



Recreational Sports

Old Dominion University
Recreational Sports - Intramurals
Racquetball Rules

1. ELIGIBILITY

- a. Each student must sign a **RELEASE AND ASSUMPTION OF RISK** form (which releases the university and university employees and officers of liability in case of bodily injury).
- b. All Full-time Students (undergraduate and graduate enrolled continuously in at least 3 credit hours), faculty and staff.
- c. Any person having been classified as a **PROFESSIONAL** athlete in a particular sport will not be eligible to participate in that sport or a related sport. They may, however, participate in other non-related activities.
- d. Current members of ODU varsity roster for intercollegiate athletic teams are not eligible to participate in that same sport or a related sport for that academic school year. Individuals who are trying out for an intercollegiate team but who are not on a permanent roster will be permitted to participate until they are placed on a permanent roster. If they are placed on a permanent roster they will then become ineligible for that sport. Red shirted athletes will not be eligible to play that same or related sport.
- e. A former varsity athlete from any institution shall be ineligible to compete in that sport for the academic school year. Such individuals are limited to one per team roster.
- f. Current sport club members listed on a sport club roster with our office, are limited to two (2) per team roster and are ineligible for individual/dual activities in his/her related sport.
- g. Once a player has played in a game for a specific team, he/she will not be permitted to play on any other teams within that division/league for the duration of that season and/or tournament. A player can only play for (1) single sex team and (1) co-rec team. **Penalty:** Any games in which the illegal player participated in will result in a **FORFEIT**.

2. GENERAL REGULATIONS

- a. All teams must submit a roster prior to the entry deadline date as indicated in the Intramural-Recreational Sports Calendar of Events.
- b. Each team/organization must have a representative in attendance at the mandatory info meeting on the date indicated in the Intramural-Recreational Sports Calendar of Events.
- c. All team members must have a valid ODU or EVMS ID card at every intramural event in order to participate. There are **NO EXCEPTIONS!**

3. CAPTAINS

- a. Each captain will be responsible for the behavior and discipline of his/her team and sideline.
- b. Team captains are eligible to file protests to the Intramural Sports office regarding player eligibility, but not on matters that concern the judgment of



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the officials. All protests must be made within 24hrs from the time of the incident.

- c. The captain will act as a spokesperson for his/her team in discussion with game officials or in matters concerning the team or individual players unless signified to the game officials that someone else will be the spokesperson. In such a case, the captain will relinquish the rights as spokesman in favor of the person appointed for this stated period.
- d. It will be the responsibility of each captain to keep the players in the designated team area. If a team receives multiple warnings for unsportslike behavior, that team will forfeit the game. Unsportsmanlike behavior between players and between coaches and players is also grounds for forfeiture.

4. TEAM

- a. **Singles**
- b. **Doubles**
- c. **Mixed Doubles**

5. TIME FACTORS

- a. Once the Intramural Staff stats that the game is ready to begin, and the stated game time is the current time or that time has passed, both teams must be prepared to participate in the scheduled game. If they are not able the offending team will receive a forfeit.
- b. A match will be limited to thirty (30) minutes.
- c. Match Score: A match consists of the best two out of three games.

6. INJURED PLAYER & BLOOD RULE

- a. Injured player and Blood Rule. An injured or apparently injured player, who is discovered by an official while the ball is dead, shall be removed form the playing area until the bleeding is stopped and cleaned with the appropriate medical treatment. A player that suffersa head, spinal, neck injur, or an injury that is considered to be considered severe must have a doctor's approval (in writing) to the Assistant Director of Intramurals before they are permitted to participate in another game.

7. GAME RULES

- a. Players: Four walled racquetball may be played by two player (singles) or four players (doubles).
- b. Description: Racquetball as the name implies is a competitive game in which a racquet is used to serve and return the ball. Points are scored only by the server.
- c. Objective: The objective is to win each volley by serving or receiving the ball so the opponent is unable to keep the ball in the play. A serve or volley is won when a side is unable to return the ball before it touches the floor twice.



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- d. **Points and Outs:** Points are scored only by the serving side when it serves an ace or wins a volley. When the serving side loses a volley, it loses the serve. Losing the serve is called an “out” in singles, and a “handout” in doubles.
- e. **Game Score:** A game is won by the side first scoring twenty-one (21) points. Game #3 is won by the side first scoring fifteen (15) points.
- f. **Match Score:** A match consists of the best two out of three games.

8. Play Regulations:

- a. **Serve:** The serve shall be determined by a toss of a coin. In informal play contestants can rebound the ball from the front wall with the player landing closest to the short line winning the serve. The server of the first game will also serve first in the third game, if needed.
- b. **Position of Server:** The server may serve from anywhere in the service zone with no part of either foot extending beyond either line of the service zone. The server must start and remain in the service zone until the served ball has passed the short line. Stepping on the line (but not beyond) is allowed.
- c. **Methods of Serving:** The ball must be dropped to the floor within the service zone and struck with the racquet on the first bounce, hitting the front wall and rebounding back of the short line either with or without touching one side wall. The server shall not serve until his opponent is ready.
- d. **Service in Doubles:** In doubles, the side starting each game is allowed only one handout. Thereafter, in that game, both players on each side are permitted to serve until a handout occurs. The service order established at the beginning of each game must be followed throughout the game. Servers do not have to alternate serves to their opponents.
- e. **Partner’s Position:** During the serve the server’s partner is required to stand within the service box with his back against the wall and both feet on the floor until the ball passes the short line. Failure to take this position during a serve is a foot fault. If, while in legal position, a player is hit by a served ball on the fly, it is a dead ball giving the server another serve. A dead ball does not eliminate a previous fault on that particular service.
- f. **Illegal Serves:** Any two serves in succession put the server out. An illegal serve cannot be played. The following are illegal serves:
 - i. **Short Serve:** a served ball, which hits the floor before crossing the short line.
 - ii. **Long Serve/ Ceiling Serve:** a served ball, which rebounds from the wall and hits the ceiling before hitting the floor.
 - iii. **Two-sided Serve:** a served ball hitting both side walls before hitting the floor.
 - iv. **Out of Court Serve:** a served ball going out of the court.
 - v. **Foot Fault:** The server stepping out of or leaving the service zone before the ball passes the short line or server’s partner in doubles not staying in the service box as required.
- g. **Handout Serves:** The following “out serves” result in a handout:
 - i. Bouncing the ball more than once before striking it when in the act of servicing.
 - ii. Bouncing the ball and having it hit the sidewall.



