



**Carleton**  
**UNIVERSITY**



# **CU Intramurals – Co-Ed Volleyball Rules and Policies**

## **GENERAL PLAY**

- Only one toss or release of the ball is allowed per serve.
- If a serve touches the net on the way over, the ball is in play.
- Players cannot block or spike a serve, but they may volleyball the ball with their hands.
- The players are responsible for all calls including (but not limited to): in or out of bounds, carries, double hit, touching the net, going under the net and contacting another player.
- A double hit off of the serve is allowed (e.g. the serve hits the defender's arms and then chest), this includes if the ball hits the player and then the net, the player can hit the ball again. A double-hit is also permitted on a hard-driven spike/hit. Please note that a ball that rolls along a player's body is illegal.
- Players may contact the ball with any part of the body, including areas below the waist.
- A player is allowed to cross under the plane of the net at any time as long as he/she does not interfere with the play and does not step over the centre line.
- A player is permitted to pass his/her hand above the plane of the net in the following scenarios:
  - While blocking an attack.
  - If a player is spiking the ball, their hand can cross the net as long as contact is initiated on their own side.
  - An infraction has occurred if a player interferes with their opponents' attack (e.g. if a setter is trying to set his player, the opponent can't reach over the net and block that set).
- Players are not allowed to contact the bottom of the net (the tape) and the middle of the net (the mesh). A net violation will also be called on someone who contacts the top of the net (the tape).
- The net height shall be set at 7' 4 1/8" under normal play.

- Players are not allowed to attack a front court ball when positioned in the back court. If the back court positioned players jumps beyond the attack line, the players should call the play dead, award the opposing team a point as this player has committed an illegal back court attack.

## GAME FORMAT

- Each match will begin **ten minutes after the hour** and will last 55 minutes if necessary.
- The first two sets will go to 25 points, with a cap at 27 points; the third set will go to 15 points with a cap at 17 points.
- Upon arrival to the facility, all players will present their student cards to the league coordinator to be signed in. Failing to sign in may result in a team's defaulting a match.
- Each match will begin with a captain's coin-flip to determine which team serves. The Winner of the flip will decide if they wish to serve or receive.

## DEFAULTS

- All teams are to be at the facility 10 minutes before their scheduled match time.
- Teams not meeting the player requirements at match time (ten minutes past the hour) will default game one of the match. After 15 minutes, if they still do not meet the requirements, they will default the entire match.
- Defaults are recorded as 0-25, 0-25 for the team that defaults
- If you are **unable to attend your scheduled game**, please **email the league coordinator** two (2) days before the game so that your opponent may be contacted and informed of the default in time

## ROSTERS & SUBSTITUTES

- When registering a full team, there is no maximum limit to the number of players that you can have on the roster.
- A full team on the court consists of 6 players with a minimum of 2 females.
- In the case of a missing female you shall remove 1 male from the court (i.e. 2 of the spots on the court are for females; should 1 female fail to show up, a male may not play in place of that female – teams will play one player down). Teams require a minimum of 1 girl in order to not default.
- A team that registered as a full team may bring in additional players that are not listed on the regular roster. However, they must be Carleton University students (they must bring their student identification with them to the game), and be added to the roster as a substitute by the league coordinator.

- Any team may bring in subs (if they are short players) that are not listed on the roster. However, they must be Carleton University students (they must bring their student identification with them to the game), and be added to the roster as a substitute prior to the game.
- In the spirit of sportsmanship, captains are expected to replace players with a person of a similar skill level. Bringing in “ringers” for regular season and particularly playoff games is discouraged.
- If you are playing in a league where there are other teams playing before you, your team may borrow players if your team does not have enough players to start the match (i.e. 3 males and 1 female).

## **STANDINGS**

- 1st criteria: % Games Won
- 2nd criteria: Differential of points scored vs. points allowed
- 3rd criteria: Head to head

## **REPORTING SCORES**

- Scores are collected and entered by the league coordinator. In most circumstances all scores will be reported within a week of the game’s occurrence.

**If you have any questions or issues that cannot be resolved by the players involved, please speak to the league coordinator. If there is an issue that still cannot be resolved, please contact the Intramural Office:**

**Phone:** 613-520-2600 ext. 5629

**Email:** [ravens@carleton.ca](mailto:ravens@carleton.ca)