

INTRAMURAL VOLLEYBALL RULES

All intramural matches will be governed by the USA Volleyball rules with the following intramural modifications:

Participants should be aware that there is a risk of injury in participation of intramural sports due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participation. Individuals participate in intramural activities at their own risk!

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GENERAL INFORMATION

The team captain is responsible for all information contained in the Intramural Rules and [2016- 2017 IM Handbook](#). www.campusrec.illinois.edu/intramurals/docs/IM_handbook.pdf

Location: Intramural Volleyball games are played at the ARC Building Located on Peabody Drive

Advancing to Playoffs: Teams that meet the following criteria will advance to compete in the playoffs:

- a) Team must have won
 - a. 3 games or more (out of 4) during the regular season = Regular length seasons
 - b. 2 games or more (out of 3) during the regular season = Shortened season
- b) Team must have an average sportsmanship rating of at least a 3
- c) Team must have completed the online captains quiz
- d) Team must have NO regular season forfeits

Playoff criteria will only be adjusted in situations where facility or weather conditions limit play. It is the captain's responsibility to check their playoff schedules which will be made available on IMLeagues as soon as possible after the regular season has concluded.

Game Time: Game time is the scheduled division time, unless the previous game goes over the allotted time. Schedules can be accessed through the [IM Leagues website interface](#).

- a) Teams should be warmed up and ready to play as soon as the previous game ends on their court
- b) Teams should report to the check in table a minimum of 15 minutes prior to the scheduled game time to sign in

i-card Sign-In Procedures: All players must present a valid i-card in order to participate in an Intramural contest. Upon arrival prior to an intramural contest, all participants must sign in with the Intramurals staff assistant and present their i-card for identification purposes.

Failure to Sign in: If a player is found participating in the contest without having signed in on the official intramural gamesheet and doesn't have their i-card present or are ineligible for the One-Time Exception Policy, said team will forfeit the game and all forfeit fees and consequences will apply. If the participant has their i-card present or has not used his or her 1 time exception, the team may still play the game with designated disadvantages.

One – Time Exception: The One-Time exception policy is designed so that students who have forgotten their i-card, but are printed on the roster, may still sign-in for their game. Each participant may use this exception policy once per semester. To use the One-Time exception policy the following criteria must be met:

- a) Must be pre-printed on their team roster
- b) Must have a valid government Photo ID (Driver's License, Passport, State issued ID)
- c) Must not have previously used a One-Time Exception during that semester

Roster Policy: An individual is bound to the *first* team that they sign into a game for. Participants must sign up on the online roster before 2pm on the day of the contest (except for Sunday games) or they will not be allowed to sign-in onsite or participate. For Sunday games, players must be added to the roster before 2pm on the preceding Friday. A participant is not formally considered to be on that team's official roster until they physically sign in for that team at an actual contest.

- a) No more than 2 members of the U of I Club Team are permitted to be on an IM roster

IMLeagues Mobile Confirmation: In the event a player has not signed up for their team before the rosters are printed, they may show the Intramural Staff their name on the IMLeagues Roster online. This must be done by an Intramural Supervisor so you will have to be patient and wait until one is available to help out. If you show as ineligible on the mobile site, nothing can be done until the office is opened. IT is highly recommended that you join your team roster before 2pm on the day of your game (2pm on Friday for Sunday games) to ensure your ability to play in the contest.

Defaults: Should a team know in advance that they cannot field a team on a given night; they may avoid forfeit fee and loss of playoff eligibility consequences by contacting the Intramural Office at 217-244-1344, or intramurals@illinois.edu to default their game. All defaults must be called or emailed in before 2pm on the business day of the contest, or before 2pm on the Friday before a Sunday contest. Please make sure to include your name (captain), team name, sport, and the day and time you are playing so that you game can be defaulted properly.

- a) Teams losing by default will lose the contest by the same scoring structure that is applied for forfeits.
- b) Teams losing by default will receive a sportsmanship rating of "C".
- c) Teams losing by default will remain eligible for playoffs.

Forfeit: Teams who are not present at their scheduled contest by game time or are unable to produce enough eligible players to field a team, will be assessed a forfeit aside from the following Grace Period Exception

Grace Period Exception: A team may delay its right to win by forfeit and allow the other team a grace period of ten minutes to acquire a properly equipped team.

