

## Intramural Sports Rulebook

# Indoor Volleyball Rules

\*\*All participants need to be completely aware of the expectations and guidelines for Intramurals. The Intramural Guidelines contain all the necessary information and are available to all students.

### **NFHS RULES GOVERN PLAY WITH THE FOLLOWING MODIFICATIONS**

#### **THE GAME:**

- Players may play on one team in each league. A team competes with 6 players, however, minimum number of players is 4. All players must be registered with the Office of Student Services in order to participate.
- Teams should be formed with 3 as back row players and 3 as front row players.
- If a team is not present or does not have enough players at the designated game time, the official reserves the right to grant a **10 minute** grace period for additional players to arrive.
- Rock/paper/scissors determines which team receives the choice of either the serve or the court.
- Rest periods between games of a match shall be no longer than 2 minutes.
- Players are asked to wear tennis shoes for their own protection. We will not permit anyone to play with hard-soled shoes or sandals. Participants with casts (especially hand or wrist) will not be allowed to participate. Leave all jewelry at home. Student Services strongly recommends that no jewelry be worn in IM competition.

#### **ELIGIBILITY:**

- All team members must be currently enrolled students, faculty, staff or spouses of one of those three at Asbury Theological Seminary. Players cannot play for 2 teams in the same league.
- All team members must have registered with the Office of Student Services and filled out necessary paperwork to participate.

### **SCORING:**

- Points will be scored on each rally. If the receiving team wins the rally, they score a point and gain the serve.
- The team to win two out of three games will win the match. Games 1 & 2 will be won by the team that first scores 21 points with a minimum two-point advantage (Scoring cap is 30 points).
- If there is a deciding (3rd) game, it will be won by the team that first scores 15 points with a minimum two-point advantage (Scoring cap is 25 points).

### **TIME OUTS:**

- Only a team captain is allowed to call a timeout during a game.
- Each team is permitted 1, 60-second team time-out per game. Time-outs may be requested to an official only when the ball is dead and are not in effect until the official recognizes the time-out with a whistle or hand signal and vocal command.
- Each team is allowed a maximum of three (3) timeouts per match.

### **THE SERVE:**

- The server has 5 seconds to begin the serve from the time the official signals the serve with a whistle.
- If the server tosses the ball and does not serve it he/she does NOT need to let it bounce before he/she re-tosses it.
- The service zone includes the full width of the 9-meter area behind the end lines. The server may move freely within the service zone. At the moment of the service hit or takeoff for a jump service, the server must be completely in the service zone and not touching the court (end line included) or the playing service outside the zone. After the service, the player may skip or land outside the zone including the court.
- Net Service Is In Play. A served ball that hits the net does not result in the service team losing its serve. The net serve is considered in-play, unless 1) it does not continue over

the net or 2) lands outside the opposing team's court-side untouched by the opposing team.

### **SPIKING & BLOCKING:**

- The receiving team is not allowed to block or spike a served ball.
- A spiker must contact the ball on his/her own side of the net, but may in the course of the follow through reach over (but not touch) the net.
- Back line players while inside the attack zone (10 feet from the net) may not play the ball directly into the opposite court if contact is made when any part of the ball is above the top of the net.
- The team that has affected the block shall have the right to three more contacts, with the blocker having the right to make the first of the three allowable hits.

### **NET PLAY:**

- A player is not allowed to touch the net under any circumstances.
- A ball hit into the net, may still be kept in play (up to 3 hits) provided that a player does not make contact with the net.
- Players may not touch the net. **If 2 opposing players touch the net simultaneously, the ball is declared dead and is replayed.**
- A player must remain on their side of the net when blocking. The plane of the net cannot be crossed.
- When hitting/spiking a player may follow through onto the other side of the net (without touching the net) as long as the initial contact with the ball is made on their side.
- If a player's foot entirely crosses the line underneath the net, the point is automatically awarded to the opposing team.

### **GROUND RULES:**

- **A ball hitting the wall or basketball hoop** results in the point being awarded to the opposing team.

