

# Intramural Handbook

West Virginia Wesleyan College

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Photo by Andrew Ferguson

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## **Rules Governing Intramural Competition**

The basic purpose of the following eligibility rules is to provide reasonable equitable intramural participation for students, faculty, and staff at West Virginia Wesleyan College. These rules are in immediate effect and shall supersede all other rules formerly published:

**Section 1.** The Intramural Staff cannot be responsible for checking the eligibility of Intramural participants. Each individual is responsible for his own and team managers must make every effort to be certain of the eligibility of players used. Questionable cases should be brought to the attention of the Intramural Director before playing and a ruling obtained. All students at West Virginia Wesleyan College registered for a minimum of 12 hours of credit are eligible to participate in Intramurals. All faculty and staff members at West Virginia Wesleyan College are eligible to participate in Intramurals. A participant is considered to be a player, coach, or official.

No individual may play on more than one team in the same sport. If otherwise eligible, his first participation with a team limits him to membership on that particular team throughout that sports season. He may, however, play with one team in one sport and another team in another sport, if otherwise eligible. There is an exception to this rule for the Fraternity move down in a league. If evidence is presented to prove that a student played on a team other than the one for which he is eligible, all the games he played in, for which he was ineligible, shall be forfeited and he will be liable to suspension from further Intramural participation.

**Section 2.** A varsity athlete is not eligible for Intramural competition in the sport, or its associate sport. (Touch Football is considered an associate sport of Football and Softball is considered as associate sport of Baseball) A varsity athlete is considered to be anyone listed on the original eligibility roster furnished the W.V.I.A.C.

**Section 3.** Any student who would not be eligible for Varsity competition because of professionalism is prohibited from competing in the Intramural Sport in which he has lost his amateur standing.

**Section 4.** Former varsity athletes are eligible to participate in all phases of the intramural program following one full year since his last competition in that sport. These individuals must be officially granted permission by registering with the intramural department.

**Section 5.** In sports in which fraternities may enter more than one team, no man may be transferred from one to the other except as follows: A man may be transferred from "B" to "A" by permission of the Intramural Director for just cause, such as illness, injury, dropping out of school of another player. Once a man is transferred he may not return to the original team. Fraternities must determine team membership in practice periods prior to the beginning of the sport schedule. No team member can move down in the league. Example from "A" to "B" league. To stay in "B". To stay in "B" league an organization must keep a team in "A" league.

**Section 6.** Each organization or independent team shall file a list of all its eligible members at the Intramural Department before the start of season or sport in which they compete. Entries must be made on the official roster blank and delivered to the Intramural Director before the entry deadline.

**Section 7.** Good sportsmanship is a quality, which will be required of all players, coaches, and team followers in the intramural program. Any continued or flagrant displays of poor sportsmanship will be cause for the contest supervisor or intramural official to remove the offender for the contest or permanently for the program. Any individual who has been disqualified for fighting in an intramural contest automatically suspends himself from further organized intramural competition in that sport during that season. He remains suspended until the Intramural Director has officially reinstated him.

**Section 8.** Due to difficulties in scheduling, no contest will be postponed unless extreme circumstances warrant. The extreme circumstances usually indicate impossible weather conditions for outdoor contests. If there is any doubt about whether, it is responsibility of the teams involved to contact the intramural director. The intramural department is willing to cooperate in extra-ordinary circumstances by allowing an occasional post-opponent. Postponement request must be made in writing to the intramural office prior to noon on the day of the scheduled contest. The request must have the signature of both team representatives.

### **Section 9. Team Conduct Grading Policy**

1. After each game, the teams will be graded on their conduct. The scale will be A, B, C, D, and F.
2. Any team receiving 2 technical in any one game will automatically receive an "F" from each official.
3. At the conclusion of the regular season, the team's GPA. will be sent to all team captains.
4. At the conclusion of the regular season, any team with a GPA. of less than 2.0 will not be permitted to participate in the post season. This will be enforced regardless of the team's record. i.e.—a team with a perfect record of 12-0 but a GPA. of 1.99 will not be in the playoffs.
5. Each official will also be evaluated at the end of the week by head official and fellow referees.
6. At the request of a team captain, certain official's conduct can be more closely evaluated and if the evaluation shows just cause, that official will not continue to work.

