

# Racquetball Singles/Doubles Rules and Regulations

## Eligibility

Below are the guidelines that participants must follow in order to be eligible to enroll or play in UREC intramurals.

**1. Undergraduates/Graduate Students**

All undergraduate students enrolled in 7 or more hours (6 or more hours for graduate students) at JMU are eligible for intramural competition.

**\*Note: Undergraduate students enrolled in 1 to 6 hours (1 to 5 hours for graduate students) will be required to pay a recreation fee in order to participate in the program.**

**2. Faculty and Staff**

All full-time faculty and staff at JMU are eligible for intramural competition. Spouses of full-time faculty and staff are required to obtain a URAC card to participate in the program.

**\*Note: All part-time faculty/staff can participate in the program; however, their spouses cannot participate.**

**3. Alumni**

All alumni are ineligible to participate without a proper membership to UREC.

**4. Professional Athletes**

Students ineligible for varsity competition due to professional rank are prohibited from competition in the intramural sport(s). Those participants with professional rank will be ineligible for five (5) years from the date professional career ended. (This does not include try-outs and cuts from a professional team).

**5. Varsity Letter Person**

A person who has received a varsity award at any university (4 year college or junior college) within the last academic year is ineligible to compete in the lettered sport or a related sport. They will be allowed to compete one full year after their final varsity season. However, teams may only carry one former varsity player on their roster

**6. Student Athletes**

Any person whose name appears on a varsity, junior varsity, or freshman roster will be ineligible in that intramural sport during that academic year. This includes all players who are "red shirt" in any sport or anyone who practices with a team regularly but does not participate in intercollegiate competition.

**7. Sport Club Members**

Sport club members are defined as individuals who meet any **one** of the following criteria:

- Name appears on sport club team roster during the academic year.
- Signed a participation waiver **and** is actively participating in club functions.
- Actively participating with the club during their season.

**\*Note: Teams are restricted to two Sports club members in their related intramural activity. Sport Club members can only compete in Level 2 and Level 3 activities (Level 1 is prohibited).**

**\*Note: All Eligibility requirements can be located in the [Intramural Handbook](#).**

## Valid JACards are required for participation. “No JACard, NO play”

### **\*Assumption of Risk\***

Individuals are highly encouraged to have a physical examination and obtain adequate health and accident insurance **prior to participation** in UREC activities. Individuals that choose to participate in UREC activities do so at their own risk. James Madison University does not provide insurance and is not responsible for any injury that may occur to individuals participating in any UREC activity. Participation is voluntary. Student Health and Accident Insurance information may be obtained at the University Health Center.

UREC strongly discourages the use of alcohol and/or drugs by participants prior to any recreational activity. The use of alcohol and/or drugs by participants during any recreational activity is prohibited. In addition, **food, beverages, and tobacco products (dip, chew, cigarettes, etc) are not allowed** at any intramural activity site. The following rules apply to all participants of University Recreation sponsored programs:

Smoking, drinking, or using smokeless tobacco products at an intramural site will result in removal from facility site and sound.

Leaving the bench area and/or consuming an alcoholic beverage will result in an immediate ejection from the game.

Games may be forfeited if, **IN THE JUDGMENT OF THE INTRAMURAL SITE MANAGER ON DUTY**, the participant’s unsportsmanlike conduct is due to the use of alcoholic substances either before or during the activity.

### **Facilities**

1. All games will be played in the UREC Racquetball Courts.
2. All games are self-officiated; No Site Managers or Officials will be Present.

### **Game Time and Timing Regulations**

1. Game - A game is won by the side first scoring 15 points.
2. Match - A match is won by the first side winning two games. The third game, if necessary, of a match is played to eleven (11) points. It is not necessary to win any game by two (2) points.

