Coed Volleyball Rules/Regulations

The Student Activities Office will schedule all games. The team registration fee is free. Part-time students, faculty, and staff are also eligible to participate. A $10 forfeit fee is issued to teams who do not give a 24 hour cancellation notice.

All scheduled games are final
These Rules apply to 6 vs 6 and 4 vs 4 team play.

Current National Federation of State High School Association Volleyball Rules will govern play, unless otherwise noted. Lewis-Clark State College, Student Activities policies, procedures, eligibility requirements, and rule modifications will take precedent.

1) Team Captain Responsibilities
   a) Read, review, and understand all rules and regulations. Ensure all players on your team understand all rules and regulations.
   b) Represent yourself and your teammates before, during, and after all games.
   c) Ensure yourself and teammate display appropriate behavior at all games.
   d) Ensure all players, including yourself, are eligible to participate.
      i) All players must read, understand, and sign the Assumption of Risk and Release of Liability Form.
   e) Ensure that the team captain is the ONLY person to address an official on matters of rule interpretations or information.

2) Regulations – Players
   a) Only currently enrolled students, faculty, and staff are allowed to participate in the Intramural Program.
   b) All players must read, understand, and sign the Assumption of Risk and Release of Liability Form.
   c) NO participant may be listed or play on more than one team in the same sport.
   d) Once a player signs up with a team, he/she is committed to that team for the duration of the season.
   e) Teams may have 1 former collegiate player per team. Player must be 1 academic year removed from sport. This rule is for players who attended a 4-year institute. If a participant has played at 2-year Community College and Junior College then that team is allowed a maximum of 2 collegiate players (1-4-yr player or 2-2yr players). Please note that this is for volleyball leagues only.
   f) Former Collegiate players who tried out/cut/quit at any institution may petition their eligibility as being a collegiate player. This must be done prior to start of tournament. All petitions will be reviewed and finalized by the Campus Rec Specialist.
   g) If team captains want to add players to their roster this has to be done by NO LATER than 5 p.m. the day of the game. Submit additions to rosters to the Intramural Sports office located in ACW 114.
i) Additions are not permitted during the season tournament.
ii) Players must participate in at least 2 regular season games to be eligible for post season play.

3) Regulations – Equipment

a) The Intramural Office will provide the official game ball for all contests.
b) Equipment representing possible hazards to all participants in a game will not be permitted to be worn during a game. Hand, finger, wrist, forearm, or elbow guard, cast or brace made of hard and unyielding leather, plastic, pliable plastic, plaster, metal, or any other hard substance, even though covered with soft padding, shall always be considered illegal. Knee braces shall be permitted if padded and so long as no metal is exposed. Players may not wear jewelry or another other accessories of any kind. Failure to remove any of this equipment when asked to do so, will result in that player being suspended from further play until the equipment is removed.
i) Necklaces, bracelets, watches, rings, earrings, HATS, etc. are prohibited. Glasses must have shatterproof lenses and made of a durable material.
c) Flat rubber-soled court shoes are required No Street Shoes Allowed. Black-soled and open-toed shoes are not permitted.

4) General – Game Play

a) Games are to begin promptly: Forfeit time is five (5) minutes. If a team is not prepared to begin the first game of a match, they shall have five (5) additional minutes before forfeiting the second game and the match. A minimum of 3 players are needed to start the match. This can consist of 3 females or 2 males and 1 female.
b) Time between games of a match will be a maximum of three minutes allowed. If a team is not ready to play at this time, a team warning will be issued. If a second warning occurs a delay of game will be issued and loss of serve and point awarded.
c) A team will be allowed 2 one minute timeouts per MATCH.
d) League standings shall be determined by match winners, not individual game winners.
e) Matches will consist of the best two out of three games. All games will be Rally Scored to 21 points win by two or first to 25 points. With a 35 minute time limit. The third game of the match will only go to 15 points wining by 2 (cap of 17).
f) If hands are not together when making a two-handed hit, a double hit will be called. However, a single-handed hit will be allowed as long as the ball is not carried.
g) In case of a block, the blocker may return the ball. The block is not considered a hit by the blocker nor is it counted as one of three hits allowed on each side.
h) Maximum of 3 team hits: Each team is allowed a maximum of three successive hits of the ball in order to return the ball to the opponent's playing area.
i) A spike is legal only if it is hit downward with one hand.
j) A blocker may block the ball over the net ONLY if the ball is traveling towards the net and not parallel to or away from the net.
k) Free substitution will be allowed; however, when substituting a player he/she must be inserted to the immediate left of the server. The only exception is when substituting for an injured player.
l) The ball may also come in contact with one foot as long as the foot is in contact with ground.
m) **Play and the service:** The serving of the ball must be hit with one hand (open or closed) or any part of the arm while the ball is directly in the hand, dropped or tossed. Over or underhand serving is aloud.
   i) The server has five seconds after the official's whistle to serve.
   ii) If the server elects not to hit the ball after releasing it for service, he/she may catch the ball or allow it to drop to the ground and will be allowed a re-serve one time.
   iii) If the ball is served before the official's whistle for service, a re-serve will be directed.
      A second occasion during the same match by the same team results in loss of serve and a point awarded to the other team.

