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.

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<thead>
<tr>
<th>Contact Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
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</thead>
<tbody>
<tr>
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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.

**RULES:**

1. **GAME SETUP:**
   a. A paddle 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. The server is only allowed one serve attempt unless their serve is a let serve.
      i. Let serves will be replayed in the event that the ball touches the net on the serve and lands in the proper service court. If the ball does not land in the proper service court, it is the other team’s serve.
   d. One server will be designated server 1 and the other will be designated server 2.

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.

3. **EQUIPMENT:**
   a. A paddle and ball 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 11 points with only the team serving able to score.
      i. All three games will be played at every match in the regular season.
      ii. Playoff contests will only play the third game if necessary.
   b. All games are win by 2 with a cap at 15.
   c. The side winning a game serves first in the next game.
   d. In the third game, players change ends when the leading score reaches 10 points.
   e. Score is stated before every serve in the following order: serving team score-receiving team score-server number. Ex. 7-3-1 or 7-3-2

5. **SERVING:**
   a. On the Serve:
      i. Players must stand outside the lines of the court behind the end line when serving.
      ii. At the start of the game the team who won the serve will start with server 2 serving from the right, or even, side. Serves must be served cross court into the volley-zone.
      iii. If the serving team wins the rally, they switch to the left side of the court, or the odd side, and serve again.
      iv. If the serving team loses the rally, the serve is awarded to the other side.
   b. On rest of play:
      i. Both players of the doubles team have the opportunity to serve and score points until they commit a fault.
      ii. The first serve of each side-out is made from the right/even court.
      iii. If a point is scored, Server 1 switches sides and then initiates the next serve from the left/odd court.
      iv. As subsequent points are scored, Server 1 continues switching back and forth until a fault is committed and the first server loses the serve.
      v. When Server 1 loses the serve, the partner, Server 2, then serves from their current side of the court.
      vi. Server 2 continues serving until their team commits a fault and loses the serve to the opposing team.
      vii. Once the service goes to the opposition (at side out), the first serve is from the right/even court and both players on that team have the opportunity to serve and score points until their team commits two faults.
6. **TWO-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 two-bounce rule eliminates the serve and volley advantage and extends rallies.

7. **NON-VOLLEY ZONE (KITCHEN):**
   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, 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 volleying a ball.
   f. If the ball bounces in the volley zone, the player may then step into the zone to return the ball.

8. **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.

9. **IT IS A FAULT IF:**
   a. During the serve the ball does not fall within the boundaries of the diagonal service court.
   b. During the serve the feet of the server are inside the court.
   c. During the service or rally the ball contacts the walls, the ceiling; passes through or under the net; fails to pass the net; or does not fall within the court boundaries.
   d. Any player reaches across the net to contact the ball.
   e. During play any player’s body, clothing, or paddle touches the net or supports.
   f. The ball is hit more than once in succession by a player or is hit in succession by partners or caught or slung when struck.
   g. A player obstructs an opponent or invades an opponent’s court.
   h. A fault by the receiving team results in a point for the serving team.
   i. A fault by the serving team results in the server’s loss of serve or side out.