

ACTIVITY RULEBOOK

6's Volleyball

6's Volleyball is a non-contact activity, however contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must electronically acknowledge/consent to the online waiver in IMLeagues prior to participating. By agreeing to the online waiver, each participant agrees to rules and policies outlined in this and all other documents provided by Intramural Sports.

All information in this rule book pertains to the facilitation of 6's Volleyball contests and its season administration. For questions or concerns, please contact intramurals@uwlax.edu.

REMINDER: *all participants are encouraged to review the participant handbook and general rules overview prior to participating in each activity in which they are interested. View these documents by visiting the ["Rules" website](#).*

UWL Intramural Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify. For any eligibility concerns, please contact intramurals@uwlax.edu.

Section 1: League Play

Leagues are divided into men's, women's and co-rec divisions. Participants are permitted to play on one team in a single-gender and one team in a co-rec league. Leagues are divided into "A," "B" and "C" categories in women's and co-rec for competitive and recreational balance. Due to the number of expected teams, no categorical breakdown is applied to the men's league.

Participants are encouraged to play on a team fitting their perceived skills. Registrations fill on a first-come, first-serve basis; therefore, it is recommended teams assess their skill ahead-of-time.

League classification (and some coinciding policies) are as-follows:

"A" League – Extremely Competitive

- There are no club restrictions on "A" league (i.e. teams may have as many club players as they wish)
- Two (2) past varsity college athletes may play on a team
- One (1) former professional athlete is permitted on a roster
- The 10-foot line rule is observed in "A" league

"B" League – Somewhat Competitive and Recreational

- Two (2) club players may play on a single-gender team
- Two (2) club players (of any gender) may play on a co-rec team
- One (1) past varsity college athlete may play on a team
- No former professional athletes are permitted on a roster
- The 10-foot line rule is observed in "B" league

"C" League – Recreational or "Just for Fun"

- Current club members are not permitted on "C" league rosters
- One (1) past club member is permitted on a single-gender "C" league roster
- Two (2) past club members (of any gender) are permitted on a co-rec team
- No past varsity college athletes may play on a team
- No former professional athletes are permitted on a roster
- The 10-foot line rule is NOT observed in "C" league

Teams assigning themselves to a league unbecoming of their skillset are subject to reassignment by administration (including playoffs).

Section 2: Starting the Contest**Start (Game) Time**

Game time is forfeit time. It is recommended teams arrive at the contest site 15 minutes prior to the scheduled start.

Facility and Contest Set Up

a. Playing Location

6's Volleyball is played in the Recreational Eagle Center (REC). It is recommended teams review their schedules prior to each contest. Intramural Sports will not contact teams to remind them of contest dates, times or locations, however participants have the option to receive automated email reminders from IMLeagues during the roster addition process.

b. Courts

Courts are set up by staff only. All playing equipment is property of the Recreational Sports Department.

c. Officiating

All contests will be officiated by at least one (1), possibly two (2) trained official(s). All decisions made by officials are final, except those eligible for protests (see ["Protests"](#) section later in this rulebook).

Intramural Sports is always looking for officials and would love to have you join our team! To learn more about officiating, visit our ["Become an Official" website](#).

d. Captain's Meeting

Captains are to meet with the contest official(s) prior to each contest to review rules, eligibility, legal equipment and to determine possession/team sides.

Equipment

Intramural Sports will provide a game ball. If a team wishes to use a ball during warm-ups, they must check one out from the REC Information Counter. Teams are permitted to bring their own equipment for warm-ups.

Participation and Team Rosters

Please refer to the participant handbook for specific participation guidelines

- Team rosters may have an unlimited number of participants (please note in the event a team wins a championship, the number of t-shirts allocated for distribution is limited)
- Rosters will freeze once the regular season has concluded
- Teams consist of six (6) players on the court
- Teams may start with as few as four (4) players
- If a team is reduced to less than four (4) players at any time during the contest, a default will result

Eligibility

Please refer to the participant handbook for specific eligibility guidelines

a. Sport Club Athlete

- Please see the league breakdown on the previous page for more club-specific eligibility
- Club athletes are not permitted to participate in "C" leagues
- The most recent available club roster will be used to filter eligibility
- If an intramural participant is trying out for a club team, the participant is eligible for intramural competition in any league as long as they were not listed on the most recent club roster used by administration for eligibility checks

b. Intercollegiate Athlete (NCAA, NAIA, NJCAA, etc.)

- Current members of the UWL Women's Volleyball team may not participate in any volleyball-related intramural activity during the current academic year while on the team's active roster. A player not on the official roster during the spring semester is permitted to play in an "A" or "B" league only. Roster verifications will be conducted with members of the UWL Athletics Department
- One (1) collegiate player from the previous academic year (including transfer students from other institutions) may participate on an intramural team and must play in the "A" or "B" leagues when offered (leagues are considered "offered" even if "A" or "B" leagues are full) permitted they are not on the roster during the current academic year
- An intercollegiate player from the previous academic year no longer on the roster (including transfer students from other institutions) and a current club player may not be on the same roster

c. Other Athletes

- Please see the Intramural Sports participant handbook in regards to professional, amateur (i.e. AAU) and/or other athlete eligibility concerns

Intramural Sports administration will search and filter all athlete eligibility. It is not guaranteed that all roster violations will be noticed. Teams, players, officials and additional staff members are allowed to protest team rosters.