- **A ball hitting the ceiling, lights, rafters, etc.** is playable (up to three hits) when it remains in the court-side of the team in play of the ball. A ball that makes contact with the same objects and proceeds to the opposing team's side of the court is rendered a "side-out".
- **A ball hitting the chain on a serve** results in the serve being redone.

### **LEGAL PLAY:**

- The ball must be returned over the net in 3 hits or less.
- It is legal to contact the ball with any part of the body as long as the ball rebounds immediately. It may not "lay" against the body or forcefully kicked. If a player touches the ball or the ball touches a player, it is considered as a play on the ball. **Except in the following case:** A ball touching the body more than once in succession is legal when played off a hard-driven spiked ball, or blocked and played again by the blocker.
- If 2 players on the same team contact the ball simultaneously, it counts as **one** contact, and any player may play the ball.
- One may play the ball twice during a volley, but not twice in succession, **unless played directly off a block.**
- The ball is ruled out if the ball lands outside boundary lines without touching a player on the opposing team.
- When a ball touches a boundary line, it is considered in play.

### **ILLEGAL PLAY:**

- Players are not permitted to scoop, hold, and lift or push the ball. **The ball may never be contacted with an open-hand underhanded motion.**
- Players may not hit the ball with their forearm and an open fist.
- Players may not catch, turn, and throw the ball.
- In addition, during the first hit of the team, except when serving, the ball may contact various parts of the body consecutively, provided the contacts occur during one action.
- When setting the ball, the ball cannot remain on the player's hand. Setting must be a fluid motion.

- An official may (at their own discretion) penalize a team one point or loss of serve for intentionally delaying the game.

### **SUBSTITUTIONS:**

- Each team may choose to rotate extra players into the server's position on a continuous basis. In all substitutions participants must inform the official on the net and wait for the official to initiate the substitution.
- All substitutions must be made within a 15-second time limit. If changing time exceeds 15 seconds, a team time-out will be charged. If a team has none of its 2 allotted team time-outs remaining, point or side-out will be awarded to the other team. An injury substitution is not considered as one of the 2 allowable time outs.
- If a player arrives after the first game of the match has started, **and her/his name is on the roster**, that player will be allowed to play in the game as a substitute if the team uses regular substitutions.

### **UNSPORTSMANLIKE CONDUCT:**

- Students working as intramural officials are providing a service to those other students, faculty and staff participating in volleyball. Under no circumstances should these student officials be threatened or physically or verbally abused. Anyone physically or verbally abusing an intramural official will immediately and automatically be suspended. The suspension will remain in effect throughout the time necessary to clarify and verify the facts surrounding the action. Permanent suspension may follow.
- Any player ejected from a game for any reason will automatically be suspended from his/her team's next 2 games or until a review of the incident can be made. Indefinite suspension may follow.
- 2 ejections in a season/semester will automatically result in a minimum 5 game suspension and 3 ejections in one season or calendar year automatically results in that player being suspended from Intramural Sports for the remainder of that year.

### **PROTESTS:**

- Only a team captain may approach the referee during a game to request clarification or dispute a call.
- To be valid, a protest must be registered verbally with an official, and the supervisor must be advised at the time the incident occurs. Written support of protest must be presented to the sport administrator before NOON the following day. If this procedure is not followed, the protest will be dropped and the incident closed. Only rule misinterpretations may be protested.

### **INJURIES:**

- Participants are responsible for any and all injuries sustained while participating in the Intramural program. Please leave all jewelry at home. Report all injuries to the supervisor.

### **CO-REC MODIFICATIONS:**

- A team consists of 6 players, 3 women/ 3 men or 4 women/ 2 men. Teams may compete with 3, 4, or 5 players in the following male/female ratios: 2 women/ 1 man, 1 woman/ 2 men, 2 women/ 2 men; 3 women/ 2 men.
- The serving order must alternate men and women. (Exception, 2/1 and 3/2 player ratio)

### **PLAYOFFS:**

- Any team qualifying for the playoffs will not be allowed into the playoffs if:
  1. The team has 3 or more ejections due to unsportsmanlike conduct during the regular season. (Note: Any player ejected for unsportsmanlike conduct during the playoffs will not be eligible for the remainder of the playoffs.)
  2. The team has a player(s) who has been ejected from a game but has failed to meet with the Office of Student Services prior to the last day of regular season play.
  3. The team has accrued 2 or more Forfeits in the regular season.

