1. Player Eligibility and Check-In:
   a. All players must be registered on IMLeagues, and must be listed on the team roster to participate in a game. Write-ins will NOT be accepted until the player has registered on IMLeagues.
   b. All participants must be current members of the gym/recreational facilities. Non-members wishing to play intramurals must purchase a membership.
   c. Each player must check-in prior to game time and present their current Duke ID card. A player must be signed-in and checked off before entering the game on the game sheet.
   d. Players are permitted to play on ONE Coed League team and ONE Open League team; this is the ONLY exception when playing for two teams. Any player found to be on more than one team roster will be considered ineligible and suspended for a minimum of one game. Teams risk forfeiting any matches an ineligible player has participated in.
   e. Roster additions can be made at any time up until the final date for roster additions and prior to the post-season. Please check the volleyball sport page on IMLeagues for this information. Following this date only special requests will be accommodated, but the Intramural office must be contacted for approval.
   f. Coaches: Coaches may be recognized for an intramural team, but MUST be on the team roster and also be checked off and identified by the intramural staff and its officials prior to the start of the game. Any ineligible coach found to be interacting with the intramural staff will be asked to leave the bench area. Teams and the Team Captain risk further penalty for any ineligible coach.

2. Team Composition:
   a. A team will consist of a maximum of 6 players: 3 forwards and 3 backs.
   b. A team must have at least 4 players to start and finish a game. A game will be forfeited if a team does NOT have minimum of 4 players to begin and end the game.
   c. Coed League Rules: Coed teams must consist of at least 3 females and 3 males on the court at all times.
      i. If a team has only 5 players to begin a game they may start with a female to male ratio of 3:2 or vice versa. If a team has only 4 players to begin a match then the team may have a female to male ratio of 2:2, or a female to male ratio of 3:1 or vice versa. At no time may there be more than 3 players of a single gender on the court during a play for point. Any different combinations then listed above or if a team has only 3 players present at the beginning of the game the team will be forced to forfeit.

3. Equipment (Legal & Illegal):
   a. Volleyballs will be provided by the Intramural Department.
   b. All participants must wear shoes. Shoes worn must be canvas-topped or soft leather-topped rubber soled shoes, i.e. basketball, running or tennis shoes.
   c. Teams do not need to have specific colored or numbered jerseys.
   d. Players may wear a knit or stocking cap. The cap may NOT have a bill; it can have a knit ball on top. Bandanas with a tied knots and hats with brims on them are NOT allowed.
   e. No hard casts or braces of any kind when worn on the elbow, hand, finger, wrist or forearm. Ankle or knee braces are accepted; exposed metal parts must be covered and padded.
   f. Jewelry such as watches, rings, bracelets, necklaces or any other loose accessories are NOT permitted. Medical alert bracelets and necklaces are permitted.

4. Match Information & Scoring:
   a. All matches will be a best of 2 out of 3 games.
   b. Prior to the match a coin toss will determine the choice of serve or playing area. First service will alternate for the 2nd game. If a 3rd game is needed a coin toss will be used again.
   c. Teams will switch sides of the court following the conclusion of the 1st game and prior to the start of the 2nd game. If a 3rd game is needed teams will not switch sides during this game.
   d. Matches will have a 50-minute time limit. The winner will be determined by the team ahead in sets and/or points.
   e. Scoring is done by rally play in which a point is awarded on each service regardless of which team served.
   f. A game will be determined by the first team to score 25 points provided the leading team is ahead by at least 2 points. No game will exceed 30 points; if teams are tied at 29-29, the next point scored will determine the winner.
   g. If a 3rd game is needed, the winner will be decided by the first team to score 15 points provided the leading team is ahead by at least 2 points. This game will not exceed 20 points; if teams are tied 19-19; the next point scored will determine the winner.
   h. The rally ends with the referee’s whistle. In case of an inadvertent whistle, the rally is ended and replayed.
   i. Each team is allowed TWO 30-second timeouts per game. First request for a third time-out in a game results in a yellow card (warning) and subsequent requests result in a red card (point).

