

# **City of Lakewood**

## **Adult Racquetball League Rules**



# **Lakewood Recreation**

## **General Information**

Welcome to the City of Lakewood Adult Racquetball Program.

The City of Lakewood offers non-sanctioned racquetball leagues for the recreational enjoyment of the participants. All decisions made by the Lakewood's Adult Sports Programmer are final and not subject to protest or refund of league fees. The racquetball league(s) shall follow the racquetball rules, code of conduct described in the **USAR Rule Book**, and all City of Lakewood's Municipal Codes with the following clarifications.

### **Fees**

All players are required to pay all league fees in order to be registered for a league. All fees are non-refundable once league schedules have been made.

All players are responsible to know the league rules. League rules are available at the Charles Whitlock Recreation Center, Green Mountain Recreation Center, or online at [www.lakewood.org/adultsports](http://www.lakewood.org/adultsports).

All players participating in this program assume the liability of the inherent risks involved in this physical activity. Participants are encouraged to consult their physician prior to engaging in any physical activity.

## **Inclement Weather/Questionable Conditions:**

- A. Call Green Mountain Recreation Center, 303-987-7830 or the Charles Whitlock Recreation Center, 303-987-4800, for match updates.
- B. We ask that players call the recreation center in the event of inclement weather. Please call if there is any doubt about playing.

## **The League**

- A. Racquetball leagues are offered at 3 different player levels: Competitive, Upper Rec, and Lower Rec.
- B. Matches are played on a Flex schedule. Players are responsible for scheduling their matches with their opponents, and making their own court reservations.
- C. League participants may make court reservations 7 days prior to their match.

## **Blood Rules**

- A. A player who is bleeding or who has blood on his/her clothing shall be prohibited from further participation in the match until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the match.
  - a. Players should bring their own first aid supplies. The City of Lakewood only supplies band aids and ice packs.

### Starting a Game / Forfeit Procedure

- A. All matches will start at their scheduled time or as soon as the preceding match finishes.
- B. Players must be on the court ready to play at the scheduled game time or their opponent has the option to:
  - a. Ask for an immediate forfeit.
- C. Players cannot be forced to start earlier than scheduled, but can if both players agree.
- D. Players will be allowed to use the court to practice in the event of a forfeited match. Practicing players must vacate the court 15 minutes prior to the scheduled start of the next match.

\*\*If a player has 3 forfeits during the season, the player is automatically dropped from the league.\*\*

### Equipment

- A. **GAME BALL:** Players must provide their own racquetballs.
  - a) The standard racquetball shall be 2 1/4 inches in diameter; weigh approximately 1.4 ounces; have a hardness of 55-60 inches durometer.
- B. **EQUIPMENT:** Players must wear non-marking athletic shoes, and protective eyewear that has been designed for use in racquetball.
  - a) The racquet frame, including bumper guard and all solid parts of the handle, may not exceed 22 inches in length. The racquet frame may be any material judged safe.
  - b) The string of the racquet must be gut, monofilament, nylon, graphite, plastic, metal, or a combination thereof, and must not mark or deface the ball.
- C. **JEWELRY:** Players must remove all jewelry prior to entering the playing area. **Players may not "cover" the jewelry in an effort to hide the jewelry and play.** Any problems concerning jewelry will be handled on an individual basis by the onsite supervisor or the Adult Sports Programmer and their decision shall be final.
- D. **CASTS:** Plaster or other hard substances in their final form may not be worn during the game. Any exposed metal may be considered legal if covered by some sort of material or padding and taped.

### Players

- A. All players must be eighteen (18) years of age to participate.
- B. All racquetball leagues are coed.

### Scoring

League matches are made up of 3 games:

- A. First 2 games are played up to 15 points.
- B. Third game (if needed) is played to 11. Third game is played as tie-breaker if first 2 games are split.

## The Game

- A. All matches will follow USAR official rules and regulations:
- B. All players must adhere to The City of Lakewood Code of Conduct and Zero Tolerance Policy.

Players who win their match are responsible for reporting scores to the scores book/Adult Sports Programmer.

## Awards

All matches shall count toward league standings.

- A. The league champion will be the player with the best record at the end of 8 weeks.
- B. Individual awards will be given to the league champion, and the league runner-up.

**Tiebreaker** - The following will be used in the event of a tie between two or more players during league play:

1. Head to head record between tied teams
2. Point differential between tied teams
3. Point differential for entire season
4. Total points scored during season
5. Least amount of points allowed during season
6. Coin toss

All tiebreakers will revert back to the first tiebreaker to determine second place once the first place team has been determined.

**Note** – If a player forfeits for any reason during the season, that player will be eliminated from the tiebreaker process.

## Conduct

### THE CITY OF LAKEWOOD ZERO TOLERANCE CONDUCT POLICY:

- A. No player shall at any time lay a hand upon, push, shove, or threaten to strike another person. **PENALTY:** Player will be suspended from all sports indefinitely until a final decision is made on the length of suspension.
- B. All players will abide by the officials' decision. A player ejected from the game will at the least get a one game suspension and run the risk of being suspended for multiple games or the remainder of the season.
- C. If a player or manager is ejected from the game, that player or manager must leave the court immediately. The league supervisor may allow the player to remain in the area only if the ejected player exhibits sportsmanlike conduct.
- D. No player, coach, spectator, or manager shall physically attack or act as an aggressor towards any person, player, spectator, referee, or City employee. **PENALTY:** Officials are required to immediately eject player(s) from further play and report such player(s) to the League Officials. **Such player(s) shall remain suspended until his/her case has been reviewed.**
- E. All players, coaches, and managers will abstain from the use of vulgarity, racial slurs, verbal abuse, threats, or unsportsmanlike conduct while participating in a City of Lakewood activity.

- F. No player, coach, or manager will be allowed to participate if acting in an intoxicated manner. **PENALTY:** Suspension from the game and possibly the next game played, as to be ruled upon by the referees and/or league officials.
- G. Captains, managers, and/or coaches are held responsible for their team's conduct.
- H. Teams are responsible for their spectators' conduct.

Anytime a game gets out of hand, the referees or league officials have the authority to call the game.

- I. Elastic Power - Any and all situations not specifically covered in the rulebook shall be acted upon by the Adult Sports Programmer, and all decisions shall be final.

**PROTECT YOUR VALUABLES:** As most of us know, parking lots can be a popular target for thefts. Avoid being a victim by taking care of your valuables by following the tips for preventing break-ins or theft listed below:

- If there is a suspicious person or activity near a vehicle, notify the facility supervisor or contact the police immediately.
- Remove all bags and items from view in your car. If possible, take your valuables with you.
- Do not leave wallet, keys, or valuables unattended.
- Keep spare keys in your wallet, not in your car.
- Close all vehicle windows and lock all doors.
- Park in well-lit areas when available.
- Engrave your stereo and other valuables with your driver's license number, not your social security number.

Thank you again for playing with City of Lakewood Recreation Division and have a great season!