## Basketball Rules

\*\*All participants need to be completely aware of the expectations and guidelines for Intramural basketball. The Intramural Guidelines contain all the necessary information and are available to all students.

### TEAM ROSTERS:

- All team members must be currently enrolled students, faculty, staff or spouses of one of those three at Asbury Theological Seminary. Players cannot play for 2 teams in the same league.
- All players must appear on the team roster in order to be able to play in a game.
- Players **MUST** appear on the roster in order to play in the playoffs.
- All team members must have registered with the Office of Student Services and filled out necessary paperwork to participate.

### STARTING THE GAME:

- The game will begin at the designated start time with a jump ball at center court. If a team is not present or does not have enough players at the designated game time, the official reserves the right to grant a 10 minute grace period for additional players to arrive.
- Teams may be allowed to pick up additional players from other teams who are not participating in the current game if the team captains agree. No team will be allowed to pick up more than 2 players from an outside team.
- At the end of the grace period if the team still does not have 5 players then the game will result in a forfeit for that team.
- If both teams do not have enough players to participate in the game, then the game will result in a forfeit for both teams.

### PLAYING PERIOD:

- A game will consist of two halves of 20 minutes each (running time) with three minutes between halves. The clock will not stop for a foul, a jump ball, or a violation until there is less than two minutes remaining in the second half.
- The clock will stop on all whistles, for injuries, and for an official time out in the last two minutes of the second half or *the last minute of an overtime period*.
- The clock **will not stop** for fights or for the stoppage of the game due to unsportsmanlike behavior until the official calls an official time out.

### TIME OUTS:

- Each team is allowed two (2) time outs of 30 seconds per half. *Time outs do not carry over from one period to the next.*
- In the case of the need for Overtime, each team will be allotted one (30 second) time out. *Time outs do not carry over from regulation time.*

### FOULS:

- Unsportsmanlike fouls may be called by any game official including those working at the scorer's table. In addition, the officials may declare a game a forfeit if any player, or team, repeatedly commits a technical foul or other act which makes a mockery of the game.
- A bench technical foul (called on any player on a team's bench) will be a 2 point technical. All bench technicals are charged to the offender.
- On the fifth personal foul or second technical foul, the player or coach is disqualified from the game. Technical fouls are counted as personal fouls.
- Technical fouls will result in two free throws for the opposing team and the opposing team will also receive possession of the ball.
- If there are double technicals (technicals on both teams simultaneously) called then the fouls will be recorded and the game will then continue where it was left off from an inbounds play.



- Any player who commits 2 technical fouls in a game (results in an ejection) or receives an automatic ejection will be suspended 2 additional games and have their foul reviewed by the Office of Student Services to determine if any additional action needs to be taken.
- 2 ejections in a season/semester will automatically result in a minimum 5 game suspension and 3 ejections in one season or calendar year automatically results in that player being suspended from Intramural Sports for the remainder of that school year.
- Team Foul totals will be recorded. Free throws will be awarded for all fouls committed on a player in the act of shooting and for all fouls greater than the 6th team foul. The 7th, 8th, and 9th team foul will result in single bonus (1-and-1). All fouls greater than 9th team foul, will results in double bonus (2 free throws). These fouls reset at the end of each half.

#### **OVER TIME:**

- When the score is tied at the end of regulation time, the game shall continue without change of baskets for an overtime period of 5 minutes (4 minutes running time, 1 minute of stop time) with an intermission of 1 minute before the extra period.
- A jump ball at center court will start the extra period. Fouls carry over and are administered the same as during a regular period.
- Each team is allowed one time-out in the overtime period. If the score is still tied after an overtime period during regular season play, the game ends in a tie. Playoff games will continue to play extra periods until a winner is determined.
- Fouls will be recorded during overtime and all fouls greater than the 4th team foul (5th, 6th, and 7th) will result in single bonus (1-and-1). All fouls greater than the 7th team foul (8th, 9th, etc.) will result in double bonus (2 free throws).

