

# Intramural Volleyball Rules

## Participation Warning

There are inherent risks of mental and physical injury in Intramural Sand Volleyball; therefore you may be mentally and/or physically injured by participating. Our goal is to reduce or eliminate as many risks as reasonably possible to provide a safe program. This does not mean that injuries will not happen. We ask for your full cooperation in following instructions regarding proper conduct, proper use of equipment and facilities, and adherence to the rules of sand volleyball as established by the Intramural Sports Program. Participants are responsible for the cost of any injury. You are encouraged and recommended to have adequate health insurance.

## Intramural Policies

1. **Eligibility:** All students, faculty, staff, and their spouses are eligible to participate in intramural sand volleyball. (An individual is considered eligible if registered for at least one credit.) If a spouse participates they must purchase a spouse card from the cashier's office the cost is \$36.50.
2. **Bleeding:** During any sand volleyball game, if a supervisor, scorekeeper, or official detects a participant who is bleeding, has an open wound, or has an excessive amount of blood on their clothing, the game shall be stopped. The participant must receive medical attention. In order for the participant to continue to play, they must have the bleeding stopped, the wound covered, and clothing changed if needed.
3. **Jewelry:** No jewelry may be worn while participating in games. **The following is considered jewelry:** watches, bracelets (including friendship), earrings, rings, necklaces, chains, and headgear (barrettes, plastic clips, hats, etc.). **Note:** Head-bands or bandannas may be worn if they are no wider than 2 inches and made of non-abrasive cloth.
4. **Sportsmanship:** Unsportsmanlike conduct will NOT be tolerated. **Any person may be ejected from a game and playing area at any time without warning for unsportsmanlike conduct.**
  - Each time a player, manager, and/or spectator is ejected from a **league** game; the player will be ineligible for their next game in that league. (i.e. if player is ejected in a men's game, they will miss their next men's game).
  - If a player is ejected during a **tournament** game, that player will miss their next scheduled game, no matter what league it is in, and even if the team they were ejected from losses.
5. **Identification Requirements:** All participants must present their ID to an intramural supervisor and/or a scorekeeper each week of play. If they do not have their ID, they will not play.
6. **A player cannot play on two men's or co-rec teams.** However, a male player can play on a men's and co-rec team. A female player can only play on one women's and one co-rec team.
7. **Club Sport Eligibility:** Men's and Co-Rec teams cannot have more than one (1) USU Volleyball Club member. This includes any person practicing with the club. Co-Rec teams can only have (1) USU women's varsity member.
8. **Awards and Refunds:** All awards and refunds must be picked up in the intramural office before the last day of the semester.

**9. Sportsmanship Rating System:** The sportsmanship rating system is intended to be an objective scale by which teams' attitudes and behaviors can be assessed. Behavior before, during, and after an intramural contest is included in each rating. Each team manager is responsible for educating **ALL players and spectators** affiliated with his/her team about the system. **Teams must maintain a 3.0 average in order to qualify for the tournament. Teams must also maintain a 3.0 average during tournament play.** The intramural staff will determine the score for the teams after each intramural contest. Intramural staff reserves the right to review and/or change any sportsmanship rating given. Managers inquiring about their team's sportsmanship rating should do so the business day following the contest by contacting the Intramural Director, Scott Wamsley, in HPER 126 or call 797-1504

**Protests:** Any team has the right to file a protest. Any protest must be filed within 48 hours of the game and filed by the team Manger. A \$10.00 protest fee must be paid to the HPER Service Desk at time of filing protest. If ruling is overturned, the team will receive their \$10.00 back, but if ruling stands, no refund will be awarded.

The sportsmanship rating system is based on the following criteria, **but not limited to:**

**A - Excellent Conduct and Sportsmanship (4.0)**

-Team members cooperate with and demonstrate good sportsmanship toward members of opposing teams, spectators, and ALL campus recreation staff.

-Team manager exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations, and cooperates by providing any information requested by any intramural staff member.

