

# INTRAMURAL SPORTS

2025/2026

## RULES AND REGULATIONS



[@QUEENS\\_RECREATION](#)



[WWW.QUEENSATHLETICS.COM](http://WWW.QUEENSATHLETICS.COM)

## **TABLE OF CONTENTS:**

Dodgeball Rules and Regulations	3
Dodgeball Rules and Regulations Continued	4
Futsal Rules and Regulations	5
Futsal Rules and Regulations Continued	6
5v5 Basketball Rules and Regulations	7
5v5 Basketball Rules and Regulations Continued	8
5v5 Basketball Rules and Regulations Continued	9
3v3 Volleyball Rules and Regulations	10
3v3 Volleyball Rules and Regulations Continued	11
Kickball Rules and Regulations	11
Kickball Rules and Regulations Continued	12
Kickball Rules and Regulations Continued	13
Flag Football Rules and Regulations	13
Flag Football Rules and Regulations Continued	14
Flag Football Rules and Regulations Continued	15
Flag Football Rules and Regulations Continued	16
Spike Ball Rules and Regulations	16
Spike Ball Rules and Regulations Continued	17
Pickle Ball Rules and Regulations	17
Pickle Ball Rules and Regulations Continued	18

## **DODGEBALL RULES AND REGULATIONS:**

### ***Event Set-Up:***

Each match will take place on a half-court of a basketball court at the Queens University of Charlotte's Levine Center. Boundaries are indicated by the half-court basketball court lines. Referees will make boundaries clear to start each game.

### ***Equipment:***

- 6 rubber or coated foam balls will be used: 3 Blockers (large) and 3 Stingers (small).
- Ball layout at the beginning of each match goes as follows: Blocker, Stinger, Blocker, Stinger, Blocker, Stinger.

***Players: Teams consist of 6 players on the court, with unlimited substitutes on the sideline.***

### ***Game Rules:***

- The game is a race to 2 wins. Meaning that the first team to record 2 wins, wins the match. There are only 3 games per match.
- Each game is a max of 7 minutes (total of 21 minutes for the match); at the end of 7 minutes the team with the fewest players remaining loses. If at the end of 7 minutes the teams have even numbers, a 1 minute sudden death overtime will be played.
- 10 second throw clock – If balls are on a player's side they must make an attempt to throw a ball at the other team. If the time expires before a throw, the player is eliminated.

### ***The Rush:***

- Play begins by placing the dodgeballs along the centerline. Players take position behind the end line. At the ref's signal, players may approach the centerline to retrieve balls.
- Before throwing a ball, the players must bring the ball behind a designated attack line before throwing the ball.
- There is no limit on the amount of balls an individual player can retrieve.
- A team can rush with as many players as they want, however at least one player from each team must rush (This will ensure there is not a standoff).

### ***How Players Can Get Out:***

- A player is eliminated when a player from the other team hits them with a dodgeball (that has not struck the ground) below the shoulders.

- A player is also eliminated if they touch the other side of the center court line with any part of their body.
- A player can perform a sacrifice jump to get another player out. However, the ball must be released from the player's hand while in the air and leaving from the player's side of the mid-line. The moment their feet touch the opposite side of the line they are out. However, if they hit an opposing player with the ball, that player is also out.
- A player who is eliminated must go to his/her respective sideline and may not participate until allowed back in the game.
- A player is out when blocking a hit with a ball in their hand and they drop the ball.

***A Player Is Not Out When:***

A player may do three things to avoid getting hit:

- They may dodge and move out of the way of the throw.
- They may deflect the ball with another ball that they are carrying.
- They may catch a thrown ball. If the catch is made before the ball hits the ground the player is not out and the person who threw the ball is out instead. As well, a player from the catcher's team may return to the playing field, on a first out, first in basis.

If all players from one team are eliminated the opposing team wins that game.

When a player is hit in the head and they make no move to dodge the ball. (if a player tries to dodge and gets hit in the head, they are still out). This call may be at the ref's discretion.

***Substitutions:***

- Substitutions must line-up and enter from the designated spot.
- Subs can enter upon a caught ball but players on the field cannot exceed 6 at a time.
- Subs can retrieve balls from "out of bounds" and place them on the end line for players, active in the game.
- Subs can only retrieve balls from their side of the court.
- Subs may not enter the court at any time.

