

CU • STUDENT REC CENTER INTRAMURALS
VOLLEYBALL • RULES
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Website: www.colorado.edu/rec-center/intramurals

ROSTER SIZE IS LIMITED TO 14 PLAYERS
Teams winning a championship will receive a maximum of 9 t-shirts.

Games will be governed by the current rules of the National Intramural and Recreational Sports Association (NIRSA), with the following points of emphasis and modification:

GENERAL

- Participants should have adequate health insurance to cover any injury which may occur.
- Alcoholic beverages and drugs are prohibited in the Student Recreation Center, on any Recreation Center Property and at all Intramural sanctioned events. Participation while under the influence of these substances is also prohibited these areas. Violations will be grounds for immediate ejection, forfeiture and possible season suspension.
- NO JEWELRY is allowed in any Intramural Competition.
- **Game time is forfeit time! Players should check in with the Intramural Supervisor at least 15 minutes before their scheduled game time. If you do not have enough players to field a team at your game time, your team will receive a Forfeit. NO EXCEPTIONS!**
- **No Buff OneCard = No Play! All Intramural Participants are required to have either their Buff OneCard or Recreation Center Membership card with them at EVERY Intramural Event. Failure to do so will result in ineligibility. NO EXCEPTIONS!**
- The following are situations in which your team WILL NOT be allowed to advance to the post-season tournament:
 - If you forfeit two regular season games.
 - If you accumulate two or more Honest Effort Forfeits (HEF).
 - If you receive two or more Defaults for failure to comply with equipment regulations.
 - If your team fails to average a 3.00 or better sportsmanship rating.
- The Intramural Office **DOES NOT** reschedule regular season or post-season tournament games once the schedule has been posted. If your team is unable to make a regular season game, **your team captain must** email the Intramural Office at least 24 hours prior to your scheduled game time Monday-Friday, and by no later than 5:00pm on the Friday preceding a Sunday game. The Intramural Office will then be responsible for offering out your game. If your game is picked up by another team, your team will not be credited with a Forfeit. However, if your game is not picked up by another team, your team is still responsible for playing that game. Failure to notify the Intramural Office by the deadline stated will result in a Forfeit. Failure to show up to a game where no replacement team was found will result in an Honest Effort Forfeit (HEF).
- All games picked up by a team count as a real game and will count on your record and sportsmanship rating.

FORFEIT POLICY

- **TEAMS RECEIVING ONE FORFEIT**
 - **If a team accumulates one Forfeit during the regular season, they will automatically be charged a \$20 fee that must be paid within the four business days following the forfeited game.**
 - **If a team receiving one forfeit pays the assessed \$20 fee within the four business days, this team will be allowed to continue in the league for the remainder of the regular season and will still be eligible for the post-season tournament.**

- **If the team fails to pay this \$20 fine within the four business days, they will still be responsible for the \$20 fee, but will be automatically dropped from the remainder of the regular season and will not be allowed to participate in the post-season tournament.**
- **TEAMS RECEIVING TWO FORFEITS**
 - **If a team accumulates two Forfeits during the regular season, they will automatically be charged an additional \$10 fee. This team will then be dropped from the remainder of regular season play and will be ineligible for the post-season tournament.**

ELIGIBILITY

- Every eligible Intramural Participant must be a full fee paying CU Student or Recreation Center Member.
- Every eligible Intramural Participant must present their “Buff OneCard” or Recreation Center Membership Card in order to check in before every game. If a player fails to have one of these two proofs of identification, they will not be allowed to participate. **NO EXCEPTIONS!**
- Players may play on only one team per sport per session (with the exception of being allowed to play on a Co-Rec team and a team of their own gender in the same sport).
- A player must have played in at least one of the first four regular season games in order to be eligible to play in the post-season tournament.
- **Intercollegiate Athletes:** Current intercollegiate athletes are not eligible to participate in their sport or any related sport. An intercollegiate athlete is any individual participating in intercollegiate contests attending regular practice, whose name appears on the official squad list, or who has won a letter at a recognized senior college. Varsity, red shirts, junior varsity players and freshman are all considered intercollegiate athletes. You are considered an intercollegiate athlete for one entire academic year unless you have been dropped from the squad before the first intercollegiate contest and no longer playing or practicing with the team.
- **Club Players:** A member of a club sport is defined as a student who participated or practiced with the club during the current academic year. Intramural teams are limited to 3 club players per team in their specific sport or any related sport and they must play in the most competitive league.

TEAMS/ SUBSTITUTIONS

- A team in the Competitive League may play with either 4, 5, or 6 players. In Co-Rec this team must have no fewer than 2 and no more than 3 players of either gender on the court at a time. An Honest Effort Forfeit (HEF) will be given to teams that have only two players at game time. Teams with any less than this will be given a standard Forfeit. Any team receiving an HEF will be given 3.0
- A team in the Intermediate or Recreational Leagues may play with 6 players. In Co-Rec this team must have no fewer than two and no more than 3 players of either gender on the court at a time. An Honest Effort Forfeit (HEF) will be given to teams that have only four players at game time. Teams with any less than this will be given a standard Forfeit. Any team receiving an HEF will be given 3.0

UNIFORM/EQUIPMENT

- Players must wear athletic-style clothing. Some examples of inappropriate clothing would be such items as jeans, button-down shirts, sandals, dress shoes, etc. The Intramural Staff has the final discretion on what is deemed appropriate and inappropriate.
- Players may not wear hats, watches, or any sort of jewelry.

