Thank you for being a part of one of the best intramural programs in the nation. We are proud to offer a variety of quality intramural activities. Good luck and we hope you have a fun and exciting season!

If you have questions throughout the season, please feel free to contact us by calling our office (540-231-8297), emailing imsports@vt.edu, stopping by our office in 135 War Memorial Hall or consulting our Participant Policy and Procedure Manual.

Key Dates (tentative and subject to change)
- Regular Season Starts: Monday, October 9th
- Regular Season Ends: Thursday, October 26th
- Playoff Brackets Posted: Saturday, October 28th
- Playoffs Begin: Monday, October 30th
- Champ Night Presented by Foxridge: Thursday, November 16th

Rules of the Game
1. Players and Substitutes
   a. A team consists of 6 players on the court
   b. There must be a minimum of 4 players to start a match
      i. If only 4 players are available, back row restrictions only apply to the player in the serving position. If a team is playing with 5 players then there must be 3 players in the frontcourt.
   c. In CoRec teams must have an equal number of men and women on the court; if there are only 5 players available, there can only be one more of a gender on the court at a time.
   d. Substitutions may only be made in the server position and the substitute must play a full rotation which includes a serve.
      i. In CoRec, substitutes must be guy for guy and girl for girl.
2. The Game
   a. All matches can be ended with a best 2 out of 3 sets.
      i. Timing exception: If set 2 is completed by 25 minutes after the scheduled start time, teams will have the option to play a best 3 out of 5 sets.
      ii. At that point in the game, captains must agree to either end the game or continue playing.
      iii. If playing best 2 out of 3, the first two sets are played to 25 and won with a 2 point lead; the third set is played to 15.
      iv. If playing best 3 out of 5, the first four sets are played to 25; the fifth set is played to 15.
   b. The rally scoring system will be used. Each service (that is not replayed) will result in a point regardless of whether the team was serving or not.
   c. A coin toss (or even/odd) determines which team serves first in the first game of the match. The winner of the toss chooses first serve or side. A new coin toss is performed before the third game, if necessary.
   d. After each game of the match, the teams will switch sides of the court.
   e. Each team is allowed one timeout per game. Timeouts do not carry over from game to game. All timeouts will be 30 seconds in length.
3. The Playing Area
   a. The walls, baskets, backboards, and supports are out of play. Ceilings are in play if the ball stays on the side of the team that played the ball, provided it was not that team’s third hit.
   b. A player cannot enter an adjacent court scheduled for a match in order to play the ball.
4. Playing the Ball  
   a. Up to 3 successive hits are allowed for each team to play the ball over the net and into the opponent’s court. The ball must clear the net on the third contact or that team loses the point and the serve.  
      i. In CoRec game, when more than 1 contact occurs by the same team, both genders must contact the ball in any order before it crosses the net.  
   b. Any player that makes contact with the ball shall be considered as having played the ball.  
   c. The ball may be hit with any part of the body.  
   d. Players may have successive contacts of the ball during the block or on any first contact off of a serve or hard-driven ball; however, a player may not carry the ball (see C-5-a).  
   e. The ball must be hit in such a manner that it rebounds cleanly after contact with a player.  
   f. A ball cleanly hit with one or both hands from a position below the ball is considered a good play.  
   g. A ball in the vertical plane above the net may be played by either team.  
   h. A back row player returning the ball to the opponent’s side must:  
      i. Be behind the attack line when they leave the ground to contact the ball in the air.  
      ii. Contact the ball below the level of the net while in the air in front of or on the attack line.  
      iii. Contact the ball above the level of the net when not in the air in front of or on the attack line.  

5. Carries  
   a. When the ball visibly comes to rest (even if momentarily) in the hands or arms of a player, it is considered as having been held; scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered to be a form of holding.  

6. Blocking  
   a. Only players who are in the front row at the time of service can block a ball. Back row players may not block or participate in a block, but may play the ball in any other position near or away from the block.  
   b. Any player participating in a block shall have the right to make the next contact. The subsequent contact following a block counts as the first of three hits allowed per team.  
   c. Blocking or attacking a served ball is illegal.  
   d. Blocking of the ball across the net above the opponent’s court is legal under the following conditions:  
      i. The block occurs after a player of the attacking team has spiked the ball or after the attacking team has completed their allowable three hits.  
      ii. The ball is falling near the net and no member of the attacking team can reasonably make a play on the ball.  
      iii. The opponents have hit the ball so that, in the official’s judgment, the ball would clearly cross the net if not touched by any player, and no member of the attacking team is in a position to make a legal play on the ball.  