## Section 10. Individual Penalties

1. Player uses abusive language toward officials, opponent or teammate.
  - a. Can be ejected immediately by official or supervisor.
  - b. 2<sup>nd</sup> time reported—2 game suspensions or league suspension.
2. Player uses unnecessary roughness.
  - a. Can be ejected immediately by official or supervisor.
  - b. Letter sent for the first time infraction and at least 1 game suspension.
  - c. 2—time reported—2 game suspension or league suspension
3. Player attempts to incite a fight.
  - a. Can be ejected immediately by official or supervisor.
  - b. Letter sent for first infraction and a 2-game suspension.
  - c. 2<sup>nd</sup> time—suspended from league or league suspension
4. Player hits or fights with an opponent, teammate or spectator (swing at, hit, push, wrestle, and punch).
  - a. Immediate ejection by official or supervisor.
  - b. Suspended from the intramural activities that it occurs in for at least one semester (if the offense is severe, can be suspended for one calendar year).
5. Player hits, grabs, or pushes an official or supervisor.
  - a. Suspended from all intramural activities for one calendar year.
  - b. 2<sup>nd</sup> time-permanent suspension.
6. Player continuously abusive throughout the game and/or after ejected by official of supervisor.
  - a. Suspended for at least 2 games.
  - b. 2<sup>nd</sup> time suspended for league.

7. Player verbally or physically threatens a teammate or opponent.
  - a. Can be ejected immediately by official or supervisor.
  - b. Letter sent for the first infraction and 2—game suspension.
  - c. Second time suspended from league.
8. Player verbally or physically threatens an official or supervisor.
  - a. Can be ejected immediately by official or supervisor.
  - b. Suspended from all intramural activities for remainder of semester.
9. Players are not ejected but are reported for undesirable behavior.
  - a. Warning letter sent.
  - b. 2<sup>nd</sup> time - 1 game suspension.
  - c. 3<sup>rd</sup> time - Suspended from all intramural activities for 1 semester.
  - The Intramural Director reserves the right to change and assign an appropriate sanction.

## INDOOR SOCCER

Play is governed by the most recently published NCAA Soccer Rules with exceptions as listed below:

1. A team may have no more than five players, including the goalkeeper, on the court at a time, (penalty-indirect kick), but may have any number of substitutes on the team bench. Each team must provide a scorer/Timer and are to wear uniformly colored shirts.
2. The game ball is provided by the Intramural Office.
3. Forfeit time is game time.
4. Footwear is limited to non-marking soled sneakers.
5. TIME
  - a. The game consists of two 12-minute halves (running time) with a 2- minute half time period.
  - b. The clock does not stop after a goal is scored.
  - c. Each team shall have one time out per game.
6. The team winning the coin toss has the choice of kicking off or defending a goal. To start the second half the teams automatically switch goals and the other team shall kick off.
7. There must be 4 players on a fielded team to begin a game. . There must be at least 3 players on a fielded team to continue a game.
8. Teams must wear uniformly colored shirts. The first team listed on the schedule will be the home team and will wear white shirts and the team listed second on the schedule will be the visiting team and will wear dark shirts. The goalie must wear a shirt that is a different color than his/her teammates.

9. SUBSTITUTIONS

- a) Unlimited substitutions may be made at any time “on the fly”, as in ice hockey. Exception: substitutions cannot be made prior to a penalty kick. In all cases, the incoming player may not enter the court until the outgoing player has touched, i.e. hand slap, the incoming player. Substitutions must be made from the team’s bench area.
  - b) Any number of substitutions may be made on a dead ball.
10. A ball that hits the ceiling is out of play. (Opponent’s indirect kick from where the ball was last played.)
  11. A ball striking any wall feature, in play, remains in play.
  12. On the kick off, once the whistle has blown, the ball may be passed in any direction. The kick off in the center of the court, however, still remains an indirect kick. There is no center circle.
  13. On all free kicks, the kicker’s opponents must remain at least 5 yards from the ball until it is put in play.
  14. A goal is scored when the ball goes into the goal.
  15. There is no offside rule.
  1. Using the wall in any manner to impede an opponent’s progress or attempt to play the ball shall be regarded as “obstruction” (opponent’s indirect kick).
  16. After gaining possession of the ball in his/her own penalty area, the goalkeeper may not punt it or drop kick it. Kicking the ball once it is on the floor, throwing it or rolling it are permissible; however, the ball cannot be thrown in the air farther than the half-way line. (Opponent’s indirect kick from the half-way line.) A ball thrown or rolled by the goalkeeper cannot be

scored directly into the opponents' goal. (Opponent indirect kick from the half-way line.)

