

Any intramural policies not mentioned here may be found in the [Intramural Handbook](#). Unless specifically mentioned below, play is governed by NFHS volleyball rules. By participating in Intramural Sports, the participant agrees to abide by all Intramural rules and policies.

1. Assumption of Risk

You may suffer physical and/or mental injury from participating in Intramural Sports. There are certain risks of injury that are inherent to participation in sports and recreational activities. These types of injuries may be minor or serious and may result from the actions or inactions of themselves or others. By choosing to participate in Intramural Sports, you do so at your own risk. It is understood that most activities require a certain level of fitness and health, and that each person has a different capacity for participating in these activities. Participants of Intramural Sports are highly encouraged to have a physical examination and procure health insurance prior to play. UC Campus Recreation does not provide health insurance.

Intramural Supervisors undergo concussion recognition training. In the instance a participant is exhibiting any signs or symptoms of a concussion as a result of a head injury sustained during intramural play, he or she will be removed from the activity. This individual must provide a physician's note clearing the individual to play by a specific date. This note may be e-mailed to intramural@uc.edu or faxed to 513-556-0601.

2. Sportsmanship

Following each game, each team will receive a sportsmanship rating between 0.0 and 4.0. In order to qualify for playoffs, teams must obtain a 3.0 or higher sportsmanship average during the regular season.

4.0	Always respectful to officials and opposing team. No complaining or arguing.	No unsportsmanlike penalties.
3.0	Usually respectful to officials and opposing team. Minimal arguing or complaining about officials.	Maximum one (1) unsportsmanlike penalty.
2.0	Moderately disrespectful to officials and/or opposing team. Moderate arguing or complaints about officials.	Multiple unsportsmanlike penalties OR Maximum one (1) ejected player
1.0	Frequently disrespectful to officials and/or opposing team. Frequent arguing or complaints about officials. Any contact or provocation of officials.	Multiple ejected players or one (1) player involved in a fight.
0.0*	Player(s) out of control. Excessively disrespectful to officials and/or opposing team. Excessive arguing or complaints about officials.	Multiple players involved in a fight. Destruction or abuse of property.

* A team that receives a "0" rating will be suspended from competition until its captain meets with the Assistant Director or Coordinator of Intramural Sports. The team may be removed from competition.

3. Eligibility

- 3.1. **To be eligible for intramural sports, each player must possess an active membership to the University of Cincinnati Campus Recreation Center AND be a current University of Cincinnati student (enrolled in at least one (1) credit hour), faculty, or staff member.**
- 3.2. Participants may participate on one (1) coed and one (1) non-coed team per sport, per season. Substituting for another team in the same league is prohibited and may result in game forfeiture and/or player suspension.
- 3.3. Varsity and Club Sport Rules
 - 3.3.1. Competitive club sport players and former varsity athletes may not participate on an intramural B (recreational) league team in the same or a similar sport as their club/varsity sport.
 - 3.3.2. For sports with five (5) or more players on the playing field at one time, a team is limited to two (2) competitive club sport participants (in the same or similar sport) on its' roster.
 - 3.3.3. For sports with four (4) or less players on the playing field at one time, a team is limited to one (1) competitive club sport participant (in the same or similar sport) on its' roster.
 - 3.3.4. Current varsity athletes are not allowed to play on an intramural team of the same or a similar sport as their varsity sport.
 - 3.3.5. Former varsity athletes must sit out 365 days from last appearing on a varsity roster to be eligible to play in the same or similar sport as their varsity sport. Teams are allowed one (1) former varsity athlete (in the same or similar sport) per roster.

4. Equipment

- 4.1. Jewelry is prohibited across all intramural sports. This includes, but is not limited to, piercings, necklaces, rings, wrist fitness trackers, watches, and bracelets.
- 4.2. Medical jewelry is allowed but must be taped down.
- 4.3. Billed hats are prohibited in all sports except softball.
- 4.4. Athletic clothing and footwear is required. Prohibited items include, but is not limited to: jeans, cargo pants/shorts, skirts, loafers, open-toed shoes, and boots. Indoor sports require non-marking footwear. For outdoor field sports, detachable or metal cleats are prohibited.
- 4.5. Any casts, braces, or other protective equipment must be padded and secure.

5. Teams, Players, and Rosters

- 5.1. A team may have up to 12 players on its' roster.
- 5.2. A team may play with up to four (4) players on the court. The minimum number of players required on the court is three (3).
- 5.3. Coed teams playing with four (4) players on the court must have equal amounts of each gender on the court. Coed teams playing with three (3) players on the court may have two (2) of one gender and one (1) of the other gender on the court.

6. The Court

- 6.1. Boundary lines are considered in bounds.
- 6.2. The following plays are considered out of bounds:
 - 6.2.1. Any ball that contacts an antenna, or any part of the net outside the antennas (net, officials, official's stand).
 - 6.2.2. Any ball hit over the net, outside the antennas.
- 6.3. Any ball that strikes a wall, partition, track, out of play person or object.
- 6.4. A ball that strikes the ceiling is still considered playable, as long as it remains on the side of the team that last played the ball and is legally played by the same team.
- 6.5. A ball that strikes a basketball backboard and/or hoop will be replayed, provided a player is in reasonable position to play the ball.
- 6.6. It is legal to touch the center line when making a play. It is illegal to completely cross the center line with a hand, foot, or other body part.
- 6.7. If a ball from another court comes into the field of play, the official will immediately stop play and signal a replay.

