



## **INTRAMURAL VOLLEYBALL RULES AND REGULATIONS**

*INTRAMURAL VOLLEYBALL WILL BE PLAYED UNDER USVBA RULES WITH THE FOLLOWING EXCEPTIONS/AMENDMENTS (PARTICIPANT COPY)*

### **TEAM CAPTAIN S MEETING**

- Attendance at the team captain s meeting is **MANDATORY**. Any team not represented at this meeting will not be included in the league, unless the captain is able to come to the University Recreation Office and listen to an audiotape of the captain s meeting.

### **SCHEDULES**

- Schedules can be picked up immediately after the captain s meeting or after listening to the audiotape during office hours (7:45 a.m. — 4:30 p.m. during the week) at University Recreation Office at Hilltop.

### **GENERAL PROCEDURES**

1. All intramural participants must be registered with the UW-EC, and have a roster on hand with the University Recreation Department, or is a faculty/staff member affiliated with UW-EC.
2. All team sports will follow an unlimited roster policy. New players can come to the competition and be added to your roster as long as they have their UWEC Blugold I.D.
3. To be eligible for the playoffs, a player must have played at least one regular season game for that team.
4. The regular season of all competitive leagues will be followed by a single elimination playoff tournament when time permits.
5. Abusive, derogatory, and demeaning comments & gestures will **NOT** be tolerated in Intramural Sports. Violators will face suspension or expulsion from the program. Serious incidents or repeated abuses will be subject to sanctions under the UWEC Code of Conduct.

### **GAME RULES**

1. The Co-Rec team shall consist of three women and three men who shall be placed in alternate positions in the lineup. No less than four players may play and no more than three players of any sex at one time. If playing with less than 6 players, teams may only have a gender difference of one. For men s and women s fours competition, teams must consist of at least two players. A triples team is comprised of any combination of three men and/or women.
2. Teams must have at least the required minimum number of players present at game time to start the match. Any team that does not have the required minimum number of players at game time will default the first game of the match. If neither team has the required minimum number of players available to play at game time, both teams will be charged with the loss of one game. The next game, if played, would be the third game of the match.
3. The ball is put into play by the serve.
4. The ball may not visibly come to rest in a player s hand.
5. No contact of any kind is allowed with the net. (Examples: body contact, player s clothing, or player s hair.)
6. The ball may be hit a maximum of three times on each side of the net.
7. A player may not hit a ball twice in succession (except when he/she has just blocked a spike).

8. SCORING
  - a. Each game is to 30 points. Rally scoring will be used in all games.
  - b. Matches consist of 3 games. Play all 3 games.
  - c. After the serving team loses the point (sideout), the new serving team must rotate one position clockwise.
9. A ball that touches any part of the line is good.
10. Forfeit of a match will result in disqualification of a team from winning the championship, no matter what their record.
11. Each team is entitled to one time-out per match.
12. Substitutions may be made only when the ball is dead. If a player becomes injured, he/she has two minutes to resume play or leave the court. If the player cannot leave the court, play will not continue until the player can be safely removed.
13. Serving
  - a. In the first game, the first serve will be determined by the toss of a coin.
  - b. In the second game, the team not initiating the serve in the first game will serve.
  - c. If a served ball touches the net or lands out of bounds, the serve will be a sideout.
14. The receiving team must bump pass the ball on the serve.
15. No blocking or attacking the ball is allowed by the receiving team on the serve.
16. Palming or throwing the ball is not acceptable.
17. Back row players must take off behind the 10-foot line when/if spiking.
18. Players may not cross over the centerline with any part of their body. However, their foot may be on or above the centerline. \*\*Exception: Players may cross over in doubles as long as there is no interference.

### **SPECIAL RULES**

1. DOUBLES
  - a. No overlap
  - b. Games are to 21
  - c. No open hand tips
  - d. Set forward or backward, the ball must be set squarely with the direction of your body.
2. TRIPLES, MEN S (FOURS), AND WOMEN S (FOURS)
  - a. All players are considered front row except in Fours where the server is the only back row player.
  - b. No overlap, but players must serve in the same order.

### **SPORTSMANSHIP**

1. Team managers are responsible for the eligibility and conduct of all their players. Referees are instructed to speak with **team captains only!** The Referee may eject players who choose to ignore this rule.
2. The Referee may forfeit the game if physically or verbally abused by any team member or spectator.
3. If a player is ejected from a contest for any reason, the official and/or supervisor will document the reason for ejection on a daily report. Once on report, a player must meet with an Intramural Director before being reinstated for competition.

### **EQUIPMENT**

1. A team may wear apparel of their choice. However, shoes and shirts must be worn at all times.
2. **NO JEWELRY** of any kind is permitted while participating in any Intramural activity. Failure to remove jewelry will result in ejection from the contest. Any exposed piercing must be taped.

## **FORFEITS**

1. Captains of any team forfeiting a contest must stop by the UR Office, in person by 4:30 p.m. of the next business day to re-enter their team. Failure to do this will result in the team being dropped from further competition. Any team forfeiting a game will not be eligible for post-season play.
2. Any team forfeiting two games will be automatically dropped from competition. Any team may be charged with a forfeit for unsportsmanlike conduct.

## **DEFAULTS**

1. A team unable to attend a game may default their contest, if this is done twenty-four (24) hours in advance of the scheduled game time. Sunday games must be defaulted by Friday noon. A default will result in a loss by the defaulting team, and will have no effect on playoff eligibility.

