**INTRAMURAL SPORTS**

**2022 OPEN/WOMEN’S & COREC   
VOLLEYBALL RULES**

**ALL PLAYERS ARE REQUIRED TO PRESENT THEIR WASHINGTON UNIVERSITY ID IN ORDER TO PARTICIPATE IN INTRAMURAL SPORTS. PLAYERS MAY ONLY PARTICIPATE ON 1 OPEN/WOMEN’S TEAM AND 1 COREC TEAM.**

***\*\*\*All rules not specifically covered in this document will be enforced as NFHS Volleyball Rules.***

***All rules are subject to change by the Intramural Sports professional staff.\*\*\****

**Player Equipment and Uniform**

* Players, rather playing or on sideline, must be properly masked (mask over mouth and nose completely) at all times.
* Players are prohibited from wearing jewelry.
* Players must wear clean-soled tennis shoes: NO BARE FEET!
* Players are encouraged to wear athletic clothing.
* Players cannot wear hats, bandanas, or hard/unyielding hair devices.

**Game Location**

* All games will be played on the Rec Court #2 in the Sumers Recreation Center
* PARTICIPANTS MUST BRING WASHINGTON UNIVERSITY ID IN ORDER TO GAIN ACCESS TO THE SUMERS RECREATION CENTER AS WELL AS PRESENT TO THE IM SUPERVISOR/OFFICIAL TO PARTICIPATE. NO ID = NO PLAY.

**Game Format**

* Game time is forfeit time, there is no “WashU 10” in Intramurals. A forfeit will result in the team being removed from the rest of the season.
* Matches will consist of a best-of-three game series (25, 25, 15).
* Games will be rally scored.
* All games will use a win-by-two format. The first two games will have a cap at 30 and the third game (if necessary) will have a cap at 20.
* Each team will be granted one 60-second timeout per game.
* Request for timeouts must occur during dead balls.

**Start of Play**

* The coin toss or odd/even winner may elect to serve, serve receive, or choose side.
* The team that lost the original coin toss for the first game will serve first for the second game. If game three is necessary, another coin toss will occur to determine who serves first for game 3.

**Play**

* Six players per team are allowed on the court at a time.
* A minimum of four players is necessary to begin and continue play.
* If a team plays with less than (6) players, the positions left open will be considered ghosts.
  + Loss of serve and point for the other team will be given when the ghosts rotates to serve.
* Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent’s area.
* Blocks do not count as a contact.
* Blocking or attacking a serve is illegal.
* Serves that hit the net are in play provided the serve is between the antennas and lands in bounds.
* All passes must be clearly contacted, not thrown or lifted.
* A back row player may jump and hit providing that he/she jumps from behind the 10-foot line.

**Rotation/Substitutions**

* Teams must rotate clockwise after receiving a side-out.
* *Team must declare their rotation before each game*
  + A player in the starting line-up may leave the game and re-enter two times per game but only to his/her previous position in the line-up *(Type 1)*
  + Teams may use all players by substituting at each rotation, the player must enter at the back middle position. *(Type 2)*
* ***\*\*No use of the libero position is allowed in IM volleyball***
* Teams must remain in the same rotation order throughout an entire set.
* In the event of an injury, teams may sub for an injured participant during the dead ball.
* Teams playing with less than 6 must wait until a dead ball situation for additional players to enter into the game. (Example: A team is playing with 5 players and a team member arrives after the game has started. The player must wait until a dead ball situation to enter the game.)

**The Serve**

* A legal serve is contact with the ball to initiate play.
* The ball shall be contacted within 5 seconds after the referee’s signal to serve.
  + The server must wait for the whistle from the referee before serving. Failure to do so will result in a warning the first time, a “side-out” & point will be awarded the second time. (1 warning per team, per match)
* A serve may be contacted anywhere along and behind the end line.
* Server’s are allowed one re-toss per turn provided they let the ball hit the ground, or catch the ball, and again wait for the referee’s whistle before the second attempt.
* If the server steps on or over the back line, or is outside the boundary lines when the ball is contacted, it is an illegal serve.
  + If the player decides to jump serve, as long as they are behind the line when they make contact it will be legal (even if they land inside the court)
* The serve must cross over the net without being touched by the serving team.
  + *A serve is legal if it touches the net and goes over.*
* The receiving team may NOT attack the ball above the height of the net in front of or behind the 10 ft. line

**Legal Play**

* Ball must be played within the net antennas as it crosses the net, if the ball touches the antennae then it is out.
* If two players contact the ball simultaneously, it counts as one hit, and either player may play the ball again.
* A player may play the ball twice during a volley, but not twice in succession, unless played directly off a legal block.
* It is legal to contact the ball with any part of the body as long as the ball rebounds immediately and does not "come to rest" against the body.
* Players may not throw, catch, or use prolonged contact of the ball – *Lift*
* When a ball touches a boundary line, it is considered in.
* Team is allowed 3 hits or less.
* A double hit is allowed off of the 1st contacted ball if it is unintentional. This will count as 1 hit. So the ball can be hit 2 more times to get the ball across the net.
* For adjacent courts, no player or ball may enter or break the plane of the adjacent court before, during, or after playing the ball.
* Any ball which strikes the ceiling may be played if the ball remains on that teams side.
  + Cannot touch ceiling on play to opposing side
* Setting of the serve is legal, but may not be lifted.
* As soon as the ball begins to cross the plane of the net, the ball may be attacked by either team.
* A player’s foot or hand may touch the centerline as long as it does not completely cross into the opposing team’s court.