7. Game Timing, Timeouts, and Scoring

- 7.1. All matches will be rally scoring.
- 7.2. A match will consist of the best two (2) out of three (3) sets. The third set will only be played if necessary.
- 7.3. The first two (2) sets will be played to 25 points, win by two (2). However, there is a 30-point cap.
 - 7.3.1. If a game is tied 29-29, the winner of the next point wins the set.
- 7.4. The third set will be played to 15 points, win by two (2). However, there is a 15-point cap.
 - 7.4.1. If a game is tied 14-14, the winner of the next point wins the set and match.
- 7.5. Each team is allowed one (1) time-out per set. Timeouts do not carry over between sets.
- 7.6. A coin toss in the initial captain's meeting will determine who decides serve/receive and side.
- 7.7. A forfeit is declared if a team does not have four (4) eligible players at 10 minutes after the scheduled game time.
- 7.8. Late penalties – Teams that show up late will incur the following penalties:
 - 7.8.1. One (1) to five (5) minutes late – Opponent will receive five (5) points and win the coin toss.
 - 7.8.2. Six (6) to nine (9) minutes late – Opponent will receive 10 points and win the coin toss.

8. Substitutions/Liberos

- 8.1. There is no limit to the number of substitutions allowed.
- 8.2. Substitutions may only occur during dead balls.
- 8.3. When substituting in coed games, teams must ensure that rule 5.3 is followed at all times.
- 8.4. Teams may substitute in one of two ways. Teams may not use both methods concurrently:
 - 8.4.1. Person for person – Player B comes on the court for Player A. Player A cannot come back onto the court unless he or she is substituting for Player B.
 - 8.4.2. Entire team rotation – Substitutes all enter the server's position in the same order throughout the game.
- 8.5. There shall be no liberos.

9. Serve & Receive

- 9.1. A serve is contact with the ball to initiate play. The server may hit the ball with one hand, fist or arm while the ball is held, or after it is released by the server.
- 9.2. A serve must be contacted within 10 seconds after the official's signal to serve, otherwise a side-out is issued.
- 9.3. A replay will be called if a server releases the ball than catches it or drops it to the ground.
- 9.4. The ball may be served anywhere behind the back line between the sidelines extended. It is illegal to step on or cross the end line before striking the ball during a serve.
- 9.5. Players may not block or spike a served ball completely above the height of the net.
- 9.6. Prior to the ball being served, all players (except the server) must be in bounds. Once the ball is served, players may move anywhere on the court.
- 9.7. If a ball contacts the net (inside the antennas) and lands in play on the opposing side, the ball is considered live.

10. Gameplay

- 10.1. Each team is allowed three (3) contacts on its side of the net.
- 10.2. A legal contact is a contact above a player's waist. Contacts below the waist are illegal. No kicking is allowed.
- 10.3. A player may not have prolonged contact with the ball, nor may the ball visibly come to rest on the player's hands, fingers, or any other part of the body.
- 10.4. Simultaneous contacts by two players:
 - 10.4.1. On the same team - will count as one contact, and either player is allowed to hit the ball again.
 - 10.4.2. On opposing teams (i.e. – a ball above the net) – will not count as a contact, and either player is allowed to hit the ball again, provided the ball is not completely on one side.
- 10.5. Multiple contacts by one player in the same attempt are permitted:
 - 10.5.1. When the first ball over the net rebounds from one part of the player's body to one or more other parts in one attempt to block.
 - 10.5.2. On any first team hit, whether or not the ball is touched by the block.

11. Attacking & Blocking

- 11.1. An attack is any action other than a block or a serve that directs the ball toward the opponent's court. A team's third hit is always considered an attack.
- 11.2. A block is the action of a player(s) close to the net that deflects the ball coming from the opponent by reaching higher than the top of the net at the moment of contact.
 - 11.2.1. Any player affecting a legal block may have a second hit regardless of the number of blockers.
 - 11.2.2. A simultaneous legal block of members of the same team will not count as any of the three contacts on a side. Either player may contact the ball next.
- 11.3. When positioned on or in front of the 10-foot line or in the air having taken off on or in front of the 10-foot line, a back row player may not contact the ball completely above the height of the net which results in a completed attack or block.
 - 11.3.1. A team playing with four (4) players on the court has one (1) back row player, the player who last served.
 - 11.3.2. A team playing with three (3) players on the court has zero (0) back row players.

12. Net Play

- 12.1. Players may not contact any part of the net while the ball is in play.
 - 12.1.1. Exception – Hair that touches the top of the net due to momentum will be allowed.
- 12.2. If the ball is driven into the net with such force that pushes the net into another player, the contact will not be considered illegal.
- 12.3. A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.
- 12.4. Blocking a ball which is entirely 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:
 - 12.4.1. The attacking team has completed its three allowable hits –or-
 - 12.4.2. The attacking team has had the opportunity to complete the attack or, in the referee's judgment, directs the ball towards the opponent's court –or-
 - 12.4.3. The ball is falling near the net and, in the referee's judgment, no legal member of the attacking team could make a play on the ball.

13. Coed Rules

- 13.1. The net height for coed play will be midway between official men's and women's heights.
- 13.2. Players must alternate male/female in the rotation as best as possible. If a team has four (4) players on the court, two (2) individuals of the same gender may not be next to each other in the rotation.