- a) Once a ten minute grace period is granted by the team who is ready, they may not rescind their decision and take a forfeit before the ten minute period passes.
- b) If ten minutes passes after the scheduled game time, and the minimum number of eligible players required to play for the opposing team has not arrived, then the team that is ready to play must accept the forfeit.
- c) If the forfeiting team is able to obtain the minimum number of properly equipped players before the ten-minute grace period expires, the game shall be started the opposing team shall be given the ball and choice of goal awarded to the opposing team.

Forfeit Consequences: Teams who are assessed a forfeit will

- a) Be charged a \$75.00 forfeit fee.
- b) Is ineligible to advance to the playoffs.
- c) Upon a second forfeit, teams will be assessed a second \$75.00 forfeit fee, and will be removed from the league.
- d) Teams losing by forfeit will lose the contest by a score of 1-0 and a sportsmanship rating of a 0.

Sportsmanship Ratings: In order for a team to qualify for post season playoffs, they must have a 3.0 average in sportsmanship during regular season pool play. Any team receiving an "0" rating during the regular season will be declared ineligible for post-season tournament play.

The Intramural Activities Program expects all participants to respect and abide by all rules and policies, show respect and concern for their opponent and intramural staff, and refrain from abusive language, poor attitude, and manipulation of the rules to further their chance of winning. Upholding high standards of integrity and fair play is of the utmost importance to the Intramural Activities Program. Each participant is accountable for their actions, and each team captain is responsible for the actions of the team members as well as team spectators.

Sportsmanship ratings are given to teams after each contest by the intramural manager, supervisors, staff assistants, and game officials. These ratings reflect behavior before, during, and after the contest. The decision reached will be final. Ratings will be given according to the following scale:

4 = Team shows above average conduct and sportsmanship

3 = Team shows average conduct and sportsmanship.

2 = Team shows below average conduct and sportsmanship.

1 = Team shows poor conduct and sportsmanship.

0 = Team has unacceptable conduct and sportsmanship.

Protests: Protests are restricted to matters of rule interpretation and player eligibility. Protests concerning judgment calls by an official and protests of sportsmanship ratings will not be reviewed. In the case of a rule interpretation, notification of a protest must be made to a game official at the time of the alleged infraction and prior to the next live ball. For protests of player eligibility, a team may protest no more than three participants on any given night. All eligibility protests must be made prior to the end of the contest. Please note that captains cannot protest eligibility or a rule interpretation once the gamesheet with the final score and sportsmanship rating has been signed. **If a protest form has been filed, Captain's and or designated team members should not sign the gamesheet.**

For additional information: Please review the 2016- 2017 IM Handbook
www.campusrec.illinois.edu/intramurals/docs/IM_handbook.pdf

Equipment

All players are required to bring a valid UIUC ID (i-card) to all Intramural games

Jersey Policy: The Intramural jersey policy is NOT in affect for Volleyball.

Shoes: Only athletic type court or tennis shoes are allowed; they must be non-marking. All players must wear athletic shoes. No sandals, boots, or bare feet.

Apparel:

- a) Players must wear athletic apparel with **no exposed metal**.
- b) Baseball style hats, bandannas, and sunglasses are not permitted. No other headwear with knots or dangerous materials is allowed.
- c) Players may not wear casts/splints under any circumstances at any time and all pads/braces must be above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it.
- d) Players may wear kneepads, gloves, covered knee braces, headbands, and knit caps.
- e) Absolutely no jewelry is allowed (rings, watches, including LIVESTRONG bands, etc). Necklaces and earrings or other jewelry should be removed for player safety.
- f) All equipment is subject to the approval of the intramural staff on duty.

Game Regulations

Rosters: A team consists of 6 players. (3 men and 3 women for coed). The minimum required to play is 4.

