

CoRec Volleyball Rules & Information

Team Registration:

To register, teams must submit a team roster and pay their entry fee at the front desk of the Wellness Center by 6:00pm on Wednesday, October 14, 2009. League sign-ups will be taken on a first-come, first-serve basis. Late entries may not be accepted due to facility and time constraints. Teams who enter late may request to be placed on the "Waiting List."

Entry Fee:

All teams will be required to pay an entry fee as outlined below:

Student Teams: \$50.00

Campus Teams: \$70.00

*Any team whose roster contains three or more non-students will be charged the campus team fee.

Any participant who is not a member of the Wellness Center will be required to purchase a Guest Pass to enter the facility. There are two options to choose from:

1. Daily Pass \$8.00 per visit
2. IM Guest Pass \$20.00 good for each game night

Refunds will not be granted after the initial schedule has been posted. Fees may be transferred to a different session or program upon the approval of the Wellness Center.

Activity Format:

1. Teams entered will play 5 regular season games followed by a single elimination tournament between teams within that division.
2. Games will be played from 6:00 pm to 10:00 pm, Mondays and Wednesdays.
3. Divisions: CoRec Division Only. Divisions are open to all currently enrolled MCG students and their spouses; presently employed MCG faculty, staff, housestaff, post-doctoral fellows, residents; and Wellness Center members.

General Information:

1. Additions to Roster: A player must be entered on the team roster prior to participation. Additions may be made in 1002-A of the Wellness Center during normal business hours or at the activity site with the Program Coordinator. Players may only be added to the roster if there are spots remaining on the team's roster. Please note that there is a limit for all team rosters. The limit is 8 for Volleyball.
2. Reschedules can be made in the Intramural Sports office located in 1002-A of the Wellness Center between the hours of 10:00am and 4:00pm, Monday through Friday. Reschedule requests may not be completed on the day of the competition for seasonal team sports.
3. Schedules for the season will be available by 2:00pm on Friday, October 16. Regular season play begins Monday, October 19.
4. Games will be played at the Wellness Center.
5. All participants are required to present a valid picture identification prior to EACH game or contest. If a participant fails to present the picture ID, he/she will not be eligible to participate.
6. All teams who have won at least one regular season game and have not forfeited or defaulted more than one game will be eligible for post season play.
7. Defaults must be made by 2:00pm on the day of the contest. Defaults prevent a team from forfeiting, but result in a loss.
8. If a team forfeits, they must contact the Intramural Sports office the following day to be reinstated. Any team who fails to contact the office within 24 hours of the forfeit will be dropped from the league. If a team forfeits any two games, they shall be dropped from the league.

9. No individual will be allowed to compete who is suspected to be under the influence of drugs or alcohol.

Volleyball Rules

I. Governing Rules:

Play will be governed by current United States Volleyball Rules. The following are modifications and highlights of these rules.

II. The Court:

- A. The volleyball court has a playing surface that is 59' long and 29'6" wide with a ceiling clearance of 23'.
- B. The net is 7'11" in men/co-rec and 7'4" in women's volleyball.
- C. A ball shall remain in play if it contacts the ceiling or other overhead objects above the playing area. The ball is out of play if it makes contact above the opponent's playing area or above the team's playing area and crosses the plane of the net into the opponent's court.
- D. The basketball backboards are considered out of play during intramural sports volleyball games.
- E. The official's stand is a part of the court. There will be no replay for a ball hit into the official's stand.

III. Equipment:

- A. Volleyballs will be furnished by the Intramural Sports office. A non-intramural volleyball may be used if both teams agree before the match or game begins.
- B. All participants must wear shoes during intramural volleyball. Shoes worn must be canvas-topped or soft leather-topped rubber soled shoes, or non-marking shoes.
- C. No jewelry or hats are allowed. Hats shall include bandannas with exposed knots, baseball caps, etc.
- D. Participants may wear soft protective equipment such as knee pads or elbow pads.