5. Substitutions:
   a. When the receiving team gains the right to serve by winning a rally, its players must rotate.
   b. Players must substitute in at the service position only (exception — injury). Any substitute entering the game must first play through the entire rotation (back to the service position) before being removed from the game.
   c. There is no limit on the number of substitutions (individual entries) that can be made during a game.
   d. A team may elect not to substitute during a rotation.
   e. Coed League Substitutions: Must be made male for male, female for female. There is no specific order required for positioning on the court.
6. Serving of the ball:
   a. Service Order:
      i. A team shall gain service of the ball subsequently following a scored point or rally.
      ii. When the serving team wins the rally, the player who served the ball must serve again.
      iii. When the receiving team wins the rally, they gain the service, and must rotate. The player positioned at the right front-row position moves to the right back-row position, and will serve. A team must always rotate players and have a new server once service is won back.
   b. Authorizing the Service:
      i. The referee will whistle/authorize the service of the ball after insuring that both teams are ready for play.
      ii. A service executed before the referee’s whistle is cancelled and repeated.
   c. Execution of Service:
      i. At the moment the ball is hit for service, the server may not be in contact with the end line, over the end line, or the floor outside the two lines marking the service area. The service area spans the entire end line.
      ii. Jump serves are permitted.
      iii. The server must contact/serve the ball within 5-seconds following the referee’s whistle for service.
   d. Serving Toss Error:
      i. The server will have a toss of the ball to execute the service. If the ball is tossed to serve but dropped to the floor with no contact, then the server is allowed to serve again. The server will be allowed one release and drop during their service.
   e. Any service hitting the net and going over to the receiving team’s side is considered in-play.
      i. Any service hitting the net which does not continue over to the receiving team’s side or hitting any other obstruction in the process of the serve (antenna, ceiling, or any other obstruction) is considered dead, and point and service for the receiving team. In addition, any service landing on the floor on the server’s side of the net, passing under the net, crossing the net entirely outside the antenna, or landing outside of the opponent’s court will be considered dead and a point awarded to the opposing team.

7. Ball ‘In’/Ball ‘Out’:
   a. The ball is ‘in’ when it touches the floor of the playing area including the boundary lines.
   b. The ball is ‘out’ when it contacts the floor completely outside the boundary lines, the ceiling on the opponent’s side, a non-player out of bounds, or any other obstruction including the walls, dividing curtain, and the basketball backboards/hoops. The ball is also ‘out’ when it contacts the antenna, the net outside the antenna, or the post outside of the antenna.
   c. Ball hitting the ceiling:
      i. Any ball caused to hit the ceiling by your team where the ball returns to your side of the court may be played again provided your team has not already used its three contacts.
      ii. Any ball caused to hit the ceiling by your team where the ball deflects into the opponent’s court is considered dead and a point for the opposing team.
      iii. Any ball that gets stuck in ceiling or its fixtures will be considered dead and the point replayed.

8. Faults:
   a. Faults are according to the judgment of the referees.
   b. A fault results in the loss of rally – the opposing team gains the service of the ball and scores a point.
   c. If faults are committed simultaneously by opponents, a double fault is committed and the rally is replayed.
   d. Common Faults:
      i. Four (4) Hits – A team contacting the ball four times before returning it to their opponent.
      ii. Assisted Hit – It’s illegal for a player or any object to assist a teammate in playing the ball.
      iii. Catch/Lift – It’s illegal to catch or lift the ball. The ball must rebound from the hit fluidly and without prolonged contact.
      iv. Contact with the Net – Contact with the net is only a fault if contact is made during the action of playing the ball or if it interferes with play.
      v. Foot Fault – At the moment of service contact or take off for a jump serve, the server must not touch the court or the ground outside the service zone. After contact, he/she may step or land outside the service zone or inside the court.
      vi. Double Contact – A player cannot contact the ball twice in succession with the exception of contacting the ball on their side following a block.

