Intramural Sports Policies and Procedures

Eligibility
Eligibility rules for Intramural sports are designed to provide an opportunity for everyone to participate in a safe, balanced, and fair competition. The rules listed below cannot provide for all possibilities; therefore, the Intramural staff reserves the right to rule on the eligibility status of participants not covered specifically by the following rules. It is important that all participants observe the rules equally so that no team or individual may gain an advantage over those abiding by the rules. Each participant is responsible for the verification of his/her own eligibility. Each team manager is responsible for the eligibility of his/her team members.

A. All participants must be current WCU undergraduate, graduate, faculty/staff, faculty/staff spouses and domestic partners
   a. Student and Faculty/Staff spouses and domestic partners must obtain a CatCard and pay $10 per semester to Campus Recreation and Wellness to participate


C. An individual may not participate for more than one team within a division in a given sport. For example: a male may not play in Men’s A league and Men’s B league, but is allowed to play on a Men’s team and a Co-Rec team. Exception: A player may only be released from a team if they first played for a team in their first regular season game and have not since played for another team or in another game

D. Any person who is a member of a varsity or junior varsity squad, red shirt freshmen, practice squad, walk on, shall not be eligible to participate in that sport or corresponding sports. (see participant handbook). Varsity athletes are considered as such during the entire academic year.

E. Varsity athletes may compete in non-corresponding sports however the number of varsity athletes allowed on each team is limited in each sport.

F. Club sports athletes are identified as those appearing on the club sport roster or waiver form. They are still considered as such one semester after they last appear on the roster or waiver.

G. In order to participate for a fraternity or sorority an individual must be associated with that organization as a member or member going through process

H. Consequences for using an ineligible player(s):
   a. The team shall forfeit all contests in which the ineligible individual(s) played.
   b. Players participating illegally are referred to the Assistant Director of Intramurals Sports for further disciplinary action.

Reschedules
A. The rescheduling option is only available if there are open times. No guarantees.
B. Requests for open game times and rescheduling games will only be taken or completed during business hours. (Monday-Friday)

C. The Associate Director has to talk with both captains before a reschedule is confirmed and this must be done by noon the day of the game or by 4pm on Fridays for Sunday games.

D. Do not assume a game is rescheduled, unless confirmation has been given by the AD of IMs

Forfeits
A. Teams or individuals not ready to play with enough players present to start the game based on the

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rules for the sport in question, within 10 minutes after the scheduled time for the contest, will lose by forfeit.
B. A team claiming an at game time forfeit must be present at the scheduled game time and ready-to-play with the minimum number of players needed for the specific sport.
C. Teams arriving late for a scheduled contest, but within the 10 minute forfeit time, will be assessed a penalty (see rules below for penalty)
D. If neither of the teams arrives by the scheduled game time, the game will be recorded as a double forfeit and each team will be given a loss and a forfeit on their record.
E. If a team has two forfeits, or two defaults, or one forfeit and one default, they are dropped from further competition.
F. Playing with ineligible players will result in a team receiving a forfeit

Protests
A. The team manager must file all protests with the Intramurals sports Supervisor/official at the time a question occurs.
B. Only protests that concern rule interpretations, policy and procedure, or player eligibility will be considered.
C. Rule interpretation protests:
   a. PROTESTS THAT CHALLENGE THE ACCURACY OF A JUDGEMENT CALL BY AN OFFICIAL/SUPERVISOR WILL NOT BE ACCEPTED.
   b. Rule protests must be filed at the time a question occurs and will be settled at that time by the Supervisor (before the next play).
   c. NO contests or portions thereof will be replayed due to improper rules enforcement. If you have a question captains, please ASK it.
   d. The IM Supervisor will record all protests that challenge rule interpretation.
D. Player eligibility protests
   a. All players eligibility protests must be filed by a formal written protest.
   b. Regular season can be filed before, during or after the game.
   c. Playoffs must be filed before the game begins or when the player in question arrives
   d. Eligibility protests will be decided at the time the question is raised whenever possible.
   e. Players found to be ineligible after the contest will result in that contest being forfeited and/or that player being suspended.
   f. See participant handbook for further protest procedures

Conduct
The Intramural Sports program promotes positive sportsmanship at all contests and activities.
Unsportsmanlike conduct includes actions, which are unbeknownst to an ethical, fair, and honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting. No alcohol, chewing, dipping, smokin tobacco is allowed during an intramural activity or any playing facility.

