Policies and Procedures

Additions and revisions are highlighted in grey

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.
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)
E. Varsity athletes may compete in non-corresponding sports however the number of varsity athletes allowed on each team is limited in each sport. (see participant handbook for eligibility)
F. A member of a club sports team may participate in a corresponding sport but are restricted to the highest competition level and limited to either 1 or 2 players per team (see below rules)
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 assistant director has to talk with both captains before a reschedule is confirmed and this must be done by 5pm the day before the original game or reschedule game time
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 rules for the sport in question, within 10 minutes after the scheduled time for the contest, will lose
Volleyball

imleagues.com.

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

Ejections
Any player ejected from a game must immediately leave the playing facility and will be suspended from participating in all Intramural Sports activities as well as their CRC access denied. 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. Unsportsing 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 2013-2014 Participant Handbook, which can be viewed online at reccenter.wcu.edu or imleagues.com.
Sand Volleyball Rules

All games will be governed by the 2013-2014 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. Each Men's, Women's, and CoRec team shall consist of four players. Minimum of two players are needed to avoid a forfeit.
   B. Teams checking in players after a game starts must use a timeout.
   C. **Maximum roster size is 10**
   D. **Restricted players:** must compete at the highest level of play (Competitive)
      i. Club Players – Teams are only allowed one club player. Check with Assistant Director regarding club sport status and eligibility
      ii. Varsity Athletes - Teams are only allowed one varsity athlete (non volleyball) Check with Assistant Director regarding varsity status and eligibility
   E. **Substitutions:** Unlimited substitutions are allowed as long as one player does not occupy more than one position in the service order during a single set. Abnormal substitutions may be allowed in case of injury.

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 proper athletic attire.
   C. Hats, visors, sunglasses are allowed
   D. Only stud earrings are allowed. All other jewelry must come taken off. Exception: medical alert bracelets are permitted, if they are taped down.

III. Game Format
   A. The match consists of best two out of 3 sets. The first team scoring 21 points (win by 2 or a 23 point cap) will be declared winner. 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. It is not necessary for a team to be serving to win the game.
   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. In the 2nd game, the losing team has first option.
   D. **Court Switches:** Teams switch after every 7 points (set 1 & 2) and 5 points (set 3) played. During court switches the teams must change immediately without delay.
   E. **Late Penalty:** teams not ready at game time with minimum # of players will insue a penalty
      i. Early teams option of ball and one point for every minute late, per set
      ii. 10 minutes: Forfeit (score of 2-0, Sets - 10-0, 10-0)
IV. Serve and Rotation
A. Teams must establish a service order and maintain it throughout each game.
B. A serve can take place anywhere behind the back line.
C. The server has five (5) seconds to serve the ball after announcing the score. The server must release the ball out of his/her hands before contacting it on the serve.
D. The server cannot step on the service line to serve, or step over the service line until the ball has been contacted.
E. Blocking or attacking a serve is illegal. If the ball has passed the vertical plane of the net, a serve may not be contacted above the height of the net.
F. There is no player rotation and players may play in any position on the court.

V. Playing the Ball
A. Number of Contacts with the Ball: Up to three successive contacts with the ball are allowed each team in order to play the ball over the net and into the opponent’s court. Contacting the ball with any part of the body is legal as long as it is not lifted.
B. Player Contact: A player may touch the ball with any part of the body.
C. Blocks: In blocking, the player may place his/her hands and arms beyond the net provided that action does not interfere with the opponent’s play. The player is not permitted to touch the ball beyond the net until the opponent has made an attack-hit. A block does not count as a hit.
D. Multiple Contact by Blockers: A blocker who makes only one attempt to play the ball during the block may make multiple contacts with the ball during such play. This applies to a block attempted by more than one player, as well. Following a block, the same player may participate in the next play. This second play on the ball will count as the first of three hits allowed to a team.
E. Successive Contacts: A player may not contact the ball consecutively except during or after blocking or at the team’s first contact.
F. Simultaneous Contact by Teammates: When two non-blocking teammates touch the ball simultaneously, it is considered one contact and any player may make the next contact. When two blocking teammates touch the ball simultaneously, it is not counted as a contact and any player may make the next contact.
G. Simultaneous Contact by Opponents: If two opponents simultaneously and instantaneously contact the ball over the net, the ball remains in play and the team receiving the ball is entitled to another three hits. If such a ball lands “out”, it is the fault of the team on the opposite side of the net from where the ball lands.
H. Multiple Contacts of First Play of the Ball: Multiple contact of the ball will be legal on any play that meets all of the following criteria:
   i. It counts as the first of three hits.
   ii. There is a single attempt to play the ball.
   iii. A player may legally double-hit a serve reception, the dig of a spike, a retrieval of a block (whether blocked by an opponent or a teammate), or even a “free ball”. The speed of the ball is of no consequence. Lifts, carries, held balls and balls which visibly come to rest are still illegal.
I. Holding the Ball: If a player holds, scoops, lifts, pushes or carries the ball momentarily, holding will be called. A ball is good when hit cleanly from underneath with one or both hands.
J. Definition of a Set: A contact of the ball using the fingers of one hand or both hands to direct the ball toward a teammate. A player may set the ball in any direction toward his/her team’s court.
K. **Dinks/Tips:** One handed placement or redirection of the ball with the fingers is a fault. When contacting the ball with one hand, other than for setting the ball toward a teammate, the ball must be cleanly hit with the heel or palm of the hand (a “roll shot”), with straight, locked fingertips (a “cobra”), knurled fingers (a “camel toe”) or with the back of the hand from the wrist to the knuckles.

VI. **BOUNDARIES/NET PLAY**
   A. If any part of the ball contacts the boundary lines, the ball is considered in.
   B. No antennas are used; the posts act as the antennas for all purposes.
   C. The ball may touch the net while crossing the net. A serve that touches the net is in play.
   D. Players may not touch the net at any point. Incidental contact from hair or shirt does not constitute touching the net. If the ball is hit into the net and pushes the net into a player, the player is not in the net.
   E. Players may partially or completely cross the centerline below the net or outside the poles, before, during or after a legal play of the ball, provided that this does not interfere with the opponent’s play.
   F. Players may recover the ball out of the net.
   G. Recovering the ball that is hit into or out of the net is legal.
   H. All players may attack the net. No back row players need to be designated. NOTE: it is important to keep your team in the correct service order.

VII. **COREC MODIFICATIONS**
   A. The maximum line up consists of two women and two men. Minimum line up consists of 1m:2f, 2m:1f, or 1m:1f.
   B. Substitutions must be male-for-male and female-for-female.
   C. The serving order 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 have contacted both genders before it may be legally returned over the net. (any combination of hits)

*REVISED 7/13*