9. Playing the Ball:
   a. A maximum of 3 contacts is allowed to return the ball to the opponent’s half of the court; this includes unintentional contacts.
   b. Contact of the ball during a block does not count as one of the team’s 3 contacts.
   c. The ball is allowed to hit or make contact with a player’s foot to continue play.
   d. When 2 or more teammates touch the ball simultaneously it is counted as one contact, and either player is allowed to make the next contact on the ball.
   e. When two opposing players contact the ball simultaneously above the net, either may play the ball on the next contact for the first of their team’s three contacts. If the ball visibly comes to rest during simultaneous contacts by opposing players, the referee will direct a replay.
f. Any ball that has been caused by your team to strike the ceiling or its fixtures and returns to your half of the court may be played again by your team provided the third contact has not already occurred. The ball striking the ceiling or its fixtures does not count as one of the team’s three allowed contacts.

g. It is permitted for a player to run out of bounds to play a ball. A player may go outside the court and may cross the extension of the centerline, but if playing the ball, the ball must not be completely across the centerline extension. Players may not enter into another team’s side of the court in order to play a ball.

h. The ball is dead if: It touches the floor, hits the antenna, becomes lodged or momentarily comes to rest on any obstruction over the court, and when whistled dead by an official.

10. Net Play:
   a. Only front row players are permitted to take part in a block attempt.
   b. The ball must pass over the vertical plane of the net, and inside of the antenna and its imaginary extension.
   c. A ball moving into the opponent’s side outside of the crossing space may be played back to a teammate.
   d. The ball is ‘out’ when it completely crosses the lower space under the net.
   e. A ball driven into the net may be recovered within the limits of the team’s 3 contacts
   f. A ball may be played out of the net, provided the player does not make contact with the net.
   g. Reaching Beyond the Net:
      i. In blocking, a player may contact the ball beyond the plane of the net, provided that the player does not interfere with the opponent’s play.
   h. Under the Net:
      i. A player may be on the centerline and over the line so long as some part of the encroaching foot remains in contact with the centerline. Contact with any other part of a player’s body with the opponent’s side of the court during play will constitute a fault.
   i. Contact with the Net (Faults):
      i. The net may not be touched by a player while the ball alive. It is a fault when contact with the net is made that interferes with the play or the opponent’s play.
      ii. When striking the ball, the hitter may not make contact with the white strip above the net, but can make contact with the black portion of the net.
      iii. When blocking, the blocker(s) may not make contact with the white strip above the net.
      iv. When setting, the setter may not make any contact with any portion of the net.
      v. If the ball is driven into the net with such force that it causes the ball to contact an opponent, no fault is committed.

11. Back-Row Player Restrictions:
   a. A back-row player is permitted to complete an attack, provided the hit is completed from behind the attack line (or front zone). If a hit results in the player taking off, the foot/feet must neither have touched nor crossed over the attack line. After the hit, a player may land within the front zone.
   b. Back row players may not attack the ball above the height of the net in front of the 3-meter line.
   c. Back row players may not block or be involved in an attempt to block.

12. Misconduct:
   a. Warning: No penalty is issued, but the player is issued a warning.
   b. Penalty (Yellow Card): A point is awarded to the opposing team.
   c. Expulsion (Red Card): The player is excluded for the remainder of the game. A point is awarded to the opposing team.
   d. Disqualification (Yellow/Red Card Jointly): The player is ejected permanently for the remainder of the match. A point is awarded to the opposing team. Any ejected player will serve a 1-game suspension during their next scheduled contest. Any player receiving two ejections during the course of the season (including playoffs) will forfeit the remainder of their season.

13. Coed League Modifications:
   a. Team Composition:
      i. Teams must consist of at least 3 women and 3 men on the court at all times. If a team has only 5 players to begin a game they may start with a female to male ratio of 3:2 or vice versa. If a team has only 4 players to begin a match then the team may consist of a female to male ratio of 2:2, or a female to male ratio of 3:1 or vice versa. At no time may there be more than 3 players of a gender on the court for a team. Any different combinations then listed above or if a team has only 3 players present at the beginning of the game the team will be forced to forfeit.
   b. Substitutions:
      i. Male for male, female for female. There is no specific order required for positioning on the court.
   c. Male Restrictions:
      i. There are no restrictions on male players regarding attacking or blocking the ball.

14. Sportsmanship:
   - The goal of Duke Intramural Sports is to provide recreational environments for its participants who are safe, fun, and inclusive and further promotes teamwork, communication, integrity and healthy lifestyles. While the game environment can be competitive, ensuring player safety, providing a fun atmosphere, and promoting sportsmanlike behavior for participants, spectators, and staff are the program’s primary concerns and are the sole responsibility of its participants, spectators, and staff.
Participants and spectators are expected to maintain good sportsmanship throughout their participation in Duke Intramural Sports as it applies to Intramural Staff, fellow participants, team followers, and spectators.

