

CU • STUDENT REC CENTER INTRAMURALS
4 v 4 VOLLEYBALL • RULES
Office Line: 303-492-2893 • Email: imsports@colorado.edu
Website: www.colorado.edu/rec-center/intramurals

ROSTER SIZE IS LIMITED TO 10 PLAYERS
Teams winning a championship will receive a maximum of 7 t-shirts.

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

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 Sports sanctioned events. Participation while under the influence of these substances is also prohibited in these areas. Any violation of this policy will be grounds for immediate ejection, forfeiture and possible suspension.
- **No Buff OneCard or Government issued ID = No Play! All intramural participants are required to have either their Buff OneCard or Rec 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 and may be removed from the league:
 - If you forfeit one regular season game.
 - If you accumulate two or more Honest Effort Forfeits (HEF).
 - If your team fails to average a 3.00 or better sportsmanship rating.
- The Intramural Sports Office **DOES NOT** reschedule 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 by 2:00 pm Friday for a weekend 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 towards your record and sportsmanship rating.

FORFEITS

GAME TIME IS FORFEIT TIME! All teams should arrive 15 minutes prior to the scheduled start of the game to check in and get the necessary equipment for the game. Any team failing to report ready to play at the scheduled starting time will forfeit to their opponent, be assessed a fee, and become ineligible for playoffs.

- **Teams who forfeit will have all of their members suspended until the forfeit fee has been paid. The forfeit fee will be \$30.**
- The captain of the team will be emailed a notification of the forfeit fee. Teams can pay the forfeit fee online (Link) or at the guest services desk at the Student Recreation Center.
- Once the fee has been paid teams will bring their receipt to the IM Sports office to be reinstated. Any team that forfeits a second time will be automatically removed from the league for the remainder of the season.
- 10-Minute Grace Period: If one team is present and ready to play, they can choose to grant their opponents a 10-minute grace period.
 - The game clock will start at the original start time.
 - If the required minimum number of players arrives within 10 minutes, the game will be played and recorded as an official game.
 - The waiting team will be given a point for every minute they wait.
- If neither team has the required number of players at the scheduled contest time, both teams will be given 10 minutes to complete their team.
 - No scoring advantage will be given to either team in this case.
- **Teams that have a second forfeit will be assessed an additional forfeit fee and dropped from the league.**

Defaults

If your team is unable to make a regular season game, your team captain must email the Intramural Office at imsports@colorado.edu by 2:00 pm the day of your scheduled game, and by no later than 2:00 pm on the Friday preceding a Sunday game time. This will result in a default and keep your team from being assessed a forfeit fee.

Teams that default a second game in a season will be treated as a forfeit and be given a forfeit fee.

ELIGIBILITY

The following people are eligible for participation in Intramural Sports:

- **Students:** All **full fee-paying** students are eligible to participate in the Intramural Sports Program. Graduate students who opt out of paying Recreation Center fees and who are not members of the Recreation Center are not eligible to participate in Intramurals.
- **Faculty, Staff, and Alumni Members:** All faculty, staff, and alumni members that have a Recreation Center Membership are eligible to participate in the Intramural Sports Program.
- **Part-Time Students and Continuing ED:** All **full-fee** paying part-time and continuing education students or part-time and continuing education students who are members of the Student Recreation Center are eligible to participate in the Intramural Sports Program. Part-time and continuing education students who opt out of paying Recreation

Center fees and are not members of the Recreation Center are not eligible to participate in Intramurals.

- Student/Faculty/Staff Spouses: Spouses of eligible undergraduate students, graduate students, faculty and/or staff members who have a valid Recreation Center Membership are eligible to participate in Intramurals.
- The minimum age to participate is 15 years old.
- Miscellaneous: All other persons who have a valid Recreation Center Membership (minimum monthly membership that is active) are eligible to participate in the Intramural Sports Program.
- [Link to Rec Membership page](#)

*****All participants must present their Buff OneCard or any government-issued photo identification at every game to check-in. *****

TEAMS/ SUBSTITUTIONS

- A team consists of four players. (Minimum 3 to start)
- In Co-Rec this team must have no fewer than two and no more than three players of a different gender on the court at a time.
- Teams with any less than this will be given a standard Forfeit.

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 must wear athletic footwear (tennis shoes, cross trainers, etc.). No Crocs, flip-flops, toe shoes, sandals, boots, dress shoes, or shoes of the like are allowed during play.
- Players may not wear hard-billed hats, watches, headphones, or any sort of jewelry.
- Braces or casts are only allowed if deemed safe by the Intramural Supervisor on site.

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 (one point lead)).
- Three games are played in the regular season 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 third game will not be played unless needed. If a third game is needed, it will be played to 15 points with a cap score at 17.

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

- During 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 a 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.
 - The server fails to call the score or serves before the official blows their whistle. The second time and every time thereafter it will be a point for the other team.

MERCY RULE

- There is no mercy rule for intramural volleyball.

THE COURT

- A ball is out of bounds when:
 - It touches the walls, floor, curtain, or other areas considered out of play.
 - If the ball hits the rafters and comes back down on the same side, it may remain in play. If it goes over the net, it is considered out. This includes the baskets in the recreation center. The walls are considered out of play, even on your side.

RULE CLARIFICATIONS

SERVING

- You may not block serves.

PLAYER POSITIONS

- 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 team gains possession of the ball, 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 which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body. Kicks are only allowed when it is the player's only means of getting to the ball.
- 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 player whose first contact is a block
- There is no back row hit restrictions

SPORTING BEHAVIOR

Intramural Sports prioritizes positive sporting behavior by all teams, spectators, and staff. The captain is responsible for the behavior of all team members and representatives. Actions by team members and representatives during intramural activities that extend beyond the realm of decency will not be tolerated. Individuals violating will be suspended until meeting with a Team Sports Professional Staff member.

We will be using a “2, 3, 4” method of determining eligibility for all leagues and major tournaments. The following will be in effect for the activity’s season:

- The accumulation of **TWO (2)** unsporting conduct fouls in a game will result in the ejection of the individual from the game, and procedures outlined in the “Ejections” section.
- The accumulation of **THREE (3)** total unsporting conduct fouls during an activity’s season will result in the dismissal of the individual from the activity for the remainder of its season.

The accumulation of **Three (3)** unsporting conduct by a team will result in the forfeiture of the contest.

- The accumulation of **FOUR (4)** total unsporting conduct fouls by the team’s participants during an activity’s season will result in the dismissal of the team from the activity for the remainder of the season.

**Unsporting totals rollover to playoffs*