#### **SUBSTITUTIONS:**

- Substitutions must check in at the half court line and will enter the game only when beckoned by the officials. Players may re-enter as many times as desired unless removed from the game by officials.

- Failure to wait for the official's signal to enter will result in a warning to that player's team and a technical thereafter.

### **INJURY POLICY:**

- All Intramural participation is voluntary. Intramural participants are responsible for any and all injuries that occur in Intramural activities.

### **EQUIPMENT:**

- Closed toed gym shoes with a non-marking sole must be worn. Hats, bandanas, "do-rags", jeans, and jewelry are prohibited.
- Each team will be given a designated color to wear for their games. Players may wear their own jersey, given that the color matches the rest of the team.

### **MERCY RULE:**

- To provide everyone with a quality playing experience, a "mercy rule" will take effect if the point differential reaches 50 points at any time during the game or at 30 points with less than 5 minutes remaining in the game.

### **PROTESTS:**

- To be valid, a protest must be registered by the **team captain** with an official at the time of the incident. If the officials can settle the protest and rectify the error, the game will continue without protest.
  - Any player other than the team captain who attempts to dispute a call will be issued a warning and if the problem continues a technical or ejection may be issued by the referee.
- If the team is not satisfied with the official's decision, the game will be played under protest from that point on. Written support of protest must be submitted to the Office of Student Services before noon the following day, otherwise the game stands as is.

### **CONDUCT OF PLAYERS, COACHES AND SPECTATORS:**

- Students working as IM officials are providing an important service to those people participating in basketball. Under no circumstances should these student officials be threatened or physically abused.
- A critical component in the concept of the right of the Freedom of Speech is the responsible use of that freedom. Use of harassing language or other behaviors that relate to a person's race, age, sexual orientation, creed, ethnic origin, handicapping condition, or political persuasion is not acceptable in ATS intramural programs. Consequently, intramural professional staff and student supervisors have the authority and responsibility if warranted to penalize, disqualify, and/or eject intramural participants engaging in such behaviors.
- Any captain, coach, or player ejected from the game may be asked to leave the gym area. If the individual will not leave the gym area after being ejected by an official or they return to the gym area for any reason, the opposing team could be credited with the win by forfeit and the game could be terminated.

### **DISQUALIFICATION OF TEAMS:**

- An entire team could be disqualified from further play if:
  1. A player(s) ejected for a flagrant foul or for fighting fails to meet with the Office of Student Services.
  2. A player(s) ejected from a game fails to cooperate with IM personnel.
  3. A team or its manager/representative fails to cooperate with IM personnel.
  4. A team, after being warned by the Sports Coordinator, continues to disrupt the peaceful progress of the game with unsportsmanlike behavior.

### **PLAYOFFS:**

- Any team qualifying for the playoffs will not be allowed into the playoffs if:

1. The team has 3 or more ejections due to unsportsmanlike conduct during the regular season. (Note: Any player ejected for unsportsmanlike conduct during the playoffs will not be eligible for the remainder of the playoffs.)
2. The team has a player(s) who has been ejected from a game but has failed to meet with the Office of Student Services prior to the last day of regular season play.
3. The team has accrued 2 or more Forfeits in the regular season.

# **Racquetball Rules**

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## **SCHEDULES:**

Your schedule will be sent to you via e-mail.

## **EQUIPMENT, ATTIRE, ETC.**

- Non-marking athletic shoes must be worn at all times.
- Players must wear shirts at all times.
- Approved racquets and racquetballs are provided by the Seminary and can be checked out via the Front Desk.
- Players are allowed to bring their own racquets as long as the racquet's length does not exceed 22 inches.
- Players are permitted to bring their own racquetballs as long as both players are in agreement of this permission.

## **FORFEITS:**

You are expected to play according to your schedule. The playing clock starts at the designated game time and continues for 10 minutes. If you fail to show up within the 10 minute time frame, you will lose the game by forfeit. If you fail to play two weeks in a row, you will be dropped from further competition.

## **LENGTH OF GAME:**

All matches will be best 2 out of 3 games to 15 points.

