

CENTER FOR HEALTHY LIVING

CO-RECREATIONAL VOLLEYBALL RULES

(Condensed)

Co-recreational activities are important to any comprehensive intramural sports program because these activities:

- 1) Encourage fair play--the rules are structured to encourage participation by males and females without one gender dominating the other;*
- 2) Emphasize participation--the rules strive to involve everyone in the game regardless of skill level and experience;*
- 3) Encourage skill development-- it has been observed that the more skilled players tend to teach other players how to perform skills for the benefit of the team;*
- 4) Emphasize sports can be fun regardless of winning or losing--in most cases this comes about naturally once the players become familiar with the rules and with playing together;*
- 5) Provide opportunity for social development--participants tend to gain poise and confidence in social relationships created in these settings.*

TEAM REQUIREMENTS

- Team captains are responsible for managing their team during disputes.
- Only players who have played for you during regular league play can play for your team in the tournament.
- Players should only play for **one** team in the Post Season Tournament! Tournament schedules will not be adjusted for players playing for more than one team.
- Players may play for only one team in a division during league play.
- If a team plays with illegal players, that team will automatically forfeit the game(s).



THE PLAY:

1. The matches will be two out of three games. All games will be rally play. The first two will be to 25 and the third to 15. Meaning, every time either team serves, a point will be awarded. Rally play requires that a two-point margin be required unless the game is tied 16-16. In that case, the first team to reach 17 points is the winner of the game. Tournament play will be two out of three games to 25. Third game also has a cap of 27.
2. Teams will be given a 10-minute forfeit time for the first match of the night. After that, forfeit time is game time for the first game of the match. If you forfeit the first game, you have 10 minutes to fill a team and start the second game. If the match is forfeited, loss of forfeit fees will result.
3. Only non-marking court shoes will be allowed on the court. No other kind of shoe will be allowed. Players will not be allowed to play in socks, bare feet or other street shoes.
4. Teams will consist of 6 players, 3 males and 3 females. Teams may play with 5 females and 1 males but not the other way around. Maximum number of males on the court is 3. Only three players are required to start and finish the game. When the ball is being served, either sex can hit it directly over the net. If more than one hit, however, at least one hit must be female.
5. If you are only playing with less than 6 people, you must maintain a vacant position(s) throughout the rotation - meaning: for a number of rotations you will only have one or two positions filled in the front row for purposes of attacks and blocks. Only one male back row player may come forward to block. In addition, when the vacant position(s) is at serve, it will be a side out. The only exception to this rule is when both teams have the same number of players. **This rule does not apply for Division II or III.**
6. A ball may be played off the ceiling (anything over 15') on your side. The ball is out of play if it makes contact above the opponent's playing area or above the team's playing area and crosses the plane of the net into the opponent's court.
7. If a player enters the adjacent court while the ball is in play, (this includes any follow through after contacting the ball) it will be out of bounds and play will stop with a point or side out being awarded.
8. Each team is allowed two 30 second time outs per game.
9. No blocking or attacking a serve.
10. Usually there is only one official, so players are often asked to help with the line calls that are away from the official. Please be honest and fair in your judgements.
11. During the game, if there are any questions on a call that you would like the referee to explain, PLEASE LET THE COACH OR CAPTAIN ONLY TALK TO HIM/HER ABOUT THIS CALL OR SITUATION.



SPORTSMANSHIP:

These leagues are set up for competition and fun. Please display good sportsmanship at all times. Any team or player displaying poor sportsmanship will be given a **yellow card** (warning). If unsportsmanlike conduct continues a **red card** will be issued and the player will be ejected from the match. If misconduct continues from the sidelines, the player will be ejected from the building. If they refuse to leave the building security will be called and their team will forfeit the match. If there is some doubt as to which player is receiving the yellow or red cards, the **captain** may ask the official. Examples of poor sportsmanship include:



- Stomping your feet to distract the other team.
- Making loud noises while the other team is spiking.
- Threatening behavior (verbal or physical) to an official, staff or participant before, during or after a contest.
- Taunting opponnets
- Abuse of equipment
- Arguing with officials.
- Directional profanity

Any team that is issued a third sportsmanship warning (**BLACK CARD**) will automatically forfeit the match.

If a player/team has been ejected from two matches, the player/team will not be allowed to play in any games/matches for the rest of the season or the post season tournament for **any** Intramural team

OFFICIAL'S DUTIES:

- Officials are responsible for rule infractions including but not limited to:
 - Faults in playing the ball
 - Overlapping
 - Has power to decide any matter involving the game, including those not provided for in the rules.
 - Contact with the net
 - Final judgement on line calls
- IM Coordinator can amend the rules during the course of the season.