- The team and captain(s) are responsible for the actions of the individual team members and spectators or team followers. Coaches may be recognized for an intramural team, but MUST be on the team roster and also be checked off and identified by the intramural staff and its officials prior to the start of the game.

- Only the recognized head team captain (1) and/or coach are permitted to speak to the officials regarding administrative matters such as protests, ejections, rule clarifications, etc. Intramural staff will only recognize these persons when communicating matters in an intramural game, and only when addressed in a civil, good-natured manner.

- Furthermore, it is expected of team captains and coaches to assist with the management of difficult situations, calm troubled teammates, and assist in other administrative matters as asked by the intramural staff and its officials.

15. Sportsmanship Rating:

- The Sportsmanship Rating System is designed and intended to be an objective scale by which a team’s overall sportsmanship (which includes attitude and behavior) can be assessed during an intramural game and throughout a team’s season, which includes playoffs. Behavior before, during, and after an intramural game is included in this rating. The team captain(s) is/are responsible for educating and informing all players and spectators associated with their team about this rating system.

- Playoffs Eligibility: All teams are required to maintain and conclude the regular season with an average sportsmanship rating of 3.5, regardless of league standing and record. Any team below the minimum requirement will NOT be eligible for playoff games and scheduling. Any team participating in the playoffs must maintain at least a 3.0 rating following the conclusion of each game. Regardless of the outcome a team’s sportsmanship rating could and will determine their advancement to the next round. If the winning team is removed from the playoffs due to sportsmanship then their opponent will advance, but only if the opposing team’s sportsmanship rating was not below a 3.0, as well. If in any case both teams are rated below a 3.0 following the conclusion of the match, then neither team will advance.

16. Team/Individual misconduct:

- Profanity and/or any other forms of derogatory or abusive language towards officials, supervisors, administrative staff, other participants, and spectators are unacceptable actions during participation in Intramural sports, events, and tournaments. All participants are subject to removal from the team/league and disciplinary action from Duke University on any such occasions.

- Physical misbehavior, such as fighting, will not be tolerated when participating in Intramural sports, events, and tournaments. Coaches and/or team followers are expected to maintain good sportsmanship throughout their participation in Duke Intramural Sports as it applies to Intramural Staff, fellow participants, team followers, and spectators.

17. Cancellations (Weather or Unforeseen Circumstances):

- For any game that is cancelled due to hazardous conditions (weather or facility) and not played or rescheduled, a tie will be assessed to both teams with a score of (0-0). In addition, both teams will receive a sportsmanship rating of 5.0.

- If a cancellation to a game in play is made due to hazardous conditions, the game will count if the 1st match or game has been completed. The game score at any time thereafter will be the final, recorded score.

18. Forfeits & Defaults:

- Forfeits will result in a match differential of 2-0. In addition, the forfeiting team will receive a sportsmanship rating of 2.0.

- Defaults will result in a match differential of 1-0. In addition, the defaulting team will receive a sportsmanship rating of 3.0.

- Any team forfeiting 2 games during the regular season schedule will not be eligible for playoffs.

- For further information, please review the Participant Handbook.

19. Game Time & Delayed Starts

a. When a team arrives, at GAME TIME, with less than the minimum requirement of players the game clock will start. The team with at least the minimum requirement of players will be awarded points based on elapsed time, and until a team meets the minimum requirement of players.

i. Delays between Game Time to 5-minutes: 5 points to the opposing team for game one.

ii. Delays between 5-minutes to 10-minutes: addition of 5 points to the opposing team for game one.

iii. Delays at 10-minutes (or more): forfeit to the opposing team.

iv. In addition, the team that does not have the minimum requirement of players at Game Time will begin with a maximum sportsmanship rating of 4.0. If the game is forfeited the forfeiting team will receive the necessary score differential, as mentioned above, and a sportsmanship rating of 2.0.

b. If both teams do not have the minimum requirement of players at Game Time, the clock will start. Points will be awarded based on when a team meets the minimum requirement of players in conjunction with any elapsed time.