

ACTIVITY RULEBOOK

Spikeball™

Spikeball™ is a non-contact activity, however contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must electronically acknowledge/consent to the online waiver in IMLeagues prior to participating. By agreeing to the online waiver, each participant agrees to rules and policies outlined in this and all other documents provided by Intramural Sports.

All information in this rule book pertains to the facilitation of Spikeball™ contests and its season administration. For questions or concerns, please contact intramurals@uwlax.edu.

REMINDER: all participants are encouraged to review the participant handbook and general rules overview prior to participating in each activity in which they are interested. View these documents by visiting the [“Rules” website](#).

UWL Intramural Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify. For any eligibility concerns, please contact intramurals@uwlax.edu.

These rules are derived from the [official Spikeball™ rules](#).

Section 1: Starting the Contest**Start (Game) Time**

Game time is forfeit time. It is recommended teams arrive at the contest site 15 minutes prior to the scheduled start.

Facility and Contest Set Up**a. Playing Location**

Spikeball™ is played in the VMSC grass field (near the throwing areas). It is recommended teams review their schedules prior to each contest. Intramural Sports will not contact teams to remind them of contest dates, times or locations, however participants have the option to receive automated email reminders from IMLeagues during the roster addition process.

b. Roundnets

Roundnets are set up by staff only. All playing equipment is property of the Recreational Sports Department.

c. Captain’s Meeting

It is recommended captains meet with one another to review contest rules, participant eligibility, legal equipment, and to determine possession/team sides.

Equipment

Intramural Sports will provide contest equipment. If a team wishes to use equipment for warm-ups, they must check out the appropriate items from the supervisor on-duty. Participants may also use their own equipment if they so choose, but do so at their own risk.

Tennis shoes are molded plastic cleats are legal. Metal cleats are not allowed.

Participation and Team Rosters

Teams may have up to three (3) people on the roster. All participants on the roster are eligible to receive a championship t-shirt as long as participation and sportsmanship requirements are met.

Teams must compete with two (2) players at all times.

Eligibility**a. Sport Club Athlete**

There are no eligibility restrictions on Sport Club athletes

b. Intercollegiate Athlete (NCAA, NAIA, NJCAA, etc.)

There are no eligibility restrictions on intercollegiate athletes, although it is recommended athletes inform their coaches of their intent to participate in Intramural activities.

Section 2: Playing the Contest

Commencement

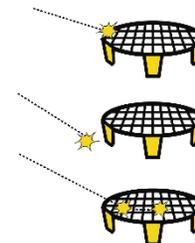
Rock-paper-scissors will determine who will start serving. The winner may pick if they would like to serve or receive first. The contest begins with the ball being put in play by the server to the designated receiver.

Scoring

Rally scoring will be used for all contests. The official score is kept by the players and should be announced before each serve. No scoreboards are used.

A point is scored when:

- The opposing team fails to legally return the ball to the roundnet
- The opposing team commits a point-loss infraction
- The opposing team's server has two successive faults
- The ball hits the ground
- The ball hits the rim
- The ball bounces more than once on the net

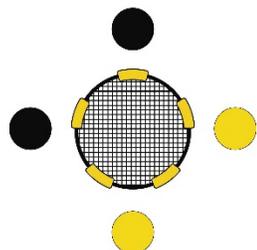


Timeouts

Teams are allowed one (1) 30-second timeout per game (NOT contest). Unused timeouts DO NOT carry over into subsequent games.

Serving

The initial serving team decides which player will start as the server. This player continues to serve until the receiving team wins a point. Once the receiving team wins a point, they decide who will serve for their team. For the remainder of this game, the four-person order continues. The order can change in the next game within a contest.



If the serving team wins the point, the server switches positions with their partner and serves to the other member of the opposing team.

All parts of the server's body and the ball must be behind the 6 foot service line when the ball is struck. If a service line is not drawn, use your best judgement.

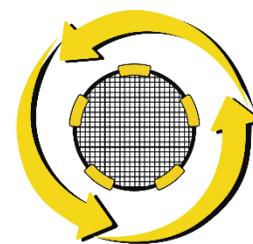
The server must set their feet and keep one foot on the ground until the ball is struck.

Playing the Ball

A player may not hit the ball twice consecutively.

After the serve, players may move around the entire roundnet. 360 degrees of play means players may move or hit the ball in any direction.

Players may not intentionally hinder or block their opponents from getting to a ball.



Touching the Ball

The ball may be touched only three (3) times by one team before being returned to the net.

The ball may touch any part of the body. It must be struck, not caught, lifted, or thrown. Players may not hit the ball with two hands.

Violations

Four hits, non-strike, two-handed hit, and a double contact are all violations and result in points for the opposing team.

Disagreements

If teams cannot determine the legality of a hit, serve, or call, they must replay the point.

Section 4: Open Specifications

Open leagues are available for anyone. There are no gender requirements or restrictions in the open league.

Section 5: Winning Specifications

Game/Set

Games are played in a best two-out-of-three format. The first two games of each contest will be played to 21, and the third game (if necessary) will be played to 21. A team must win by two (2) points. In the first two games during regular season play, 25 is the greatest amount of points that can be scored in a game (if a team gains a 25-24 lead, the game is over). If a contest reaches a third game, a team must win by two (2) points.

Contest

The first team to win two (2) games is the winner of the contest. If a team wins the first two (2) games of the contest, the third game will not be played.

Playoffs

All rules apply to playoffs. To qualify, teams must win at least one (1) contests and maintain a sportsmanship average of 4.0 during the regular season in addition to following forfeit policies. Other scheduling differences may apply to certain playoff circumstances. Qualification is monitored at the discretion of Intramural Sports administration.

Section 6: Protests

Protesting is permitted. If a team wishes to protest eligibility, rule implementation/interpretation or a perceived scoring error in-game, they shall notify a staff member right away. To file a post-game protest, email the program at intramurals@uwlax.edu or visit the [Online Protest Form](#). Teams may not protest officials' judgment calls (i.e. incomplete vs. complete pass, foul vs. no foul, violation vs. no violation, inbounds vs. out-of-bounds, etc.).

Section 7: The Playing Surface

A minimum of 30 feet by 30 feet of space will be around each roundnet, however, there are no out of bounds.

Other than the above exceptions, the contest will be played according to the official Spikeball™ rules.