University of Pittsburgh
Department of Campus Recreation
Spring 2021 IM Handbook
Dodgeball Rules
*Masks are required*

Team

- Teams will be made up of 6-8 players.
- Six (6) players will compete on the court at a time.

The Field

- The playing area is equal to the basketball court dimensions.

The Game

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

- Hitting an opposing player with a LIVE ball thrown below the shoulders.
- Catching a LIVE ball thrown by your opponent before it touches the ground. This also results in an “OUT” teammate returning to the court for the team that caught the ball.
- A player may deflect a thrown ball if he is already holding a ball in his hands and remain in the game
  - This ball can then be caught by him or a teammate and the thrower is out, and a “OUT” teammate of the catching team returns to the court

*Definition of LIVE ball: A ball that has been thrown and has not touched the floor, another player, official or other item outside of the playing field (wall, ceiling, etc).*

Boundaries

- Teams may not cross the center line to retrieve or throw a ball **see exception below**

The Opening Rush

- Game begins by placing the dodgeballs near the center line. *As per Covid-19 updated rules, balls will be equally distributed to each team 5 feet away from the center line on each side of the court.*
- Players will take a position behind their end line.
- Following a signal by the official, teams may approach the balls on their side of the court
• The ball must be taken behind the volleyball 10 foot line before being thrown.

Timing & Winning the Game

• The first team to legally eliminate all opposing players will be declared the winner.
• A 8-minute time limit has been established for each contest.
• If neither team has been eliminated at the end of 8 minutes, the team with the greater number of players will be declared the winner.
• In the case of an equal number of players remaining after regulation, a 2v2 one minute game will be played on the volleyball court.

One Minute Rule

• When there is one minute left in the game, the remaining players may advance over the half court line to the other team's volleyball 10' attack line.

5-Second Violation

• In order to reduce stalling, a violation will be called if a team controls all six (6) balls on their side of the court for more than 5 seconds.
• In this case, one team member will be eliminated.

Rule Enforcement

• Rules will be enforced primarily by the honor system.
• All contests will be supervised by a IM staff member.
• The IM staff member’s responsibility will be to rule on any situation in which teams cannot agree.
• THE IM STAFF MEMBER’S DECISION IS FINAL – NO EXCEPTIONS.
Kickball Rules

*Masks are required*

Team
- Teams will be made up of 6-8 players.
- All teams must have at least one male and one female player on the field at all times.

Scoring
- Score by rounding the bases and reaching home plate.

Field
- A kickball field has four bases in a diamond shape, with the pitcher in the middle.

The Game
*Note: Catcher will be a member of the kicking team. Once the ball is in play, they will remove themselves from the playing surface and are no longer actively on defense.*
- Regulation games are 45 minutes or 6 full innings. If tied after 6 innings, an extra inning will be played to break the tie *time permitting*.
- **6 – RUN RULE**: If the kicking team scores 6 runs in one inning, that side of the inning is over and ... kickers become fielders, fielders become kickers.
- Fielders (except catcher) must **stay behind dotted line between 1\(^{st}\) base and 3\(^{rd}\) base** before the ball is kicked. They may not cross the line until ball is kicked, or kicker is automatically SAFE.
- Once the pitcher has the ball in control *and* on the mound, the play ends.
  *If a runner is NOT at least ½ way to the next base, they must go back to original base."
- The pitcher delivers the ball and must do so with one foot in contact with the pitching rubber. The ball must be rolling or have bounced twice before reaching home plate to be counted as a fair pitch. If the ball passes through the strike zone and the kicker does not make contact, it counts as a strike. A ball that goes wide of the strike zone, is not rolling or did not bounce twice will count as a ball.
• **THROWING A BALL AT THE RUNNER** – Defensive player are allowed to throw the ball at a base runner to get runner out. When a base runner is struck with a ball thrown by a defensive player, the base runner is “out” even if the ball bounces before it hits the runner. **Any runner struck in the head is automatically safe and ALL base runners are allowed to advance one (1) base beyond the base they are running to.** When a runner is struck by a thrown ball and the ball goes *out of the field of play*, all base runners are only allowed to advance one (1) base. After a base runner is struck by a thrown ball and the ball *stays in the field of play*, there is no limit to the advancement of the other runners.

• **KICKING AND RUNNING:** The kicker must run to first base after any ball that is kicked. Foul lines extend out from first and third base, and a ball must be inside these lines to be in play (otherwise, it is foul and a strike).
  - **Runners may advance only one base on an overthrow or when a ball hit a player and goes out of the field of play.** An overthrown ball is a ball that travels out of the field of play; all runners are awarded one additional base beyond the original base they were running toward when the ball was thrown.
  - **NO stealing – No leading off:** The runner must not leave their base until the ball is kicked.

• **An out is:**
  - A count of four (4) fouls = **Out** (no strikes are counted against kicker)
  - A runner touched by or touching the ball at any time while not on base.
  - Any kicked ball (fair or foul) that is caught in the air.
  - A ball tag on a base to which a runner is forced to run.
  - A runner off of his/her base when the ball is kicked.
Volleyball Rules

*Masks are required*

Team

- Teams will be made up of 4-6 players.
- **Four (4) players** will compete on the court at a time.

Scoring

- Matches will consist of a best-of-three game series (21, 21, 15).
  - If a match isn’t finished by after 45 minutes, the team winning at that time will receive the win.
- Games will be rally scored.
- All games will use a win-by-two format.
- The first two games will cap at 25 and the third game (if necessary) will cap at 20.
- Each team will be granted one 30-second timeout per game.

