



UW-WHITewater INTRAMURAL SPORTS
CROSSNET RULES
LAST UPDATE: AUGUST, 2021

CROSSNET IS A CONTACT SPORT AND INJURIES ARE A POSSIBILITY. THE INTRAMURAL SPORTS PROGRAM ASSUMES NO RESPONSIBILITY FOR INJURIES; HOWEVER, BASIC FIRST AID WILL BE AVAILABLE.

TEAM CAPTAIN'S MEETING

This is a sport that requires a preseason captain's meeting. Be attentive to your email regarding either an in-person meeting date or a link for a webex meeting.

ENTRY FEE

FREE to register

LEAGUE SCHEDULES

Schedules for league play will be posted on IMLeagues and the UWW Rec Sports app.

QUESTIONS

Please feel free to contact the Office of Recreation Sports and Facilities or the Intramural Coordinator, Matt Schneider, with any questions or concerns at 262.472.1145 or email imsports@uww.edu.

GENERAL PROCEDURES

Please use the Captain's Handbook as a resource throughout the year. If you are team captain, please inform your players of all of the guidelines in the handbook BEFORE your first contest.

SINGLES

STARTING THE GAME

1. **START TIME:** Teams are to be at the court and signed in before the official game time. If any team is not at the court and ready to play at the scheduled game time, the game will be declared a forfeit. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time.
2. **IDENTIFICATION:** All participants must bring their current valid UW - Whitewater identification card to the field area in order to be checked in and ruled eligible to participate prior to the beginning of each game. Late arriving players must sign in with a supervisor before entering the game.
3. **SCORESHEET:** All players must have their names on the team roster for each game. They must show a UW - WHITEWATER ID and check in with the on-site supervisor. Late arriving players must check in with the on-site supervisor before playing.
4. **STARTING THE GAME:** At the beginning of the game, the ball shall be put into play by one of the players in the squares. That square then will be used as the designated serving square for the rest of the game.

PLAYING THE GAME:

5. **SERVICE:** The player who serves first must serve to the square that is diagonal from theirs. The player who receives the serve must hit it to the two other players within the game, not the one who served.

6. THE SERVER: The player in the designated serving square continues to serve until they get eliminated; either by them hitting the ball out of bounds or having another player hit the ball into their square and hitting the ground.
7. POINTS: Players can only score a point if they're in the designated serving square. They receive a point by other players being eliminated. They receive a point every time a player gets eliminated unless they are the player that gets eliminated. Players get eliminated by failing to hit the ball into another square, allowing the ball to hit the ground in their square, hitting the ball out of bounds, hitting the ball incorrectly, or hitting the ball out of turn.
8. ROTATIONS: After every point, a player gets eliminated, and the other players rotate clockwise. If the player in the designated serving box is not eliminated, they stay within their square.
9. PLAYING THE BALL: A player may leave the court to play the ball, as long as they don't enter another player's square. If a player enters another square during play, that player is eliminated. A ball hitting a sideline or endline is in.
10. TOUCHING THE BALL: The ball may only be touched once by each player. The ball can only be touched by a player's hand or wrist.
11. SCORING: Only the player that serves can score a point.
12. WINNING A GAME: The first player to 11 points wins the game, you must win by at least two (2) points. There is a cap at fifteen (15) points.
13. THE CENTER LINE: A player may cross the center line with their foot/feet as long as a part of the foot/feet remain(s) on or above the center line and the player does not interfere with the play of an opponent.
14. VIOLATIONS: The following violations will result in a point for the player in the designated serving square:
 - Catching or holding the ball
 - Touching the net with any part of the body while the ball is in play
 - Serving out of turn
 - Illegal serve
 - Illegal volley

SPORTSMANSHIP:

15. UNSPORTSMANLIKE CONDUCT: Any unsportsmanlike conduct including, but not limited to, arguments with any coach, manager or spectator, flagrant fouling, fighting, etc. will result in expulsion of that individual and/or team from further participation in intramurals until meeting with the Intramural Sports Coordinator. Games will be supervised, but unofficiated. The supervisor has the authority to impose penalties for teams behaving in an unsportsmanlike manner.
16. DISQUALIFIED PLAYERS: A player disqualified from the game for unsportsmanlike conduct must leave the court area IMMEDIATELY, and will be declared ineligible for play in any intramural sports activity until he/she has met with the Intramural Sports Coordinator. The player shall be suspended for no less than one game. Failure to leave may result in disqualification of the captain, or forfeiture of the game. Any second occurrence of unsportsmanlike conduct by a team may result in that team being eliminated for the remainder of the season.

DOUBLES (OPEN & CO-REC)

All of the following rules apply with the following exceptions:

17. **TEAMS:** In all official matches, teams shall be composed of no more than three (3) or less than two (2) players. Two players are allowed in the square at a time. Substitutions may only occur if your team gets eliminated.
 - a. **CO-REC:** Teams must consist of at least one (1) male and one (1) female. There must be at least one male or one female on the court at all times.

18. **THE SERVER:** Once a team gets to the designated serving square, only one team member can serve. That same player continues to serve until their team gets eliminated. If and once that same team reaches the designated serving square, again, the other team member now serves.

19. **TOUCHING THE BALL:** The ball may be touched only three (3) times by one team before being returned over the net. **NOTE:** Partially blocking the ball does NOT count as a touch. However, if the ball then goes out of bounds the person who blocked it shall be the one considered to have caused it to go out of bounds.
 - a. **FEMALES HITTING THE BALL:** There are no restrictions as to who may hit the ball during play.