IV. Players and Substitutes:

- A. Number of players:
 - a. Co-Rec – Six players; 3 males and 3 females. A minimum of 4 participants are needed to start and finish the game. At no time can the number of males or females on the court exceed 3.
 - b. Women's/Men's – Four players and a minimum of 2 participants to start and finish the game.
- B. Any player who is bleeding, has an open wound, or has an excessive amount of blood on the uniform shall be considered an injured player and must immediately leave the game for the appropriate treatment.
- C. Substitutes: There are two methods of substitution; player for player or continuous substitution:
 - a. Player for player – in this method a participant of the same gender may enter the game during any dead ball. The original player may only go back into the game for the original substitute or in the case of multiple substitutions, in the same serving order. Participants are only allowed two entries into the game; starting the game counts as one entry.
 - b. Continuous substitution – in this method teams will keep a continuous substitution method where the server rotates out and another participant rotates in. In this method the person serving will always rotate out of the game. A person of the same gender must rotate in. There is an unlimited number of entries with this method.

V. The Game:

- A. Matches may begin with a minimum of four players(co-rec) or two players (women's/men's).
- B. A coin toss will determine who has the option of taking the serve or choice of side. A flip of the coin determines service in the third game.
- C. Teams will change courts at the end of each game of the same match.
- D. A match consists of the best two out of three games. A game is won by the first team to score 21 points and has at least a two-point advantage. NOTE: The first and second game will have a hard cap at 25 points. The winner of the third game will be the team that reaches 15 points with a two-point advantage. There is no cap for the third game.

- E. Time-outs – Each team is allowed one time out per game.
- F. Scoring: Rally scoring will be used with a point awarded for each service, during all games. For example:
 - a. When a fault is committed by the receiving team, a point is awarded to the serving team.
 - b. When a fault is committed by the serving team, the opponents are awarded a point and the next service.
- G. Each team is entitled to a maximum of three hits (in addition to blocking) to return the ball to the opponents.
 - a. The ball may touch any part of the body, including the feet. However, a player may not aggressively kick the ball; this would result in a point side out.
- H. Dead Ball – A served ball is dead if it:
 - a. Touches the floor of the serving team’s court or a teammate of the server
 - b. Passes under the net
 - c. Touches the ceiling, any obstructions or objects before contacting an opponent, or the floor of the opponent’s court.
 - d. Lands out-of-bounds. NOTE: The lines are considered in play.
- I. Play-Over – A served ball will be replayed when:
 - a. An official commits an error
 - b. Any object enters the court or there is interference with play
 - c. A player serves the ball before the official’s whistle signals for service
 - d. A player is injured
 - e. A double foul occurs
 - f. A simultaneously held ball above the net
 - g. There is a discrepancy between officials. However, this is the decision of the head official.

VI. Position of Player:

- A. A player may not serve out of turn. When the ball is declared dead, an out of turn service may be called by the scorer or by the opponent’s captain before the next serve. If verified, the point(s) are cancelled and a side out is declared.
- B. The substitute will take the position of the player whom he/she is replacing. No change will be made in the relative position of other players when a substitution occurs.
- C. A back line player forward of the ten foot line, who is returning the ball across the net, must contact the ball from below the top of the net. However, a back line player may contact the ball above the top of the net provided the player takes off behind the ten foot line.
- D. Overlapping only applies to the position of the feet on the floor; it has nothing to do with other body parts. It occurs on the contact of the serve. Note: this refers to the immediate person in front/back and to the side.
- E. A player may not completely cross the center line with any part of their body.

