

FROSTIVAL

North of Normal Games

General Rules and Information

The purpose of the North of Normal Games is to promote community-wide interest and involvement in outdoor winter activities during Frostival January 26-27, 2018. The Fargo-Moorhead Athletic Commission has partnered with organizations in our community to help facilitate the North of Normal Games.

Specific rules have been developed for each event. General rules and information is provided below. Full rules can be obtained by contacting the correct event contact listed below.

Event Rules and Contact Information

Cardboard Sled Race

Location: Mickelson Sledding Hill

Event Contact: Dave Klundt, Fargo Park District - dklundt@fargoparks.com

Rules:

1. Your sled must be free of sharp edges, pointy objects, or any other feature that may be deemed dangerous
2. Only corrugated cardboard, tape, and glue may be used to hold your sled together
3. You must be able to stop your sled
4. All occupants must wear protective headwear to race
5. If you have a fast time you MAY be required to race again

Cross Country Ski Race

Location: Edgewood Golf Course

Event Contact: Jeff Heisler, Fargo Park District - jheisler@fargoparks.com

Rules:

1. Please check in at least ½ before you race time
2. Free rental skies will be provided if needed
3. Please call 701-298-6915 ext. 4 for any weather cancellation information
4. All race rules will be covered at the event

Disc Golf

Location: Woodlawn Park

Event Contact: Jordan Clementson, Moorhead Park and Recreation Department - jordan.clementson@ci.moorhead.mn.us

Rules:

1. Disc golf will be split into different divisions as follows
 - a. Men's Open
 - b. Men's Advanced
 - c. Men's Rec
 - d. Women's Open
 - e. Women's Rec
2. You will keep your own scorecard and turn it in after your round
3. Only one scorecard can be turned in per player
4. No OB

Golf

Location: Elmwood Park

Event Contact: Katie Ettish, West Fargo Park District - katie@wfparks.org

Rules:

1. 4 golfers per team
2. The course will be a 18-hole course created in Elmwood Park in West Fargo
3. Game format will be set up as a scramble
4. Using golf clubs, participants will swing at a tennis ball trying to sink a hole in one
5. Participants must provide their own clubs
6. Tennis balls will be provided by the West Fargo Park District
7. Teams with the lowest score will win
8. A complete set up rules can be found at www.wfparks.org

Kickball

Location: MB Johnson Park

Event Contact: Jordan Clementson, Moorhead Park and Recreation Department - jordan.clementson@ci.moorhead.mn.us

Rules:

1. Coed teams
2. Each team is required to have an equal or greater number of females to males.
3. Kicking order must alternate between male and female. Two females can kick in a row, but not two males. That must be at the end of the line-up after you have alternated all males.
4. Fielding positions do not have to alternate. Outfield 2 males and 2 females, infield 3 females and 3 males. They can be in any position.
5. 16 players max per roster. Max of 10 players in the field and can have 12 in the kicking order.

Volleyball

Location: Fargo Billiards and Gastropub

Event Contact: Amanda Kaloustain, Fargo Billiards and Gastropub - amanda.kaloustain@fargobilliards.com

Rules:

- 1. General**
 - o Kindness and respect for others as well as respect for the facility are the foundation of a fun, successful league.
 - o Outside food & beverage, with the exception of water bottles, is prohibited.
 - o Glass is prohibited.
- 2. Team Composition/Players**
 - o Players must be 21 or older.
 - o All teams are Coed, which means at least as many women as men must be on the court.
 - o You may play with as few as two players to avoid a forfeit.
- 3. Games**
 - o Play begins on the hour and ends 55 minutes later; i.e., a 7pm match goes from 7:00pm to 7:55pm.
 - o All Games are self-officiated and use rally scoring, which means every serve leads to a point.
 - o Games are to 25 points. Must win by 2 points unless the maximum score of 29 is reached.
 - o Teams change sides after each game.
 - o Games are forfeited 10 minutes after scheduled match time.
- 4. The Court**
 - o Boundary lines consist of two end lines and two sidelines marking the playing court.
 - o A ball striking any part of the boundary lines is **in**; a ball striking or passing outside the antennas is **out**.
- 5. Serve**
 - o Serving player may serve underhand or overhand from anywhere behind the end line and between the extensions of the sidelines and may not step on or over the end line. Jump serves are prohibited in REC leagues.
 - o A let serve—a serve that hits the net and makes it over—is allowed and is playable.
 - o Winner of paper-rock-scissors chooses side or first serve. Previous game loser serves first subsequent games.

- Players must maintain service rotation. After the ball is contacted on the serve, players may switch positions on the court only within the rows.
- No blocking or attacking a serve at the net.

6. **Rotation**

- Team rotates clockwise each time it wins the serve. New players may rotate in at the position immediately following the serving position.

7. **The Game**

- Each team is entitled to a maximum of three hits with no two successive hits by the same player.
- Blocking at the net is not a **hit**, and any player may make the first hit after a block.
- Simultaneous contact by two non-blocking players is a single **hit**, and any player may make the next hit.
- Back row players may not block or attack at the net
- The ball must be contacted cleanly and not held, lifted, pushed, caught, carried, or thrown.
- A ball may be played off the net.
- When a ball is driven into the net causing the net to contact a player, no fault is committed.
- Captains must report game winners

8. **Basic Violations** (will result in a point)

- Four hits
- Reaching over the net if it interferes with the opponent's play or attack
- Stepping on or over the line on a serve
- Failure to serve the ball over the net successfully
- Serving out of service order
- Hitting the ball illegally (carrying, palming, throwing, etc.)
- Touching the net with any part of the body while ball is in play unless the net is pushed into you
- Stepping or reaching under the net if it interferes with opposing players
- Back row player blocking or spiking in front of the 10 ft. line
- Entering another court to make a play on a ball.