



WELLNESS

Florida Southern College Intramural Volleyball Rules

General Information

- 1) All participants must have their current valid FSC ID card with them
- 2) All participants must arrive to the playing surface 15 minutes before game time.

Rosters

Adding players to rosters is allowed in all team competition. The player must bring his/her FSC ID card to the team's game to be added to the roster. The player must check in with the IM Staff and then they will be added to the roster. Players can be up to when playoffs start. Rosters are frozen after the teams last regular season game. After a player is added at the game-the following day the office will check to make sure the player is legal, if the player is found to be illegal the team will forfeit any games that the illegal player participated.

Eligibility Requirements

Intramurals are open to current FSC students, faculty, and staff with FSC ID. All current full-time students, faculty and staff regularly enrolled in any department of Florida Southern College are eligible to enjoy all Intramural activities. Participants shall remain eligible until they graduate, withdraw or fail to comply with the rules of eligibility. This privilege may also be revoked/suspended by the Intramural Advisory Council or the Assistant Director for just cause at their discretion. Participation in the Intramural program is entirely voluntary and is a privilege, not a right. All full-time students (twelve or more hours per semester constitute a full-load) are eligible to enter into any intramural activities provided they do not break any other eligibility policies listed in this Article. Any part-time student is eligible to participate in Intramural activities provided he or she meets all of the following criteria:

- Is pursuing a degree during the year in which he/she is classified as a part-time student.
- Is enrolled in a departmental day course offered by the college to earn credit for graduation.
- Has paid the college activity fee.
- Received approval from the Assistant Director of Intramural Sports

For any questions regarding a varsity athlete, club athlete or professional athlete, etc. and their eligibility within the Intramural Sports program, please refer to the Intramural Sports Participant Manual. This manual can be found on the Wellness Website or on IMLeagues.

If an Intramural employee determines that an individual is attempting to check in with false identification in order to participate in an Intramural activity, the ID will be **confiscated** and that individual will not be allowed to play. If it is determined the participant used improper identification, the team will forfeit any contest the person participated in. In addition, any individual caught trying to check in with an ID card that is not his/her own has jeopardized themselves and the owner of the ID to disciplinary action by the college. Non-FSC students are not eligible to participate in the Intramural program. Any non-student found to be participating will cause the team he participated with to forfeit any contests he participated in. Additionally, the forfeited games will result in a Sportsmanship Score of zero being averaged into the team's overall Sportsmanship Rating.

National Federation High School volleyball rules and NIRSA rules will govern all play for any rule not mentioned in the following intramural rules:

General Rules

- 1) All players must have their current valid FSC ID and show valid ID at every game.
- 2) Teams should submit ALL players' ID cards to the referee at least 10 minutes before scheduled game time. Teams must designate a team captain before the start of the game.
- 3) Only the Team Captain may confer with an official. Any such conference may only be about a rule clarification and must be approached to the officials in a calm and respectful manner. Subjective referee decisions, such as in and out, net calls, or illegal plays are not subject to discussion. Any non-captain addressing an official may be penalized. Captains are responsible for the actions of their entire team and its spectators.

The Court

Competition will take place in the Nina B. Hollis Wellness Center Gym.

Players

- 1) A full team is 6 players (3 men and 3 women for CoRec). A team may begin with a minimum of 4 players for men's and women's game. If at any point a team is reduced to less than 4 players in men's or women's, the match will be forfeited.
- 2) A full team for CoRec is 6 players (3 men and 3 women) but they can also play with 2 men and 2 women (4 players).
- 3) **There will be a 5-minute grace period to start the game.** If four players are not present within the initial 5-minute grace period, the first match will be forfeited. An additional 5 minutes will then be given before the second match is forfeited and consequently the game. If the team shows up late, the team present with the required number of players will earn 2 points for each minute the opposing team is late. Ex. 1st game- team is 4 minutes late the game score will begin 8-0.

Sportsmanship

Sportsmanship ratings will be used in every scheduled match during intramural volleyball. Individuals and teams that exhibit inappropriate and unsportsmanlike behavior towards their opponents, officials, or supervisors will be penalized with conduct sanction cards during game play and low sportsmanship ratings. Unsportsmanlike actions committed after the completion of the match may also result in a lower sportsmanship rating.