**B - Good Conduct and Sportsmanship (3.0)**

-Team members verbally complain about some of the decisions made by the officials and/or show minor dissensions, which may or may not merit an unsportsmanlike conduct penalty.

-Teams receive one unsportsmanlike conduct penalty will receive no higher than a "B" rating.

**C - Average Conduct and Sportsmanship (2.0)**

-Team shows verbal dissent toward officials and/or the opposing team, which may or may not result in an unsportsmanlike conduct penalty.

-Manager exhibits minor control over team/spectators, but is in control of him/herself.

-Teams receiving multiple unsportsmanlike conduct penalties will receive no higher than a "C" rating.

-Team members fail to appear at their scheduled contest resulting in a forfeit.

**D - Below Average Conduct and Sportsmanship (1.0)**

-Team constantly complains to the officials and /or opposing team from the field/court/sidelines.

-Team manager exhibits little or no control over team/spectators or him/herself.

-Teams that have a player ejected will receive no higher than a "D" rating.

**F - Poor Conduct and Sportsmanship (0.0)**

-Team is completely uncooperative; manager has no control over team/spectators/self.

-Teams play with ineligible participants or withhold any information requested.

-Damage or destruction of any campus recreation facility/equipment.

-Any threatening behavior (verbal/nonverbal) towards any player, spectator, or campus recreation employee.

**\*\*\*Teams receiving an "F" rating during tournament will not be allowed to advance.**

**\*\*\*Teams receiving a "D" rating during tournament must have their manager meet with the Intramural Director before their next scheduled contest.**

**\*\*\*Teams that do not maintain a 3.0 average during tournament play will be required to meet with the Intramural Director before their next scheduled game.**

10. Further information on intramural participation policies can be found in the USU Intramural Sports Handbook.

## ***Rules of the Game***

### ***Equipment***

1. The Intramural program will furnish the game ball. Game balls cannot be used before or after the game. Teams are encouraged to furnish their own equipment.
2. All players must wear gym shoes that do not leave marks on the floor. If any clothing/equipment is considered dangerous, a supervisor or official has the right to declare it illegal.
3. Net Heights: Women-7' 4 1/4"; Men-8'; Co-Rec-8'

### ***Team Rules & Policies***

1. A team consists of 6 players; however, a team can begin a match with 3 players and finish with 2. Co-REc teams must finish with at least one female.
2. Two timeouts per team, per game. They do not carry over.
3. Co-Rec Matches: When two or more hits occur on one side of the net, at least one hit must be by a female.
4. Co-Rec matches consist of 3 men and 3 women. There can never be more than 3 males on the court at one time. Teams must consist of an uneven number of male/female ratio must take a side-out in the missing player(s) spot.
5. All Co-Rec matches must have alternated serving (boy, girl, boy, etc.)
6. Unlimited substitution is allowed. Substitutions must be made in the serving position prior to serving.  
Exception: If a player is injured.
  - a. Substitution can only be made for the player rotating to the serving position.
  - b. In Co-Rec games only males can substitute for males and females for females.

### ***Playing the Game***

1. A match consists of 2 out of 3 games, rally scoring will be used. A game is completed when:
  - a. A team which scores 25 points and is at least 2 points ahead is declared the winner. If the leading team does not have a 2 point advantage play shall continue until one team has a 2 point advantage.
  - b. If the third game is needed to complete the match the first team to 15 points and is at least 2 points ahead is declared the winner.
  - c. A coin toss shall be conducted between the designated managers of each team. The winner shall choose either to serve/receive or playing area. The loser of the toss shall be given the remaining choice.
2. Ball put in play by the server in the right back position. Server must wait for the officials whistle.
3. Serving Order: The serving order must be followed by both teams. All players must serve before being substituted for.
4. Rotation: Rotation does not occur until the first server from both teams has completed his/her first term of

service. Thereafter, the team receiving the ball for service shall immediately rotate clockwise.

