



UTSA INTRAMURAL SPORTS

Four Square

TEAM CAPTAINS:

- Team captains are responsible for picking up their team's schedule and notifying their teammates on upcoming games. Team schedules will be available for viewing via the web at www.utsa.edu/recreation after 5:00 p.m. on the Friday after the captain's meeting.
- Team captains are responsible for informing their teammates of all Intramural Sports governing rules and policies.
- The team captain is responsible for the eligibility of the team's players.
- Only the team captain may address an official, on matters of rule interpretations or to obtain essential information.
- Team captains are responsible for their team and fans behavior before, during and after their game.
- Team captains are responsible for any equipment given to them, such as team jerseys and team balls. (Team captains, you will be charged for the missing items).
- In the event of bad weather, call the sports hotline at 458-PLAY.

ELIGIBILITY:

- All UTSA students, faculty and staff are eligible to play intramural sports.
 - UTSA students must be enrolled in current semester (Example must be enrolled in the Fall to play Fall sports)
- Faculty/Staff with a current Campus Recreation membership are also eligible to play intramural sports.
- Alumni and outside visitors are not eligible to participate.
- Team may add players until the last game of the regular season.
- Players must play in at least 1 game during the regular season to be eligible for the playoffs.
- **NO ID NO PLAY!** All participants must present their UTSA Banner ID to the Intramural Staff on duty, in order to be eligible to play.

PLAYERS:

- Players may play for only **one** men's or women's team and one co-rec team.
- Switching from one team to another is not allowed (see DISCIPLINE section).
- Tournaments are offered in singles and doubles (1 per roster or 2 per roster for doubles)

GAME TIME/DEFAULTS/FORFEITS:

- **Game Time:** Teams must have the minimum required players checked in and ready to play at game time.
- **Defaults:** A team may default by calling the Assistant Director of Intramurals at **210-458-7566** by noon on the day of their game or for Sunday games by 5pm on Friday. Teams are allowed one default per season. A default is used when a team is unable to make their game. A default does not count against the team or interfere with their chances of making playoffs.
- **Forfeits:** A team not ready to play at game time shall be penalized in the following manner.
 - ◦ For every minute the team is late to start, the opposing team receives 2 points.
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- ○ **At 5 minutes after game time – the game is forfeited, 10-0, to the team ready to play.**
 - ○ The forfeiting team will receive a “F” Sportsmanship rating for the game.
- A **forfeit** prohibits a team from making playoffs.

LEAGUE FORMAT:

- Tournament style
- Eligibility for advancing in bracket play: Minimum “B” Sportsmanship rating and above .500 record with no forfeits
- Any player that receives C, D or F average WILL NOT advance to the next round of the playoffs.

EQUIPMENT:

- Four Square balls will be provided

FORFEITS:

- There will be a 5 minute grace period that begins at game time if both teams are not ready to play. The team that is present and ready to play will receive a point per minute up until 5 minutes. If the other team has not become ready to play at 5 minutes that will be given a forfeit and an F sportsmanship rating.

THE GAME:

- Four square is played with a rubber playground ball on a square court with four players. When the ball is bounced into your square you must then bounce it back out without hitting twice in your own square, otherwise you are out. The object is to eliminate players in higher squares so that you can make it to the 'four square' and score the most points.

The Court & Equipment:

- Four Square is played on an 16' square court divided into four smaller squares that meet in the center. Squares are numbered 1 through 4. New players enter into square number 1 and the ball is served out of square number 4. Players may stand, walk or run anywhere in the court, though it is best to stay in a position to protect your own square.
- The ball is a textured 8.5" rubber playground ball inflated to 2 lbs. During play the ball may be hit with one or two hands, from the elbow to the fingertips, open or closed fist, in the same manner as official volleyball.

STARTING THE GAME:

- The player in the highest rank, called four square or 'royalty,' serves the ball into the lowest ranking square, called one square. After a single bounce in one square, the player must hit the ball (return) into any other legal square before it bounces again. Each time the ball is bounced in any square, that player must hit it into any other player's square (return) to stay in the game. The game continues until a player makes an error by letting the ball bounce twice, hitting the ball out of bounds, or breaking a 'custom rule' (see below.)
- During game play, players must hit or touch the ball with enough force to create a change in the ball's path and trajectory that is perceptible to the officials. Hits that do not change the path or trajectory of the ball will cause the offending player to be out.

THE SERVE:

- The ball is always served from four square into one square. The serve is always delivered from the back corner of the square.
- Four square must call any custom rules first, drop the ball and serve from the bounce. Serves are meant to place the ball fairly into play and must be returnable by the player in square one, generally taking its first bounce near the center of square one. As they say on playgrounds, "No blood on serves."