***Out of Bounds:***

- The ball is in play until it touches the ground, or curtain.
- A player is out of bounds when their feet cross the side line. This results in elimination.

## **FUTSAL RULES AND REGULATIONS:**

***The Game:*** A team must have 4 players to avoid a forfeit, one must be of the opposite sex (forfeit will be called 10 min after scheduled start time). However, a team may play with as many as 5 players. A team must have 3 players to finish the match. A maximum of 2 varsity soccer players (regardless of gender) may be on the field at all times. There is no goalkeeper, and any use of hands will result in a penalty and turnover.

***Captains:*** Captains are the only spokesperson for the team.

***Player Equipment:*** Athletic gym shoes (closed toe) required, along with a team T-shirt color. No hats allowed! No jewelry of any kind will be allowed. Please remove jewelry prior to start of game. Personal belongings are not allowed on the playing area.

### ***General Rules:***

In the event of a tie, during the regular season the game will be called a tie. During the playoffs, a tie will be decided by a 5-minute Golden Goal overtime period followed (if needed) by a penalty kick shootout. The shootout consists of 5 kicks for each team; at least 1 player of the opposite sex must kick and team's alternate kickers.

The offensive "crease" will be defined with floor tape, about three feet in from the 3-point line for basketball. Offensive players may not dribble or shoot the ball from the ground inside this box. An offensive player without the ball may however enter the crease looking for a header or a volley. A shot inside the box may only be a volley (pass in the air) or a half-volley (off one bounce). More than one bounce or no attempt at a shot will null the chip and the ball must be cleared outside the crease again.

The goal box will be defined by floor tape and will be the area in front of the goal encompassing half of the basketball key. Defensive players may only enter this area if an offensive player is also in the goal box. Any shot blocked by a defensive player not playing man-up defense will result in a free kick from the top of the 3pt line. Repeat infractions will result in a penalty kick. Defense may block a shot in the goal box if an offensive player is also in the goal box.

An offensive player may be behind the goal to retrieve a ball but it must be cleared before a shot can be attempted.

### ***Timing Regulations:***

- Duration: Two equal periods of 20 minutes; running clock. Clock may be stopped only at official's discretion and during the final minute of each half.
- Time-outs: 1 per team per half; none in extra time
- Half-time: Maximum of 3 minutes

***Play Procedure:***

- Rock, Paper, Scissors followed by kickoff; opposing team must be five yards from the ball. The ball is deemed in play once it has traveled the distance of its own circumference. Kicker shall not touch the ball two consecutive times to begin the game. Ensuing kickoffs are taken after goals and at the start of the second half.
- Ball in and out of Play: Ball is out of play when it has passed onto the track. This will result in a kick-in from that point. The ceiling and curtain are still considered in-play.
- A player that receives a yellow card must sit out for 2 minutes, creating a power play for the opposing team. The yellow carded player may re-enter the game before the 2 minutes has expired if the opposing team scores a goal. If the yellow card is issued with less than two minutes remaining in the 1<sup>st</sup> half, the 2-minute power play period will carry over into the 2<sup>nd</sup> half.
- Players are NOT allowed to SLIDE TACKLE; any slide tackle will result in an immediate yellow card.

***Yellow Card infractions:***

- Illegal substitutions and too many varsity players on the field
- Unsportsmanlike conduct
- Objection of officials call by non-captain
- Delay of game
- Holding a shirt, shorts, or any article of clothing
- Deliberate handball (Results in a Penalty Kick)
- Deliberate foul or contact
- Sliding (Results in a Penalty Kick)
- Moving the net in an attempt to stop a goal from being scored (Results in a Penalty Kick)

***Red Card infraction:***

- A player that receives a red card is disqualified and their team must play shorthanded for the remainder of the game. The player will also receive a one game suspension.
- Double yellow card
- Taunting, violent behavior, insulting or offensive behavior
- Unsportsmanlike conduct

## **5v5 BASKETBALL RULES AND REGULATIONS:**

### ***Number of players***

A regulation team consists of 5 players. A team may start with 4-players present. A team can play with 2 or 3 players only if others have been injured or have fouled out and the referees feel the team playing with less than 5 still has a chance to win. A team reduced to 3 players by player ejections will automatically forfeit.

### ***Uniforms***

All team members must wear the same color shirt. Pinnies are available for teams that do not have matching shirts.

