



RECREATION

MOVE. PLAY. SUCCEED

INTRAMURAL VOLLEYBALL RULES

Last Revised: Fall 2023

 = Revised Changes

Part A: WR Governing Rules

1. Warrior Recreation Intramural Leagues are guided by the Spirit of Competition (S.O.C.). Every participant, player, captain, and league staff will all have an active part in upholding the S.O.C.
2. Warrior Recreation Volleyball is governed by the policies and rules put forth by Volleyball Canada in conjunction with the rules listed here, as well as the policies as outlined in the Spirit of Competition.
3. Officials, team captains, and players are all responsible for the good order and conduct of the game.
4. The official's judgment is final for all decisions regarding game play.
5. A more comprehensive list of rules and regulations for all intramural sports can be located in the Intramural Handbook found [here](#).

Part B: The Teams

1. The conduct of the participants must be in accordance with the Spirit of Competition. Any player violating these guidelines may be asked to leave the facility.
2. It is recommended that both teams be dressed and ready to play 10 minutes before the scheduled start of their game. All games start at the time published on the schedule.

3. Team Members: Teams consist of 6 players playing at one time. The minimum number of players required to begin the game is 4.
4. Grace Time: Any team without the required number of players within 5 minutes of the scheduled time will default that set. After an additional 5 minutes, the team will default the second set and the match. If any team member is in doubt about their eligibility, they should speak with their team captain, League Staff, or the Intramural Coordinator immediately.
5. If players, team officials, game timekeeper, etc. show up for a game in a condition which in the official's opinion, render them unable to take part, the official may default the game.
6. Specialized Positions: Teams may choose to play with a libero. If so, they must inform the official of the player designated as the libero. They do not need to wear a contrasting colour.
7. Varsity players are not eligible to participate in an intramural sport similar to their varsity sport while in season. This means that varsity volleyball players are not eligible to participate in the fall and winter semester.
8. Substitutes will remain on the sideline and any substitution must be done during a stoppage in play with reasonable substitutions.
 - a. A player may not only play the front row or back row unless a libero is being used.

Part C: Team Captain

1. The team captain must be familiar with the Spirit of Competition guidelines and Eligibility rules, and inform players of all rules and conduct expectations.
2. Each team must identify their team captain at the beginning of each game to the official. If the captain is not present, the team will nominate a player to be the acting captain for that game. This person will take on all duties and responsibilities as the team captain. This person will be identified as the acting captain on the score sheet.
3. It is the team captain's duty to know his/her duties and responsibilities before the game begins.
4. Only the captain should be speaking with the officials during the game time. Players who wish to discuss any issue with an official must ask the captain to speak on their behalf.
5. It is each captain's responsibility to have the team roster ready on the score sheet by the start of game time.

6. The captains of each team are to complete the S.O.C. on the score sheet honestly by giving the opposing team a rating of 0, 1, or 2. They will also **sign and** validate the score upon completion of the game.
7. Any concerns that a captain may have regarding officiating, should be made aware to the **League Staff** in a timely and respectful manner.

Part D: Officials

1. Volleyball will have one official assigned to each game.
2. The official will require that all participants sign in. Any participant not signing in will not be able to participate.
3. All participants will respect the call of the official. The team captain may ask for clarification in a respectful manner.
4. The official will manage the match and the game sheet.
5. If there is a dispute, the official's decision is final.

