



CAMPUS RECREATION

Illinois State University

Intramural 4v4 Volleyball

RULES OF PLAY

Please consult the Intramural Sports Participant Handbook for the complete list of Intramural Sports policies.

National Federation of State High School Associations rules will in effect except for the following modifications:

Location

- Games will be played at McCormick Gym.
- Please give yourself plenty of time to get to your games ahead of schedule. Remember that all team members must be signed in and ready to play at game time to avoid a forfeit.

General Information

- Prior to Game Time:
 - Players must check in at the court they are scheduled to play. Valid Redbird IDs must be presented at check-in – this is the only acceptable form of identification.
 - Captains should ensure that all players have removed jewelry
- NO ALCOHOL OR TOBACCO is allowed at any Intramural Sports venue. Anyone found consuming alcohol or using tobacco products will be asked to leave the facility and may face additional disciplinary action. Participants and/or spectators who appear to be under the influence will be asked to leave.

Schedule

- Minor Sports will be structured as a two game regular season followed by a single elimination playoff for all teams.
- If your team is unable to make it to your game, be sure to contact the Intramural Sports Office at intramuralsports@ilstu.edu by 2:00pm the day of your game (if your game is scheduled during the weekend, you must contact the Intramural Sports Office by 2:00pm the Friday before your game). This will enable your team to be credited with a default rather than a forfeit.
- Unfortunately, Intramural Sports games can be impacted by the weather. We reserve the right to cancel, postpone, or reschedule games due to inclement weather. When inclement weather arises, Intramural Sports staff will send out cancelations via IMLeagues.
- Regular season games canceled due to inclement weather may not be rescheduled due to the limited amount of time and space to play. When playoff games are postponed due to weather, the Intramural Sports Staff will make every effort to make up all remaining games in the playoff tournament. Playoff brackets will be updated on IMLeagues to reflect the updated dates and times.

Players

- A legal team shall consist of four (4) players of any gender. A team may start a game with the minimum of three (3) players of any gender.

- A speaking captain must be designated for each team. They alone may appeal to the official about interpretations of the rules. Judgment calls may not be protested. If a protest occurs, the game is to be stopped immediately and proper documentation must be filled out before play resumes.

Eligibility

- Please reference the Intramural Sports Participant Handbook for any eligibility clarification.

Playoffs

- In order to make the playoffs, teams must meet the following criteria:
 - The team must maintain at least a 3.5 team sportsmanship rating throughout the season.
 - Team must finish in the top half of the standings of their league.
 - No team that forfeits any regular season game will be allowed to participate in the playoffs.
- Teams are able to add players to their roster at any point, including playoffs.

Equipment

- **No jewelry is permitted during play.**
- Each team is encouraged to bring a volleyball to use for warmups. Intramural Sports will provide game balls.
- All players must wear athletic shoes with non-marking soles.
- Head decorations, headwear, and bandanas are illegal. Only elastic headbands and hair control devices are permitted.
- No casts, splints, and metal braces will be allowed unless they have been sufficiently padded.
- **NOTE:** You must schedule an appointment with a Competitive Sports Administrator prior to playing if you have a special equipment need (i.e. religious or medical). All equipment decisions made on site by the Intramural Sports staff on duty shall be final.

Game Regulations

- Each match will be a best of three series. The first two games shall be played to 25 points and the third to 15 points using rally scoring. Teams must win by two (2) points with a cap of 30 for the first two games and 20 for the third game.
 - Teams will switch sides when a team first reaches eight (8) points during the third game.
- A coin toss before the first game will determine which team will serve to begin the match. The winner of the coin toss has the option to serve, receive, or choose a side. Service and side will alternate for the second game, with the team receiving in the first game serving to begin the second.
- If a player touches the ball or the ball touches a player (other than a block), it is considered as a hit. If players touch the ball simultaneously, it is considered as one hit. After teammates hit the ball simultaneously, either player may play the ball again.
- A player may not make successive hits of the ball, except after playing an attack and touching the ball on a block attempt.
- A ball touching any part of the boundary line is in-bounds. It is permissible to run out of bounds to play a ball as long as no hazards are encountered.
- Players may step on the centerline when making a play, but no part of their body may cross the centerline.
- Players are not permitted to hold or scoop the ball. The ball cannot visibly come to rest on the player's hands, fingers, or any other part of the body.
 - A ball, except on a service, may be recovered from the net provided a player avoids contact with the net and does not hold or scoop the ball.
- Players' Positions:
 - At the moment the ball is contacted by the server, each team must be within its own court (except the server). Players are free to position themselves anywhere within the court as long as there are two back-line players.