The Game

- Four players per team are allowed on the court at a time.
- Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent’s area.
- Blocks do not count as a contact.
- Blocking or attacking a serve is illegal.
- Serves that hit the net are in play.
- All passes must be clearly contacted, not thrown or lifted.

Play Rules

- The ball must pass between or over the side boundary lines (net antennas as it crossed the net, and in three or less hits).
- If two players contact the ball simultaneously, it counts as one hit, and either player may play the ball again.
- A player may play the ball twice during a volley, but not twice in succession, unless played directly off a legal block.
- It is legal to contact the ball with any part of the body above the waist as long as the ball rebounds immediately and does not "come to rest" against the body. When a ball touches a boundary line, it is considered in.
- No kicking of the ball is allowed. If the ball lands on your foot and your foot does not move from the ground, it is considered legal. If your foot comes off the ground, it is considered illegal.
• As soon as the ball begins to cross the plane of the net, the ball may be attacked by either team.
• A player may step on the center-line as long as he goes not cross completely over it
Cornhole Rules

*Masks are required*

Equipment/Set Up

- A single set of two boards will be used
- Boards will be placed 27 feet apart, measured from the front of each board
- The front of the board marks the foul line
- 8 total bags will be used (4 bags for each team)

Gameplay

- Teams will consist of two players only
- Team members will stand at opposite ends of the field of play
- Rock, paper, scissors will determine which team has the first throw to start each match
  - The team with the higher score will throw first in between rounds
- All bags are thrown one at a time, from one side to the other, alternating between opponents
- Each team member will throw 4 total bags alternatingly each round

Scoring

- Opponents will play a best of 3 games series
- The first team to score 21 points wins, if a team goes over 21, the round is over and that team’s score goes down to 17 points
- The round is scored after all 8 bags have been thrown
- Bags that hit the ground are “dead” and cannot count for points, even if they roll onto the board
- Bags landing and staying on the board = 1 point
- Bags thrown or knocked into the hole = 3 points
- Opponents points cancel outs (Ex. Team A lands 2 bags on the board & Team B lands 1 bag on the board = Team A earns 1 point)
  - No automatic win with 4 bags in the hole in one round
Pickleball Rules

*Masks are required*

Basic Rules
- Pickleball is played either as doubles (two players per team)
- **Side Out:** Term used when the serving team has used both of their serves, which means that the receiving team now becomes the serving team.

The Serve
- The server’s arm must be moving in an upward arc when the ball is struck.
- Paddle contact with the ball must not be made above the waist level (navel level).
- The service motion is initiated with both feet behind the baseline and its imaginary extension. At the time the ball is struck, the server’s feet may not touch the court or outside the imaginary extension of the sideline or centerline and at least one foot must be behind the baseline on the playing surface or the ground behind the baseline.
- The serve is made diagonally crosscourt and must land within the confines of the opposite diagonal court.
- Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve and lands on the proper service court; let serves are replayed).

Service Sequence
- Both players on the serving doubles team have the opportunity to serve and score points until they commit a fault *(except for the first service sequence of each new game, see asterisk note below).*
- The first serve of each side-out is made from the right court.
  - If a point is scored, the server switches sides and the server initiates the next serve from the left court.
  - As subsequent points are scored, the server continues switching back and forth until a fault is committed and the first server loses the serve.
  - When the first server loses the serve their partner then serves from their correct side of the court (except for the first service sequence of the game*).
• The second server continues serving until his team commits a fault and loses the serve to the opposing team (Side Out)
• Once the service goes to the opposition (at side out), the first serve is from the right court and both players on that team have the opportunity to serve and score points until their team commits two faults.

*At the beginning of each new game only one partner on the serving team has the opportunity to serve before faulting, after which the service passes to the receiving team.

Scoring
• Points are scored only by the serving team.
• Games are played to 15 points, win by 2.
  • First team to 21 points wins if win by 2 isn’t accomplished before that point.
• When the serving team’s score is even (0, 2, 4, 6, 8, 10) the player who was the first server in the game for that team will be in the right/even court when serving or receiving; when odd (1, 3, 5, 7, 9) that player will be in the left/odd court when serving or receiving.

Two-Bounce Rule
• When the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning, thus two bounces.
• After the ball has bounced once in each team’s court, both teams may either volley the ball (hit the ball before it bounces) or play it off a bounce (ground stroke).

Non-Volley Zone
• The non-volley zone is the court area within 7 feet on both sides of the net.
• Volleying is prohibited within the non-volley zone. This rule prevents players from executing smashes from a position within the zone.
• It is a fault if, when volleying a ball, the player steps on the non-volley zone, including the line and/or when the player’s momentum causes them or anything they are wearing or carrying to touch the non-volley zone including the associated lines.
• It is a fault if, after volleying, a player is carried by momentum into or touches the non-volley zone, even if the volleyed ball is declared dead before this happens.

• A player may legally be in the non-volley zone any time other than when volleying a ball.

Line Calls
• A ball contacting any part of any line, except the non-volley zone line on a serve, is considered “in.”

• A serve contacting the non-volley zone line is short and a fault.

Faults
• A fault is any action that stops play because of a rule violation.

• A fault by the receiving team results in a point for the serving team.

• A fault by the serving team results in the server’s loss of serve or a Side Out (switches to receiving team).

Determining Serving Team
• Coin flip will be used to determine who serves first at the beginning of the match