THE GAME

LENGTH OF GAME

- A match consists of three games played to 21 points. A team must win by two points, with a cap score at 23 (i.e. 22 –22 tie and the first team to reach 23 wins (1 point lead)).
- Three games are played regardless of which team wins the first two.
- The final score is based on total games, not match points.

- In the post-season tournament, a team must win two of the three 21-point games to advance.

TIMEOUTS

- Each team is allowed two 30 second timeouts per game. Timeouts do not carry over from game to game.

CAPTAIN'S MEETING

- At the beginning of each game there will be a captain's meeting. Officials will go over any questions or rule changes with captains at this time.

STARTING THE GAME

- The captain's meeting, the Officials will toss a coin. The visiting captain shall call the toss. The winner shall choose either to serve or receive. The loser of the toss shall be given the remaining choice.

SCORING

- A point shall be scored by the opponent each time a team commits a fault.
- If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins a rally, it scores a point and gains the serve. Each time the team gains the serve it must rotate one person clockwise before serving.
- A ball is a replay when:
 - The ball is held above the net.
 - You forget to call the score and wait for the whistle before serving. The second time and every time thereafter it will be a side out.

MERCY RULE

- There is no mercy rule for Intramural Volleyball

THE COURT

- A ball is out of bounds when:
 - In the Rec. Center General Gym, anything that touches the walls, floor, or curtain is considered out of play.
 - The ball **may** hit the rafters on your team's side and remain in play. This includes the baskets in the Rec. Center. The walls are considered out of play.

RULE CLARIFICATIONS

SERVING

- Jump serves are allowed only in the Competitive Division.
- You may not block serves.

PLAYER POSITIONS

- The position of players in order of the serving shall be Right Back, Right Front, Center Front, Left Front, Left Back, and Center Back.
- At the moment of the serve:
 - All players, except the server, shall be within the team's playing area and may be in contact with the boundary lines or center lines, but may not have any of the body touching the floor outside those lines.
- When a side out is awarded to a team, that team shall rotate clockwise one position.

CONTACTING THE BALL

- A contact is any touch of the ball by a player.
- A team shall not have more than three hits before the ball crosses the net into the opponent's area. When the team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit.
- A legal contact is a touch of the ball by a player's body above and including the waist which does not allow the ball to visibly come to rest or involve prolong contact with a player's body.
- Successive contact of the ball by one player is not allowed unless:
 - Simultaneous contact by teammates
 - Simultaneous contact by opposing players

- Successive contact by a players whose first contact is a block
- Blocks may only occur by front row players
- Front row players may contact the ball from any position inside or outside the court provided the ball has not completely crossed the vertical plain of the net or the extended net
- Back row players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.
- A back row player shall not:
 - Participate in a block or attempt to block
 - Attack the ball which is completely above the height of the net while positioned:
 1. On or in front of the attack line (10 foot line) or its out of bounds extension
 2. In the air, having left the floor on or in front of the attack line or out of bounds extension.

CO-REC CLARIFICATIONS

- If there is more than one hit per side, a woman & man must touch the ball.
- In six person play a back row player may only hit when jumping from behind the ten foot line.

CONDUCT/SPORTSMANSHIP

- Fighting and unsportsmanlike conduct will not be tolerated and are grounds for the entire team and all its members being dropped from the league and/or Intramural Program. Any team whose members leave the bench will result in the entire team being suspended for at least the semester.
- Any abusive language, physical gestures and untimely or inappropriate questioning of calls directed at any Intramural Staff, Participant or Spectator is grounds for ejection. Bench technicals may be called; therefore team captains are responsible for controlling their respective benches.
- Pre and post-game: harassing of any Intramural Staff, Participant or Spectator, any unsportsmanlike conduct or lack of cooperation, is subject to penalty from a mild warning to complete expulsion from the program.
- The Intramural Supervisor has the ability to award penalties and/or ejections to any Intramural Participant or Spectator at any point in time.
- Only Captains may address the Intramural Staff on matters of interpretation and discussion.
- Teams are required to clean up after themselves and keep the Intramural playing area clean. Failure to do so can impact your sportsmanship rating.
- **Teams must average no less than a 3.0 sportsmanship rating. Failure to do so will result in expulsion from the post-season tournament.**

TOURNAMENT SCHEDULES

- Teams are considered ineligible for the post-season tournament for the following reasons:
 - Accruing one Forfeit and failing to pay the assessed \$20 fee within the four business days following the forfeited game.
 - Accruing two Forfeits.
 - Accruing two Honest Effort Forfeits (HEF).
 - Receiving less than a 3.0 sportsmanship rating average.
 - Failing to complete the Intramural Captain's Test by the deadline set.
- Post-season tournament schedules will be posted the last week of the regular season.
- Teams receiving two Honest Effort Forfeits (HEF), two Defaults or failing to complete the Intramural's Captain's Test by the set deadline will be allowed to but their way into the post-season tournament for an additional \$20.