### ***Team Captains***

Team captains are responsible for the behavior of their TEAM, COACHES, and FANS. Arguments will not be heard from players other than the team captain. Aggressive behavior towards refs, verbal or physical, will result in a technical foul and in the player/s being ejected from the game and possibly removed from the team roster.

### ***Forfeit***

A forfeit will be assessed when a team fails to be present with the required number of players at 10 minutes past a scheduled game time.

### ***Timing Regulations***

- All games will be limited to 2 twenty-minute halves (running clock) with a five-minute halftime. The clock will begin to run at game time.
- The clock will stop on dead balls during the last minute of every half. This includes fouls, violations, and time-outs, but not made baskets.
- Games starting on time will begin with a jump ball and thereafter the alternating possession rule shall apply.
- Each team shall be allowed two 30-second time-outs in each half. First half time-outs WILL NOT carry over to the second half.

### ***Overtime***

Games ending in a tie shall play a two-minute overtime (running clock) to determine a winner. If the score remains tied after the first overtime a second overtime will be played, and so on.

Overtime periods shall begin with a jump ball. Each team will receive one 30-second time-out per overtime period. Time-outs not used from the second half or any overtime period will not

carry over to the next overtime period. During playoffs, a 5-minute overtime will be used. If a tie remains at the end of the period another over time will be played.

### ***Substitutions***

Substitutes will be recognized during any dead ball situation. Subs must check in with the score keeper and be called in by the refs. Subs must sit on the score table sideline.

### ***Technical and Intentional Fouls***

Technical fouls - Two free throws will be awarded plus the ball out of bounds at mid-court to the offended team. The technical foul will count as a personal and as a team foul.

Intentional fouls – Two free throws will be awarded plus possession of the ball out of bounds closest to the spot the foul occurred.

### ***Violations - 10-second backcourt***

- A player must have both feet and the ball completely across the mid-court line before the count stops. The count will only stop if the defending team gains control of the ball, or a defensive foul is called. A deflection does not stop the count. If the ball goes out of bounds, a new 10-second count will begin.

### ***Violations - 5-second closely guarded***

- Applies only in the frontcourt to players holding the ball whose defender has established a closely guarded position at least 6 feet from the player with the ball. The count shall stop when a player loses control of the ball, or if the defender concedes their guarding position.

### ***Violations - 3-second lane***

- Applies to offensive players who have any part of their foot in the lane area when the ball is in their frontcourt.
- The count stops on loss of team control, an interrupted dribble, and on any shot. A player in the lane may receive a pass prior to 3 seconds and be permitted to make an offensive move to the basket.

### ***Free Throws***

- A player has 8-seconds to attempt a free throw. Time will begin once the shooter receives the ball from the official. A timing violation will result in loss of the free throw attempt or possession.

### ***Jump Ball***

The two jumpers shall not break the plane of the mid-court line until the ball reaches its highest point. Neither jumper may touch the ball more than twice, nor catch the ball, unless another player



on the court has touched the ball, or the ball touches the floor. Non-jumpers may line up no closer than 6 feet from either jumper and may not move until the ball is touched by a jumper.

### ***Fouls - Shooting***

- A player who is in the act of shooting will be rewarded with two or three free throws unless the basket is successful and then they will receive one free throw. Shooting fouls include hacking, holding, pushing, blocking, and under cutting.

### ***Non-shooting***

- A player who is fouled while not in the act of shooting will be rewarded with a team foul. The fouled player will shoot 1-and-1 on the 7th, 8th, and 9th team fouls and 2 shots on every foul thereafter. Non-shooting fouls include holding, pushing, blocking, and hand-checking.

### ***Player Control***

- When a player who is in control of the ball, either by dribbling, holding, or shooting, commits a foul it is player control.
- Never count the basket. Never shoot free throws. Player control fouls include charging, lowering the shoulder, pushing off, and swinging elbows.
- When a player excessively swings his/her elbows in a dangerous manner without contact, it is a violation and the ball is awarded to the opposing team. If there is contact that is a result of the excessive swinging elbows, the player may be called for a player control foul, or if violent, a technical foul and/or flagrant foul.

### ***Team Control Foul***

- When any player on Team A (the team in control of the basketball) commits a foul the ball will be awarded to the offended team at the spot closest to the foul. No free throws will be awarded regardless of the foul count. This will include all illegal screens, illegal post moves, pushing off, and any other illegal pushing, holding, or blocking by any member of the offense.