Part E: Equipment

1. No jewelry (unless properly taped down), non-elastic head bands, or hard support braces are allowed during game time.
 - a. Captains will be warned at the beginning of the game to have all their players remove such items.
 - b. During the game, players found with such items will be asked to leave play until the item is removed or properly secured.
2. Religious wear may be worn while participating and must not be a safety risk to the participant, participant's team, opponents, or officials.
 - a. Items that are a safety risk will be asked to be properly secured.
 - b. It is the responsibility of the player to properly secure the item safely.
 - c. If there are any questions about an item's safety risks, players should contact League Staff or the Intramural Coordinator more than 24 hours prior to their game.
3. The following equipment will be required or provided:
 - a. Game Ball and Net (a game ball will be provided for game play only, not for practicing).
4. The following equipment will be optional:
 - a. If available, practice equipment may be signed out at the equipment desk.
 - b. Custom team shirts

- i. Must all be the same colour (contrasting to opponents).
- 5. Proper attire must be worn to participate (no jeans or pants / shorts with zippers).
 - a. Proper athletic footwear for the sport is required (no street shoes, boots, dress shoes, bare feet, or sandals etc).

Part F: General Game Rules

1. Playing Time:
 - a. One match will be played as a best 2 out of 3 sets.
 - i. First two sets played to 25 with a cap of 27
 - ii. Third set (if necessary) played to 15 with a cap of 17.
 - b. A match will be called final from 1 hour after the start of the match, regardless of score.
 - i. The team leading wins the current set.
 - c. No game shall exceed 55 minutes after the scheduled start time.
2. Overtime/Tie
 - a. If a game is tied due to time restrictions, the game will be recorded as a tie.
3. Time Outs: There will be one 30-second time out per set.
4. Mercy Rule: There is no mercy rule.
5. A game recorded as a default/forfeit will be scored 2-0.
6. The winner will be determined as the first team to win two sets.
7. Game will be played in CIF Gym 1, 2 or 3, or PAC Main Gym Courts 1, 2, 3, or 4

Part G: Specific Game Rules

1. Service:
 - a. For the Beginner leagues, there are no overhand serves allowed.
 - b. For Beginner and Semi-Competitive leagues there is a 5 serve limit.
 - i. The Competitive league do not play with any serve limit.
 - c. There is a step-in allowed on serve in the PAC unless otherwise specified by the official.
 - i. In CIF gyms there will always be NO step-in allowed.
2. Interruptions/ Intervals between sets:
 - a. An interruption will be granted only upon request by the game captain.
 - i. The request will be refused if made during an exchange of play or after the whistle for service.

- ii. If the captain continues to make improper requests delaying the game, they may receive a delay of game warning.
 - iii. Additional warnings will result in the loss of serve and/or a point for the other team.
- b. In the event a serious accident occurs while the ball is in play, the referees must stop the game and direct a replay. The player is not allowed to play injured. If the team is not complete without the injured player, the game will be forfeited.
- c. Two minutes is the time interval allotted between sets.

Part H: Penalties, Fouls, and Misconducts

1. Volleyball will follow the sanction scale and infractions as listed and determined by volleyball Canada.
 - a. No cards will be used, rather officials will call both captains to the stand and inform both captains of the current stage of both teams.
 - b. A stage 3 warning or greater will result in an automatic conduct report.

Part I: Playoff Specific Rules

1. Sets will have no cap for any skill level.
2. Tier 1 competitive games will have two officials assigned to each game.
3. Tier 1 finals for all skill levels will have two officials and two line judges assigned to the game.

Part J: Tie-Breaking Procedures

1. If teams have the same number of points at the end of the regular season, the following will be used in order to determine the team that is ranked higher in the order they are listed:
 - a. The team having the higher S.O.C. will be ranked higher.
 - b. The team with the fewest defaults and forfeits will be ranked higher.
 - c. The team with the fewest defaults will be ranked higher.
 - d. The team having won the head-to-head match will be ranked higher.
 - e. The team having the best ratio of points for/against will be ranked higher.
 - f. The team having the better point differential will be ranked higher.
 - g. A coin flip will determine the team to be ranked higher
2. If multiple teams are tied, the above criteria will be used until one team is ranked higher OR lower. The process will then reset and continue until all teams have been ranked.

If there are any questions about the above rules, please email League Staff at leagues@uwaterloo.ca and they will be more than happy to explain and clarify any questions.