### **The Team**

1. Depending on the league format, games will be either singles or doubles.

## **Player Equipment**

1. All players must bring their own equipment, or they must rent the proper equipment from the UREC Equipment Center.

## **Rules Section**

### **Play Regulations**

#### Serve, In Singles

1. Order - The player or side winning the toss becomes the first server and starts the first game, and the third game, if any.
2. Place - The server may serve from any place in the service zone. Stepping on the line (but not beyond it) is permitted. Server must remain in the service zone until the serviced ball passes the short line. Violations are called "foot faults".
3. Manner - A serve begins as the ball leaves the server's hand. The ball must bounce to the floor in the service zone and on the first bounce be struck by the server's racquet so that it hits the front wall first and on the rebound hits the floor back of the short line, either with or without touching one of the side walls.
4. Readiness - Serves shall not be made until the receiver is ready.

#### Serve, In Doubles

1. Server - At the beginning of each game in doubles, the order of service shall be agreed upon and shall be followed throughout the game. Only the first server serves the first time up and continues to serve first through the game. When the first server is out, the side is out. Thereafter both players on each side shall serve until a handout occurs. It is not necessary for the server to alternate serves to their opponents.
2. Partner's Positions - On each serve, the server's partner shall stand erect with his/her back to the side wall and with both feet on the floor within the service box until the served ball passes the short line. Violations are called "foot faults".

### **Defective Serves**

1. Dead Ball Serve - A dead ball serve results in no penalty and the serve results in no penalty and server is given another serve without canceling a prior illegal serve.
2. Fault Serve - Two fault serves result in a sideout.
3. Out Serves - An out serve results in a sideout.

## Dead Ball Serves

\*Note: Dead ball serves do not cancel any previous illegal serve. They occur when an otherwise legal serve:

1. Hits Partner - Hits the server's partner on the rebound from the front wall while the server's partner is in the service box. Any serve that touches the floor before hitting the partner in the box is a short.
2. Screen Balls - Passes too close to the server or the server's partner and obstructs the view of the returning side. Any serve passing behind the server's partner and the side wall is an automatic screen.
3. Court Hinders - Hits any part of the court that under local rules is a dead ball.

## Fault Serves

\*Note: The following serves are faults and any two in succession result in a handout:

1. Foot Faults - A foot fault results:
  - a. When the server leaves the service zone before the served ball passes the short line.
  - b. When the server's partner leaves the service zone before the served ball passes the short line.
2. Short Serve - A short serve is any served ball that first hits the front wall and on rebound hits the floor in front of the back edge of the short line either with or without touching one side wall.
3. Three-Wall Serve - A three-wall serve is any ball served that first hits the front wall and on the rebound hits two side walls on the fly.
4. Ceiling Serve - A ceiling serve is any served ball that touches the ceiling after hitting the front wall either with or without touching one side wall.
5. Long Serve - A long serve is any served ball that first hits the front wall and rebounds to the back wall before touching the floor.
6. Out of Court Serve - Any ball going out of the court on the serve.

## Out Serves

\*Note: Any one of the following serves results in a handout:

1. Bounces - Bouncing the ball more than three times while in the service zone before striking the ball. One bounce is counted each time the ball hits the floor within the service zone. Once the server is within the service zone and the receiver is ready, the ball may not be bounced anywhere but on the floor within the service zone. Accidental dropping of the ball counts as one bounce.
2. Missed Ball - Any attempt to strike the ball on the first bounce that results either in a total miss or in touching any part of the server's body other than their racquet.
3. Non-Front Service - Any served ball that strikes the server's partner, or the ceiling, floor or side wall, before striking the front wall.

4. Out-of-Order Serve - In doubles, when either partner serves out of order. Any points which may have been scored during an out-of-order serve will be automatically void with the score reverting to the score prior to the out-of-order serve.
5. Crotch Serve - If the served ball hits the crotch in the front wall it is considered the same as hitting the floor and is an out. A crotch serve into the back wall is good and in play.

