



**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](http://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 Fusion IM's.

### Facility

All games will be played at the Student Wellness Center, either inside or outside (weather pending).

### Questions

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

Braeden Mueller	Coordinator of Campus Recreation	701-777-3256	<a href="mailto:braeden.mueller@und.edu">braeden.mueller@und.edu</a>
Kevin Bowe	Program Manager	701-777-2719	<a href="mailto:kevin.bowe@und.edu">kevin.bowe@und.edu</a>
Wellness Center	701-777-9355		

### 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.

### **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 infractioned 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 the match is completed both teams' captains must report the score to the Coordinator of Campus Recreation (email listed above) so that it may be recorded.
- Scores will be posted online at IMLeagues.

**Spikeball is self-officiated! There will be no RecSports staff members in attendance for games. Please ask the front desk to set up the net upon arrival to the Wellness Center.**