Attire

- 1) Hats, jewelry, and hard casts/splints are prohibited from being worn during intramural volleyball. Players must have non-marking athletic shoes.

Jewelry

- 1) Indoor Volleyball is considered a Minimal Contact sport, please refer to the Intramural Sports Participant Manual to determine what jewelry is prohibited. This manual can be found on the Wellness Website or on IMLeagues.

Time Outs

- 1) Each team will be given one 30-second time out per game. These timeouts do not carry over.

Playing Rules and Scoring

- 1) All matches will consist of the best two out of three games.
- 2) All games will be rally scoring; rally scoring means a point is won on each serve, no matter whether the team who won the point served the ball or not.
- 3) In the first two games a game shall be won by the team which has earned 25 points and a two point advantage. If the score is tied 24-24, then the first team to gain a two point advantage is the winner. There is a 27 point cap in the first and second games.
 - a. In the third game the team which achieves 15 points first is declared the winner. If the score is 14-14, then the first team to gain a two point advantage will be declared the winner. There is a 20 point cap in the third game.
- 4) A ball landing on a line is good, and is considered in.
- 5) A player may use any part of the body above and including the waist to play the ball.
- 6) A team is allowed only three hits per side.

Multiple Contacts

- 1) No player may contact a ball twice in succession, except during a block.
- 2) Multiple contacts are more than one contact by a player during one attempt to play the ball.
- 3) Multiple contacts are permitted only:
 - a. When the first ball over the net rebounds from one part of the player's body to one or more other legal parts in one attempt to block; or
 - b. On any first team hit, whether or not the ball is touched by the block, provided there is no finger action.

The Serve

- 1) A server has five seconds to serve the ball after the whistle is blown.
- 2) The serve will be replayed when the player serves before the whistle is blown; an object comes onto the court; or the server doesn't like the toss and elects to re-serve (can only happen once per server).
- 3) A server may not step on or over the end line until the ball has been contacted on the serve. The serve can be executed anywhere along the serving line but within the sidelines.
- 4) All other serving team and receiving team members must be inside the court boundaries.
- 5) Illegal serves include the serve passing over offensive players screening the opponents; hitting the antenna (including extension upward); hitting a member of the serving team; hitting the ceiling; or landing outside the opponent's court. Effective with rally scoring: A served ball contacting and crossing the net shall remain in play provided that the ball is entirely within the antennas (a ball that hits the net and goes over is **IN PLAY**).
- 6) Based on position of players' feet, front row-to-back row and side-to-side overlaps are not allowed for serving or receiving team.
- 7) Players on both teams can switch positions after the server has contacted the ball, but are still considered front or back row players based on their starting position.

Attacking/Blocking

- 1) If one or more player(s) is attempting to block and contacts the ball, either player is eligible to participate in the next play which shall be considered the first contact of the three allowed to the team.
- 2) Blocking a served ball is not permitted.
- 3) Attacking a served ball while the ball is completely above the height of the net is not permitted.

Net Play/Center Line

- 1) A player may not touch the net with any body part (excluding hair).
- 2) A player may follow through over the net when executing a block or spike.
- 3) A player may touch the floor across the center line or its out-of-bounds extension with one or both feet as long as a part of the foot/feet remain(s) on or above the center line and the player does not interfere with the play of an opponent. Contacting the floor across the center line or its out-of-bounds extensions with any other part of the body is illegal.
- 4) All contacts with the ball must occur on that team's side of the net. Players cannot reach over the net and make contact with the ball. They must wait until the ball is across the plane of the net.

Back Row Players

- 1) A back row player can:
 - a. Contact the ball from anywhere on or off the court, whether it's above or below the top of the net, when they are standing behind the attack line, or when they leave with both their feet from behind the line, and contact the ball before touching on or in front of the line.
 - b. Contact a ball completely above the height of the net when they are on, or in front of, the attack line, as long as their contact doesn't take the ball untouched, completely over the net.