Successive Contacts

* Involves two or more separate attempts to play the ball by one player, only allowed when,
  + Simultaneous contact by teammates
  + Simultaneous contact by opposing players
  + Successive contacts by player whose first contact is a block.

Simultaneous Contacts

* Involves more than one contact of the ball made at the same instant
  + When one player contacts the ball with two or more parts of body
  + When teammates hit ball on same instant
  + When opposing players contact ball at the same time

Multiple Contacts

* Involves more than one contact by a player during one attempt to play the ball. Permitted only
  + When ball rebounds from one part of body to another on attempt to block

**Net Play**

* No player can contact the net unless the contact is incidental (hair, clothes)
  + Only front line players my block/hit
* If a ball is hit into the net by a team, it may still be kept in play (not on serve) as long as the net is not touched by any player.
* Blockers may reach over the net, however, the *blocker* shall not contact the ball on the opponent’s side until after the 3rd hit.
* ***A blocked ball does not count as a hit***
* A player may step on, but not over, the center line under the net.
* Back row players may participate in an attack at the net provided they leave the ground with both feet from behind the 10 ft line.

**CoRec Modifications**

* Gender will be any the student identifies. The purpose of CoRec is to have inclusive gender participation.
* A team may start and compete with any ratio of genders, as long as there are not more than 3 of any gender on the court at one time.
* When the ball is contacted more than once on a side, at least one of these contacts must be made by different genders.
* Teams must serve in an alternating gender rotation
* Substitutions must maintain no more than 3 of any gender on the court at one time.

**Miscellaneous and Captain’s Responsibilities**

* Captain’s are expected to help keep all team members fully masked at all times. If someone is not properly masked they will be asked to leave the facility.
  + If several people on a team are not properly masked throughout the match, the game will be declared a forfeit with the team removed from the season.
* Only the captain is allowed to address the officials during play. The coaches and other players must not address the officials at any time. The ability to address officials does not give a Captain the right to verbally abuse ANYONE.
* Spectators are allowed to watch games. They are expected to follow all masking regulations.
* If spectators become unruly the captain will be asked to control the spectator, if the captain cannot control spectators the team is held responsible for the conduct of their supporters and the team sportsmanship can be affected. \*\*This includes making sure spectators are not under the influence of alcohol. \*\*
* If injured inform the Intramural Supervisor immediately so appropriate steps can be taken. Intramurals does not provide taping services or tape/Band-Aids to cover piercings.
* All schedules will be on IMLeagues
* Typically will only play once a week but because of reschedules it is possible to play twice and during playoffs it may be necessary.

**Captain’s Responsibilities**

* Read and know rules, policy and procedures, ignorance of a policy is not an excuse to get around said policy (i.e. ID policy)
* Know and understand Intramural policies and rules
  + TEAM NAMES – must be appropriate for all members of campus and to be printed in newspaper & on social media.
* Maintain control of all team members during Intramural events
* Serve as team spokesperson before, during, and after Intramural events
* Insure all team members are eligible and formally added to roster
  + If not on roster they may be added on the field/court but must have an IMLeagues account already created.
  + Full-time students on Danforth Campus, & any faculty, staff, affiliate, or another campus of Washington University and having a valid Sumers Recreation Center membership are eligible to participate in IM Sports.

**Reschedule Policy**

* There are no regular season reschedules.
* Remember you can have an unlimited number of players on your roster
* The nomad rule is in effect during regular season
* Players can be added all through playoffs until the semi-finals

**Forfeit vs. Concede**

A concede is similar to a forfeit except you will not be removed from the season.

* Forfeits will be removed from the rest of the regular season and are not eligible for playoffs.
* Game Time = Forfeit Time
* To concede a game played during the week (Monday-Friday) you must call or email the Intramural Office by Noon the day of your game.
* If you play on Saturday or Sunday you must call or email by 5:00pm on Friday.

**Sportsmanship Ratings**

**4**-*Extremely good sportsmanship, extreme cooperation by all. 0 cards or technicals*

**3**-*No incidence of poor sportsmanship. 1 yellow card or sportsmanship docked by supervisor’s discreation and concede*

**2**-*Average; rare, minor infractions. 2 yellow cards on separate players; forfeit*

**1**-*Unnecessary roughness; players ejected, forfeits a game. 1 Red card or 2 yellows on same player*

**0-***Disregards officials’ warnings; disorderly spectators; participants safety is jeopardized. Game is forfeited due to sportsmanship, 2 red cards on separate players or 3 yellow cards on separate players*

**Accidents & Injuries**

Intramurals is play at your own risk. Supervisors will have basic first aid supplies and ice.

* + If you receive care more than a band-aid you will have to fill out an accident report
  + If you are hurt or notice a teammate who is please inform a supervisor.
  + If blood is found on clothing, player will be asked to change and not allowed to play until having done so.