



**University of Wisconsin – La Crosse  
Recreational Sports  
Co-Rec, Men’s & Women’s (6’s) Volleyball  
September 10<sup>th</sup>, 2009**

**Team Captains Meeting**

Attendance at team captains meeting is MANDATORY. Any team not represented at this meeting will not be included in the league unless joining after the start of the league.

**Entry Fee**

The entry fee must be paid by cash or check and will be accepted at the team captain’s meeting ONLY!!! (Unless joining after start of league). Please make checks payable to UW-L Rec Sports.

**Schedules**

Scheduling for league play will be posted at [www.uwlax.edu/recsports](http://www.uwlax.edu/recsports)

**Home Facility**

All volleyball matches will be played at the REC. Please contact the REC if you need to forfeit (785-5225).

**Questions**

Please feel free to contact Recreational Sports with any questions or concerns. Phone numbers: Recreational Eagle Center – 785-5225; Mitchell Hall – 785-8696, Jim Baker (Coordinator of Intramurals) – 785-5221; or Patrick Marcoe (Graduate Assistant) – 785-5219.

**General Procedures**

1. Each team shall elect a captain and possess a team name.
2. All team members must be listed on the team roster prior to participation.
3. Player additions may be made at any time during the regular season.
4. Each player is responsible for verifying their ID and student number with the official prior to each game. All players MUST have a valid UW-L ID in order to participate.
5. Any player that arrives late at the contest should present their ID to the official upon arrival.
6. Teams are expected to notify the home facility if they are going to forfeit a game. Teams that forfeit without notice must pay a \$5.00 re-entry fee by 6:00pm the following day to continue league play. This should be turned into the Info Counter at the REC.
7. Any team that forfeits two times during league play will be eliminated for the remainder of the season (including playoffs).
8. Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before the player can continue. If there is blood on any clothing, it must be changed before the player resumes play.
9. **All officials’ calls are final!**
10. Game officials shall eject from the game any player who commits or displays any type of poor sports conduct (see sports conduct rule in the Intramural Sports Handbook).
11. Sports Conduct Rankings – Teams will be given a sports conduct ranking between 5-1 after each contest by the official. Teams must average a 3.5 or higher during league play in order to advance into the playoffs.
12. All participants must wear non-marking shoes and a shirt.
13. It is encouraged to remove all jewelry for intramural competitions. All necklaces, rings, watches, and bracelets must be removed. Any player wishing to wear piercings may do so at their own risk, however these must be taped if visible.
14. Team captains are responsible for knowing all rules on the rule sheet and in the Intramural Sports Handbook and relaying that information to all players on their team.

## RULES

1. Teams will consist of 6 players. Teams may start with as few as 4 players. If a team is reduced to less than 4 players at any point during the match, the match will be forfeited.
2. Co-Rec teams are encouraged to play with an equal number of males and females. At no time may there be more males than females in the contest at the same time. All co-rec teams must have 1 male and 1 female in the contest as well as the specified minimum number of players.
3. Ceiling and lights are in play on your side of the net.
4. One time out of 30 seconds in length per team per game is allowed. Time-outs must be called by players on the court.
5. Games will be played using rally scoring.
6. Games will be played up to 21 points and must be won by two points. Exception, there will be a cap at 25. Third game of match, if necessary will be played to 15 with a cap at 20.
7. A volleyball match will consist of the best 2 out of 3 games.
8. The server may serve anywhere along the end line.
9. Players may set the serve, but may not block or attack the serve. A lift call on a serve receive is an official's judgment call and is FINAL.
10. Let serves are legal.
11. Co-Rec: If the ball is hit more than once on a side, at least one female must hit the ball.
12. A yellow card will be issued to warn a player of misconduct.
13. A red card will be issued to remove a player from the contest that has not corrected previous warned behavior or for misconduct perceived to be excessive.
14. Other than the above exceptions, official WIAA rules will be followed.
15. CLUB ELIGIBILITY:
  - a. Club members must play in the "A" league
  - b. Only one male and one female club players are allowed on the same team for Co-Rec leagues
  - c. One male club player per team for the men's league
  - d. One female club player per team for women's league
  - e. Fall Semester – the previous year's club roster will be used for eligibility
  - f. Spring Semester – the current year's club roster will be used for eligibility

1/29/09