

NSA Mid-South Intramural Racquetball League Rules & Regulations

USA Racquetball rules apply to all games (<http://www.teamusa.org/usa-racquetball/how-to-play/rules>), except where differences are noted herein.

Game/Forfeit Time: Games will be played on Monday/Tuesday and Wednesday/Thursday at players' discretion. The matchups will be listed on the weekly schedule and the players will communicate with one another to play the match on their own time. There will be a Monday/Tuesday matchup and a Wednesday/Thursday matchup. Once the game is played, the Game Verification Form will be turned in at the front desk for the Sports Coordinator and the league standings will be updated.

Schedules: Schedules will be available by Facebook (www.facebook.com/NSAMidSouthSports) and posted on the sports bulletin board in the Joe Dugger Fitness Center. If there are any WORK-RELATED changes to your team's playing availability, notify the Sports Office by 1200 on the Thursday prior to the week of the next game, so that schedules can be adjusted accordingly and posted on time. This can be done in person at the Sports Office in Joe Dugger Fitness Center, or through e-mail to the Sports Coordinator, to which a return e-mail will be sent to verify that the notification was received. In the event of a game day availability issue, teams should notify the Sports Coordinator by NO LATER THAN 0830 on the day of the scheduled game. Games will be forfeited if proper prior notification is not given. Schedules will be posted by approximately 1530 on the Friday prior to the week of games. Playoffs will be a double-elimination tournament (unless otherwise decided by the Sports Coordinator). **During playoffs, we may not be able to make availability accommodations, due to the constraints of the bracket schedule.**

Team Size: Teams are limited to 3 total members. **ALL PLAYERS MUST BE LISTED ON THE ROSTER PRIOR TO PLAYING THEIR FIRST GAME.** Every player listed on the roster MUST adhere to the sport's rules and regulations regarding participation AND sign the liability waiver.

Rosters: Team rosters should be submitted **NO LATER THAN** the team's first game. Rosters must be completed in-full and include head coach and assistant coach contact information, players' names, command, and affiliation. In addition, a command signature is required for participation approval, sportsmanship issues and any other concerns. Any days or dates that your team is **NOT** available for play should be noted on the back of the roster form.

ALL players on a team must be from the same unit, department, organization, or company. Teams found in violation will not be eligible to receive Captain's Cup points. Roster changes must be submitted to the Sports Office in writing by 0900 on the day of play. Rosters will freeze **2 WEEKS** prior to the beginning of the playoffs. **NO** new members may be added after the roster freezes. Rosters will not be accepted without complete player/team information. It is the responsibility of the team captain/coach to comply with this rule and to periodically check his/her team roster in the Intramural Office to ensure all players are registered. At no time will a team captain/coach have access to a roster other than that of his/her own team.

Additions to Rosters: New players may be added to rosters at any time prior to the date of the last two scheduled regular season games. Teams may not pick up new players during the Championship Tournament. All players **MUST** have played in at least **2 regular season games** to be eligible to participate in the tournament.

Eligibility: Eligibility for participation in NSA Mid-South Intramural Sports programs is restricted to:

- Active Duty Military members, Active Duty Military dependents, Active Duty Military retirees, and DoD employees with valid access to NSA Mid-South facilities
- DoD dependents and civilians without a valid ID are NOT allowed to participate
- All participants **MUST** be 18 years of age or older

- **Participants MUST play for the command to which they are attached/detailed. If a player's command does not have a team participating in the league, he or she may play for another team**

- **ALL participants MUST have a VALID NSA Mid-South Military/NSA Mid-South CAC/Dependent/Retiree ID card to be eligible to participate. Failure to present a valid ID will result in removal from the league. Any team found using ineligible players will be charged with a forfeit for ALL games in which the ineligible player(s) participated.**

- **ALL PLAYERS MUST BE ABLE TO PRESENT THEIR VALID ID AT EVERY GAME. NO EXCEPTIONS. Eligible players who cannot provide a valid ID card will not be allowed to participate. ID checks will be done at random, or upon request throughout the regular season and before every game throughout the playoffs.**

- **An individual may only play for ONE team. Participants found playing for multiple teams will be subject to removal from the league.**

Forfeits: Any team forfeiting twice during the season will be automatically dropped from the league. As mentioned above, a forfeit is charged when a team cannot field at least 2 players at the designated game time. A no-call/no-show is equal to a forfeit. Individuals who have played on a team dropped from league play are not eligible to play for another team for the remainder of the season, unless approved by the Intramural Sports Coordinator.

