

CU • STUDENT REC CENTER INTRAMURALS
VOLLEYBALL • RULES
Office Line: 303-492-2893 • Email: imsports@colorado.edu
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 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 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 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 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 12:00pm the day of a weekday game or 12:00pm 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.

FORFEIT POLICY

- **GAME TIME IS FORFEIT TIME!** All teams should arrive **15 minutes prior** to the scheduled start of the game to check in and warm up. Any team failing to report ready-to-play at the scheduled start time shall forfeit to their opponent. Any team that forfeits will be removed from the league for the remainder of the season.
- If you are not playing at least 50% of your scheduled games due to other teams forfeiting, please contact the intramural office to see if we can schedule more games for your team.

ELIGIBILITY

- Every intramural participant must be a full fee paying University of Colorado student or recreation center member.
- Every intramural participant must present their Buff OneCard or Student 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 no more than one team in an Equal Opportunity division and one in a Co-Rec division per sport per session.
- 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 are 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 three club players per team in their specific sport or any related sport, and athletes must play on a team in the most competitive league offered.

TEAMS/ SUBSTITUTIONS

- A team in the Competitive League consists of either four, five, or six players. 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. An Honest Effort Forfeit (HEF) will be given to teams that have only one player 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 points towards their sportsmanship rating. If a team receives two or more HEFs in a single season, they will be removed from the league and not allowed to advance to the post-season tournament.
- A team in the Intermediate or Recreational Leagues consists of six players. 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. 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 points towards their sportsmanship rating. If a team receives two or more HEFs in a single season, they will not be allowed to advance to the post-season tournament.

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, or 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 same side.

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 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 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 plane 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.

CONDUCT/SPORTSMANSHIP

- Fighting and unsportsmanlike conduct will not be tolerated and are grounds for the team and its members being dropped from the league and/or suspended from Intramural Sports.
- Any abusive language, physical gestures and untimely or inappropriate questioning of calls directed at any intramural staff, participant or spectator is grounds for ejection. Team penalties may be given and team captains are therefore responsible for controlling their respective benches.
- Pre and post-game harassing of intramural staff, participants or spectators, as well as any unsportsmanlike conduct or lack of cooperation, is grounds for program penalty, suspension or expulsion.
- 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 may 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.
 - Accruing two Honest Effort Forfeits (HEF).
 - Receiving less than a 3.0 sportsmanship rating average.
- Post-season tournament schedules will be posted the last week of the regular season.

Forfeit Score: 3-0

Needed to Start:

- **Comp: 4-6 (2-3 of a different gender for CR)**
- **Int/Rec: 6 (3 of a different gender for CR)**

Minimum to Start:

- **Comp: 3 (1 of a different gender for CR)**
- **Int/Rec: 5 (2 of a different gender for CR)**

HEF:

- **Comp: 1**
- **Int/Rec: 2**