### **Return of Serves**

1. Receiving Position - The receiver or receivers must stand at least 5 feet back of the line, as indicated by the 3 inch vertical line on each side wall, and cannot return the ball until it passes the short line. Any infraction results in a point for the server.
2. Defective Serve - To eliminate any misunderstanding the receiving side should not catch or touch a defectively served ball until it has touched the floor for the second time.
3. Fly Return - In making a fly return, no part of the receiver's body or racquet may enter into the service zone. A violation by a receiver results in a point for the server.
4. Legal Return - After the ball is legally served, one of the players on the receiving side must strike the ball with his racquet either on the fly or after the first bounce and before the ball touches the floor the second time to return the ball to the front wall either directly or after touching one or both side walls, the back wall or the ceiling, or any combination of those surfaces. A returned ball may not touch the floor before touching the front wall. It is legal to return the ball by striking the ball into the back wall first, then getting the front wall on the fly or after hitting the side wall or ceiling.
5. Failure to Return - The failure to return a serve results in a point for the server.

### **Changes of Serve**

1. Handout - A server is entitled to continue serving until:
  - a. Out Serve - She/he makes an out serve under Rule 6 or;
  - b. Fault Serves - She/he makes two fault serves in succession under Rule 5 or;
  - c. Hits Partner - She/he hits his/her partner with an attempted return before the ball touches the floor the second time.
  - d. Return Failure - She/he or his/her partner fail to keep the ball in play by returning it as required by the rule dealing with the Legal Return in 7(d).
  - e. Avoidable Hinder - She/he or his/her partner commits an avoidable hinder described below.
2. Side-out
  - a. In Singles - In singles, retiring the server retires the side.
  - b. In Doubles - In doubles, the side is retired when both partners have been put out, except on the first serve as provided in rule IIB.1 of these rules.
3. Effect - When the server or the side loses the serve, the server or serving side shall become the receiver; and the receiving side, the serve; and so alternately in all subsequent services of the game.

## Rallies

\*Note: Each legal return after the serve is called a rally. Play during rallies shall be according to the following rules:

1. One or Both Hands - Only the head of the racquet may be used at any time to return the ball. The ball must be hit with the racquet in one or both hands. Switching hands to hit a ball is out. The use of any portion of the body is an out.
2. One Touch - In attempting returns, the ball may be touched only once by one player on the returning side. In doubles, both partners may swing at, but only one may hit the ball. Each violation of (A) or (B) results in a handout or point.
3. Return Attempts:
  - a. In Singles - In singles, if a player swings at but misses the ball in play, the player may repeat his/her attempts to return the ball until it touches the floor the second time.
  - b. In Doubles - In doubles, if one player swings at but misses the ball, both he/she and his/her partner may make further attempts to return the ball until it touches the floor the second time. Both partners on a side are entitled to an attempt to return the ball.
  - c. Hinders - In singles or doubles, if a player swings at but misses the ball in play, and in his/her partner's attempt again to play the ball there is an unintentional interference by an opponent it shall be a hinder.
4. Touching Ball - Except as provided in Rule 10, (A)(2), any touching of a ball with any part of the body before it touches the floor the second time by a player other than the one making a return is a point or out against the offending player.
5. Out of Court Ball:
  - a. After Return - Any ball returned to the front wall which on the rebound or on the first bounce goes into the gallery or through any opening in a side wall shall be declared dead and the serve replayed.
  - b. No Return - Any ball not returned to the front wall, but which caroms off a player's racquet into the gallery or into any opening in a side wall either with or without touching the ceiling, side or back wall, shall be an out or point against the players failing to make the return.
6. Dry Ball - During the game and particularly on services every effort should be made to keep the ball dry. Deliberately wetting shall result in an out.
7. Broken Ball - If there is any suspicion that a ball has broken on the serve or during a rally, play shall continue until the end of the rally.
8. Play Stoppage:
  - a. If a player loses a shoe or other equipment, or foreign objects enter the court, or any other outside interference occurs, the referee shall stop the play.
  - b. If a player loses control of his/her racquet, time should be called after the point has been decided, providing the racquet does not strike an opponent or interfere with ensuing play.

## Dead Ball Hinders

\*Note: Hinders are of two types - "dead ball" and "avoidable". Dead ball hinders as described in this rule result in the point being replayed. Avoidable hinders are described in Rule XI.