### ***Flagrant Fouls***

- When any of the above fouls are intentional or technical refer to the previously outlined policies for procedure. When any of the above fouls are flagrant, (dangerous or malicious fouls with no attempt to play the ball or with excessive contact) the player should be immediately ejected.

## **5v5 VOLLEYBALL RULES AND REGULATIONS:**

### ***General Rules:***

Teams will consist of six players on the court (no more than two may be varsity volleyball players). Games may begin with 5 players.

- The net will be set at 7' 11".
- A ghost rule will be in effect when a team has only 5 players. Opponents will receive a point and the serve when the team of 5 has completed their first full rotation.
- The game is the best of 3 sets. A team must score 21 points and win by 2 scores to win a set. First team to win 2 sets wins the game.
- Rally scoring will be followed. A point is scored on every fault.
- Each team will receive one 30 second timeout per set.
- Players may be added to the roster freely until playoffs begin. Players are only eligible for the playoffs if they have competed in the designated number of regular season games.
- Games begin with rock, paper, scissors for side or serve. Consecutive games rock, paper, scissors for serve. In playoffs, the higher seed will choose side or serve for the first set and then it will rotate.

### ***Field Rules***

- Ceilings are only in play if the ball that was struck hits the ceiling and stays on the same side as it was hit. A serve must clear the net without hitting anything other than the actual net. A serve that hits the net and goes over is in play.
- Out-of-bounds lines are on the floor. The line is considered in.
- A ball that hits the wall is out of play. A ball may not be played off the wall.

### ***Game Rules***

- The server must stand beyond the end line to serve the ball. If the foot goes over the baseline before contact, it is a turnover. The server may serve the ball once the official has blown the whistle.
- A serve that does not go over the net on a player's first serve may be re-served. Servers will only be allowed one re-serve per rotation. During playoffs, servers will not be allowed a re-serve.
- A serve that touches the net and goes over is allowed.
- You may not block or spike a serve.
- There is no "Spike Line." A spike may be attempted from anywhere.

- A player's body cannot touch the net at any time the ball is in play, including a spike or a block. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- Each team only gets a total of 3 hits to get the ball over the net, if a player attempts a block, the hit does not count towards the 3-hit limit.
- Carries are illegal; a carry will be called at the officials' discretion any time a player's palm touches the ball. An illegal hit will be called if the ball visibly comes to rest, there is prolonged contact, the ball is redirected, or there is a double hit.
- Other illegal hits include: slapping, bumping with 2 separated hands, open palming, and directing the ball. These calls cannot be disputed.
- A player may only reach over the net when executing a follow through on a spike or when blocking. When spiking the ball, a player may follow through over the net as long as initial contact is made on his/her side of the net. When blocking, a player may reach over the net as long as there is no downward movement to the block, the net is not touched, and the ball was intentionally directed toward the blocking team (was intended to go over the net).
- The ball may be hit by any part of the body above and including the waist. The ball may also be played off the foot as long as the foot is in contact with the floor (no kicking of the ball).
- Servers must serve in rotation, and that rotation must stay the same through each set. Substitutions will take place on rotation in the same position each rotation. Any fault in rotation order will result in a turnover.
- A player may step on or across the middle line as long as they do not interfere with the opponent.

## **KICKBALL RULES AND REGULATIONS:**

### ***General:***

- All games will be held at the Levine Center
- Teams will be made up of at least 6 players and 2 must be of the opposite sex.
- 9 players are allowed on the field at one time with at least 2 men and 2 women at all times.
- All team participants must be registered on the team roster. Any players added to the roster during the regular season must participate in the designated number of regular season games to be eligible for the playoffs.
- No additions to the roster can be made during the playoffs.

### ***Field Rules:***

- If the ball is kicked over and past the nets in left and right field that kick is a home run.
- All wires that hold up the center nets are in play, if a ball is caught off these wires it is an out.
- If the ball hits **ANY** part of the ceiling, or the lights it is an out. If a foul ball hits the ceiling it is an out. All climbing ropes and basketball hoops are considered part of the ceiling.