- a) If a team has only 4 or 5 players, the vacant spot(s) is/are skipped in serving, so that a team does not lose a service.
- b) If a 5th and or 6th player arrives late, they may enter the game in an empty spot of the rotation when their team next serves provided the player arrives and signs in before the start of the 2nd game.
- c) Team rosters are limited to a maximum of 20 players
- d) No team shall have more than 2 U of I Volleyball Club Sport Members on their team roster. Check the Intramural Handbook for further eligibility requirements

Substitutions:

- a) No change will be made in the position of other players when substitutions are made.
- a) There is no limit on the number of times a player may enter and re-enter the game, but they may only play and re-enter in the same serving spot.
- b) Coed substitutions must be male for male and female for female only, unless it is to bring the ratio to 3 and 3.
- c) If a player is injured and there are no remaining eligible substitutes in that serving spot, then the opposing team must pick a substitute from a different serving spot on the injured player's team to

take that spot in the line-up. Bleeding players, or players with blood on their uniform, must be replaced.

Scoring: A match consists of winning two out of three games scoring points using the Rally System. A game is won when a team scores 25 points and is ahead by at least 2 points. No game shall exceed 30 points. If the teams are tied at 29-29, the first team to score the 30th point shall be the winner

a) Playoffs and championship finals will follow this same scoring system.

Time-outs: Each team may call one 30-second time-out per game.

- a) A time-out may not be granted to the same team more than once during the game.
- b) Each team shall receive the Full 30 seconds unless both teams are ready to play prior to the 30 seconds expiring.
- c) Time between games shall not exceed 2 minutes.

The court: The court is divided into two 30' x 30' halves by the net. Each half is divided by a line that separates the back row and front row player eligibility. The boundary lines are considered in play.

Net Height: The height of the net shall be 8' for men, 7' 8" for co-rec, and 7' 4" for women.

Starting the game

- a) The winner of a coin toss has the choice of service or side of court.
- b) The team not serving first in the first game shall serve first in the second game.
- c) Service for the third game will be determined by a coin toss.
- d) Teams change courts after each game. (In the championship finals matches, teams change sides in the middle of the third game, when one team reaches thirteen points).

End of the game: Captains are required to check and verify all information by signing the scorecard.

Co-Rec Modifications

Legal Line-Ups :

MEN	WOMEN
3	1
3	2
3	3
2	3
1	3

How to Play Volleyball

Serving: The serving area is the entire area behind the end line between the sidelines and as deep as the court allows.

- a) The referee sounds the whistle and signals for service before each serve. (Note: An individual will receive only one warning per game for serving before the whistle.)
- b) Service may be underhand or overhand.

- c) Players have 8 seconds to serve the ball.
- d) May hit the net on the serve. Let serves are permitted
- e) Players are required to serve in the order they are listed on the line-up.

5	4	N	2	1
6	3	E	3	6
1	2	T	4	5F

NOTE: The team receiving the ball after "side-out" shall rotate one position clockwise before serving, with exception of the first serve.

Playing the Ball :

- a) A legal hit is contact with the ball by any part of a player's body, including the head, which does not allow the ball to come to rest even momentarily.
- b) The ball must be clearly hit: throwing, lifting, or shoving the ball are illegal.
- c) Receiving the serve with an underhand bump is strongly recommended.
- d) A ball other than the serve may be recovered from the net provided the player avoids touching the net.

Three Contacts By Team: A team has three hits to return the ball over the net.

Double Contact:

- a) One player may not intentionally hit the ball twice in succession. A double-hit off of a hard driven ball shall count as one hit.
- b) Simultaneous contact by two or more players on the same team is considered one play, and any player is eligible to play the ball again.
- c) If two opponents simultaneously contact the ball above the net, the ball remains in play, and the team receiving the ball is entitled to another three hits. If the ball lands out of bounds, it is the fault of the team opposite the net from where the ball lands.

Spiking the Ball

- a) Only front row players may attack the ball (spike).
- b) A back row player may only attack the ball (spike) if they jump from BEHIND the 10-foot line.
- c) Attacking a serve is prohibited.

Blocking the Ball

- a) All front row players are permitted to block.
- b) Back row players are not permitted to participate in block attempts.
- c) A block is not counted as one of a team's 3 hits.
- d) A player participating in a block may play the ball again.
- e) Passing the hands over the net on a block is legal.
- f) Contacting the ball over the net on a block before the opponent's 3rd hit is not legal, unless the opponent has no opportunity to play the ball.