17. If play is stopped by the referee for an injury or unusual delay, the ball shall be put back into play by a drop ball. If a team has clear possession of the ball when play is stopped, they shall be awarded an indirect kick. In both cases, the ball is put back into play from where it was when play was stopped. However, the ball is not to be dropped inside the penalty area, but at the nearest spot outside the area.
18. Sliding tackles are not allowed.
  - a. 1<sup>st</sup> offense: Expulsion of guilty player
  - b. 2<sup>nd</sup> offense: Default the game.
19. A player receiving a yellow card is a warning; a player receiving a red card is out of the game.
20. Any situation arising that is not covered by these rules will be resolved by the referee and supervisor.

## FLAG FOOTBALL

- A field captain must be designated for each team at the beginning of a game. This captain alone may appeal to the referee on an interpretation of a rule only. There will be no appeal on a call that requires the use of the referee's judgment.
- Any team not ready to play within five minutes after the scheduled shall forfeit to the team ready to play unless extenuating circumstances justify the delay and the official may refuse to award a forfeit.
- The game will consist of two 20-minute periods. A five-minute half time shall be allowed between periods.
- Time for discussion of rules may be charged to the referee unless in his opinion the field captain is arguing merely to serve as a rest period for her team.
- Protests on violation of Intramural Rules and Regulations must be written out and turned into the Intramural Office within 24 hours of the game being protested.

NO PROTESTS WILL BE ALLOWED ON QUESTIONS OF THE OFFICIALS JUDGEMENT.

### **The Playing Field**

**Section 1** The field shall be a rectangle 80 yards long and 50 yards wide including the end zones. The field shall include two end zones each ten yards in length and extending from sideline to sideline.

**Section 2** The "field of play" shall be that part of the playing field between the goal line and the sidelines.

### ***The Players***

**Section 1** Team rosters must be turned into the intramural office. Rosters can have up to 15 players on them. A player must be on the roster 48 hours before she is eligible to play for a team. Rosters can be updated in the intramural office.

**Section 2** The team on the field will consist of seven players. However, a team may play a game with only five players present.

**Section 3** On a team consisting of seven players, the offensive team must line six players of the line of scrimmage and one player at least one yard behind the line of scrimmage. On a five-player team, the offensive team must line four players on the line of scrimmage and one player at least one yard behind the line of scrimmage. There are no restrictions on how the defense is lined up being that they are on their side of the ball.

**Section 4** Substitution privileges are unlimited but only when play is stopped.

## **Equipment**

**Section 1** The ball shall be a regulation football.

**Section 2** PLAYERS ARE PROHIBITED FROM WEARING METAL CLEATED SHOES.

**Section 3** No special protective devices such as shoulder pads, head guards, etc. may be worn except by permission of the Athletic Training Department.

## **Length of Game**

The game will consist of two 20-minute halves. The clock is run on continuous time. Each team is awarded two time-outs per half. The clock will only stop when a team scores a touchdown, safety, and on PAT conversions. However, within the last two minutes of the game the clock stops every time the ball touches the ground, the ball is carried out of bounds, or when a team scores. There is a sudden death overtime period in the case of a tie game. Sudden death will operate the same as the NCAA rules. Possession of the ball is determined by the flip of a coin.

## **Delay of Game**

The referee may call time out at any time at his discretion. Substitution may be made without penalty, but there must be no unnecessary delay. The ball must be put into play within 30 seconds of the previous play or five-yard penalty will be enforced.

## **The Coin Flip**

The winner of the coin flip shall have the privilege to kick off or receive. The loser of the flip will get to choose the goal line they wishes to defend.

## **The Game**

1. The kick-off shall be made from the kicking team's 10 yard line. The kick-off is by place kick only. If the kick-off goes out of bounds before being touched by the receiving team or crossing the goal line, the receiving team takes control of the ball at midfield. There are no on-side kicks. There will be only one forward pass on all types of kicks.
2. The first pass after the snap must be a forward pass beyond the line of scrimmage. The quarterback has the right to run at all times during the play. A down is over when the ball carriers flag is pulled, the ball touches the ground, or the ball goes out of bounds.
3. TACKLING IS ILLEGAL AND CAN RESULT IN EJECTION OF THE PLAYER.
4. A passive type of blocking is legal provided that is not aggressive. A running type of interference is legal provided the blocking is not of the aggressive type. Dropping to the ground to block an opponent is illegal.
5. On fourth down the captain must state whether or not he will punt. If he intends to punt, the punting team must give the receiving team time to set up. Both sides must remain on sides until the ball is kicked. The receiving team must line four players ten yards off the ball on ALL kicks. YOU CANNOT BLOCK PUNTS.

