League Registration:
All intramural registration will take place on IMLeagues through the UWRF Intramural Sports website. During team registration, captains will select the league and division they wish for their team to participate in. The league and division will indicate the nights and times of the contests for the regular season.

Captain’s Quiz:
During registration, team captains will take a quiz related to the general intramural policies and rules of the specific sport they are registering for. Successful completion of the quiz ensures the captain knows the rules and policies prior to the start of the intramural league. Online quizzes have replaced the mandatory in-person captains meeting.

Entry Fee:
The entry fee is now an individual fee. Participants must purchase a pass from IMLeagues upon registering or use a pre-purchased pass. Passes are $7.50 for a single team, $15 for a semester, or $25 for a year. The team entry fee must be paid online with a credit/debit card after the successful completion of the quiz. Payment will not be accepted in any other form. Teams cannot complete registration without payment. Entry fees help cover the cost of equipment, facility expenses, student staff labor costs, and administrative expenditures.

Schedules, Results, and Standings:
Schedules, results, and standings for league play and playoffs will be on IMLeagues. Please go to the UWRF Intramural Sports website at www.uwrf.edu/campusrec and click on the Intramurals Sports and IMLeagues to access IMLeagues.

Forfeit/Default:
If your team is unable to compete in a contest, please notify the Intramural Sports staff by email (campusrec@uwrf.edu) or phone (715.425.4289) before 1pm on the day of your contest to avoid a forfeit fee. If you do not notify the campus recreation staff before the deadline or you do not show up for the contest, your team will be charged a forfeit fee of $2.

Questions:
Please contact the Campus Recreation Staff with any questions or concerns.

<table>
<thead>
<tr>
<th>Contact Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Rec Staff</td>
<td>General Information</td>
<td>715.425.4289</td>
<td><a href="mailto:campusrec@uwrf.edu">campusrec@uwrf.edu</a></td>
</tr>
<tr>
<td>Alex Pendar</td>
<td>Competitive Sports Student Manager</td>
<td>715.425.4289</td>
<td><a href="mailto:megan.pendar-work@uwrf.edu">megan.pendar-work@uwrf.edu</a></td>
</tr>
<tr>
<td>Sarah Sweeney</td>
<td>Student Manager</td>
<td>715.425.4289</td>
<td><a href="mailto:sarah.sweeney-work@uwrf.edu">sarah.sweeney-work@uwrf.edu</a></td>
</tr>
<tr>
<td>Ryan Rudesill</td>
<td>Assistant Director of Recreation</td>
<td>715.425.4717</td>
<td><a href="mailto:ryan.rudesill@uwrf.edu">ryan.rudesill@uwrf.edu</a></td>
</tr>
</tbody>
</table>

General Procedures:
Please refer to the Intramural Sports Handbook for all policies and procedures related to intramural contests.

1. Each participant must present a valid UWRF ID to the intramural supervisor or scorekeeper at every contest. No other form of ID will be accepted.
2. All participants must be on the team roster. Any member not on the roster may complete an add sheet at the time of the contest. No participant may play on two teams in the same league or a forfeit will be charged to the second team they participated on.
3. Each participant must wear appropriate apparel and athletic footwear.
4. Minor first aid treatment is available during intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.

5. All visible jewelry, watches, fitness trackers, and bracelets must be removed prior to participation.
   *Note: Players are allowed to wear stud earrings at their own risk. All other piercings including hoop or dangle earrings will need to be removed.*

**RULES:**

1. **GAME SETUP:**
   a. A racquet spin will determine who will start serving. The winner may pick to serve or receive.
   b. A serve may not be delivered until the receiver is ready.
   c. Let serves and all shots taking place during a rally that come in contact with the net are good if they fall within the legal boundary lines.
   d. It is not a fault if the server completely misses the shuttle on the serve.

2. **PARTICIPATION:**
   a. Doubles teams may have up to 3 people on the roster.
   b. Doubles teams must compete with 2 players at all times.
   c. Co-Rec teams must play with 1 male and 1 female at all times.
   d. Singles teams may not add to their roster.

3. **EQUIPMENT:**
   a. A racquet and birdie will be provided for every participant, though it is suggested you bring your own.

4. **SCORING:**
   a. A match consists of the best two out of three games, each game played to 21 points with rally scoring.
      i. Playoff contests will only play the third game if necessary.
   b. All games are win by 2 with a cap at 30.
   c. The side winning a game serves first in the next game.
   d. A player continues to serve, alternating courts until they commit an error.
   e. In the third game, players change ends when the leading score reaches 11 points.

5. **SINGLES PLAY:**
   a. At the beginning of the game and when the server’s score is even, the server serves from the right service court. When the server’s score is odd, the server serves from the left service court.
   b. If the server wins a rally, the server scores a point and then serves again from the alternate service court.
   c. If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court – left if their score is odd, and right if it is even.
   d. The service court for singles is long and narrow (see diagram below). The court dimensions remain the same during play.
   e. **SINGLES COURT:**

6. **DOUBLES PLAY:**
   a. A side has only one ‘service’. Team A Player 1 serves until the serve is lost and then Team B Player 1 begins serving. When that serve is lost, Team A Player 2 begins serve.
b. At the beginning of the game and when the serving teams score is even, the server serves from the right service court. When the server’s team score is odd, the server serves from the left court.
c. If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
d. If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
e. The service court for doubles is short and wide (see red area in diagram below). After the serve has been delivered, the court dimensions change to long and wide.
f. DOUBLES COURT:

7. IT IS A FAULT IF:
   a. During the instant the shuttle is contacted on the serve the shuttle is above the server’s waist.
   b. During the serve the shuttle does not fall within the boundaries of the diagonal service court.
   c. During the serve the feet of the server and the receiver are not within the boundaries of their respective service courts. Feet on the boundary lines are considered out of bounds.
   d. During the service or rally the shuttle contacts the walls, the ceiling, the player, or clothing; passes through or under the net; fails to pass the net; or does not fall within the court boundaries.
   e. Any player reaches across the net to contact the shuttle, other than on a follow-through.
   f. During play any player’s body, clothing, or racket touches the net or supports.
   g. The shuttle is hit more than once in succession by a player or is hit in succession by partners or caught or slung when struck.
   h. A player obstructs an opponent or invades an opponent’s court.