

## 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.*

*UWL Rec Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify.*

## Section 1: League Play

Leagues are divided into men's, women's, open, 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.

League descriptions are listed below:

- a. Competitive (A) – The competitive league is the highest competition level available. This league is meant for those athletes that are playing intramural sports to win. Individuals on competitive league teams have experience with organized play in that sport.
- b. Intermediate (B) – The intermediate league is a combination of competitive and recreational. This league is meant for individuals looking to win but have less experience competing in organized play in that sport.
- c. Recreational (C) – The recreational league is the lowest competition level available. The primary goal of the recreational league is to have fun while playing intramural sports. This league is meant for individuals with little to no experience with organized play in that sport.

**Note:** *Rec Sports staff reserves the right to move any team to a bracket more suited for their level of competition for playoffs. Factors considered when moving a team to a different bracket include but are not limited to:*

- *Previous season performance with same/similar players*
- *Regular season win/loss record*
- *Margin of victory in regular season games*

## 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. Rec Sports staff 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 one (1) trained official. All decisions made by officials are final, except those eligible for protests.

#### d. **Captain's Meeting**

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

### Equipment

- Rec 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

- 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 6 players on the court
- Teams may start with as few as 4 players
- If a team is reduced to less than 4 players at any time during the contest, a forfeit will result

## Eligibility

### a. Sport Club Athlete

- Only 2 current/former club volleyball players may play on a team.
- Only 1 male and 1 female current/former club player may play on the same team for co-rec.
- Current/former club players must play in the competitive (A) league.
- Any player on the IMLeagues roster for the volleyball club is considered a club member.

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

- Current UWL Women's Volleyball players may not participate in volleyball intramurals during the current academic year.
- One collegiate volleyball player from the previous season (including transfer students from other institutions) may play on a team.
- Former varsity players may NOT play with current/former club athletes.

Rec Sports 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 on a flip scoreboard.
- A ball contacting a boundary line is "in-play."

### Timeouts

- Teams are allowed 1 30-second timeout per game., 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 and 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 1 position
- Substitutions must take place during a side-out (rotation) only. It is up to the team to decide on subs.

### Playing the Ball

- A ball hitting a sideline or endline is considered in.
- A player may leave the court to play the ball, so long as they do not enter the adjacent playing surface.
- 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.
- In the C league: the 10-foot line is not recognized, and all back row attacks are legal. The 10-foot line is recognized in the A and B leagues.
- 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.
- The ball may be touched only 3 times by one team before being returned over the net.

- 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.

### The Center Line

- A player may cross the center line with their 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 always at least 2 males and 2 females in the contest. 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 6 eligible players, must have 3 males and 3 females in the contest.
- Acceptable ratios: 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 25, and the third game (if necessary) will be played to 15. A team must win by 2 points. In the first 2 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 2 points with a cap set at 20 points.

#### Contest

The first team to win 2 games is the winner of the contest. If a team wins the first 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 1 contest and maintain a sportsmanship average of 4.0 during the regular season. Other scheduling differences may apply to certain playoff circumstances. Qualification is monitored at the discretion of Rec Sports staff.

### Section 6: Protests

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](mailto: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.*