



CAMPUS RECREATION

Illinois State University

Intramural Sand 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 Cardinal Court and Tri Towers.
- 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.

Schedule

- Minor Sports will be structured as a two (2) game regular season followed by a double elimination playoff for qualifying 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 six (6) players. A team may start a game with the minimum of four (4) players.
- Coed teams may play with any combination of the following:
 - 3 males & 3 females
 - 3 males & 2 females
 - 2 males & 3 females
 - 2 males & 2 females
- A speaking captain must be designated for each team. She/he alone may appeal to the supervisor, and then only on interpretations of the rules. Games are self-officiated. Any discrepancies must be settled by team captains within 1 minute or the match will be declared a forfeit for both teams by the Competitive Sports Supervisor. 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 3.0 team sportsmanship rating throughout the season.
 - 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.
 - An additional coin toss will determine service for the third game. In the case of a third game, teams will switch sides when a team first reaches 8 points.
- For Coed play, there must always be a man and a woman positioned next to each other when there are an even number of players on the court.
- If a player touches the ball or the ball touches a player, 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 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 center line when making a play, but no part of their body may cross the center line.
- 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.
- A player may not make successive hits of the ball, except after playing an attack and touching the ball on a block attempt.
- 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.
- Spiking, Attacking and Blocking:
 - Any front-line player may spike, attack, or block.
 - Teams having less than six (6) players are still considered to have three (3) front-line players. For teams with five (5) players, the last server and the player to his/her left are back-line players. For teams with four (4) players, the player that served last is the back-line player.
 - Back-line players may not spike, attack, or block in front of the 10-foot line.

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 down one (1) game 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	Lose first game of match (1-0)	Max 3
10 minutes	Forfeit	Max 0

Mercy Rule

- There will be no mercy rule in Intramural Sand Volleyball

Substitutions

- Substitutions will be unlimited, but only at the server position.
 - Coed: Players may only substitute for players of the same gender.
- 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.

General Information

- Prior to Game Time:
 - Players must check in at the field they are scheduled to play. Valid IDs must be presented at check-in. Acceptable forms of IDs are:
 - Current Illinois State University student ID.
 - Current faculty/staff ID with photo ID.
- 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 who appear to be under the influence will also be asked to leave.

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” or better throughout the regular season.

A sportsmanship rating below “3” is considered to be ‘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.

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 may subject the offending team to further consequences as determined by the Intramural Sport Office for other Intramural Sports activities or seasons.

Scale

Description

- 5 Excellent Conduct and Sportsmanship - Captain, players, and fans all display an excellent attitude. Conduct is positive and respectful at all times, even if the opponent does not display a high level of sportsmanship. The team has winning and losing in perspective such that their conduct in all ways provides an example for the league and the program.
- 4 Good Conduct and Sportsmanship - The team shows good sportsmanship and cooperates with the opposing team, Officials, and Competitive Sports Supervisor.

- 3 Average Conduct and Sportsmanship - The team still shows cooperation with officials and opponents but may have some complaints and grumbling. Good attitude is missing on occasion but 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.
- 2 **This is an unacceptable rating.** Below Average Conduct and Sportsmanship - Team constantly comments to the Officials, Supervisor, and/or opposing team from the field and/or sidelines. Poor sportsmanship may include non-verbal and verbal dissent towards officials and/or the opposing team, which may or may not merit sport specific, conduct-related penalties such as a yellow card (futsal, soccer, volleyball, team handball), unsportsmanlike penalty (flag football), or technical foul (basketball).
- 1 **This is an unacceptable rating.** Poor Conduct and Sportsmanship - Captain has no control over teammates and/or himself/herself. 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.

*****The Intramural Sports Office reserves the right to put into effect any new ruling regarding Intramural Sports policies, procedures and unsportsmanlike conduct*****