5. Legal Serve: The server:

- a. May hit the ball directly off the holding hand.
- b. May hit the ball after tossing it from the holding hand.
- c. Must serve within 5 seconds.
- d. Must serve behind the back-line.

6. Serving out of turn:

- a. If a player serves out of turn, side out shall be called as soon as the mistake is discovered and any points made on the service before the error was discovered shall be canceled. The serving order shall be corrected immediately.
- b. If the mistake in serving order occurs but is not discovered until after the opponents have served, there shall be no loss of points. On the first dead ball the serving order shall be corrected immediately.

7. Playing the ball: A player may not hit the ball twice in succession, except for when blocking. No carries, lifts, or throws will be permitted.

8. A team shall not have more than 3 hits before the ball crosses the net into the opponent's playing area. When the team's first contact is simultaneous contact by opponents, or an action block, the next contact is considered the team's first hit.

9. A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

10. Simultaneous contact: If two or more players of the same team contact the ball simultaneously, it is considered one play, and players involved may participate in the next play.

11. Screening: A screen is an act, intentional or unintentional, which obstructs the receiving player's view of the server or the flight of the ball from the server. This includes, but is not limited to the following:

- a. The server is hidden behind a group of 2 or more teammates who are standing in an erect position and the ball is served over a member(s) of the same group.
- b. Player(s) with hand(s) extended clearly above the height of their head(s) or with arms extended sideways at the moment of serve if the served ball passes over their player(s).

12. Dead Ball: The ball is dead:

- a. After an official's decision which temporarily suspends play due to an infringement of a rule.
- b. When the ball strikes the floor within the boundary lines of the playing court.
- c. When the ball strikes the floor or an object outside the playing court, including the ceiling and the east and west basketball baskets.

13. Ball Crossing the Net:

- a. A ball striking the net and going over is still in play.
- b. The ball may be played when any part of it has crossed the top of the net. It is not essential for the entire ball to be on a player's side of the net before it is played.
- c. A defensive player may not reach over the net and block the ball when an offensive player is setting the ball.

14. If a ball lands on a boundary line, it is good.

15. Net Play:

- a. A ball hitting the net may be played out of the net provided the player avoids touching the net.
- b. If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play, which shall be considered the first of three contacts allowed to be made.
- c. If one or more players is attempting to block and is contacted by the ball, this player is eligible to participated in the next play, which shall be considered the first contact for the team.
- d. A player may step on the center line as long as part of the foot remains in contact with the line.
- e. Blocking a serve is illegal.

16. A back row player shall not:

- a. Participate in a block or an attempt to block.
- b. Attack and/or direct a ball which is completely above the height of the net while positioned:
  1. On or in front of the attack line or its out-of-bounds extension
  2. In the air, having left the floor on or in front of the attack line or its out-of-bounds extension.
  3. A foul shall not be called on a back row player until the ball is considered to have crossed the net.
- c. Play a ball while positioned completely across the center line or its out-of-bounds extension.

***Point and Side Out***

1. Point: If any player of the receiving team commits any of the following acts, one point shall be scored for the serving team.
2. Side out: If any player of the serving team commits any of the following acts, it shall be a side out.
  - A. Serves the ball illegally
    1. Fails to cause some part of the ball to pass over either one of the markers on the net or within the two markers.
    2. Causes the ball to strike an object or land outside the playing court.
    3. Causes the ball to strike an object directly over the court unless local ground rules alter this.
    4. Fails to be within own serving area.
    5. Commits a foot fault.
  - B. Plays the ball illegally
    1. Fails to return the ball within opponents court.
    2. Fails to cause some part of the ball to pass over either one of the markers on the net or within the two markers.
    3. Hits the ball illegally.
    4. Plays the ball more than once in succession.
    5. Becomes the fourth player on his/her team to contact the ball.
    6. Catches or touches the ball, either on or off the court and calls it out.
    7. Plays the ball while supported by any other player or object.
3. Let serves are legal and will be played.