- 2) A back row player cannot:
 - a. participate in a block or an attempt to block
 - b. attack/direct a ball which is completely above the height of the net while positioned:
 - i. on or in front of the attack line or its out-of-bounds extension;
 - ii. in the air, having left the floor on or in front of the attack line or its out-of-bounds extension
- 3) No foul is called until the ball completely crosses the net.

Substitutions

- 1) Substitutions must be made on a consistent basis throughout the game.
- 2) A sub can either be brought in at the same place in the rotation (i.e. to serve) after every side-out earned, or the same two people must sub for one another throughout the game (i.e. a front row specialist and back row specialist).

Fouls, Violations, and Penalties

- 1) Warning: first minor offense no penalty.
- 2) Penalty: second minor offense by same individual, or for single serious offense (ejection) = unacceptable for sportsmanship

Ejections

- 1) Ejected players must leave the facility and meet with the Assistant Director of Wellness for Intramural Sports before being cleared to play.
- 3) Captains/managers are expected to ensure proper behavior by their players and spectators.

CoRec Volleyball Rules - Special Definitions

- 1) All previously stated rules apply, except where noted below.
 - a. The team will use an alternate male-female line up before each serve, but can then switch positions (original front row and back row position restrictions apply).
 - b. A female must hit the ball at least once if the ball is contacted two or more times before returning over the net. Failure to do will result in a point for the opposing team.
 - c. Teams can only play with either 4 or 6 players (2 m, 2 w or 3 m or 3 w)

Miscellaneous

- 1) All rules not clarified will follow all FHSAA and NIRSA standards
- 2) If not stated otherwise, national federation of high school rules will be in effect as long as they fall within the spirit of Intramurals.
- 3) If a ball hits the ceiling, lights, or walls, and falls on the same side, it is playable. If it falls on the opponent's side, it is a dead ball and a point goes to the opponent. If it hits any of the basketball goals, it is a dead ball and a point is awarded.

Sportsmanship

In an effort to maintain a high quality of sportsmanship in our Intramural Sports program, the following sportsmanship expectations have been adopted.

Team Sportsmanship Rating System

The development of team and individual sportsmanship is of fundamental importance in all intramural sports activities. The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the intramural sports league and playoff seasons. Behavior before, during, and after an intramural sport contest is included in the rating. The team manager is responsible for education and informing all players and spectators affiliated with his/her team about the system. To encourage acceptable conduct before, during, and after intramural sports contests, officials and/or supervisors shall make decisions whether to warn, penalize, or eject persons for poor sportsmanship.

A team is responsible for the actions of the individual team members and spectators related to it. The team captain's efforts in assisting officials/staff to calm difficult situations and to restrain troubled teammates are key to controlling team conduct.

Sportsmanship is vital to the conduct of every Intramural contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize or eject players or teams for poor sportsmanship. These decisions are final. The Intramural Sports administrative staff will rule on further penalties as a result of unsportsmanlike conduct.

Each participant should choose his or her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the Intramural Sports.

Rating Method

Each team in each contest shall be rated by the officials. The authority of the officials' ratings exists prior to, during, and following all contests to which that official is assigned, and extends to all persons on, at, or near the playing site. Sportsmanship ratings shall be marked on the scoresheet.

In all cases, IM supervisors and the Intramural Sports administrative staff may provide input which may raise or lower the rating. Supervisors may amend any rating for inappropriate conduct by a team or its spectators before, during, or after a contest. Intramural Sports administrative staff members may amend a rating at any time for inappropriate conduct, use of an ineligible player, use of a suspended player, and/or inaccuracy in reporting.



Rating Factors

The following actions and behaviors by team members, spectators, and/or team followers can have a **positive** effect on a team's sportsmanship rating:

- a) Team members cooperate with and demonstrate good sportsmanship toward members of both teams, spectators, officials, and all other IM staff.
- b) Team captain exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations/calls, and cooperates by providing any information requested by an IM official/staff.
- c) Team members participate in the spirit and intent of the intramural sport game rules and/or program policies. Team members accept judgment decisions made by the officials during the contest
- d) Respect is shown for FSC Wellness staff, facilities and equipment.