### ***Game Rules:***

- The game rules follow the basic scoring principles as baseball or softball.
- Kicking teams will provide their own pitcher.
- Any kicked ball that hits the pitcher or is interfered with by the pitcher will be an out. This includes a ball thrown back to the pitcher that is intentionally not caught.
- A ball caught in the air is an out.
- 4 foul ball kicks are an out.
- A double kick will be an out.
- A pitched ball that bounces above the kicker's knee will be re-pitched.
- There are no strikeouts or walks. A kicker that repeatedly does not attempt to kick a well-pitched ball will be warned that they must kick. This will impact sportsmanship rating.
- You may throw the ball at the runners to get them out, but the ball must hit the runner in the shoulders or below (unless they duck). Excessive force is not necessary and may result in an overturned out.
- All games will last 9 innings or 40 minutes, whichever comes first. In the case of a 40 minute game the current inning will be finished and then the game will be called.
- No extra inning plays. A tie is a tie. During playoffs, there will be extra inning play.
- There is no bunting. Bunts will be called a foul. This is at the official's discretion.
- There is no leading or stealing. Leading/stealing players will be called out.
- On a fly ball, runners **MUST** tag up before running.
- Runners get one base on a throw or a kick that goes out of play (beyond the curtain). If the fielder is in possession of the ball and falls or runs out of play, the ball will be considered in play.
- Every player checked-in must bat. The batting order will be determined by the captain once all players have signed in. No changes can be made to the batting order once the game begins. If a person in the line-up fails to bat or people bat out of order, an out will be called.

- Substitutions in the field may be made freely throughout the game.
- A kick made in front of home plate will be considered a dead ball and will be called a foul. If the ball is caught; however, it will be called an out.
- Infielders may not block the bases or the baseline, unless there is a play being attempted. The runner will be awarded the base.
- Any ball called “foul” may be played for an out. (ex. a kick in front of home plate will be called “foul” but if caught in the air will result in an “out.”)
- 10 run limits per inning, except for the last inning.
- If a team is winning by 15 runs after six innings or 10 runs after seven innings, the game shall end.

## **FLAG FOOTBALL RULES AND REGULATIONS:**

### ***Field Rules:***

- The games will be played at Queens Sports Complex.
- The field has 2 end zones; each is 15 feet, and one first down line which is exactly between the goal lines.
- Flag belts will be provided to each team. Belts should not be tied or secured improperly. Doing so will result in a penalty. Belts must have 3 flags visible at all times and must be over players’ shirts. Flag colors do not matter.

### ***Game Rules:***

- Teams consist of 6 players on the field. All teams must be co-ed. Games may begin with 5 players. Teams failing to appear with the correct number of players within 10 minutes of the scheduled start time will forfeit the game.
- Games will have two 10 minute halves. The clock will only stop on a whistle for an incomplete pass or running out of bounds during the last 2 minutes of each half.
- In the case of a tie game, a 5-minute sudden death overtime will be played. Each team will be given one possession from the 40-yard line and will be decided by score or by total yards gained.
- Each team is allowed one 30 second timeout per half.
- At the start of the game, second half and after a score, the ball is placed on the 5-yard line.
- Each team is allowed four downs.
- 4<sup>th</sup> down may be attempted or you may opt to have the ball walked forward 25 yards as a punt.

- A touchdown is worth 6 points. After a touchdown, the scoring team must attempt an extra point from the 5-yard line. A score on a forward pass = 1pt and a score on a run = 2pts. The ball is placed on the 5-yard line, if the team scores by a forward pass, they are awarded one point, a run is worth two points. A score by a female will be an additional point.
- Laterals may only take place behind the line of scrimmage. Once the quarterback laterals, hands off or pitches the ball, the defense may cross the line of scrimmage.
- Any number of laterals or backward passes are allowed. A penalty will be called on a lateral that is attempted beyond the line of scrimmage.
- A fumble will result in a dead ball. The spot of the ball is placed where the player last had control.
- Quarterbacks may not run unless they are blitzed. The Blitz Flag will be dropped after 5 seconds.
- There is NO blocking; this will result in a 5-yard penalty from the line of scrimmage. Screen blocking (like in basketball) is the only legal form of blocking and may only take place after a completed pass. A screen block is legal if the player does not move their feet or use their hands.
- Interceptions may be run back, including interceptions on extra points (for 1 point), fumbles may not.
- A player is down when their flag is stripped or part of their lower body touches the ground. When a runner loses a flag either accidentally or inadvertently, play will continue. The removal of flags reverts to a one-hand tag of the runner.
- If a snapped ball hits the ground before the QB catches it, the play is dead and the ball is spotted at the same spot as the previous down. ***All snaps must be between the legs.***
- When you remove a flag hold the flag until the refs have determined where the ball should be placed. Do not throw the flag or run around with it.
- Games may be called on account of darkness and will be to the referees' discretion. When necessary, 2 possessions will be allowed unless one team is down by 17 or more points.
- Protests will only be heard from team captains.
- Any issue or question arising from play is left up to the discretion of the refs. You are given 2 Challenges during the regular season and 1 during the playoffs. Referee decisions are final.