1. Situations - When called by the referee, the following are dead ball hinders:
  - a. Court Hinders - Hits any part of the court which under local rules is a dead ball.
  - b. Hitting Opponent - Any returned ball that touches an opponent on the fly before it returns to the front wall.
  - c. Body Contact - Anybody contact with an opponent that interferes with seeing or returning the ball.
  - d. Screen Ball - Any ball rebounding from the front wall close to the body of a player on the side which just returned the ball, to interfere with or prevent the returning side from seeing the ball. See Rule IV(b).
  - e. Straddle Ball - A ball passing between the legs of a player on the side which just returned the ball, if there is no fair chance to see or return the ball.
  - f. Other Interference - Any other unintentional interference which prevents an opponent from having a fair chance to see or return the ball.
2. Effect - A "hinder" stops the play and voids any situation following, such as the ball hitting a player.
3. Avoidance - While making an attempt to return the ball, a player is entitled to a fair chance to see and return the ball. It is the duty of the side that has just served or returned the ball to move so that the receiving side may go straight to the ball and not be required to go around an opponent.
4. In Doubles - In doubles both players on a side are entitled to a fair and unobstructed chance at the ball and either one is entitled to a hinder even though his/her partner may have attempted to play the ball or that he/she may already have missed it. It is not a hinder when one player hinders his/her partner.

## Avoidable Hinders

\*Note: An avoidable hinder results in an "out" or a point depending upon whether the offender was serving or receiving.

1. Failure to Move - Does not move sufficiently to allow opponent his/her shot.
2. Blocking - Moves into a position resulting in a block, on the opponent about to return the ball, or, in doubles, one partner moves in front of an opponent as his/her partner is returning the ball.
3. Moving into Ball - Moves in the way and is struck by the ball just played by his/her opponent.
4. Pushing - Deliberately pushing or shoving an opponent during a rally.

## Rest Periods

1. Delays - Deliberate delay exceeding ten seconds by server, or receiver shall result in an out or point against the offender.
2. Time Outs - During a game each player in singles, or each side in doubles, either while serving or receiving may request a "time-out" for a towel, wiping glasses, change or adjustment. Each "time out" shall not exceed 30 seconds. No more than three "time outs" in a game shall be granted each singles player or each team in doubles. No player shall call a time out once the ball is in play.

## Definitions

1. Points and Outs - Points are scored only by the serving side when it serves an ace or wins a rally. When the serving side loses a rally, it loses the serve. Losing the serve is called an "out" in singles and a "handout" in doubles.
2. Short Line - The short line is midway between and is parallel with the front and back walls dividing the court into equal front and back courts.
3. Service Line - The service line is parallel with and located 5 feet in front of the short line.
4. Service Zone - The service zone is the space between the outer edges of the short and service lines.
5. Service Boxes - A service box is located at each end of the service zone by lines 18 inches from and parallel with each side wall.
6. Receiving Lines - Five feet back of the short line, vertical lines shall be marked on each side wall extending 3 inches from the floor.

## Sportsmanship

### Philosophy

Sportsmanship is individuals or teams doing unto others as they would have others do unto them. Sportsmanship is individuals containing an understanding and appreciation of the rules developed for sport. Players enjoying the recreational experience and encouraging others to participate regardless of skill level will help enhance the integrity of the program. All participants will take responsibility for his/her own actions regardless of the repercussions, which involves not blaming others for mistakes made or making excuses for wrong doings. Sportsmanship is recognizing and acknowledging character and honor among team members and opponents while practicing such characteristics themselves. Participants will respect officials, supervisors, and opponents during, before, and after a contest. Finally, sportsmanship will portray an overall respect and passion for the sport and recreation.

### Sportsmanship Mission

UREC and the Intramural Sports program are dedicated to promote and enforce positive sportsmanship among all JMU participants. Through each contest participants must portray fair play, respect for opponents, and intramural staff, as well as, graciousness in winning or losing. In order to encourage proper



conduct during games, officials, supervisors, and administrative personnel will make decisions to warn, penalize and/or eject players, coaches, teams, and/or spectators for poor sportsmanship. The decisions made by these individuals are final and will be reviewed by the Coordinator of Intramural Sports. In the instance teams challenge their rating, only the captain will meet with the Coordinator of Intramural Sports to discuss the issue. **All captains are responsible for the conduct of their teams during an intramural contest.** The sportsmanship rating can be affected by actions occurring before or after a contest.