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- iii. Dropping the ball and hitting it in the air (accidentally dropping the ball does not put the server out).
- iv. Striking at and missing the dropped serve.
 - v. Touching the server's body or clothing with the ball in the act of serving.
 - vi. Any serve which touches the floor, sidewall, ceiling, or server's partner before touching the front wall.
 - vii. Any server, which simultaneously strikes the front wall and the floor, ceiling, or sidewall.
 - viii. Any serve, which rebounds from the front wall and strikes the server, or strikes his partner while any part of the partner's body is out of the service box.
 - ix. In doubles, either partner serving out of order.
 - x. In doubles, server's partner catching the serve or hitting it with his racquet on the rebound from the front wall.
- h. Return of Serve:
 - i. The receiver must remain at least five feet back of the short line until the server strikes the ball.
 - ii. A legally served ball must be returned on the fly or after the first bounce to the front wall either directly or after touching the side wall (s), ceiling or back wall. A return touching the front wall and floor simultaneously is not a good return.
 - iii. In returning a service on the fly no part of the receiver's body may cross the short line before making the return. Failure to legally return the service results in a point for the server.
- i. Playing the Ball: A legal return of service or of an opponent's shot is called a volley. The following rules must be observed. Failure to do so results in a handout or point:
 - i. The ball must be hit with the racquet in one or both hands. The safety thong must be around the wrist at all times.
 - ii. Hitting the ball with the arm, hand or any part of the body is prohibited.
 - iii. In attempting a return, the ball may be touched only once. If a player swings at the ball but misses it, he/she or his/her partner in doubles may make a further attempt to return it until it touches the floor a second time.
 - iv. In doubles, both partners may swing at and simultaneously hit the ball.
 - v. Any ball struck at in play which goes out of court or which is returned to the front wall and then on the rebound or on the first bounce goes out of court, is a handout or point.



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- j. Unintentional Hinders: (The point is replayed if an unintentional hinder occurs) It is a hinder if a player unintentionally interferes with an opponent preventing him/her from having a fair opportunity to hit the ball. Each player must get out to his/her opponent's was immediately after he/she has been struck, and he/she:
- i. Must give his/her opponent a fair opportunity to get to and/or strike the ball. If a player in attempting to get into position goes the wrong direction and his opponent stands still, this does not constitute a hinder.
 - ii. Must give his/her opponent a fair view of the ball, provided, however, interference with his/her opponent's vision in following the flight of the ball is not a hinder.
 - iii. Must allow his/her opponent to play the ball to any part of the front wall or to either sidewall or the back wall.
 - iv. Must allow his/her opponent an opportunity to play the ball from any part of the court.
 - v. Unnecessary interference with an opponent or unnecessary crowding, even though the opposing player is not actually prevented from reaching or striking the ball is a hinder.
 - vi. A returned ball striking an opponent on the fly on its return to the front wall.
 - vii. Hitting any part of the court that under local rules is a dead ball.
 - viii. A ball rebounding from the front wall so close to the body of a player or the side that just returned the ball that the opponent is interfered with or prevented from seeing the ball (called a shadow ball).
 - ix. A ball going between the legs of a player on the side which just returned the ball so that the opponent does not have a fair chance to see or return the ball (called a straddle ball).
 - x. Body contact with an opponent which interferes with his seeing or returning the ball.
 - xi. Any other unintentional interference which prevents an opponent from seeing or returning the ball.
 - xii. It is not a hinder when a player hinders his/her partner.
 - xiii. A player is not entitled to a hinder unless the interference occurred before or simultaneously with his/her racquet's contact with the ball.



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- k. Intentional Hinders: (out, handout, or point)
 - i. A player failing to move sufficiently to allow his/her opponent a fair shot.
 - ii. Intentionally pushing the opponent during play.
 - iii. Wet Ball On the serve and during play, the ball and the racquet.
 - iv. Replay of Point: If a ball is broken in play, the point is replayed. Any foreign object entering the court or any other outside interference causes play to stop and the point is replayed.
- l. Broken Ball: If a ball is broken during play, the point is replayed.
- m. Rest Period Between Games: A two-minute rest period is allowed between games. Players are permitted to leave the court.
- n. Continuity of Play:
 - i. Delays- Deliberate delay exceeding ten seconds by server or receiver shall result in an out or point against the offender.
 - ii. During Game- 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 adjustments. Each time-out shall not exceed 30 seconds. No more than three time-outs in a game shall be granted each single player or each team doubles.
- o. SAFETY: The safety thong must be around the wrist at all times. The racquet may not be switched from one hand to the other. Both hands may be used together on the racquet in striking or wind.
- p. INJURIES: Play may be suspended for up to 15 minutes for an injury. If the injured player is unable to continue, the match is forfeited. If the match is resumed and must be stopped again, the match is forfeited.

**PRIOR TO EACH SERVE THE SERVER SHOULD CALL THE SCORE, GIVE THE
SERVER'S SCORE FIRST.**