6. The ball is put in play at the spot where the ball carriers flag is pulled; where an incomplete pass or lateral is thrown; or at the existing line of scrimmage on a bad centered snap.
7. ALL FUMBLES ARE DEAD WHEN THE BALL HITS THE GROUND.
8. The ball must be put into play from scrimmage by the center passing the ball through his legs from a spot on the ground.
9. All players are eligible to receive a forward or lateral pass.
10. After a penalty called against the offense. It loses its current down. However, a penalty called against the defense gives the offense the option of keeping the result of the play, or replaying the down.
11. Use of the hands is prohibited at all times by the offensive team. Defensive players may use their hands and arms to get at the ball or the runner but may not tackle or hold a player. They cannot hold a player by her shirttail or by her shorts to get a ball carriers flag. This will result in an automatic 5-yard penalty and repeat of down. Any use of the hands to the face or neck of an opposing player is considered unnecessary roughness and carries a 15-yard penalty and ejection of the player upon the referee's discretion.
12. IF A TEAM THROWS AN INCOMPLETE PASS AT ANY TIME FROM ITS OWN END ZONE, IT IS A SAFETY.
13. After a safety, the scoring team will then receive a PUNT from the kicking team's 10-yard line.
14. All rules not covered herein shall be governed by official NCAA division ii football rules.

### **Scoring**

TOUCHDOWN-	6 POINTS
PAT FROM 3 YARD LINE	1 POINTS
PAT FROM 20 YARD LINE	2 POINTS

## INTRAMURAL BASKETBALL RULES

### Number of players

A regulation team consists of 5 players. A team must start with 4 players present. A team can play with 3 players only if others have been injured or have fouled out and the referees feel the team playing with less than five still has a chance to win. A team reduced to 3 players by player ejections will automatically forfeit.

### Line-ups and Scorecards

The team captain is responsible for submitting a line-up with the first and last names and jersey numbers for all team members to the scorekeeper. Players arriving late may play after reporting their name and jersey number to the scorekeeper. The team captain must also sign the scorecard following each contest to verify the score, and all participating players. The winning team and final score should be clearly noted.

### Equipment

Head decorations, headwear, and ALL JEWELRY OF ANY TYPE are illegal. Only **elastic** headbands will be permitted during the course of the game. No bandannas will be permitted. All players must wear shoes. They must be non-marking court shoes. Hard sole shoes of any kind will not be permitted. **NO** casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. All equipment decisions made by the Intramural Staff on duty shall be final.

### Uniforms

All team members must wear the same color shirt or jersey **with a number**. We encourage teams to provide their own jerseys.

## **Team Area/Bench Personnel**

2 non-playing coaches will be allowed on the bench. All other non-players must be in the stands. Coaches must remain in the immediate area of the bench; they cannot walk the entire length of the sideline. **Team captains are responsible for the behavior of their TEAM and FANS.**

## **No Show**

A no show will be assessed when a team fails to be present with the required number of players at 10 minutes past a scheduled game time. A team committing their first no show must contact the Intramural Office within 24 hours and indicate that they wish to stay in the league. A team that commits their second no show will not be eligible for the post-season

## **Timing Regulations**

All games will be limited to 2 twenty-minute halves (running clock) with a five-minute halftime. The clock will begin to run at game time. **Exception: A regulation stop clock will be used at the 2 minute remaining mark of the second half.** The clock will stop for fouls, violations, and time-outs, but not after made baskets. Games starting on time will begin with a jump ball and thereafter the alternating possession rule shall apply.

## **Mercy Rule**

If a team is ahead by 20 or more points at the 1 minute remaining mark in the second half, the clock will continue to run and the stop clock procedure will not be used.