VII. Service/Return of Service:

- A. The service is considered good when the ball passes over the net between the antenna or their infinite extensions without touching the net or other objects.
- B. A ball that contacts the net and continues into the opponent’s court is a live ball.
- C. Each server will be allowed five seconds following the official’s whistle to serve.
- D. The player can serve from anywhere along the back row.
- E. Each server will continue to serve until his/her team makes an error, commits a foul, or the game is completed.
- F. All players (both teams) must be inside or touching the lines that distinguish the playing court for the service.
- G. When the serving team makes an error or commits a foul, the ball will be given to the opponents for service. Before serving, the opponents will rotate one position clockwise.

- H. The right back player of the serving team will be the server of the game. Thereafter, the player rotating from the right front to the right back will be the server. (Rotation is clockwise).
- I. The service order must rotate male/female.
- J. Prior to a serve, opponents will be allowed a reasonable amount of time to return to their position.
- K. The serve – it is illegal for a player to attack or block a served ball while the ball is completely above the height of the net.
- L. After being clearly released or tossed from the hand(s) of the server, the ball will be contacted with one hand or any part of one arm before the ball touches the playing surface. EXCEPTION: If, after releasing or tossing the ball for service, the server does not like the toss he/she may let it hit the floor and re-toss. Only one re-toss is allowed.
- M. The players of the serving team must not, through screening, prevent the receiving player from watching the server or the trajectory of the ball. Screening is illegal and a fault.

VIII. Playing the Ball:

- A. Team hits include not only intentional hits by the player, but also unintentional contacts with the ball.
- B. A player may not contact the ball with two separate and consecutive motions.
- C. Simultaneous contact
 - a. Two or more players may touch the ball at the same moment
 - b. When two or more teammates touch the ball simultaneously, it is counted as one contact. If teammates collide, no fault is committed. Any player may play the ball next if the simultaneous contact is not the third team contact.
 - c. If two opponents simultaneously contact the ball and it remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes “out,” it is the fault of the team on the opposite side.
 - d. A “joust” occurs when players of opposing teams cause the ball to come to rest above the net through simultaneous contact. A “joust” is not a fault, and play continues as if contact were instantaneous.
- D. Block and Team hits
 - a. A block contact is not counted as a team hit
 - b. After a block contact, a team is entitled to three hits
 - c. The first hit after a block may be executed by any player, including the player who contacted the ball to complete the block
 - d. Reaching over the net to block a ball is legal if:
 - i. The opponent has intentionally directed the ball into the block
 - ii. The opponents have used three hits
 - e. Consecutive (quick and continuous) contacts may occur by one or more blockers provided the contacts are made during one action.
 - f. A fault is ruled if a player blocks the opponent’s service.
- E. Any first ball over the net may be a double hit, including the serve.
- F. When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player.

IX. Net Play:

- A. A player will not contact the net or its supports while the ball is in play. When the ball is driven into the net so that it causes the net or supports to touch an opponent, there shall be no fault.
- B. A ball may be played from the net area inside of the antennas.
- C. If a ball crosses over or touches an antenna, the ball is out.
- D. When only part of a ball crosses the net and is then contacted by an opponent, it is considered as having crossed the net.
- E. Only front row players are permitted to complete a block.
- F. Legal dinks are conducted with stiff fingers and the fingertips without a carry.

- G. A follow through over the net is legal if:
 - a. The ball is contacted on the player's side of the net.
 - b. In the follow through, the player makes no contact with the net.

X. Conduct of Players and Others:

- A. No player, coach, or substitute will act in an unsportsmanlike manner before, during, or after either a playing period or intermission. This includes any act the official deems poor sportsmanship.
 - a. Yellow Card assessments – A yellow card is issued and recorded on the score sheet when profanity is directed toward a call, profanity in general, or other unsportsmanlike acts that disrupt the conduct of the game are observed. NOTE: A second offense during the same match by the same team member will result in a red card.
 - b. Red Card assessments – Ejection for a Red Card is for the match. A red card is issued and recorded on the score sheet when a second offense is committed or a player's conduct merits an immediate red card. The penalty automatically entails the loss of service by the offending team if serving, or if not serving, the awarding of a point to the opponents.