## Sportsmanship Criteria and Ratings

Based on this philosophy the following system will be used to evaluate a team's sportsmanship during each contest in which they participate:

Teams will receive a rating each week that will create an average at the end of the season. Teams in **Level I** must have an average of 3.0 at the end of their fourth week to continue play. Teams in **Level II** and **Level III** must have an average of 3.0 to be eligible for playoffs.

**Example:**

Week 1: 3.0

Week 2: 3.0

Week 3: 2.5

Week 4: 3.0

**Total 11.5**

Average Conversion:  $11.5 / 4 = 2.875$ . This team would not be eligible for continued play or playoffs.

### **Superior Sportsmanship: (4.0 – 3.6 points) “Win with class – lose with dignity”**

Participants cooperate fully with the officials and intramural site managers. They will respect all calls and decisions made by the intramural staff. During a confrontation, the team captain will have complete control of his/her team and will address the issue to the head official in a calm and respectable manner. Players will recognize good sportsmanship among their team and their opponent through verbal comments or polite gestures. Captains will encourage full participation and does not segregate other members that will prohibit participation. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. Teams willingly accept all decisions by officials without question.
3. Teams are responsible for their actions and do not respond negatively.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams recognize good sportsmanship among their team and the opponent.
6. Teams state positive comments of encouragement towards teammates and opponents.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss and congratulate the opponent on their success.
9. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

### **Excellent Sportsmanship: (3.5 – 3.1 points)**

Participants cooperate fully with the officials and intramural site managers. They will respect all calls and decisions made by the intramural staff, but display **some comments**. During a confrontation, the team

captain will have complete control of his/her team and will address the issue to the head official in a calm and respectable manner. Players will recognize good sportsmanship among their team and their opponent through verbal comments or polite gestures. Captains will encourage full participation and does not segregate other members that will prohibit participation. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

1. Teams must display utmost respect for opponents, officials, supervisors, and administrative staff.
2. Teams willingly accept all decisions by officials with **some questions from players, not captains.**
3. Teams are responsible for their actions and do not respond negatively.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams represent some sportsmanship among their players and opponents.
6. Teams state positive comments of encouragement towards teammates and opponents.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss and congratulate the opponent on their success.
9. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls

### **Good Sportsmanship: (3.0 – 2.6 points)**

Participants cooperate **partially** with the officials and intramural site managers. Teams accept some decisions by the officials with some questions by the players. During a confrontation, the team captain has some control of his/her team and address the issue to the head official in a calm and respectable manner. Players are responsible for their actions, but contain some negative responses. Teams accepted a loss and congratulate the other team on their success. Teams may receive warnings, but absolutely no ejections, technical fouls, yellow cards, unsportsmanlike penalties or technical fouls.

**\*Note: All teams that request to cancel within 24 hours of their next contest will receive a 3.0 rating.**

1. Teams must display partial respect for opponents, officials, supervisors, and administrative staff.
2. Teams accept all decisions by officials with some questions.
3. Teams are responsible for their actions with some negative responses.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams state some positive comments of encouragement towards teammates and opponents.
6. Teams show concern for an injured player, regardless of team.
7. Teams except a loss and congratulate the opponent on their success.
8. Teams may receive a warning, but displays good sportsmanship after the confrontation.
9. Players curse at themselves in a low tone voice.
10. Teams receive no ejections or technical fouls.

