



**WELLNESS &
HEALTH PROMOTION**
UNIVERSITY OF NORTH DAKOTA

Spikeball Rules

General

The *RecSports Participant Handbook* will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below. The Handbook is available at und.edu/RecSports. Key Handbook items include:

- **Updates for 2023-2024'** - Handbook pg. 4
- **Alcohol, Tobacco, and Illegal Drugs** – Handbook pg. 6
- **Participant Eligibility/ID Requirements** – Handbook pg. 7
- **Playoff Requirements** – Handbook pg. 9
- **Captain Responsibilities** – Handbook pg. 10
- **Team Name Requirements** – Handbook pg. 12
- **Registration & Payment** – Handbook pg. 14
- **Default/Forfeit Instructions and Consequences** – Handbook pg. 17
- **Adding Players to Roster/Participation Limits** – Handbook pg. 18
- **Appropriate Attire** – Handbook pg. 19
- **Team/Participant Conduct** – Handbook pg. 21

Schedules

Schedules for league play are posted online through IM Leagues.

Facility

All games will be played in the MAC Gym of the Wellness Center.

Questions

Please feel free to contact RecSports with any questions or concerns.

Braeden Mueller	Coordinator of Campus Recreation	701-777-3256	braeden.mueller@und.edu
Kevin Bowe	Program Manager	701-777-2719	kevin.bowe@und.edu
Wellness Center	701-777-9355		

Equipment

- Play will take place in the MAC Gym at the Wellness Center.
- Approved Equipment for gym court play
 - All participants must wear non-marking, soft soled rubber shoes during play.
- Spikeball nets and balls will be provided by RecSports Staff, please as the RecSports Supervisor to set the nets up.

Accessories

- Accessories are allowed to be worn at the participants' OWN RISK.
- RecSports Supervisors reserve the right to ask for jewelry to be removed if it could cause harm to other participants.

General Rules

- Official Spikeball rules were used and govern all other areas not listed below. They can be found here: <https://spikeball.com/pages/official-rules>.

Length of Game

- Matches will be best of 3 games.
- Games will be played to 21.
 - Win by two
 - Rally scoring (both serving and receiving team can score points)

Serving

- The receiving team sets their position first. The server stands 180 degrees across the designated receiver--the only player allowed to field the serve.
- Serves may be struck with any amount of force.
 - Short serves are allowed.
- If a server serves two faults, the receiving team wins the point. Violation of ANY of the following rules is a fault:
 - The server must toss the ball upward at least 4 inches.
 - If the server tosses the ball, he/she must hit it.
 - Dropping, catching, or swinging at and missing a toss all count as a fault.
- Rotation rules:
 - If the receiving team wins the point, the next designated player serves according to the initial sequence (clockwise around the net).
 - Otherwise, the server switches places with his/her partner and serves to the other receiving team member.

Scoring

- The rally ends and a point is awarded when:
 - The ball contacts the ground or otherwise is not returned onto the net within 3 touches.
 - The ball is hit directly into the rim at any time, unless it is the serve.
 - The ball bounces and falls back onto the net or rim.
 - The ball clearly rolls across the net.

Forfeit Score

Forfeit score will be recorded as 2-0.

Faults/Infractions/Contacting the Ball

- Touches must alternate between teammates.
 - Consecutive touches by one player result in a loss of a point.
- The ball must be contacted cleanly, not caught, lifted, or thrown.
- Players may not hit the ball with two hands, even if placed together "volleyball style".
- Players may use any individual part of their body to hit the ball.
- After the serve, any unusual bounce (i.e. pocket) that does not contact the rim is legal and playable.
 - A shot which lands on the net, rolls into the rim and then off the net (i.e. roll-up) is played as a pocket, not a direct rim hit.
- Defending players must make an effort not to impede the offending team's possession or play on the ball.
 - If an offender collides with a defender, or a defender's position prevents a makeable offensive play on the ball, the infringed player may call "hinder" to force a replay of the point.
- If teams cannot determine the legality of a hit, replay the point.

Reporting Scores

- After each game is completed both teams' captains must report the score to the RecSports Staff working (Scorekeeper or Supervisor).
- Scores will be posted online on IMLeagues.