***Penalties:***

- All penalty yards will be counted off in walking strides by a ref.

**Defensive Penalties:** All defensive penalties result in a repeat of down for the offense and are assessed from the line of scrimmage (not the result of the play).

- **Offside:** The defensive player crosses the line of scrimmage before the 5 second blitz flag is dropped; 5 yards
- **Pass Interference:** Any form of touching, face guarding, physical play or inhibiting of another player from trying to make a catch; 15 yards and 1<sup>st</sup> down
- **Holding/Blocking:** Any action by a player that restricts another player's movement and is not a screen block; 5 yards.
- **Roughing/Unsportsmanlike Conduct:** Any overly physical play including tackling, pushing, or shoving that is deemed by the referees to be unsafe; 15 yards. In a one-on-one breakaway for a touchdown, if the defensive player intentionally tackles or pushes the offensive player out-of-bounds, which in turn prevents the offense from scoring, a touchdown will be awarded to the offense. This rule is discretionary, in that the officials will determine if the play was intentional.
- **Stripping of the Ball:** Any attempting to strip the ball from the offense; 5 yards.
- **Obstruction:** A defensive player shall not hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing the flag. Penalty: 5 yards from spot of foul and repeat down.
- **Premature DE flagging:** A defensive player may not remove a flag prior to the receiver touching the ball. Penalty: defensive pass interference 15 yards and 1<sup>st</sup> down.
- **Tying flag belt** – A defensive player may not tie the flag belt or secure it improperly. Penalty: 5 yards and repeat down.

**Offensive Penalties:** All offensive penalties result in a loss of down and the loss of yards unless otherwise noted. All penalties are assessed from the line of scrimmage and not from the result of the play. A penalty that moves a team behind a first down that they have already crossed will not allow them to regain that first down.

- **Illegal Block:** Any block where a player uses their hands or arms or moves their feet to prevent the defense from being able to get to their teammate; 5 yards from the line of scrimmage and repeat down.
- **Offside:** When a player crosses the line of scrimmage before/during the snapping of the ball; 5 yards and repeat down.
- **Pass Interference:** Physical contact with a defensive player that impedes either player's chances of catching the ball. This must occur before either player touches the ball; 15 yards and loss of down.
- **Illegal Snap:** Any snap that does not start on the ground and/or between the center's legs; 5 yards and repeat down.

- **Roughing/Unsportsmanlike Conduct:** Any overly physical play including tackling, pushing, or shoving that is deemed by the referees to be unsafe; 15 yards.
- **Guarding the flag:** 5 yards from spot of foul and loss of down.
- **Tying flag belt** – An offensive player may not tie the flag belt or secure it improperly: Penalty: 5 yards from the line of scrimmage and loss of down.

## **SPIKEBALL RULES AND REGULATIONS:**

### ***Game Rules:***

- Matches will be self-officiated. All participants are expected to know the rules of the sport.
- The winning team of a pre-match volley will serve first in the first set and will decide on which side it would like to start. At the conclusion of the first set, the team which did not serve first in set one will serve first in set two and will decide on which side it would like to start.
- Teams will play one set and then rotate to the next lawn game. The set will be played to 15 points win by 2 or first to 20 points. Rally scoring will be used – either team will score regardless of serving team.

***The Serve:*** Standing at least six feet from the net, Team One serves by tossing the ball in the air and spiking it down on the net towards Team Two. Team Two can stand anywhere on his/her side of the net.