### **Average Sportsmanship (2.5 – 2.1 points)**

Participants display some respect for opponents, officials, supervisors, and administrative staff. Teams accepted some decisions by officials with some questions. Players that commit negative actions deny their actions with some negative responses. Captains do not encourage others to participate and segregate their teammates from participation. Throughout the contest teams state few positive comments of encouragement towards teammates and opponents. Teams will except the loss, but does not congratulate their opponent on their success. Teams received multiple warnings, multiple unsportsmanlike penalties or technical fouls, but no ejections

1. Teams displayed some respect for opponents, officials, supervisors, and administrative staff.
2. Teams accepted some decisions by officials with questions.
3. Teams deny some responsibility for their actions with some negative responses.
4. Teams do not encourage others to participate and segregate teammates.
5. Teams state few positive comments of encouragement towards teammates and opponents.
6. Players curse at themselves in loud tone that bystanders can over hear.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss but, do not congratulate the opponent on their success.
9. Teams received multiple warnings, multiple unsportsmanlike penalties or technical fouls, but no eject.

### **Below Average Sportsmanship (2.0 – 1.6 points)**

Participants display some respect for opponents, officials, supervisors, and administrative staff. Teams accepted some decisions by officials with **multiple** questions. Players that commit negative actions deny their actions with **multiple** negative responses. Captains do not encourage others to participate and segregate their teammates from participation. Throughout the contest teams state **no positive comments** of encouragement towards teammates and opponents. Teams strive to score as many points as possible to embarrass opponent. Teams received warnings, ejections, unsportsmanlike penalties or technical fouls.

**\*Note: Teams that forfeit through a no show will automatically receive a 2.0. Teams that receive a player ejection will automatically receive this rating.**

1. Teams displayed no respect for opponents, officials, supervisors, and administrative staff.
2. Teams accepted some decisions by officials with multiple questions
3. Teams are responsible for their actions with multiple negative responses
4. Teams do not encourage others to participate and segregate teammates
5. Teams state no positive comments of encouragement towards teammates and opponents.
6. Players curse at teammates and opponents in a low tone voice.
7. Teams ignore an injured player, regardless of team.
8. Teams do not except a loss and do not congratulate the opponent on their success
9. Teams purposely strive to score as many points as possible to embarrass opponent.
10. Teams received ejections, unsportsmanlike penalties or technical fouls

### **Poor Conduct and Sportsmanship (1.5 - .9 points)**

Participants exhibit a blatant disregard for the philosophy of sportsmanship, officials, and opponents. The contest is dangerous with occasional intent to injure their opponent. The team captains have absolutely no control of their team conduct and the contest is stopped by the intramural site manager. Participants received warnings, ejections, unsportsmanlike penalties or technical fouls.

1. Blatant disregard for the philosophy of sportsmanship, officials, and opponents.
2. Play is dangerous with occasional intent to injure opponent.
3. Players curse at teammates and players in a loud tone that bystanders over hear
4. Captain has no control of team conduct.
5. Participants received ejections, unsportsmanlike penalties or technical fouls

### **Unacceptable Sportsmanship (0 points)**

Participants exhibit a blatant disregard for the philosophy of sportsmanship, officials, and opponents. The contest is dangerous with occasional intent to injure their opponent. The team captains have absolutely no control of their team conduct and the contest is stopped by the intramural site manager. Physical abuse is present through participants fighting. Participants received warnings, ejections, unsportsmanlike penalties or technical fouls.

1. Blatant disregard for the philosophy of sportsmanship, officials, and opponents.
2. Play is dangerous with intent to injure opponent and the game must be stopped by the intramural site manager.
3. Captain has no control of team conduct.
4. Participants received ejections, unsportsmanlike penalties or technical fouls

### **Sportsmanship Sanctions**

The intramural department contains the right to address all issues that pertain to sportsmanship issues. Players that are ejected from an event will receive an automatic 1 game suspension and will have to meet with the Coordinator of Intramural Sports. The captain of the team will have to attend this meeting to discuss the sportsmanship issue and the rating system. The intramural department also reserves the right to contact Judicial Affairs to resolve extreme disciplinary situations. All situations will be handling individually and sanctions may vary.

### **Blood Borne Pathogen Policies**

Any player, who sustains an injury where bleeding or oozing occurs, or where blood has saturated the uniform, must leave or be removed from the contest. The bleeding must be stopped and the area completely covered before the individual is allowed to reenter the game. An Intramural staff member must clear the individual before the participant can resume play. If the uniform has become contaminated with blood, it must be changed before the player reenters the game.