligible to compete in the lettered sport or a related sport. They will be allowed to compete one full year after their final varsity season. However, teams may only carry one former varsity player on their roster

**6. Student Athletes**

Any person whose name appears on a varsity, junior varsity, or freshman roster will be ineligible in that intramural sport during that academic year. This includes all players who are "red shirt" in any sport or anyone who practices with a team regularly but does not participate in intercollegiate competition.

**7. Sport Club Members**

Sport club members are defined as individuals who meet any **one** of the following criteria:

- Name appears on sport club team roster during the academic year.
- Signed a participation waiver **and** is actively participating in club functions.
- Actively participating with the club during their season.

**\*Note: Teams are restricted to two Sport club members in their related intramural activity. Sport Club members can only compete in Level 2 and Level 3 activities (Level 1 is prohibited).**

**\*Note: All Eligibility requirements can be located in the [Intramural Handbook](#).**

**Valid JACards are required for participation. “No JACard, NO play”**

**\*Assumption of Risk\***

Individuals are highly encouraged to have a physical examination and obtain adequate health and accident insurance **prior to participation** in UREC activities. Individuals that choose to participate in UREC activities do so at their own risk. James Madison University does not provide insurance and is not responsible for any injury that may occur to individuals participating in any UREC activity. Participation is voluntary. Student Health and Accident Insurance information may be obtained at the University Health Center.

UREC strongly discourages the use of alcohol and/or drugs by participants prior to any recreational activity. The use of alcohol and/or drugs by participants during any recreational activity is prohibited. In addition, **food, beverages, and tobacco products (dip, chew, cigarettes, etc) are not allowed** at any intramural activity site. The following rules apply to all participants of University Recreation sponsored programs:

Smoking, drinking, or using smokeless tobacco products at an intramural site will result in removal from facility site and sound.

Leaving the bench area and/or consuming an alcoholic beverage will result in an immediate ejection from the game.

Games may be forfeited if, **IN THE JUDGMENT OF THE INTRAMURAL SITE MANAGER ON DUTY**, the participant’s unsportsmanlike conduct is due to the use of alcoholic substances either before or during the activity.

**Facilities**

1. Games will be played in Godwin Gymnasium on side B.
2. **The walls, bleachers, and any objects in fair territory are considered IN PLAY.**
3. If the ball gets stuck on top of the bleachers it is considered a ground rule double.
4. If the ball makes contact with the wall above the bleachers it is considered a HOMERUN.

**Game Time and Timing Regulations**

1. The game will consist of 9 innings or the 40 minute time limit.
2. Teams will have 10 minutes after the schedule start time to field a team. The team that is waiting to field a team will lose a run each minute after the scheduled time. (Hint: If the team is five (5) minutes late, they will be down 5-0.)

3. There are no extra innings during the regular season. Only during playoffs are there extra innings.

### **The Team**

1. Eight (8) players constitute a men's or women's team. Six (6) players are required to being the contest. If fewer than 5 players are present, the game will be declared a forfeit.
2. **In Corec** eight (8) players constitute a team that must be divided by four (4) men and four (4) women. However, the team could be comprised of seven (7) players which would be four (4) men and four (3) women, or four (4) women and (3) men. Also, the team could be comprised of six (6) players that consist of three (3) of each gender.
3. **Valid JAC Cards are required for participation.**

### **Player Equipment**

1. All equipment will be provided.
2. Outside bats are not permitted.
3. Players must wear athletic shoes. **Cleats are not permitted.**

## **Rules Section**

### **The Field**

1. The field can be comprised of any combination that a team creates.
2. Changes to position can be changed anytime throughout the game, but the batting order must stay the same.
3. **THE PITCHER WILL BE A MEMBER FROM THE BATTING TEAM.** Pitchers can have two warm up pitches at the beginning of each inning.

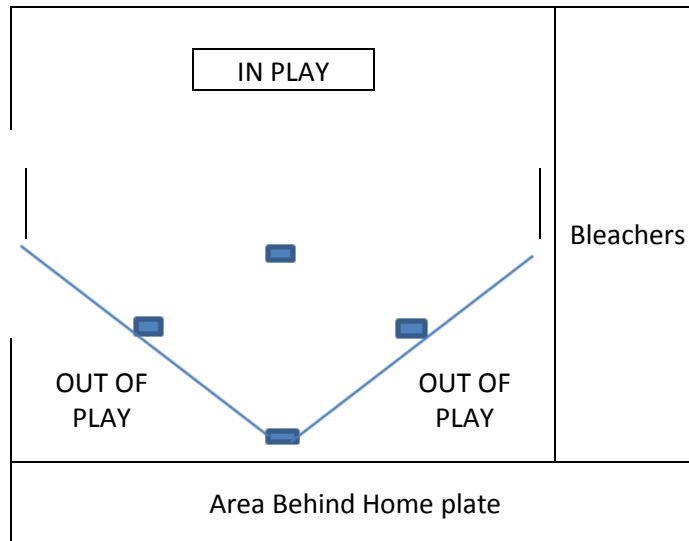
### **Batting and Batting Order**

1. The captain is required to create a batting order before the game begins. **In Corec**, the batting order will be in alternating male/female order. (**Exception:** When batting more than 8 players a team is able to bat two males or two females at end of batting order and leadoff spot.)
2. Regardless of field changes, the batting order must remain the same. In the instance that a player bats out of order, that batter is declared out.

3. Players may be substituted and reenter the game one time during a contest.
4. **THE PITCHER WILL BE A MEMBER FROM THE BATTING TEAM.**
5. If the pitcher makes contact with the batted ball the batter/runner will be out. Any runners that are on base will not advance.
6. Teams can only score a maximum of ten (10) runs per inning before switching sides.
7. Teams are only allowed 5 HOMERUNS a game. Any homeruns after 5 will be considered an out.
8. Players can not bunt or chop the ball to advance to a base. If a batter performs such actions the team will receive an out. Batters must make an attempt to hit the ball.