- Serves must be below the receiver's raised hand. If the ball can be caught by the receiver, it has to be played. If the ball is too high, the receiver must call "let" before their teammate touches the ball. The serving team has one more try to serve. If the serving team cannot hit a legal serve on the second try, they lose the point. If the receiver does not call "let", continue play.
- The ball must come cleanly off the net on a serve. If the ball takes an unpredictable bounce (commonly known as "pocket"), the receiver must call "let" before their teammate touches the ball. The serving team has one more try to give a clean serve. If the serving team cannot hit a legal serve on the second try, they lose the point. If the receiver does not call "let", continue play.
- The four players serve in the same sequence throughout the match, changing the server each time a rally is won by the receiving team.

***Game Play:*** In returning the serve, Team Two has up to three hits between the two players before they have to spike it back on the net. It is then Team One's turn to play the ball. This continues as a volley until one team cannot return the ball.



**Sides:** Each team must start the point on its designated side. However, once the ball is in play, there are no longer 'sides'. Players can run anywhere they want.

**Hinder:** The opposing team must always put forth an honest effort to get out of the way of the hitting team. If someone is in the way unintentionally, it's called a 'hinder' and the point shall be replayed. If the hinder is intentional, the team that hindered shall lose a point.

**Rimmer:** If a shot hits the rim of the net at any time (including on a serve), it's called a 'Rimmer' and the other team gets a point.

**Pocket:** If a shot hits a 'pocket' (a shot that sort of hits the rim and hits the net), the point shall continue. If there is a disagreement as to whether it was a 'Rimmer' or a 'Pocket', the point shall be replayed.

- Any player may contact the ball with any body part, above or below the waist.
- Players are not permitted to scoop, hold, or throw the ball. The ball must not visibly come to rest on the player's hands, fingers, or any other part of the body.
- A player shall not make successive contacts of the ball.

## **PICKLEBALL RULES AND REGULATIONS:**

### ***Teams:***

Teams of 6 will compete in 3 doubles matches against opponents in men's doubles, women's doubles, and mixed doubles. Teams may rotate match-ups for each game but subs must wait until a set is complete. Teams will compile points based on wins and point differential. The team with the highest points at the end of the tourney will be awarded tourney champions.

### ***Court Dimensions:***

Badminton court dimensions and lines will be used (size- 20' x 44') with a non-volley zone of 7' on both sides of the net. The remaining rectangle of each side measures 20' x 15' which is further divided into two equal rectangles measuring 10' x 15'.

### ***Officiating:***

- All matches will be supervised by 1 intramural staff who will keep score and settle disputes. Teams are expected to make self-calls using the honor system.
- If a situation arises regarding a rule the on-hand supervisor will tend to the situation and resolve the problem.
- If a situation arises regarding a judgment call, the teams will replay the point. If this is not permissible to the teams and a supervisor must become involved, the teams' sportsmanship points will be affected.
- If a ball from a neighboring court interferes with game play, the rally in progress will be replayed.

***Game Play:***

- Each match will be best 2 out of 3 games.
- After the first game, teams will switch sides of the court.
- Rock, paper, scissors will determine server. The team that served 2nd the first game will serve 1st the second game.
- For the third game, rock, paper, scissors will determine which team serves first and court positioning.
- Games are played to 15 by side-out scoring.
- Teams must win by 2 points or first to 21.

***Serve:***

- Players must keep one foot behind the back line while serving.
- The serve must be underhand with the paddle passing below the waist.
- The serve must be made diagonally cross court and clear the non-volley zone.
- The player serving will always start on his/her right side of the court. If the server scores a point he/she will alternate sides of the court with each serve.
- The server is allowed 2 chances for a successful serve on their first serve attempt per rotation.
- The server must rotate on the change of possession.

***Double Bounce Rule:***

- Each team must play their first shot off the bounce.
- Example: The player receiving the serve must allow the ball to bounce once prior to the return and the serving team must allow the ball to bounce once on their first return.
- After these two mandatory bounces, the ball can be either volleyed or played off the bounce.

***Faults:***

- Hitting the ball out of bounds.
- Hitting a ball that does not clear the net.
- A serve that does not go over the net.
- Volleying the ball before it has bounced on both sides of the net.
- A ball hit out of bounds. The line is "IN".
- Crossing into the no volley zone. A player may fall into the no volley zone and may play a ball that bounces in the no volley zone but players cannot hit a ball in the air from inside the zone.
- Throwing paddles is not allowed and will result in a loss of point. If a point was scored by the opposing team on the play, they will receive an extra point.