BALL OUT:

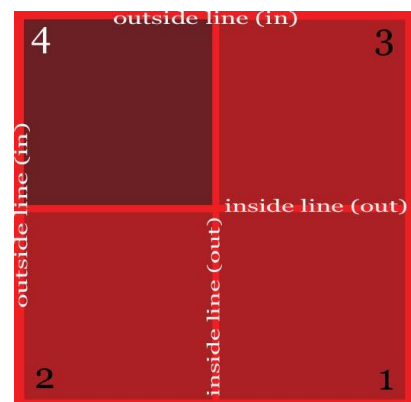
- The ball is out of play when it hits the side of the table. The edge of the table is considered in play.
- A player **may** use his/her free hand to stop a ball that is going out of play. If it hits or is stopped by the paddle, a point will be awarded to your opponent.
- Faults are allowed only once for both the server or the receiver. The server can fault if the serve into one square is too high, too low, too fast or otherwise not returnable by the receiver. The receiver may send the ball back to be served again. The receiver can fault on a return if she hits the ball out of bounds, into her own square or on to an inside court line. The receiver has a second chance for a serve.
- Both the server and the receiver are allowed only one fault, referred to as "one bad". However, if a player faults a second time then they are out. You can also remember it this way: Two bad = too bad for you!

Progression of Squares:

- Each time a player is knocked out, that square becomes vacant and all the players move up to a higher numbered square to make the one square available for an incoming player. Knocked out players must go to the end of the line and await their next turn in play.
- The player that knocked out the player is rewarded 1 point

The Boundaries:

- The lines on the court are like the lines on a tennis or volleyball court and each has a specific rule. 'Outside lines' refer to the outermost square of the court, 'inside lines' refer to the line dividing individual squares of the court which cross in the center.
 - Inside Out: Bouncing the ball on the inside line is a bad play. This means that when player returns a ball bounced in her square, she must bounce it cleanly outside of her square. If she bounces it on an inside line of her square, it's not good enough and she is out.
 - Outside In: The lines on the outside of the court are in play, always. If a player bounces the ball into another square and the ball hits the outside line, it is still in play. However, if she hit the ball too far and it bounced outside of the outside line, it is out of bounds and she is out.



Interference:

- If the ball is touched by another object which is not one of the four players or the floor, this is called interference. The round is started again. Players waiting in line may not touch the ball when in play.
- It should be mentioned here that there are times when one *cannot* hit the ball. When a ball bounces in a square it is that player's responsibility to hit the ball into another square, and failure to do so would be a fault making her out. Other players may not interfere with a player's turn by hitting the ball and preventing her from returning it.
- Specifically, if the ball lands in another player's square then other players are not allowed to touch that ball until it has been hit again. This tactic is called 'poaching' and is not allowed. However, there is nothing stopping one from hitting the ball *before* it touches a square.

Customized Rules:

- Making it into four square comes with the unique privilege of creating special rules which tailor the game play to your own style and help you to stay in four square longer. This is where most of the fun and complexity of game comes from. When in four square, the player may call specific rules which become part of the game at the beginning of each serve and last only for that round. After each round, she must call the rules again or it is considered that the rules fall back on the published Standards and no special rules apply. It is enough simply to say, "Same rules" or "Ditto" to let the other players know that the custom rules still apply to this round.
- Many of the special, silly, and ridiculous rules* would make it impossible to keep score in competitive game play. As a compromise, only the following custom rules may be used:
 - **Double Taps:** This means any player may hit the ball two times in the air after it has bounced once in her square. Similar to a one person volleyball team, this is an effective technique for setting yourself up for a spike.
 - **Body Language:** This rule allows players to use any part of their body to hit the ball. Some players like this because of the added use of feet for emergency recoveries.
 - **Black Jack:** If a player catches the ball cleanly before it lands in her square, the player who hit the ball is out. It usually forces the game to be played low and fast and creates a different dynamic. If this is played with Double Taps, you must still catch the ball on the first hit.
 - **Underhand:** This means that all hits are with an open hand, palm(s) up. This brings the game down low to the ground and makes your quads ache the next day. "Underhand" is stereotypically associated with beginners, but in four square even the best players sometimes can't survive a round of underhand.

SPORTSMANSHIP:

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- Any disagreement will be grounds for a replay. The Intramural Staff member on-site will have the final decision. Unsportsmanlike conduct will not be tolerated.

- The Intramural staff on duty will grade all teams on their display of sportsmanship before, during and after the each game. Participating in Intramural Sports is NOT a right it is a privilege. Therefore, the Intramural Sports program reserves the right to take away that privilege from any team or individual that does not abide by the governing rules and regulations, as well as does not exhibit good sportsmanship and fair play.
- Two unsportsmanlike penalties on the same player will result in disqualification from the game..
- Any player that is ejected for any reason must come in to speak to the Assistant Director of Intramural Sports before their next game. That player is not eligible to play until doing so. Minimum 1 game suspension!

SPORTSMANSHIP RATING SYSTEM

UTSA Campus Recreation Department's sportsmanship rating policy has been developed to protect the safety and equity of all participants and those affiliated with supervising our events.