### Foul Territory

1. Foul territory consists of the area outside of the base line.
2. If the ball travels over the base, the ball is in fair territory.
3. Any ball that hits the ceiling, wall, baskets, etc. that is in fair play is considered a live play and can be caught for an out.



## Scoring and Outs

1. Teams score a run when one player touches first (1<sup>st</sup>), second (2<sup>nd</sup>), third (3<sup>rd</sup>), and home plate.
2. Teams can score up to ten (10) runs an inning before switching sides.
3. After the batting team receives two (2) outs the sides will change.
4. Batters are out if the following occurs:
  - a. Hits a fly ball and is caught by the opposing team
  - b. Hits a fly ball, hits object in fair play, and is caught off the object by the opposing team
  - c. Hits a ground ball and is out on a force out (Hint: The fielder only has to tag the base NOT the runner)
  - d. Hits a ground ball and is tag out
  - e. The hit ball makes contact with the pitcher. All pitchers must stay clear of the hit ball.
  - f. Any base runner that is hit by batted ball is out. Ruling: the runner impeded the progress of the ball which prohibited the defensive to make a clear play.
  - g. There is no infield fly rule.
5. **All fielders and batters must avoid contact for safety reasons.** If the runner makes contact with the fielder the runner is out. However, if the fielder makes contact with the runner, the runner is awarded the base.
6. **If the fielder pegs the runner with the whiffle ball the runner is out.** However, if the fielder hits the runner in the head the runner is safe and will receive an extra base.

## Sportsmanship

### Philosophy

Sportsmanship is individuals or teams doing unto others as they would have others do unto them. Sportsmanship is individuals containing an understanding and appreciation of the rules developed for sport. Players enjoying the recreational experience and encouraging others to participate regardless of skill level will help enhance the integrity of the program. All participants will take responsibility for his/her own actions regardless of the repercussions, which involves not blaming others for mistakes made or making excuses for wrong doings. Sportsmanship is recognizing and acknowledging character and honor among team members and opponents while practicing such characteristics themselves. Participants will respect officials, supervisors, and opponents during, before, and after a contest. Finally, sportsmanship will portray an overall respect and passion for the sport and recreation.

## Sportsmanship Mission

UREC and the Intramural Sports program are dedicated to promote and enforce positive sportsmanship among all JMU participants. Through each contest participants must portray fair play, respect for opponents, and intramural staff, as well as, graciousness in winning or losing. In order to encourage proper conduct during games, officials, supervisors, and administrative personnel will make decisions to warn, penalize and/or eject players, coaches, teams, and/or spectators for poor sportsmanship. The decisions made by these individuals are final and will be reviewed by the Coordinator of Intramural Sports. In the instance teams challenge their rating, only the captain will meet with the Coordinator of Intramural Sports to discuss the issue. **All captains are responsible for the conduct of their teams during an intramural contest.** The sportsmanship rating can be affected by actions occurring before or after a contest.

## Sportsmanship Criteria and Ratings

Based on this philosophy the following system will be used to evaluate a team's sportsmanship during each contest in which they participate:

Teams will receive a rating each week that will create an average at the end of the season. Teams in **Level I** must have an average of 3.0 at the end of their fourth week to continue play. Teams in **Level II** and **Level III** must have an average of 3.0 to be eligible for playoffs.

### Example:

Week 1: 3.0

Week 2: 3.0

Week 3: 2.5

Week 4: 3.0

**Total 11.5**

Average Conversion:  $11.5 / 4 = 2.875$ . This team would not be eligible for continued play or playoffs.

### Superior: 4.0 "Win with class – lose with dignity"

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. Teams respect all decisions made by the intramural staff.
3. All questions to the sport official must be respectful and reasonable. *Statements are not questions and will not be recognized.*
4. Teams are responsible for their actions and spectators they bring to the event.
5. Teams state positive comments of encouragement towards teammates and opponents.

6. Teams accept a loss and congratulate the opponent on their success.
7. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

**Excellent: 3.5**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

*\*Note: All teams that request to cancel within 24 hours of their next contest will receive a 3.5 rating. The opposing team will also receive a 3.5 rating.*

**Good: 3.0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive and adhere to verbal warnings, but receive no ejections, yellow cards, unsportsmanlike penalties or technical fouls.**

**Average: 2.5**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.

6. **Teams receive a technical foul, yellow card, or unsportsmanlike conduct, but receive no ejections.**

**Below Average: 2.0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive two technical fouls, yellow cards, or unsportsmanlike conducts, but receive no ejections.**

*\*Note: Teams that forfeit through a no show will automatically receive a 2.0.*

**Poor Conduct: 1.0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive an ejection.**

**Unacceptable: 0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive multiple ejections or the game is forfeited by intramural staff.**



### **Sportsmanship Sanctions**

The intramural program contains the right to address all issues that pertain to sportsmanship issues. Players that are ejected from an event will receive an automatic one game suspension and will have to meet with the Assistant Director or Coordinator of Intramural Sports. The captain of the team will have to attend this meeting to discuss the sportsmanship issue and the rating system. The intramural program also reserves the right to contact Judicial Affairs to resolve extreme disciplinary situations. All situations will be handling individually and sanctions may vary.

### **Blood Borne Pathogen Policies**

Any player, who sustains an injury where bleeding or oozing occurs, or where blood has saturated the uniform, must leave or be removed from the contest. The bleeding must be stopped and the area completely covered before the individual is allowed to reenter the game. An Intramural staff member must clear the individual before the participant can resume play. If the uniform has become contaminated with blood, it must be changed before the player reenters the game.