Ejections
A. Any player ejected from a game must leave the facility immediately and will be suspended from participating in all Intramural Sports activities as well as suspended from the CRC. The ejected player must then make an appointment with the Assistant Director of Intramural Sports to determine the length of suspension and any other sanctions. The following actions can result in ejections from Intramural Sports:
   a. Use of Tobacco and/or Alcohol during event
   b. Unsporting conduct/fighting of any kind
   c. Constant bantering, disrespect or disregard of officials or intramural sports staff

For any additional information on eligibility, forfeits, protests, policies and procedures, please see the Intramural Sports 2014-2015 Participant Handbook, which can be viewed online at reccenter.wcu.edu or imleagues.com/wcu.
Volleyball Rules

All games will be governed by the 2014-2015 National Federation of High Schools rules with the following Intramural Sports modifications. The Intramural Sports program reserves the right to put into immediate effect any new sport rule changes or modifications based on eligibility, league and tournament structure, or participant safety.

I. Rosters
A. Catcards are required. NO I.D. = NO PLAY! No exceptions!
B. Each Men’s, Women’s, and CoRec team shall consist of six players. Minimum of 4 players are needed to avoid a forfeit.
C. Teams checking in players after a game starts must use a timeout.
D. Maximum roster size is 14
E. Restricted players: must compete at the highest level of play (Competitive)
   i. Club Players – Teams are only allowed two club players on entire roster. Check with Assistant Director regarding club sport status and eligibility
   ii. Varsity Athletes - Teams are only allowed two varsity athletes (non volleyball) on entire roster. Check with Assistant Director regarding varsity status

II. Equipment
A. Intramural Sports will provide a game ball for each scheduled contest. Teams may opt to play with a different ball if both teams agree
B. All players must wear athletic attire and shoes. (no sandals, boots, or boat shoes).
C. Hats or caps with bills and bandanas that are tied with a knot are not permitted
D. Jewelry: No metal, hoops, bars rings or necklaces. Studs and bracelets all must be taped down or taken off. The IM Staff will not provide tape. All equipment and jewelry decisions are at the discretion of the supervisor
E. Players wearing a cast or splint will not be allowed to play

III. Match Format
A. The match consists of best two out of 3 sets. First two sets are to 25 points (win by 2 or a 27 point cap). If a third set is needed, this set shall be played to 15 points (win by 2 or 17 point cap). Rally scoring is used the entire match.
B. Time outs: Each team shall be permitted 1 timeout per set. Timeouts do not carry over from one game to the next. Time-outs shall be no longer than 30 seconds.
C. Option: A coin toss at the beginning of the match will determine which team receives the choice of serve/receive or choice of side for the first set. The loser of the toss receives the remaining option. The team not serving first in the first set shall serve to start the second set. In the event of third set, a second coin toss will determine the choice of first serve or side.
D. Teams shall change sides of the court for the second set. Teams shall not change sides of the court in the middle of the third game.
E. Late Penalty: teams not ready at game time with minimum # of players will incur a penalty
   i. Early teams option and one point for every minute late, per set
   ii. 10 minutes: Forfeit (score of 2-0, Sets - 10-0, 10-0)

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IV. Positions of Players

A. A team must rotate clockwise following a side-out
B. Substitutions – substitutions occur by the following methods:
   i. Type 1- A player may only enter in his/her original position in relation to other teammates each set and only for that same player.
   ii. Type 2 - Teams may use all players by substituting at each rotation, the player must enter at the back middle position.
   iii. Substitutions are unlimited and may be made only when the ball is dead. All substitutions must be made within a 15-second time limit.
   iv. Teams must declare their substitution pattern before each game. This will be indicated on the score sheet.
C. Server: The server shall serve from within the serving area and shall not touch the lines bounding this area or the floor outside this area at the instant the ball is contacted during the serve. Part of the server’s body may be in the air over or beyond these lines, as long as the contact with the line or floor comes after the contact of the ball being served.
D. Position of Players at Service: At the time the ball is contacted for the serve, all players (except the server) shall be within the team’s playing area and may be in contact with the boundary lines but may not have any part of the body touching the floor outside those lines. The position of players on the court must conform to the service order recorded on the score sheet.
E. Overlapping: A back row player’s position may not overlap with a front row player’s front-to-back, nor two players overlap side-to-side prior to serve. After the ball is contacted for the serve, players may move from their respective positions.
F. Screening: At the moment of service it is illegal for players of the serving team to raise their arms for the purpose of forming a screen with which to mask the server’s action, or to jump, or form a group of two or more players for such purpose.
G. Libero: The libero will not be used
H. Back Row Players:
   i. A back row player may not participate in a completed block.
   ii. When returning the ball to the opponent’s side while in front of the 10 ft attack line, the player must contact the ball when at least part of the ball is below the top of the net.
   iii. The restriction does not apply if the back row player jumps from clearly behind the attack line and after contacting the ball, lands on or in front of the line. On any illegal back row attack (whether first, second, or third hit), the ball shall become dead and a fault called when the ball passes completely beyond the plane of the net or is contacted by the opponents.

