Intramural Rules published by the Recreation and Athletics Department are not meant to be all inclusive. Some rules that govern play may not be outlined in this document. The department uses NIRSA or NFHS rules for the majority of our sports. For a ruling on a specific situation not outlined here, please request one from the IM Supervisor or Manager.

Eligibility:

- All participants must present a S&T ID or Government Issued ID to participate
- All participants must be shown on the IM Leagues online team roster in order to compete
- All participants must fall into one of the following categories: Student, Faculty, Staff
- A participant must not have any current sanctions/suspensions outstanding against them
- A participant may not participate on more than one single gender team, and one co-rec team
- A participant must abide by all rules within the Intramural Participant Handbook and facility usage guidelines
- Participants must wear proper attire in order to compete in all Intramural events. This does not include; jewelry, billed hats (unless playing softball), metal spiked cleats, flip flops, slides, bare feet, etc.
- A member of the recreation staff has final ruling on all eligibility and permitted attire decisions.

The Game:

- A Match consists of the best of 3 games.
- Games one and two are played to 15 points straight, if a third game is required, it will be played to 11.
- Only the player/team serving can score a point
- Serving
  - Singles Serve: The server can stand in any part of the service zone. He/she must bounce the ball on the floor and stroke it to the front wall first, and the ball must rebound over the service line without hitting the floor. The legal serve can be either a straight rebound from the front wall or a combination with one side wall, hitting the floor past the service line. Any other serve is illegal.
  - Doubles Serve: The side starting each game is allowed only one handout (only one serve). Thereafter, in that game both players on each side are permitted to serve until a hand-out occurs. The service order established at the beginning of the game must be followed throughout the entire game. The server's partner must stand within the server's box with his/her back to the side wall and both feet on the ground, or just outside the court by the service line until the ball passes the short line on the serve.
Defective Serves:
- Dead Ball Serve: Defect on ball or court causes fault or side-out
- Fault Serve
  - Short Service (failing to hit the floor past the service line)
  - Long Service (hitting the back wall before the ball hits the ground)
  - Three-Wall Serve
  - Ceiling Serve
- Serves that result in a side-out
  - Hits the sidewall first
  - Hits the server

Receiving
- The receiving player or team must remain five feet behind the service line until the ball is served and he/she cannot return the ball legally until it lands on or passes over the service line. Players may hit the ball on either the volley (as long as he remains 5 feet behind the short line) or on one bounce, and can return it to the front wall with any combination of walls as long as the ball does not touch the floor before hitting the front wall.
- The receiver has the option of playing a long serve. If his partner calls the ball long, a second serve is allowed or hand-out.

Game Play
- Once the ball is put into play, a rally continues until the player/team serving or receiving has returned the ball to the front wall and the opposition makes no return. Each team is allowed a clear view and enough room to execute a shot on the ball during a return shot in the middle of a volley. Interference is considered a hinder and the point is played over.
  - Service hinder: "shadow" serves in which the served ball passes so close to the server's body that it impedes the view of the ball by the receiver.
  - Returns: a ball that strikes the opponent that otherwise would have made it to the front wall without hitting the floor.
  - Rally hinder: player not given a clear view or position for a return shot. Physical contact which impedes effort of player to return ball.
  - Safety hinder: if player avoids returning ball due to fear of hitting his opponents with the racquet, a hinder call should be made.
- If the ball is touched with a hand, arm, or body including clothing during the return, it is an out or a point.
- In doubles, if one player swings and misses, the partner may attempt to return the ball.

Competition Rules:
- Participants are expected to officiate and keep score of their own contests.
- Participants must report their scores to the IM Managers or online on IM Leagues as soon as possible after the match is completed.

Sportsmanship:
- The Intramural Program encourages fair and honorable play between its participants and spectators. Below are the criteria of how teams are graded. If there is an issue of fairness or sportsmanship during your match, contact a member of the Intramural staff and explain the situation.
4 – Excellent Conduct and Sportsmanship- Players cooperate fully with the officials and other team members. The captain calmly converses with officials about rule interpretations and calls. The captain also has full control of his/her teammates, bench, and spectators. Teams that win by forfeit will receive a “4”. Teams that receive 1 verbal warning for use of profanity cannot receive higher than a “3” rating.

3 – Good Conduct and Sportsmanship- Team members verbally complain about some decisions made by the officials and/or show minor dissension, which may or may not merit a yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball). Teams that receive 1 yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball) cannot receive higher than a “3” rating.

2 – Average Conduct and Sportsmanship- Team shows verbal dissent towards officials and/or the opposing team, which may or may not merit a yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball). Captain exhibits minor control over his/her teammates, bench, and spectators, but is in control with himself/herself. Teams receiving multiple yellow cards (soccer, volleyball, softball), unsportsmanlike flags (flag football), or technical fouls (basketball) cannot receive higher than a “2” rating.

1 – Below Average Conduct and Sportsmanship- Team consistently comments to the officials and/or the opposing team from the field and/or sidelines. The team captain exhibits little or no control over teammates, bench, spectators, and/or himself/herself. A team which receives one red card (soccer, volleyball, softball) or an ejection (flag football, basketball) cannot receive higher than a “1” rating.

0 – Poor Conduct and Sportsmanship- Team is completely uncooperative. Captain has no control over teammates, bench, spectators, and/or himself/herself. Any team causing a game to be forfeited, other than by not showing, or receives multiple ejections will receive a “0” rating.

Forfeit Policy:

- Participants in this event are required to:
  - Register Online at IMleagues.com/mst
  - View the bracket
  - Contact their opponent regarding a time to play the contest
  - Reserve a court and time for the contest
  - Complete the contest
  - Report/Confirm the score of the contest on IM Leagues or via paper form at the SRC front desk
  - Repeat the process for each opponent they are scheduled to face

- Participants will have a “Play By” date issued to them. This means the opponents must complete their contest before the conclusion of that day. If they fail to do so, it will be a double forfeit.
  - If any opponent does not communicate with another, and there are proven attempts to get the match scheduled by one individual, then that individual who attempted to communicate will move forward in the tournament, resulting in a forfeit for their opponent.
  - Special circumstances will be ruled on by the Rec Advisory Board and the IM Managers