

## STUDENT RECREATION & WELLNESS CENTER

### WASHBURN UNIVERSITY

## INTRAMURAL VOLLEYBALL RULES

### Location

- Games will be played in the Student Recreation and Wellness Center (SRWC), Courts 2 and 3.

### Schedule

- Regular season will be played for 3 consecutive weeks at your scheduled day and time. Playoffs for qualifying teams will follow the regular season.
- If your team is unable to make your game contact the Intramural Office at 785-670-1314 by 3:00pm the day of your game to default.

### Eligibility

- ALL PARTICIPANTS MUST BRING THEIR CURRENT WASHBURN PICTURE ID TO ENTER THE SRWC. ID checks may be made to verify eligibility of players. Players without proper ID will not be allowed to participate. Washburn Intramural guidelines concerning eligibility are in effect.

### Players

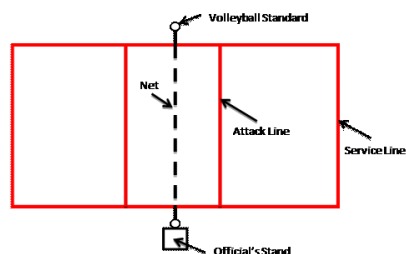
- Each team will consist of six (6) players. Teams must begin the game with a minimum of three (3) players.
- If a team fails to arrive before the scheduled forfeit time, it is the supervisor's job to enact the Grace Period before declaring a forfeit. The game clock will start and run for ten minutes during the Grace Period, unless the team arrives before ten minutes and is ready to play. The team on time will start up 10-0.
- Teams must have a minimum of six (6) players registered on IMleagues to be entered into the league.
- Players may be added to the roster via IMLeagues, before the end of the regular season. Roster addition instructions are available at the SRWC or online at [www.washburn.edu/getfit](http://www.washburn.edu/getfit).

### Equipment

- No jewelry is permitted.
- Head decorations, headwear, hats and bandannas are illegal. Only elastic headbands and hair control devices are permitted.
- All players must wear athletic shoes with non-marking soles. Hard sole shoes or sandals of any kind will not be permitted.
- All teams should wear the same color shirts or jerseys. Jerseys will be provided if needed.

### Gameplay

- The Playing Court**



- SRWC Ground Rules: The ball becomes dead once a player steps outside of the basketball court to play it. All overhead apparatus (basketball baskets and supports, beams, lights, and ceiling), walls, track, and adjacent courts are out-of-bounds if the ball goes over the net or outside of the basketball court. If the ball hits off and stays in-bounds it can continue to be played.

- **Net Heights**

- Men's Height: 7'11 & 5/8" (1<sup>st</sup> notch)
- Co Height: 7'11 & 5/8" (1<sup>st</sup> notch)
- Open Height: 7'11 & 5/8" (1<sup>st</sup> notch)
- Women's Height: 7'4 & 1/8" (3<sup>rd</sup> notch)

- **Game Timing**

- Teams will have 45 minutes to play the match (3 games). Individual games will be untimed as the match winner is determined by the first team to win 2 games.
- If a third game is necessary, the game will be played to 15 points (must win by two) with no cap.
- If the 45-minute clock expires, whichever team is ahead will be declared the winner of that game.
  - If the score is tied as the clock expires, the next team to score a point will win that game.
    - Example:
      - The game is tied at 7-7, but the clock expires. The next team to score a single point will win.
- Timeouts
  - One 30-second timeout per team will be allowed per game.
- A team winning by forfeit will receive a score of 1-0.

- **Scoring**

- A match consists of best 2 out of 3 games.
- Each game will be played to 25 points (must win by 2) with a cap of 27 points, rally scoring will be used.
  - In rally scoring, points are awarded for side outs in addition to normal scoring opportunities for the serving team. Thus, the defending team has the ability to score points as well as the serving team.
- If a third game is necessary, rally scoring to 15 points (must win by two) with no cap.
- The referee will keep the official scoresheet.

- **Legal and Illegal Hits**

- **Playing the ball:** A team has three hits in which to legally return the ball to the opponents' side of the net. A player may use any part of the body above the waist when playing the ball. The ball must be clearly batted or allowed to rebound off of the body – it may not be caught, thrown, allowed to roll on the arms, or come to rest when in contact with the body. To avoid illegal hit violations, it is recommended that players not slap or swing at the ball with two hands above their head or "scoop" the ball with an open-handed underhand motion.
- The serving area includes the entire end line, from sideline to sideline.
- **Legal Hits**
  - Touching the ball with any part of the body below the waist is legal, including contact off the feet.
  - Multiple contacts are allowed only on any first contact of a hard-driven ball hit over the net, as long as the contact is clean (block).

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- Hard-driven balls such as spikes.
  - Illegal Hits
    - To block a serve.
    - Lifting the ball instead of hitting it.
    - Touching the net with any part of the body.
    - A back row player spiking the ball from in front of the ten-foot line.
- **Substitutes**
  - Entire Team Rotation
    - A substitute rotates onto the court in a designated position, i.e. the sub always comes in for the server.
  - If a team does not have a full roster, teams must designate the vacant spot at the beginning of the game. This will remain the empty spot for the duration of that game, i.e. team may have 2 front row and 1 back row players. Teams must inform officials of the preferred formation.

#### **CoRec Modifications**

- Co Teams consist of 6 players with a minimum of 4 players. Co teams may play with any combination of the following:
  - 2 males & 2 females
  - 2 males & 3 females
  - 3 males & 2 females
- Net height: 7'11 & 5/8"
- The serving MUST alternate between men and women.
  - Example: (Man, Woman, Man) or (Woman, Man, Woman)
  - Any time that the gender rotation is broken, the opponent will receive a point, serving team will maintain the serve.

#### **Playoffs**

- In order to be eligible for playoffs:
  - Teams must maintain at least a 3.0 team sportsmanship rating throughout the season.
    - Teams cannot forfeit any regular season games.
- Playoff brackets will be posted via IMLeagues after the second week of play. Teams that qualify for the playoffs will be scheduled to play at times that will be different from their regular season time, be sure to check for updates.
  - Wins/Loses from pool play will determine seeding for Tournament/Bracket play, for specific qualifications see Intramural Sports Participant Handbook Playoff Section, beginning on page 15.
- **Note:** only participants listed on the roster during the regular season are eligible to participate during playoffs.

#### **Overtime Rules**

- During playoffs, when time expires and the match is tied 1-1, or if the match has already progressed to the third game teams will be permitted to continue play until a winner is determined.
  - If a third game is necessary, rally scoring to 15 points (must win by two) with no cap.

#### **Sportsmanship**

- Washburn University takes Sportsmanship very seriously. Teams will be ranked after each game and need a 3 or greater average to advance to playoffs. Any team receiving a 0 or 1 for non-forfeit related games will need to meet with the Assistant Director before their next game. Any person being ejected from a game will

need to leave the SRWC immediately and also will need to meet with the AD before being eligible again. More information about Sportsmanship Rankings can be found online in Intramural Policies and Procedures.