V. Serving

A. The server may strike the ball with his/her hand hand in any manner.
B. The server shall have 5 seconds after the official's ready-whistle in which to release or toss the ball to serve
C. The serving area will be any point behind the end line (excluding the end line) between the two sidelines.
D. The server cannot step on or over the back line until the ball is contacted
E. If the ball is served before the official's whistle and signal, the serve shall be cancelled and a re-serve directed.
F. The ball may touch the net while crossing it on a serve
G. A player may not serve out of turn. An out of turn service may be called by the scorer or by the opponent’s captain or coach. If this is then verified by the scorer or officials, the points made on this service shall be canceled and side out declared. If opponents serve before the out of turn service is called and verified, there shall be no loss of points. In either case, players shall regain their proper positions.

H. It is illegal for the receiving team to block a serve or attack a serve above the height of the net in front of the attack line.

I. Rotation shall be in clockwise direction and must happen after every side out.

J. A served ball is a service fault and becomes a dead ball when:
   i. The ball passes under the net
   ii. The ball touches one of the servers teammates
   iii. The ball does not cross the net entirely between the net antennas or lands out of bounds
   iv. The ball touches the ceiling or any obstruction

VI. Playing the Ball

A. Each team is limited to a maximum of 3 hits on its side of the net.

B. For adjacent courts, no player or ball may enter or break the plane of the adjacent court before, during, or after playing the ball.

C. Any ball contacting and crossing the net shall remain in play, however the ball must be played within the net antennas.

D. Lifting, carrying the ball and underhand slapping of the ball are illegal hits.

E. Players may contact the ball with any part of their body as long as the ball does not visibly come to rest or prolong contact with a player’s body.

F. A replay will be called and the point replayed when players on opposing teams commit fouls simultaneously.

G. Simultaneous Contacts: this involves more than one contact of the ball made at the same time.
   i. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
   ii. When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit). Any player may make the next hit.
   iii. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.

H. Successive Contacts: two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not make successive contacts of the ball unless there is:
   i. Simultaneous contact by teammates.
   ii. Simultaneous contact by opposing players.
   iii. Successive contacts by a player whose first contact is a block (then the second contact shall count as the first hit by the player’s team).

I. Multiple Contacts: Multiple contacts of the ball are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:
   i. When the ball rebounds from one part of the player’s body to one or more other legal parts in one attempt to block or dig the ball.
ii. On any first team hit, whether or not the ball is touched by the block

VII. Inbounds/Out of Bounds
A. If any part of the ball contacts the boundary lines, the ball is considered in.
B. The ball will be out-of-bounds if it touches any part of the walls. A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play, provided that the ball contacts the ceiling or obstruction on the side of the net that is occupied by the team that last played the ball, and the ball is legally played next by the same team.
C. Any ball that contacts any part of a backboard or support is considered out. When, in the judgment of the official, the ball would have remained in play had the backboard not been over the playable area, a replay is granted.

VIII. Net Play
A. A player shall not contact any part of the net or its supports while the ball is in play. If a player inadvertently touches the official's platform or net supports (other than rope cable) it is not a foul. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players it is not a foul.
B. A ball may be played from the net provided that a team still has at least one of its three hits remaining.
C. A player may step on, but not over, the center-line under the net.
D. The centerline may not be touched/crossed by any part of the player's body other than his/her hand or foot. An attacker must contact the ball on their side of the net, but may follow through over the net. If a player is on the floor and they contact the centerline with their hand or i.e. shoulder that is considered illegal.
E. When returning the ball to the opponent’s side of the net, a player may follow through over the net, providing he/she first contacts the ball on his/her own side of the net. A player shall not contact a ball that is completely on the opponent’s side of the net unless the contact is a legal block.
F. Blocking a ball that is completely on the opponent’s side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
   i. The attacking team has completed its three allowable hits.
   ii. The attacking team has had the opportunity to attack the ball, or in the official's judgment, directs the ball with intent to return it to the opponent’s
   iii. The ball is falling near the net and, in the official’s judgment no member of the attacking team could make a play on the ball.

IX. CoRec Modifications
A. The maximum line up consists of 3 women and 3 men. Minimum line up consists of 2 men and 2 women or 3 women and 2 men or 3 men and 2 women.
B. Substitutions must be male-for-male and female-for-female.
C. The serving order and positions on the court shall alternate male and female.
D. There are no restrictions on males or females at the net.
E. If a team hits the ball three times, the ball must contact both genders before it may be legally returned over the net, (any combination of hits). Two guys or two girls can hit the ball over on two hits.

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