

CO-RECREATIONAL

VOLLEYBALL RULES

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.

REGISTRATION:

1. You must pick up a roster at the Center for Healthy Living and return it completed when you pay the fee at the Center for Healthy Living.

CAPTAIN'S DUTIES:

1. Prior to the start of the night's match, team captains will be required to list all players that will be playing in that match on the official score card.
2. Team captains are responsible for informing all team members of rules and policies.
3. Team captains are responsible for managing their team during disputes.
4. If your team must forfeit a game, please call the Center for Healthy Living. If your team is planning to forfeit and fails to call the Center for Healthy Living within a reasonable time before the scheduled game time more than once, your team will be ejected from the league and will be ineligible to play in the tournament. The first offense will result in a warning.

TEAM ROSTER REQUIREMENTS

1. Rosters can have an unlimited number of players. You can add players until tournament time. Only players who have played for you during regular league play

can play for your team in the tournament. See rule #10. Exception to this rule for tournament play: see rule #2.

2. 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.
3. Players may play for only one team in a division during league play.
4. An upper division player is: anyone who has played or substituted for a division ranked above your division.
5. Teams may have one upper division female and one upper division male play a match for them during league play as long as they haven't played for another team in that same division (exception: see rule #6). However, during the tournament, rule number 2 will apply. Meaning, if a player plays for two teams during league play, he/she must play on only one of those two teams at tournament time. No exceptions!!!
6. Division I players may not play or sub in division III. Division I players are: any player who has played or substituted in Division I.
7. Returning volleyball teams have first choice of divisions each season with approval of league supervisor. Exception: see rule #8.
8. Teams that finish in last place and second to last place in their division during the fall league may be dropped down to the next lower division for the Spring league if the top teams from that division wish to move up.
9. If a team plays with illegal players, that team will automatically forfeit the game(s) whether they have been concluded or not.
10. Teams may list players on the INJURED/RESERVE LIST by telling the league supervisor before the league starts. If a team knows before the start of the league that a player is injured or is on a rotation out of town, the captain must let the league supervisor know that said player is on the INJURED/RESERVE LIST. After the league starts, players may not be added to the INJURED/RESERVE LIST.
11. All teams may participate in the post-season tournament. Teams will play in the same division in which they participated in league play.
12. SUB LIST: I will post a list of volleyball players that want to sub for teams. These players may play for any team in a division during the season. During tournament play they may play for only one team. Once they play for a team, they are ineligible to play for any other team during the tournament.

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. **TIME BETWEEN GAMES:** A **MAXIMUM** of two minutes is allowed between the second and the third game. Play is continuous between the first and second games.
3. 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. Otherwise, you forfeit the match. (Example: If your team plays in the 6:15 match and you only have three players, you will forfeit the first game. If one player arrives before 6:25, you can play the rest of the match. If not, you forfeit the match.)
4. Only 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.
5. Teams will consist of 6 players, 3 males and 3 females. Teams may play with 4 females and 2 males but not the other way around. Only four players are required to start and finish the game. When the ball is being served, either sex can hit it directly over the net. When volleying the ball, however, a female must hit the ball at least one time. This means two males cannot hit the ball over the net unless a female has hit it.
6. If you are only playing with 4 or 5 people, you must maintain a vacant position(s) throughout the rotation - meaning: for three rotations you will only have two positions filled in the front row. Also, 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 III.
7. If a player shows up after the game has already started, they may enter the game when the vacant position enters the middle back position or a player of the same sex enters the middle back position.
8. Once a team starts rotating players, they must continuously rotate players into the middle back position. Once you discontinue rotation, you will not be allowed to rotate players for the rest of the game.
9. A ball may be played off the ceiling 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.
10. 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.
11. Each team is allowed two 30 second time outs per game.

12. During the team's first hit, successive contacts with various parts of the player's body, above the waist, are permitted in a single action of playing the ball. These include contacts involving "finger action" on the ball. The ball, however, may not be caught an/or thrown.
13. No blocking or attacking a serve.
14. 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 judgments.
15. 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.
16. Protests (not covered in the rules) will be resolved by the League Advisory Committee.
17. If your match has concluded, you may have practice time until 5 minutes before the scheduled start of the next game.

SPORTSMANSHIP:

1. 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, 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:
 - Loud comments made to or about the other team.
 - Stomping your feet to distract the other team while they serve.
 - Making loud noises while the other team is spiking.
 - Kicking the volleyball, etc.
2. Any team that is issued a third sportsmanship warning (BLACK CARD) will automatically forfeit the match.
3. 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 team on Monday and/or Thursday night.

OFFICIAL'S DUTIES:

1. All officials are responsible for every rule infraction.
2. League supervisor can amend the rules during the course of the season.