



Sport & Social Club General Rules

SCORE & SPIRIT POINT REPORTING

- Game Scores (account for 75% of total points): Team captains are responsible for reporting the scores after your game by logging into your player profile and clicking on 'My Team' tab and selecting 'Report Score/Spirit Points'. Teams have a 48 hour window to report scores after the completion of the game. Please be timely with your score reporting so league standings can remain updated for playoff positioning.
- Spirit Points (account for 25% of total points): Spirit points are awarded to a team from their opponent after each game to encourage sportsmanship, honesty, integrity and fair play. For more information and how to properly award spirit points, please see our section '[All About Spirit Points](#)'.

STANDINGS/SCHEDULES

- Players can view league standings & schedules by logging into your player profile and clicking on 'Standings/Schedule'.

PLAYER ELIGIBILITY

- All players must be added to the team roster by the team captain. This process confirms that all players have electronically agreed (checked the box) to our policies and online waiver.
- Substitute players are allowed, however they must be added to the roster (check the online waiver). Adding a substitute player from another team in the same league is allowed, however, regular/consistent use of a substitute player in the same league is considered unsportsmanlike and not encouraged.
- For a player to be eligible for a playoff game, the following criteria must be met or the team will default the game:
 - Be on the SSC online team roster.
 - Play a minimum of two regular season games in a 6-10 week season, or three regular season games in an 11-14 week season.
 - Play for only one team per league/pool in playoff games. If a player plays for two teams, the second game will be defaulted.

DEFAULTS

- A default will occur if a team cannot field a squad by 15 minutes after the official start time. If a team does not meet the standard eligibility requirements, team captains must confirm the outcome prior to starting the game. Captains may agree to waive the rules regarding minimum players. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS! In the event there is a default dispute and the game was played, the SSC ruling is that the game counts.
- In the event of inclement weather, follow the sport specific instruction below. To view our general SSC foul weather policy [click here](#).

ROUGH PLAY & PLAYER CONDUCT

- It is recognized that incidental contact between players is inevitable – however, all players should go out of their way to avoid creating unsafe play.
- Any unsportsmanlike conduct may result in immediate expulsion from the league. This includes, physical or rough play, verbal abuse, damage to facility property and/or loss of facility permit. Fighting will result in immediate expulsion from the league. To view our Unsportsmanlike Conduct policy [click here](#).
- **Drinking alcoholic beverages, use of drugs and smoking at your game site before, during, or after your game is strictly prohibited. Offenders will be asked to leave the league without refund. No Exceptions.**



GAME COORDINATOR (GC) ON-SITE SSC STAFF

- A GC presence is dependent on sport, season, and/or facility locations. They are not referees, as all games are self-officiated. They are on-site to be a neutral supporter of both teams, clarify rules, manage equipment, start/stop games, and to inform players of league news.
- Game Coordinators may stop a game before the full time has expired due to overly aggressive play, persistent unsportsmanlike conduct or a general violation of the rules of the game.

SSC Official Spikeball Rules

OBJECTIVE	<ul style="list-style-type: none"> Spikeball (aka 'Roundnet') is a two-player team sport. The objective is to hit the ball off the net in such a way that the opposing team cannot successfully return it.
GAME LENGTH	<ul style="list-style-type: none"> Games are 45 minutes in length. Games start and end according to your online SSC schedule. If games start late, games must finish at the scheduled time (e.g. 6:10pm-6:45pm). Teams play two games (1 game = 3 sets) each evening against different opponents.
EQUIPMENT & GAME SETUP-UP	<ul style="list-style-type: none"> Spikeball nets will be provided by the SSC Game Coordinator upon arrival to your game. Teams are required to setup/takedown the nets. Two balls will be provided for the game. The ball should be inflated to 12 inches in circumference. Net tension should be consistent throughout. A ball dropped from a height of 5 feet from the ground should bounce up approximately 20 inches from the net (measuring from the bottom of the ball). To determine who serves first, teams can either choose to play a rally game (minimum 3 hits into the net), or rock-paper-scissors. Players may wear sneakers or play barefoot. Cleats are not permitted. Teams are responsible for keeping score and time. If time runs out in the middle of a set, whichever team is winning at that moment is considered the winner. However, a team must win at least 5 points in a set, in order for it to count as a win/loss. If neither team gets at least 5 points, the set is deemed a tie.
PLAYERS ON COURT, GENDER RATIO AND DEFAULTS	<ul style="list-style-type: none"> Teams are comprised of 2 players on the court. There are no gender requirements. A default for the match will occur if a team is not present 15 minutes after the official start time (unless otherwise agreed by both captains). If a team has 3 or more players, they can only rotate players for each set (not in the middle of a set). The two players that start the set, play the complete set. If a player is injured and cannot continue to play, a player can take their place in the game.
GENERAL GAME RULES	<ul style="list-style-type: none"> To begin, the four players setup in positions around the net, 90 degrees apart and must have their entire body at least 6-feet from the net. Teammates are located next to each other. Once the ball is served players can move anywhere they want. The serving team hits the ball into the net towards the opposing team. The goal on the serve is to hit the ball towards the opposing team in a manner where they cannot return it. If they cannot return the serve, then the serving team gets a point. Each team is allowed up to 3 touches (alternating between teammates) in order to return the ball into the net. It is not required that you hit the ball all 3 times. If teammates touch the ball simultaneously it is counted as two hits. Either teammate may take the next hit provided they have not already used all three hits. The ball must be hit, not caught, lifted or thrown. A player can use any part of their body to hit the ball and it counts as a hit. Each time the ball hits the net possession switches to the other team. The rally or volley continues until one team cannot return the ball into the net. There are no sides or boundaries. Players may move as they wish during a point, so long as they don't physically impede the opponent's play on the ball.
SERVING	<ul style="list-style-type: none"> The four players serve in the same sequence throughout the match, changing the server each time a rally is won by the receiving team. The receiving team sets their position first. The server stands 180 degrees across the designated receiver--the only player allowed to field the serve. Server's feet must be behind the service line (at least 6 feet away from the net) when the ball is hit. They can lean over the service line, but their feet may not cross the service line until after the ball is hit. The server is allowed to take a pivot step or approach steps but is not allowed to move laterally beyond a pivot. Serves may be struck with any amount of force; short serves are allowed. The ball must be tossed up from the server's hand before it is hit. If a server serves two faults, the receiving team wins the point. Violation of ANY of the following rules is a fault: <ul style="list-style-type: none"> 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.

