# REC LEAGUE RULES

The following Rec League Ruleset are suggestions only. Clubs are in charge of their own Rec League and can be adapted to suit your own individual preferences. The club coordinator may changes rules between each iteration of the league in response to feedback or the level of entrants (e.g. running a slightly more relaxed ruleset with more Inclusive Rules Adaptations if lots of first-timers are entering to make it as enjoyable as possible for them).

Roster Size
- 4-aside, squads of 8 max

Timings
- League structure dependant:
  - 2 minutes per set
  - Rec League Timings: 15 minutes total 10 minute match length plus warm up & changeover time OR
  - Standard open timings: 25 minute total, 2 x 8 minute halves plus warm up, half time & changeover time
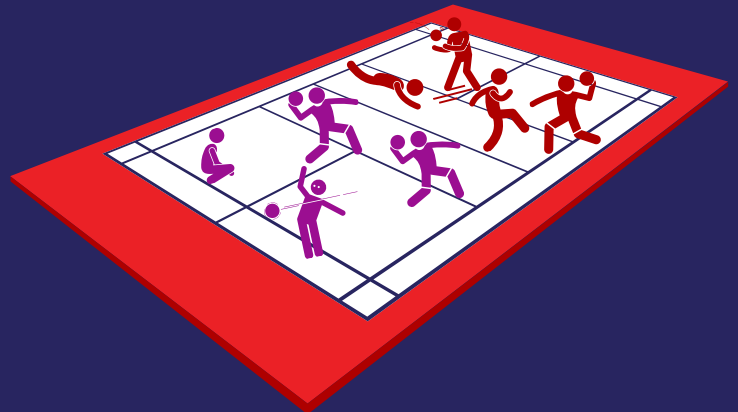
Court
- Badminton court (6.1 x 13.4m)
- No neutral zone - centre line only
  - Throwing distance is slightly shortened from 7.75m standard to 6.7m, meaning newer throwers should have success and promote active dodging/reactive catching without sacrificing safety.

Retreiving
- IRA5: Self-Retrieval: Remove the retriever element from games. Players self-retrieve off-court balls by putting their hand up and leaving court before re-entering by crossing the back line or touching the back wall. Players are not part of the game once they have left court (put one foot off-court and have no foot remaining on-court), and so cannot be eliminated or make plays until they return.

Invalid Attempts
- IRA4: Intentional Invalid Attempts: Adapt the invalid attempt rule. Referees will only warn and subsequently call players out for making an invalid attempt if they deem the player to have missed a target by more than 1 metre intentionally.