- The third game (if needed) will be played to 11 points.

## **LEAGUE:**

- A system will be explained to ensure that players play each week.
- Inactive members will be removed after 2 consecutive inactive weeks.
- No entry may play another 2 times in a row.
- Matches will be scheduled at random.
- Points will be given at the end of each week. Points will be awarded based on wins and losses.

## **THE GAME:**

- Objective – The objective is to win each rally by serving or returning the ball so the opponent is unable to keep the ball in play. A rally is over when a side makes an error, or is unable to return the ball before it touches the floor twice.
- Points and Outs – Points are scored only by the serving side, when he/she serves an ace or wins a rally. When the serving side loses a rally, it loses the serve. Losing the serve is called an out in singles.
  - When the receiver wins a rally they do not gain a point, but do take over the serve. The server is the only player who can score points.
- All games will be “call your own,” please respect the call – rules are provided.
- Game – A game is won by the side to reach 15 points first.
  - In the event of a need for a 3rd (tiebreaker) game it will be played to 11 points.
  - A two point margin is NOT required to win a match.
- Match – A match is won by the first side to win two games.
- There will be a Rules Binder with the Intramural Supervisor for both players to sign the scorecard after play.

## **PLAY REGULATIONS:**

- Order – The player or side winning the toss becomes the first server and starts the first game. The receiving player or side in the first game shall serve first in the second game. In a tie-breaker, it shall be that player accumulating the greatest number of points in the first two games who shall serve first.

- Place – The server must serve from any place in the service zone. Stepping on the line (but not beyond it) is permitted. Server must remain in the serving zone until the served ball passes the short line. Violations are called foot faults.
- Manner – The ball must bounce on the floor in their service zone and on the first bounce be struck by the server’s racquet so that it hits the front wall and on the rebound hits the floor back of the short line, either with or without touching one of the side walls. A balk serve, or fake swing, shall be deemed an infraction and be judged a handout.

### **DEFECTIVE SERVES:**

- Dead Ball Serves – A dead ball serve results in no penalty and the server is given another serve without canceling a prior legal serve.
- Fault Serves – Two fault serves results in a handout.
- Out Serves – An out serve results in a handout

### **DEAD BALL SERVES:**

- Dead Ball Serves – Dead ball serves do not cancel any previous illegal serve.
- Hits Partner – Hits the server’s partner on the fly on the rebound from the front wall while the server’s partner is in the service box. Any serve that touches the floor before hitting the partner in the box is short.
- Screen Balls – Passes too close to the server or the server’s partner to obstruct the view of the returning side. Any serve passing behind the server’s partner and the side wall is an automatic screen.
- Court Hinders – Hits any part of the court that under local rules is a dead ball.

### **FAULT SERVES:**

- Fault Serves – The following serves are faults and any two in succession will result in a handout.
- Foot Fault – The foot fault results:
  - When the server leaves the service zone before the served ball passes the short line.

- When the server's partner leaves the service box before the served ball passes the short line.
- When the server steps over the service or short line.
- Short Serve – A short serve is any served ball that first hits the front wall and on the rebound hits the floor in front of the short line either with or without touching one side wall.
- Three-Wall Serve – Any ball served that first hits the front wall and on the rebound hits two side walls on the fly.
- Ceiling Serve – Any served ball that touched the ceiling after hitting the front wall either with or without touching one side wall.
- Long Serve – A long serve is any served ball that first hits the front wall and rebounds to the back wall before touching the floor.

### **OUT SERVES:**

- Out Serves – Any one of the following serves results in a handout.
- Failure of Server – Failure of server to put the ball into play within ten seconds of calling the score.
- Missed Ball – Any attempt to strike the ball on the first bounce that results either in a total miss or in touching any part of the server's body other than his racquet.
- Non-Front Serve – Any served ball that strikes the server's partner, or the ceiling, floor, or side wall, before striking the front wall.
- Touched Serve – Any served ball that on the rebound from the front wall touches the server, or touches the server's partner while any part of his body is out of the service box, or the server's partner intentionally catches the served ball on the fly.
- Crotch Serve – If the served ball hits the crotch on the front of the wall it is considered the same as hitting the floor and is an out. A crotch serve into the back wall is good and in play. A served ball hitting the side wall crotch beyond the short line is good and in play.