Eligibility decisions rendered by administration are done so on a circumstantial basis and are final. These decisions are made keeping the safety, fairness and enjoyment of ALL teams and participants in-mind.

When in-doubt about your roster or eligibility, please ask early. Contests (including playoffs) may be forfeited retroactively if ineligible rosters are discovered mid-season.

Section 3: Playing the Contest

Commencement

The contest begins with the ball being put in play by the player in the right back position, who may serve from anywhere along the service line.

Scoring

Rally scoring will be used for all contests. The official score is kept by an official and is to be announced periodically. No scoreboards are used. For scoring details, see the [“Winning Specifications”](#) section in this rulebook.

A ball contacting a boundary line is considered to be “in-play.”

Timeouts

Teams are allowed one (1) 30-second timeout per game (NOT contest). Unused timeouts DO NOT carry over into subsequent games.

Serving

- Each server shall continue to serve until the opposing team gains service. The server may serve from any location behind the end line. Kick-serves are NOT allowed
- Service shall alternate as each team gains possession
- If a ball touches the net on a service, but crosses onto the opponent’s side of the court, that serve will be considered legal and in-play

Rotations

- The team receiving the ball for service shall immediately rotate one (1) position
- Substitutions must take place during a side-out (rotation) only. It is up to the team to decide on subs
 - EXCEPTION: the first serve of each game (for each team)

Playing the Ball

A player may leave the court to play the ball. A ball hitting a sideline or an end line is considered in.

The ball is considered out when it hits an antenna, the floor completely outside of the court, any part of the net or support cables that lie outside of the antennae, the referee stand/pole, the ceiling above a non-playable area and any basketball hoops and supports.

Intramural Sports does NOT recognize the 10-foot line. All back row attacks are legal.

CLARIFICATION: Players may reach over the net to their opponent’s side to play a ball, provided they do not interfere with the opponent’s ability to play the live ball. It shall be called a violation if a player touches the ball in an opponent’s space before or during the opponent’s attempted attack.

Touching the Ball

The ball may be touched only three (3) times by one team before being returned over the net.

NOTE: Partially blocking the ball does NOT count as a touch. However, if the ball then goes out of bounds the person who blocked it shall be the one considered to have caused it to go out of bounds.

Using a leg or foot (i.e. kicking the ball) is considered legal permitting the touch does not violate, at the discretion of contest officials, the spirit and intent of the rule

Blocking

A player’s hands may penetrate the plain of the net when an opposing player is going to hit the ball over the net. Blockers may not penetrate the net when the ball is ‘settable’ or not being played over the net.

Violations

Violations are assessed by officials following WIAA and NFHS protocol.

[WIAA Girls Volleyball page linked here](#)

[WIAA Boys Volleyball page linked here](#)

The Center Line

A player may cross the center line with his/her foot/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.

Section 4: Co-Rec Specifications

Co-Rec teams are required to play with an equal number of males and females when playing with an even number of eligible participants. When there are an odd number of eligible participants, the ratio must be as close to 1:1 as possible, therefore there must be at least two (2) males and two (2) females in the contest at all times. There are no restrictions on the number of times males or females may hit a ball during a sequence.

All Co-Rec teams, when able to field a full team of six (6) eligible players, must have three (3) males and three (3) females in the contest at all times.

There may be more males than females (or vice-versa) in a contest during Co-Rec play, but only when the team in question has an odd number of participants eligible to compete.

Acceptable male-to-female ratios for participation on the court are as follows:

- 3:3
- 3:2
- 2:3
- 2:2

Any other ratios not defined above are not permitted by rule.

NOTE: Open leagues are available for teams who do not wish to follow co-rec ratio requirements although a limited number of team spaces are available.

Section 5: Winning Specifications**Game/Set**

Games are played in a best two-out-of-three format. The first two games of each contest will be played to 21, and the third game (if necessary) will be played to fifteen (15). A team must win by two (2) points. In the first two games during regular season play, 25 is the greatest amount of points that can be scored in a game (if a team gains a 25-24 lead, the game is over). If a contest reaches a third game, a team must win by two (2) points with a cap set at 20 points.

Contest

The first team to win two (2) games is the winner of the contest. If a team wins the first two (2) games of the contest, the third game will not be played.

Playoffs

All rules apply to playoffs. To qualify, teams must win at least one (1) contests and maintain a sportsmanship average of 4.0 during the regular season in addition to following forfeit policies. Other scheduling differences may apply to certain playoff circumstances. Qualification is monitored at the discretion of Intramural Sports administration.

Section 6: Protests

Protesting is permitted. If a team wishes to protest eligibility, rule implementation/interpretation or a perceived scoring error in-game, they shall notify a staff member right away. To file a post-game protest, email the program at intramurals@uwlax.edu or visit the [Online Protest Form](#). Teams may not protest officials' judgment calls (i.e. incomplete vs. complete pass, foul vs. no foul, violation vs. no violation, inbounds vs. out-of-bounds, etc.).

Section 7: The Playing Surface

Men's and Co-Rec: 7'11 5/8"

Women's: 7'4 1/8"

Other than the above exceptions, the contest will be played according to NFHS and WIAA rules.