## **Time-outs**

Each team shall be allowed two (2) 30-second time-outs in the 1st half, and two (2) 30-second time-outs in the 2nd half. First half time-outs WILL NOT carry over to the second half. Time-outs will NOT be granted with less than 4 minutes remaining in either half. Any time-out called before 4 minutes remaining shall end at the 4-minute mark. **Exception: Teams may call any of their remaining 2nd half time-outs during the stop-clock period at the end of the game.**

## Overtime

Games ending in a tie shall play a two-minute overtime (running clock) to determine a winner. **\*A regulation stop clock will also be used at the 1-minute mark of the overtime(s) using the same procedure as the end of the second half of play.**

\*If the score remains tied after the first overtime a sudden death overtime shall be played. The first team to score wins. Overtime periods shall begin with a jump ball. Each team will receive one (1) 30-second timeout per overtime period. Time-outs not used from the second half or any overtime period will not carry over to the next overtime period. During the play-offs, the sudden death overtime procedure will NOT be used.

## Substitutions

Substitutions will be recognized during any dead ball situation. Teams may substitute at any time during the stop clock. All substitutes must report to the score table and make notice they wish to enter at the next dead ball and then sit on the floor as to not obstruct the view of the scorekeeper. The scorekeeper will sound the horn and the officials will beckon them onto the court.

## Technical and Intentional Fouls

Technical fouls - No free throws will be attempted. Two points will be awarded plus the ball out of bounds at mid-court to the offended team. **\*In addition, any conduct or unsporting technical foul assessed will also count as a personal foul and as a team foul.** Intentional fouls - No free throws will be attempted. **\*\*On an unsuccessful shot attempt, team is awarded 2 points plus retains possession at mid-court. \*\*On a successful shot attempt, count the basket and award 2 points but team does not retain possession (4 point play).**

## Forfeit

Should a game be **stopped** at some point due to a violation of intramural rules on fighting or sportsmanship, or if a completed game is subsequently protested due to an ineligible player or players and declared a loss for the winning team, it shall be considered a forfeit. **Any team forfeiting a game automatically is banned from going to the playoffs and will receive an F rating in sportsmanship for that game.** Appeals

to be reinstated to playoff status may be made in writing to the Intramural Director before their next game.

### **Bleeding Player Rule**

Whenever a participant suffers a cut where bleeding occurs, the player must leave the game and then take the necessary action(s) to stop the bleeding and prevent it from occurring again. If a player's uniform becomes stained by blood this article of clothing must be removed before the player may re-enter the game. The player may use a different number without penalty. A team may call a time-out (maximum of 30 seconds) if it wishes to have the player remain in the game, otherwise the injured player must leave the game and may return at the next dead ball after the situation has been corrected. The Intramural Staff on duty shall have final approval on any situation regarding this matter.

### **FUNDAMENTAL VIOLATIONS, FOULS, AND PENALTIES**

The following rules are fundamental to the Wesleyan College Intramural Basketball:

#### **VIOLATIONS**

##### **10-second backcourt**

A player must have both feet and the ball completely across the mid-court line before the count stops. The count will only stop if the defending team gains control of the ball, or a defensive foul is called. A deflection does not stop the count. If the ball goes out of bounds, a new 10-second count will begin.

##### **5-second closely guarded**

Applies only in the frontcourt to players holding the ball whose defender has established a closely guarded position at least 6 feet from the player with the ball. The count shall stop when a player loses control of the ball, or if the defender concedes their guarding position.

### **3-second lane**

Applies to offensive players who have any part of their foot in the lane area when the ball is in their frontcourt. The count stops on loss of team control, an interrupted dribble, and on any shot. A player in the lane may receive a pass prior to 3 seconds and be permitted to make an offensive move to the basket.

### **Jump Ball**

The two jumpers shall not break the plane of the mid-court line until the ball reaches its highest point. Neither jumper may touch the ball more than twice, nor catch the ball, unless another player on the court has touched the ball, or the ball touches the floor. Non-jumpers may line up no closer than 6 feet from either jumper and may not move until the ball is touched by a jumper.

### **Goaltending and Basket Interference**

When a defensive player touches the ball while it is on its downward flight to the goal or while the ball is on or above the cylinder, slaps the backboard while the ball is on or above the cylinder, and/or pulls down the rim so that it makes contact with the ball prior to the rim reaching its normal position it is goaltending and two points shall be awarded. When an offensive player touches the ball, net, or any part of the basket while the ball is on or above the cylinder it is basket interference and a violation. Baskets are waived off and the ball is awarded to the defending team.