“A” - Good Conduct and Sportsmanship

Team/fans cooperate fully with the supervisors and officials and show respect for opposing team members. The Team Captain has full control of his/her teammates/fans. If the captain converses with the officials about rule interpretations and calls he/she does so respectfully and calmly. A team winning a game due to a forfeit will receive an “A” sportsmanship rating.

“B” - Average Conduct and Sportsmanship

Team/fans complain about some decisions and or display minor dissent. These complaints may have been voiced verbally or non-verbally toward officials, opposing players or opposing fans. The Team Captain exhibits major control over teammates and him/herself.

“C” - Below Average Conduct and Sportsmanship

Team/fans (on or off the playing area) show continuous or sustained verbal dissent towards officials, supervisors, and/or the opposing team. The Team Captain exhibits minor control over teammates and him/herself. Teams that receive one unsportsmanlike penalty or technical foul during the game will receive no higher than a “C” rating. Each additional unsportsmanlike penalty will result in the grade being lowered by one letter grade.

“D” - Poor Conduct and Sportsmanship

Team/fans complain excessively to officials and/or the opposing team. The Team Captain exhibits little control over teammates and him/herself. Teams that have a player ejected will receive no higher than a “D” rating.

“F” - Unacceptable Conduct and Sportsmanship

Team/fans are completely uncooperative. Team Captain has no control over team, fans, and/or him/herself. Teams that have multiple players ejected, receives three unsportsmanlike penalties, or cause a game to be forfeited shall receive an “F”. Any team that does not have the required number of players present at the scheduled game time will receive an “F”.

DISCIPLINE

- The team captain of a team that receives a “D” or “F” rating must meet with the Assistant Director of Intramural Sports prior to his/her team's next game.
- If a player is ejected from the game for any reason:
 - **Ejected Player consequences:**

- Team will be automatically deducted two (2) sportsmanship letter grades.
- Ejected player must leave playing area (out of sight and sound).
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- Ejected player may not participate in any Intramural Sports or activities (including watching), until they have met with the Assistant Director of Intramural Sports, Megan Morris, or have been officially reinstated.
- Must contact Megan Morris, Assistant Director of Intramurals, to set up a meeting to determine what action should be taken.
- It is the responsibility of the ejected player to schedule the reinstatement meeting.
- Ejected player is ineligible until meeting has taken place.
- Ejected player will face a minimum one(1) game suspension from all Intramural activities.
- If necessary, ejected player might be referred to Judicial Affairs for further disciplinary actions, and be suspended indefinitely from Intramural Sports and Campus Recreation participation.
- If the ejected player does not think the Assistant Director of Intramural Sports decision is fair, he/she may appeal by scheduling an appointment with the Associate Director of Campus Recreation. Appeals must be made within 48 business hours of the Assistant Director of Intramural Sports disciplinary decision.
- If the official or supervisor believes it is in the best interest of the program to stop a game, he/she may do so.
- The Intramural Staff reserves the right to indefinitely suspend any participant or team from intramural competition for behavior detrimental to the mission and purpose of Campus Recreation or UTSA.
- If a player is found to have played on two teams:
 - **Consequences for Playing on Two (2) Teams:**
 - Player will be permitted to play on the first team he/she signed in and played for.
 - Both teams will be notified of the player violation.
 - The second team the player participated with will be deducted one (1) sportsmanship letter grade.
 - Player will receive a minimum of one (1) game suspension.
- In case of an illegal player found participating on a team:
 - **Illegal Player Consequences**
 - Team in violation will receive a loss, and opposing team will receive an automatic win.
 - Team in violation will also receive an automatic C sportsmanship rating.
 - Second offense will result in the team being eliminated from the league.
 - Both teams will be notified of illegal player violation.
 - Illegal player is not permitted to play any Intramural sports or activities.
 - An Illegal player consists of a person who is not currently enrolled at UTSA with a minimum of one (1) credit hour.
- **Faculty/Staff:**
 - **Must have a Campus Recreation membership in order to participate in Intramural Sports.**
 - **Faculty/Staff must also present their UTSA ID at each game.**
 - **Teams found in violation will be deducted one sportsmanship letter grade for violation**

PROTEST:

- A team captain may only protest eligibility before the game begins or at the time the person whose eligibility is in question enters the game.
- The team may only protest a rule interpretation or eligibility and NOT a judgment call. A timeout must be utilized in order to protest. If the protest is upheld the time-out is not charged to the team.

- A protest must be filed with the Intramural Supervisor on duty before the ball has been put in play for the next play. Once the ball has been put in play, teams can no longer protest the previous play.
- If the protest cannot be decided, that game will continue under protest and will be decided by the Assistant Director of Intramural Sports the next working day.
- Updated December 2009
- All protests during the playoffs will be decided by the Intramural Supervisor/Coordinators on duty.