- There are no rotational faults. Players are free to position themselves anywhere within the court. Players need only serve in the proper order.
- Back-line players **may not** spike, attack, or block in front of the 10-foot line.
- Serving:
 - A serve must be clearly hit and not pushed or thrown.
 - Serves may be underhand or overhand.
 - The ball must be served from behind the service line.
 - A service that hits any part of the net is legal and playable.
 - A serve cannot be blocked or attacked (spiked) by the receiving team.
- Balls that hit the ceiling or any other obstruction may be played provided that the ball comes down on the side of the team that hit the ball into the obstruction, and that team has another legal hit available.

Grace Period

- If at game time a team is not ready for play, a 10 minute grace period will be automatically enacted.
 - Step 1 - 0 – 9:59 minutes, a team which is not ready to play will be penalized and start the game down 10-0 and cannot receive more than a 3 sportsmanship rating.
 - Step 2 – Competitive Sports Supervisor will call forfeit at the 10 minutes if a team is not ready for play (dressed, on the court, signed in) mark and a forfeited team will receive a 0 sportsmanship rating.

Minutes Late	Penalty	Sportsmanship
0-9:59 minutes	Down 10-0 in first game	Max 3
10 minutes	Forfeit	Max 0

Mercy Rule

- There will be no mercy rule in Intramural Volleyball

Substitutions

- Substitutions will be unlimited, but only at the server position.
- When a player comes late to a game that has already started, that player may only enter the game when their team holds the serve.

Sportsmanship

Intramural Sports has developed a sportsmanship rating system that is intended to be an objective scale utilized by the Intramural Sports team members to evaluate attitude and behavior throughout each Intramural Sports contest. After each game, the Officials will rate each team on their sportsmanship before, during, and after each Intramural Sports game. To be eligible for the playoffs each team must average a “3.5” or better throughout the regular season.

A sportsmanship rating below “3” is considered ‘unacceptable’. Any team receiving an unacceptable rating will be notified via email. Any team receiving a sportsmanship rating of “1” will be required to set up a meeting with the Intramural Sports Office prior to their next scheduled contest. Failure to do so will result in the forfeiture of any subsequent games. The Individual(s) who are removed from play for poor sportsmanship will receive at least a one game suspension be suspended from all Intramural Sports activity until meeting with Intramural Sports Pro Staff where further consequences may be determined.

Teams receiving an unacceptable sportsmanship rating in the playoffs will be eliminated regardless of the outcome of the game. An unacceptable rating in the playoffs will result in that team’s removal from the tournament.

Scale Description

- 5 Excellent Conduct and Sportsmanship - The team shows good sportsmanship and cooperates with the opposing team or Competitive Sports Team Members. There are no major complaints or conduct-related penalties. The team is under control without any need for captain intervention.
- 4 Good Conduct and Sportsmanship - The team still shows cooperation with officials and opponents but may have some complaints and grumbling. There are no blatant displays of bad attitude. The captain is in control of the team and there are no warnings, yellow cards, or conduct-related penalties.
- 3 Average Conduct and Sportsmanship - The team shows momentary lack of cooperation with officials, opponents, or supervisor. There may be consistent complaining but no excessive display of bad sportsmanship. Captain mostly has control of the team.
- 2 **This is an unacceptable rating.** Below Average Conduct and Sportsmanship - Team constantly comments to the Competitive Sports Team Members and/or opposing team from the field and/or sidelines. Poor sportsmanship may include non-verbal and verbal dissent towards Competitive Sports Team Members and/or the opposing team, which may or may not merit sport specific, conduct-related penalties.
- 1 **This is an unacceptable rating.** Poor Conduct and Sportsmanship - Captain has no control over teammates and/or themselves. Team is completely uncooperative and poorly represents themselves and the Illinois State Intramural Sports Program. Teams, including fans, receiving multiple yellow cards, a red card, unsportsmanlike penalties, technical fouls, or an ejection will receive no higher than a "1" rating.

If a team feels that they have been rated unfairly during the game, they may file a protest by emailing the Intramural Sports office at intramuralsports@ilstu.edu.