Protests: This is a self-officiated league. Any protested rulings or decisions will be settled on the court at the time of the occurrence. All disputed calls that are not resolved will result in a dead-ball re-serve. In the case of an ineligible player, please notify Jacob Miller – Sports Coordinator immediately for a decision. In these cases, the players will note that the game is played under protest from the point of dispute. **PROTESTS MUST BE SUBMITTED TO THE INTRAMURAL OFFICE, IN WRITING, PRIOR TO 1600 THE DAY FOLLOWING THE OCCURRENCE.**

Coaches' Responsibilities: Head/Assistant coaches are responsible for their team and spectators' behaviors at all times. He or she shall ensure that all team members are knowledgeable of all league rules and regulations prior to participation. He or she shall ensure that all team members conduct themselves in a sportsmanlike manner at all times. He or she shall keep all team members informed of all league-related information and schedules.

All teams completing league play (without excessive sportsmanship/ejection/forfeit violations) will be eligible to compete in the Championship Tournament. The Intramural Sports Office will seed all teams in the Championship bracket based on their league win and loss record. The Intramural Sports Coordinator reserves the right to remove any team from the league/Championship Tournament as he sees fit. Any team/player exhibiting poor sportsmanship, multiple player/coach ejections, forfeits, or other detrimental qualities established by the Sport Coordinator, shall be subject to removal from all league activities and possible banishment from further Intramural Sports programs and activities.

Alcohol shall not be consumed prior to or during a game. The umpires can eject a player/coach from a game that, in their judgment, has consumed alcohol prior to or during a game.

Sportsmanship: Unsportsmanlike behavior will not be tolerated. Any team member who is ejected from a game for ANY reason (arguing with an umpire, fighting, improper conduct, foul language, etc.) will be suspended from the team's next TWO scheduled games, including playoffs. A mandatory meeting with the Sports Coordinator shall be held and the punishment may be reduced to ONE game, if approved by the Coordinator. If the offending team member fails to meet with the Sports Coordinator, the mandatory TWO-game suspension shall be assessed. In the event of a physical altercation of any kind, security/police will be notified and all involved individuals shall be reported to their command to face further consequences. Any team member ejected from a game for ANY reason must leave the softball complex IMMEDIATELY. Failure to vacate the premises immediately shall result in possible removal from the league and banishment from all future Intramural Sports leagues and activities, as well as possible authority notification.

Postponements: Games will be postponed for unusual military commitments ONLY. Request for postponements must be submitted by no later than 0830 on the day of the scheduled game.

Cancellations: Games may be cancelled if a team notifies the Intramural Office by no later than 0830 on the day of the scheduled game. The game will not be rescheduled. Only 4 cancellations per team per season are allowed. Cancellations may ONLY be made for command/military requirements.

Awards: The first and second place teams shall receive a team trophy.

Safety: Safety is the responsibility of all coaches and players. Coaches should conduct a safety briefing to their team prior to their games. (We recommend at least 5 minutes of stretching and warming up)

The Sports Coordinator reserves the right to amend all league rules at any time, without consultation. In the event of a rule change, all coaches shall be notified immediately.

For more information, please contact:

Jacob Miller – Sports Coordinator; n82sports@gmail.com; (901) 232-2109 – Work cell
www.facebook.com/NSAMidSouthSports

Local Rules Summary

1. Games will be played in accordance with USAR official rules, except where noted herein
2. SAFETY GOGGLES/GLASSES ARE MANDATORY FOR ALL PLAYERS
3. Game Format – Doubles
 - a. First possession will be determined by a volley by each team
 - i. Each player must touch their racquet to the wall before the volley
 - ii. They will hit the ball against the front wall
 - iii. The ball must rebound past the short line to be counted
 - iv. The team whose ball stops closest to the short line will be awarded 1st serve
4. Scoring Format
 - a. Best-of-3 games
 - b. Game 1 & Game 2 are played to 15 points
 - c. Game 3 is to 11 points
 - d. Points are scored on the serve only
 - e. All games are straight-up (not win-by-2)
5. Rules Enforcement – Self-Officiated
 - a. Players will officiate all games and resolve all disputes amongst themselves
 - b. Disputed calls that cannot be resolved will result in a dead-ball re-serve
 - c. Undisputed calls will be carried out in accordance with USAR rules
 - d. If an agreed upon obstruction affects play, it is up to the players to come to an agreement regarding the result of the play (i.e. If the ball strikes an uneven seam between the wall and the door and takes an unnatural rebound that affects play, the players can come to an agreement on whether or not it is a dead-ball re-serve)
6. Gallery
 - a. There is no “Gallery”, thus all live balls that strike the upper part of the back wall are still in-play
7. Serve
 - a. The server must wait for the opponent to signal “ready” before starting his/her serving motion
 - b. The ball must bounce once, but not more than once before being struck on the serve
 - c. The ball must contact the front wall on the fly and rebound past the short line to be considered “in”, provided that it does not strike more than 2 side walls or the back wall on the fly
 - d. If a player is hit by his/her own serve, it is a dead-ball handout/side out. There will be no second serve awarded.
 - e. If a player hits his/her teammate on a serve, it will be ruled as a long/short serve and a second serve will be awarded and played accordingly