	<ul style="list-style-type: none"> • Serves must be below the receiver's raised hand. If the ball can be caught by the receiver, it has to be played. If the ball is too high, the receiver must call "let" before their teammate touches the ball. The serving team has one more try to serve. If the serving team cannot hit a legal serve on the second try, they lose the point. If the receiver does not call "let", continue play. • The ball must come cleanly off the net on a serve. If the ball takes an unpredictable bounce (commonly known as "pocket"), the receiver must call "let" before their teammate touches the ball. The serving team has one more try to give a clean serve. If the serving team cannot hit a legal serve on the second try, they lose the point. If the receiver does not call "let", continue play. • If the ball takes an unpredicted bounce, and lands back on the net or the rim, it's the other teams point and a change of possession. • If the ball contacts the rim at any time, it is a point for the other team and a change of possession. • After a server wins the point, they change positions with their teammate, so they are directly across from the other member of the receiving team.
<p>FOULS & VIOLATIONS</p>	<ul style="list-style-type: none"> • Defensive players must make an effort to get out of the offensive team's way. If a member of the defensive team is in the way of a play on the ball, the player being blocked must call "hinder" and replay the point. The offensive team must have a legitimate play on the ball to call "hinder." • If the defensive team gets hit with the ball, call "hinder" and replay the point. The offensive team must have a legitimate play on the pass to call "hinder." • If a defensive player attempts to play a ball when it is not their turn, they lose the point. • If a player hits a shot off the net then the ball hits their teammate, they lose the point. If a player hits a shot off the net then the ball hits himself/herself, they lose the point. • If any player makes contact with the Spikeball net that moves the net or affects the trajectory of the ball, they lose the point. If the contact with the Spikeball set does not move the set or affect the trajectory of the ball, play on. • Infractions on playing the ball; <ul style="list-style-type: none"> ○ Four hits – A team hits the ball more than three times before returning it to the net. ○ Non-Strike – The ball is carried, caught or thrown. ○ Two-handed hit – A player hits the ball with both hands simultaneously. ○ Double-contact – A player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.
<p>SCORING</p>	<ul style="list-style-type: none"> • The first team to score 21 points by a two-point margin wins the game. • All three sets count towards each teams' overall standings (e.g. – if a team wins the first two sets, the 3rd set still counts as it is not best out of three). • Games are played using rally scoring; points can be won by serving or receiving team. • A team scores a point when: <ul style="list-style-type: none"> ○ The ball contacts the ground or otherwise isn't returned onto the net within 3 touches. ○ The ball is hit directly into the rim at any time, including on a serve. ○ The ball bounces and falls back onto the net or rim. ○ The ball clearly rolls across the net. ○ The opposing team commits an infraction. ○ The opposing team's server has two successive faults. • Replay – a point is replayed when: <ul style="list-style-type: none"> ○ Teams disagree on an infraction or a legality of a hit. ○ Teams disagree on an infraction ○ There is an outside interference (ie a player, ball or other object from outside the match impedes the game). • If the serving team wins a rally, they score a point and continue to serve. If the receiving team wins a rally, they score a point and must serve next.
<p>PLAYOFFS</p>	<ul style="list-style-type: none"> • Team playoff position: Ties in the standings will be broken first by head-to-head play. If there are more than 2 teams that are tied, all the teams must have played each other in order for the results to go to head-to-head. Otherwise, least points against, then +/-, then most points for will determine the placement in that order. • The SSC office will update the playoff schedule once all scores have been submitted and after the last regular season game. Please do not assume the time/location of your playoff game until team names have been posted into the schedule.

Remember... Always have fun!