The following actions and behaviors by team members, spectators, and/or team followers can have a **negative** effect on a team's sportsmanship rating:

- a) Participants / spectators who continually complain about officials' decisions and display dissension which may include derogatory or abusive remarks. Complaints include both verbal and nonverbal behavior. Excessive arguing between opposing teams / spectators might also lead to a lower rating.
- b) Team captain (spokesperson) exhibits little control over his/her team and spectators, converses in a dissenting manner with officials about rule interpretations/calls (discussion is allowed as long as it is done in a mature manner by the team captain), or does not cooperate with game officials or IM staff. Does not provide information requested by any intramural sports official/staff while performing duties.
- c) Having any technical fouls or penalties for unsportsmanlike conduct or having a player ejected for unsportsmanlike conduct.
- d) Taunting an opponent or opposing team spectator (trash talk).
- e) Public indecency, vulgarity, or obscenity including foul or profane language and obscene gestures, incidental or intentional, non-directed or directed at an opponent, official, teammate, supervisor, spectator, or Intramural Sports staff member.
- f) Physical abuse by participants / spectators in the form of fighting with an opponent, teammate, official, or staff member which occurred before, during, or after an Intramural Sports contest.
- g) Any threatening behavior (verbal and/or nonverbal) to any FSC Intramural Sports or Wellness center employee, participant, or spectator which occurred before, during, or after an Intramural Sports contest.
- h) Individuals / teams played after the consumption of alcohol / drugs. If the contest has begun when this is discovered, the player(s) will be immediately removed from the facility, and the contest will be forfeited to the opponent.
- i) Damage to or destruction of any FSC or FSC Wellness center facilities

Rating Scale

Team sportsmanship is graded following each contest according to the following scale and criteria:

4 points (Normal Game): Excellent Sportsmanship

Players cooperate fully with the officials about rule interpretations and calls. The captain also has full control of his/her teammates. Team members and spectators were respectful of opponents and officials and encouraged each others efforts. At no time was this team disrespectful towards participants or officials.

3 points (Some Static): Acceptable Sportsmanship

Team members and spectators are respectful of opponents and officials except for one or two minor incidents which may or may not merit a warning from the game officials or supervisor.

2 points (Difficulty): Sportsmanship Needs Improvement

Team members or spectators are disrespectful of opponents or officials on a number of occasions which may or may not warrant a penalty. Captain exhibits minor control over his/herself and his/her teammates and spectators. Teams receiving multiple warnings or having a player ejected for an unsportsmanlike act should receive no higher than a "2" rating.

1 point (Harassment, Ejections): Unacceptable Sportsmanship

Teams constantly comment to the officials and/or opposing teams from the field and/or sidelines. The team captain exhibits little or no control over teammates or himself/herself. Majority of individuals on this team are disrespectful of opponents or officials on a regular basis. Teams which receive a second unacceptable rating ("1") in the same sport or activity are subject to immediate dismissal from league or tournament play.

0 points: Season Ending Rating

The following actions can result in an "F" sportsmanship rating:

Team is completely uncooperative and out of control before, during, or after intramural sports contest(s).

Team captain (spokesperson) exhibits poor control over self, the team, and/or the spectators.

Multiple ejections or blatant unsportsmanlike conduct that endangered participants, fans, officials, or supervisors.

Team fails to cooperate / comply with intramural sports administrative staff / college officials while performing their duties; falsely represents or withholds any requested information.

Teams which receive a "0" rating are subject to immediate dismissal from league or tournament play.

Team Sportsmanship & Playoff Eligibility

A team must have a "2.75" average or better sportsmanship rating during regular season league games to be eligible for the playoffs. The average sportsmanship rating will be calculated similar to the grade point / game ratio.

Playoff Tournament Sportsmanship



A team must maintain a "3" average or better sportsmanship rating during the playoffs.

Any team which receives an "0" sportsmanship rating during the playoffs will be immediately dismissed from further tournament play and subject to further disciplinary action (if necessary).

A losing team which receives a "1" or "0" sportsmanship rating in their final playoff game, is subject to further disciplinary action as a team in subsequent sports, as individuals when appropriate, or to the team captain.

Misc. Information

Any other questions please contact the Assistant Director of Wellness - Intramural Sports and Facilities or check out the intramural manager's packet, which can be found on the intramural website.