- Fake or Balk Serve – A balk serve is defined as a non-continuous movement of the racquet towards the ball as the server drops the ball for the purpose of serving.

### **RETURN OF SERVE:**

- Receiving Position – The receiver(s) must stand at least five feet back of the short line, as indicated by the three inch vertical line on each side wall, and cannot enter into this safety zone until the ball has been served and passes the short line, however, if the ball bounces before crossing the five foot short line, the receiver may cross the line and hit the ball after it has bounced. A violation of this line would result in a point for the server.
- Defective Serve – To eliminate any misunderstanding the receiving side should not catch or touch a defectively served ball until called or it has touched the floor for the second time.
- Legal Return – After the ball is legally served, one of the players on the receiving side must strike the ball with his racquet either on the fly or after the first bounce and before the ball touches the floor the second time to return the ball to the front wall either directly or after touching one or both side walls, the back wall or the ceiling, or any combination of those surfaces.
  - A returned ball may not touch the floor before touching the front wall. It is legal to return the ball by striking the ball into the back wall first, then hitting the front wall on the fly or after hitting the side wall or the ceiling.
- Failure to Return – The failure to return a serve results in a point for the server.

### **RALLIES:**

Each legal return after the serve is called a rally. Play during rallies shall be according to the following rules:

- One or Both Hands – The ball must be hit with the racquet in one or both hands, switching hands to hit a ball is an out.
  - The use of any portion of the body is an out.
  - Only the head of the racquet may be used at any time to return the ball.

- One Touch – In attempting returns, the ball may be touched or struck only once by one player on the returning side (a carried ball is a ball that rests on his racquet in such a way so the effect is more of a sling or throw than a hit and shall be ruled a point or handout as is applicable).
- Return Attempts – If a player swings at but misses the ball in play, the player may repeat his/her attempt to return the ball until it touches the floor for the second time.

### **DEAD BALL HINDERS:**

Hinders are two types – dead ball and avoidable. Dead ball hinders as described in this rule result in the point being replayed. When called the following are dead ball hinders:

- Court Hinders – If the serve hits the door frame, door handle, or upper window a re-serve is allowed.
- Hitting Opponent – Any returned ball that touches an opponent on the fly before it returns to the front wall.
- Body Contact – Any body contact with an opponent that interferes with seeing or returning the ball.
- Screen Ball – Any ball rebounding from the front wall close to the body of a player on the side which just returned the ball, to interfere with or prevent the returning side from seeing the ball.
- Straddle Ball – A ball passing between the legs of the player on the side which just returned the ball, if there is no fair chance to see or return the ball.
- Other Interference – Any other unintentional interference which prevents an opponent from having a fair chance to see or return the ball.

Effect – A call of a hinder stops the play and voids situation following, such as the ball hitting a player. The players themselves can call a hinder while holding up their swing, such a call should be made immediately.

Avoidance – While making an attempt to return the ball, a player is entitled to have a direct path to the ball and an unobstructed view of the ball after it leaves the front wall. It is incumbent upon the players to give their opponents a free, uninhibited swing at the ball.

### **AVOIDABLE HINDERS:**

- Avoidable Hinders – An avoidable hinder results in an out or a point depending upon whether the offender was serving or receiving.
- Failure to Move – If a player does not move sufficiently to allow opponent his/her shot.
- Blocking – Moves into a position effecting a block, on the opponent about to return the ball.
- Moving into the Ball – Moves in the way and is struck by the ball just played by his/her opponent.
- Pushing – Deliberately pushes or shoves opponent during a rally.

### **TOURNAMENT:**

- A tournament will be scheduled one week prior to the end of the season.
- The seeds for the tournament will be based on the standings from the season, wins and losses.
- In the case of a tie:
  - A two way tie will refer to head-to-head results. The player winning the head-to-head league game will get the higher seed.
  - A three way tie will refer to point differentials. Point differentials are the difference between a player's total points scored and total points allowed in all games during league play.