

# University of Houston-Downtown Intramural Volleyball (Co-Rec) Rules

## **INTRAMURAL SPORTS HANDBOOK**

The intramural sports program is governed by the UHD Sports & Fitness Intramural Sports Handbook. It is too comprehensive to include here but participants are expected to familiarize themselves with it and adhere to its contents.

## **ELIGIBILITY**

UHD intramural co-rec volleyball is open to current students, faculty, staff, and UHD Sports & Fitness members. Each individual is required to turn in his/her valid UHD ID before every game to the scorekeeper. An ID must also have a REC sticker on it indicating that he/she has completed an Assumption of Risk form. The forms are available at each entrance of the Student Life Center.

## **GAME REGULATIONS**

UHD intramural co-rec volleyball games will be conducted under the rules of USA Volleyball with some intramural exceptions:

**NUMBER OF PLAYERS** – Six (6) players, composed of at least two (2) men and (2) women, shall constitute a complete team. A maximum of four (4) men or four (4) women may be on the court at one time. The maximum for a team roster is ten (10) players. Teams not ready to play with at least five (5) players consisting of at least one (1) man and (1) woman will be forfeited.

**UNIFORMS** – All players on a team must wear similar color jerseys (except libero players if used; see libero player). Jerseys must have minimum six ( 6 ) inch numbers on front and eight ( 8 ) inch numbers on back. Teams without appropriate jerseys may use jerseys provided by Sports & Fitness. No caps are permitted. Bandanas and sweatbands are permitted. No rings or dangling jewelry is permitted. UHD Sports & Fitness reserves the right to make the final judgment call on any uniform disputes.

**LENGTH OF GAME** – All regular season matches shall be two ( 2 ) games. In the two games, the winning team must reach 21 points and must win by two ( 2 ) points. In the event of a 20 – 20 tie, play continues until a two point advantage is reached or until a team scores 23 with a one ( 1 ) point advantage ( 23 point cap ). Rally scoring will be used (points awarded on any serve).

**LEAGUE STANDINGS & PLAY-OFF TOURNAMENT SEEDING** – A team's position in the regular season league standings will be based on the number of games won and lost not matches. A team's play-off seeding will be determined by their regular season games won-lost record.

**BODY CONTACT OF BALL** – The ball may be hit by any part of the body and still be in play.

**UNLIMITED SUBSTITUTION** – An unlimited number of substitutions may be made during the course of a match. Substitutes must be acknowledged by the referee prior to entering the court.

**INCOMPLETE TEAM** – A team that fields a lesser number of players than their opponent will lose that number of serves as well as points whenever they complete their rotation.

**LIBERO PLAYER** – Libero players must wear a different color jersey than their teammates. Referees must be made aware of any libero players prior to a match.

## **CLARIFICATIONS –**

### **Service**

A coin toss will determine which team serves first in the first game and in any deciding game. The winner of the coin toss may choose to serve or receive, or side of court. The teams alternate first service for the second game.

Server must be acknowledged by the referee to begin service. Server must serve within eight seconds of acknowledgement or the ball is turned over to the opposing team.

The server may serve from anywhere behind the service line within the service zone.

Once the ball is tossed up for service, it must be served. The toss cannot be caught by the server in order to re-serve. Violation results in loss of serve and a point awarded to the opposing team.

A served ball that strikes the net is a legal serve provided that it lands in the opponents' court without striking areas out of bounds.

The receiving team cannot block or attack the serve when the ball's height is above the net.

The serve may be received by the receiving team with open hands and may even be set immediately.

### **Block**

The ball glancing off a player's block attempt does not count as a hit. The blocker is permitted to hit the ball immediately after a block attempt.

### **Ceiling and other Structures**

A ball shall remain in play if it contacts the ceiling or lights unless it makes contact with the ceiling or lights above the opponent's playing area or above the team's area and then crosses over into the opponent's playing area. If the ball contacts the basketball backboards/supports on a team's side, it is considered out of play unless, in the official's judgment, a player had a reasonable chance to play it. The official reserves the right to call for a replay.

### **Unsportsmanlike Conduct**

A referee may call an un-sportsmanlike conduct penalty if, in his/her opinion, a player(s) has engaged in rule violations that are contrary to the spirit of fair sportsmanship. Penalties will be called as follows: 1<sup>st</sup> offense – warning, 2<sup>nd</sup> offense – loss of 1 point (yellow card), 3<sup>rd</sup> offense – ejection of player (red card) or forfeit of game. Severe violations will be dealt with by UHD Sports & Fitness and may result in loss of Sports & Fitness privileges.