### **Throw –In**

After a made basket, the thrower may run the baseline. On any designated spot throw-in, the thrower has a spot approximately 3 feet wide and as deep as the court permits to make their throw-in. They may take steps to the left or right as long as one foot remains on or over the spot, and may step back as far as the court permits. On all throw-ins, the player has 5 seconds to release the ball. The defense may not break the plane of the line, if so they will receive a warning and then a technical foul. If the defense breaks the plane and touches the ball or the player

before the ball is released across the plane the penalty is a technical foul.

### **Free Throw**

Only 5 players may occupy marked lane spaces for rebounding purposes on free throws. The defense occupies the first lane space on each side and may fill one other space. The shooting team may occupy the second space on either side of the lane. The other four players must remain behind the 3-point line above the free throw line extended. The players on the lane may enter the lane when the shooter releases the ball. The shooter and four backcourt players may not move until the ball touches the rim.

## **FOULS**

### **Shooting**

A player who is in the act of shooting will be rewarded with two or three free throws unless the basket is successful and then they will receive one free throw. Shooting fouls include hacking, holding, pushing, blocking, and under cutting.

### **Non-shooting**

A player who is fouled while not in the act of shooting will be rewarded with a team foul. The fouled player will shoot 1-and-1 on the 7th, 8th, and 9th team fouls and 2 shots on every foul thereafter. Non-shooting fouls include holding, pushing, blocking, and hand-checking.

### **Player Control**

When a player who is in control of the ball, either dribbling, holding, or shooting, commits a foul it is player control. Never count the basket. Never shoot free throws. Player control fouls include charging, lowering the shoulder, pushing off, and swinging elbows. When a player excessively swings his/her elbows in a dangerous manner without contact, it is a violation and the ball is awarded to the opposing team. If there is contact that is a result of the excessive swinging elbows, the player may be called for a player control foul, or if violent, a technical foul and/or flagrant foul.

## **Flagrant Fouls**

When any of the above fouls are intentional or technical refer to the previously outlined policies for procedure. When any of the above fouls are flagrant, (dangerous or malicious fouls with no attempt to play the ball or with excessive contact) the player should be immediately ejected.

## **6-on-6 volleyball**

### **THE GAME**

1. A team must win 2 out of the 3 games to be declared the winner.
2. The officials shall conduct a coin toss with the captains and go over any rules not covered in the rule book.
3. The winner of the coin toss will have the option of side, serve/receive. If a team chooses to receive the other team shall have the choice of side and serve. In the deciding game the head official will conduct a coin toss and the winner will have the option of side, serve/receive.

### **PLAYERS, SUBSTITUTIONS, AND FANS**

4. Teams consist of 6 players. Out of these 6 players, there is to only be 2 varsity volleyball players on the court at all times. You are considered a varsity player if you were on the school's roster for the current school year. Red shirts count as a varsity player.
5. The captain shall address the officials on matters of interpretation or to obtain essential information.
6. Substitutions must walk to the line and wait to be waved in by the referee. Substitutions can be made for any player (not dependent on rotation).

- Fans/spectators may not enter the court during the game. Fans/spectators will be asked to leave the premises if they fail to comply with the rules and policies stated by campus recreation.

### **Uniform, equipment, game ball, and court**

- Non- marking athletic shoes shall be worn by all players. Players wearing sandals or dress shoes will not be allowed to enter the game.
- The head referee will determine the official game ball.
- Boundary lines are in-bounds. **IF THE BALL HITS INSIDE THE COURT OR ON THE ACTUAL LINE, IT IS CONSIDERED IN. IF IT HITS OUTSIDE THE COURT, IT IS CONSIDERED OUT. THE DECISION WILL BE MADE BY THE REFEREE AND THE LINE JUDGES.**
- Any ball, which hits the ceiling, is only out-of-play if it crosses over to the opponent's side of the net.
- Balls may not be played off the wall. When playing a ball near a wall, players may not use the wall to gain an advantage. (both feet must remain on the floor).
- Ball hitting the basketball supports hanging in a horizontal position will be considered legal and play shall resume. Any ball that hits the basketball supports is only out-of-play if it crosses over to the opponent's side of the net.

### **Timeouts and game length**

- Each team is allowed two 60 second timeout.
- A timeout not used will not be carried over to the next game.