n) **Serving faults:** A point and loss of serve will be awarded if any of the following serving faults occur:
   i) Ball passes under net.
   ii) Ball touches an antenna or does not pass over the net completely between the antennas or their indefinite extensions.

o) **Serving:** The ball may touch the net and go over as long as it’s between the vertical extensions.

p) Screening the players of the serving team must not prevent the receiving player from watching the server or trajectory of the ball. Screening is illegal and a fault, loss of serve and point will be awarded to the other team.

q) **Positions of players at service:** At the time the ball is contacted for the serve, the placement of players must conform to the service order.
   i) In the front or back row, the center player may not be as near the right sideline as the right player nor as near the left sideline as the left player. No back row player may be as near the net as the corresponding front row player. After the ball is contacted, players may move from their respective position.
   ii) Before the start of a new game, the serving order may be changed.

r) All serves may be returned with a two-handed, one-handed bump or a set. A served ball cannot be spiked returned unless behind the ten foot line. Serves cannot be blocked.

s) **Play at the net:** Ball crossing the net-to be legal, the ball must cross the net entirely between the antennas or their assumed indefinite vertical extension.

t) **Player contact with net:** If a player contacts the net during play, with any part of the body or uniform, other than hair, including that portion outside the antennas, it is a fault.
   i) If the ball is driven into the net with such force that it causes the net to contact a player, such contact is not a fault.

u) **Crossing the centerline:** Contacting the opponent's playing area with any part of the body except the feet is a fault. Touching the opponent's playing area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remains on or above the centerline.

v) **General play:** A front line player may play the ball any where on the court. A back line player may not attempt to spike the ball or block when he/she is in front of the 10' spiking line. A back row player may attempt to spike a ball as long as he/she **takes off behind** the 10' line. Back row players may never participate in a block!

w) **The Net height will be 7'9 (show 38)**

5) **Regulations – Players, Forfeitures**
   a) All games will begin promptly.
   b) For 6 vs 6 play
      i) A team must start with a minimum of five (5) players.
ii) Coed Division must have 1 female & 1 male on the court at all times.
c) For 4 vs 4 play
   i) A team must start with a minimum of 3 players. Can play a game with 3 players.
d) Any player that is bleeding must be removed from the game until bleeding is stopped. An intramural official or staff has the authority to remove a player due to bleeding at his or her own discretion. An Intramural official or staff must give approval for the player to re-enter the game.
e) A game may be forfeited at any time, if in the opinion of the game officials or Intramural supervisor, there is a possibility of injury to a player make a travesty of the game.
f) In the event of a forfeit, the team that forfeited will pay a $10 forfeit fee.

6) Regulations – Game Control

a) In order to have game control it is crucial that only the team captain be allowed to question rule interpretations made by game officials and staff.
b) It is an automatic yellow card for any player (including those on the bench) to disrespectfully address an official, attempt to influence an official’s decision, use profanity, or bait an opponent. The player or players who receive the yellow card will sit out for the next 10 point.
c) Any player who receives two yellow cards will be ejected from the game and must speak with the Campus Recreation Specialist to evaluate whether they will be eligible participate again.
d) Any player called for unsportsmanlike conduct or actions (not limited to fighting, threatening to fight or verbal abuse, etc.) will be ejected from the game and the opponent is awarded 1 point and service.
e) Any player ejected from the game must leave the gym within (1) minute or the game is forfeited.
f) NOTE: There will be a one-year suspension from all intramural programs and action taken by the Vice President of the school for physically touching or verbally threatening of a staff, official, or player.
g) All teams will be judged by the officials on a 5 star system of sportsmanship. 5 being the highest and 0 being the lowest. All teams must have a 3.5 star average to compete in the tournament

7) Scheduling

a) The Campus Rec Department will do all the scheduling.
b) Captains are responsible for indicating any conflicts that may arise during the season. They need to print any restrictions at the top on their team entry form.
c) All schedules are final after the captains meeting. No changes will be made unless teams drop out and/or facility schedules change

8) Divisions

a) Divisions consist of 3 levels of play: Lewis, Clark, & Warrior Divisions
b) Teams may signup for any division, but may be moved accordingly by Campus Rec Specialist due to skill level
c) Lewis Division is the competitive coed division. Teams must have 1 female & 1-male at all times on the court
d) Clark Division is