PLAYERS & EQUIPMENT
1. Each participant must present a current JSU student or faculty/staff ID card in order to be eligible to participate.
2. **Court**: Walter Payton Center – Courts 1 & 2
3. **Shoes**: Tennis shoes are the recommended footwear. No black-soled shoes that may mark the floor are permitted. Sandals, street shoes, or boots are not allowed. No player will be allowed to participate in bare feet.

GAME FORMAT & PLAY
1. Teams must have at least 5 players to start a game. Teams consist of eight (8) players.
2. Players must start behind their white line and will be signaled by the official to start. 6 balls will be placed at the mid-court line and upon being signaled, teams will run to retrieve the balls.
3. Players may toss balls backwards to teammates at any point.
4. Matches will last 30 minutes. The team with the most games won after 30 minutes will be the winner. If time runs out during a game and the score is tied, the game will be finished in order to determine a winner.
5. Uniforms are considered a part of a player's body.
6. Players must throw the ball below the shoulders and headshots will result in the thrower being called out.
7. A player hit in the head while ducking or dodging is out.
8. If a defender catches a "live" thrown ball, the thrower is out and one player then returns to the defender's side in order of first out, first in.
9. If a defender attempts to catch a live ball, but drops it, the defender is out.
10. Blocking a live ball is okay. But if the defender drops their ball as a result of contact from a live ball, then the defender is out.
11. Multiple outs from one throw are allowed.
12. A player is not permitted to leave the court to avoid being hit or in an attempt to catch a ball. They will be declared out.
13. Players are allowed to go outside the court to retrieve balls, but once a player has been called out, only they may retrieve stray balls outside the box for their teammates.
14. A violation will be called if a team controls all the balls for more than 5 seconds. (The referee will divide the balls evenly at this time.)
15. Players cannot jump across the mid-court to throw a ball. Once a player crosses mid-court for any reason, they will be called out.