### **Scoring and mercy rule**

- RALLY** scoring will be used throughout the entire match.
- The first 2 games will be played to 25. A team must win by two. There are no caps.
- The third and deciding game will be played to 15. A team must win by 2 points. There are no caps.

## Service

19. The server may serve from any position behind the end line.
20. Let serve: a serve that hits the net and goes over. Play shall continue if a served ball hits the net and goes over.
21. If the ball is served before the referee's whistle, a reserve shall be given. Only one reserve is allowed. A "point" for the opposing team occurs for the following service faults:
  - I. Ball does not pass over net.
  - II. Ball touches teammate or any other object before crossing net.
  - III. Ball touches wall or ceiling.
  - IV. Ball lands out-of-bounds.
22. If a team serves out of order, their opponents shall receive a point and the serve. The team in violation will lose serve and any points scored while serving out of order. The players of the team at fault must take their correct positions.
23. At the time the ball is contacted for the serve, the players on the court must be in their proper order. This means you must rotate every time your team has a side out.
24. The player receiving a served ball may not spike or block a serve above the height of the net.
25. A setting action which resulted in a double contact is permitted during a served ball.

## **Playing the game**

26. Each team is allowed three successive contacts of the ball in order to return it.
27. The ball may be hit with any part of the body. A volleyball can be kicked or hit any part of the body.
28. No holding or carrying may be involved.
29. Touching a ball above the height of the net in an attempt to block does not count as one of the three hits allowed; the same player may make the first contact during that play.

30. When the ball visibly comes to rest momentarily in the hands and arms of a player, it is considered as having been held. Scooping, lifting, pushing, or carrying the ball are forms of holding.
31. If, after simultaneous contact by opponents, the ball falls out-of-bounds, the team on the same side shall be deemed as having caused it to go out-of-bounds.
32. When two players of the same team simultaneously contact a ball, it is considered one contact and either player may make the next contact.
33. A player is not allowed to attack the ball on the opponent's side of the net.
34. A ball must break the plane of the net before an opponent may contact it or if no play by the attacking team can be made.
35. **THE TEAM WILL ROTATE EACH TIME THEY WIN THE SERVE. PLAYERS ROTATE IN A CLOCKWISE MANNER.**

### **Blocking**

36. A block is considered legal when a player's hand is above the height of the net and touches or deflects the ball while it is above the height of the net. A player's hand below the height of the net is not considered a block but is considered the first hit and the team has 2 remaining hits left.
37. The team that has participated in a block shall have three additional contacts after the block.
38. Any player participating in a block shall have the right to make the next contact, such contact counting as the first team hit.
39. Blocking a served ball is prohibited.
40. It is legal to block a ball on the opponent's side of the net provided, in the opinion of the official, the trajectory of the ball would have caused it to break the plane of the net.
41. A blocked ball is considered to have crossed the net.

### **Play at the net**

42. If a player's action causes him/her to contact the net during play, accidental or not, with any part of body or clothes, that player shall be charged with a fault.
43. If the ball is driven into the net with such force that it causes the net to contact a player, such contact shall not be considered a fault.
44. If opponents contact the net simultaneously, it shall constitute a double fault and a replay shall be awarded.
45. Crossing over the centerline and contacting the opponent's playing area with any part of the body is a fault. The whole foot must be completely over the centerline in order to be a violation.
46. If the ball, in any way, makes contact with the antenna, it is out. If the ball sails outside of the antenna, it is out.

### **Violations**

47. A violation will result in a point.
48. A violation shall be declared when:
  - I. The ball touches the floor.
  - II. The ball is held, thrown, or pushed.
49. A team has played the ball more than three times consecutively or a player touches the ball twice consecutively
50. A team is out of position at serve
51. A player touches any part of the net
52. a player crosses the centerline and contacts the opponent's playing area
53. A ball lands outside the court or touches any object outside the court
54. A player reaches under the net and touches the ball or an opponent while the ball is being played by the opposite team
55. The game is delayed persistently

56. Illegally served ball or service fault
57. The ball touches or sails outside the antennae
58. A player intentionally hits the ball while the ball is on the other side of the net
59. If a player who is back row jumps and attacks the ball in front of the ten foot line. If a back row player attacks the ball they must be standing on the ground or be behind the 10 foot line before they jump to attack the ball.

### **CO-ED RULES**

60. Two females must be on the court to start the game and at all times.
61. At no time during the game, males may exceed females by more than one.