7. Playing Faults  
   a. If either team, or a player from either team, commits a fault the opposing team will be awarded a point.  
   b. If faults by opponents occur at approximately the same time, the referee shall determine which fault occurred first and shall penalize only that fault. If both faults are judged to occur simultaneously, a double fault shall be declared.  
      i. A double fault occurs when players of opposing teams simultaneously commit faults. In such cases, the official will direct a replay.  

8. Net Faults  
   a. If a player’s action causes that player to contact the net during play – accidentally or not – with any part of the body or uniform, that player’s team shall be charged with a fault (Exception: hair).  
   b. A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.  
   c. Players gaining an advantage (in the judgment of the official) from contact with the official’s stand or net support standards shall be charged with a fault.  

9. Service  
   a. The server shall have 5 seconds after the official’s whistle to contact the ball for service.
i. If after releasing or throwing the ball for service, the server allows the ball to fall to the floor without being hit or contacted, the service effort shall be canceled and a re-serve directed. The server is permitted a re-serve without penalty once during each term of service.

b. In CoRec, serving order and positions on the court at service shall alternate between male and female.
   i. In CoRec, if the service order does not alternate gender, the team who was awarded the previous point will forfeit their serve and a point and the serve will be awarded to the opposing team.

c. The server may serve from anywhere along the back of the out-of-bounds line.

d. “Let serves” are legal: the service is considered good if the ball passes over the net between the antennae or their indefinite extensions with or without touching the net.

e. The team serving first in the preceding game of the match shall receive the serve first in the next game of the match, except in the third game of the match.

f. The team that receives the ball for the first service of each game shall rotate one position clockwise before serving.

g. The player(s) of the serving team must not, through screening, prevent the receiving player from watching the server or the trajectory of the ball. Screening is illegal and a fault.

h. At the time the ball is contacted for the serve, the placement of players on the court must conform to the service order (the server is exempt from this requirement).

**Rules not outlined in this sheet will follow the National Federation of State High School Association (NFHS) Rules**
Sportsmanship

1. After each game, teams are given a sportsmanship rating by the officials, the scorekeeper, and the supervisor. The following rating system is used as a guideline for all sportsmanship ratings:

   “5” Excellent Conduct and Sportsmanship – Players cooperate fully with opponents and officials. The captain calmly converses with officials and has full control of his/her teammates.

   “4” Good Conduct and Sportsmanship – Team members display minor disagreement or unsporting behavior. Teams receiving an unsportsmanlike penalty/foul are not eligible to receive a rating higher than a “4” for that game. A team wins by forfeit.

   “3” Average Conduct and Sportsmanship – Team members display disagreement and unsporting behavior toward officials and/or opponents. Teams receiving more than one unsportsmanlike penalty/foul are not eligible to receive a rating higher than a “3” for that game.

   “2” Below Average Conduct and Sportsmanship – Team members display a serious lack of control and continuously show unsporting behavior to officials and/or opponents from the field/sidelines. The captain has little or no control of team. Must have received at least one unsportsmanlike penalty/foul to receive a “2” or below. Forfeiting teams receive a “2” rating. Teams with an unsporting ejection cannot receive higher than a “2” rating.

   “1” Poor Conduct and Sportsmanship – Captain has no control over team, resulting in an ejection. Team is completely uncooperative. Any team causing a game to be forfeited—other than by not showing — may receive a “1” rating.

   “0” Team Disqualification – Player(s) or coach(s) ejected for abuse against a staff member or opponents. Team is disqualified for unsportsmanlike acts before, during, or after the game.

   **Please help us make this system work by giving appropriate ratings**

2. Each week, all teams that maintain a 5.0 sportsmanship average are entered into a drawing for a sportsmanship award. The team receiving these awards will also have their picture posted on the Intramural Sports website.

3. Regular Season Situations:
   a. Teams must maintain a 3.0 average throughout regular season play to be eligible for playoffs.
   b. Teams that receive below a 3.0 average for any game will be contacted by the Intramural Sports Office.

4. Playoff situations
   a. If a team receives below a 3.0 average in a playoff contest, that team will be eliminated from playoffs.
   b. If neither team receives at least a 3.0 average, a double forfeit is declared and both teams are eliminated.

5. If a game is not finished due to any circumstances, the sportsmanship rating earned will stand.

6. The Department of Recreational Sports may impose additional penalties on players that are unsportsmanlike during regular season or playoff contests.
League Structure
1. All recreational division teams are eligible to play the full season in a round robin schedule.
2. Competitive division teams play the regular season in a round robin schedule. Following the regular season, these teams are placed into a single-elimination bracket.
3. The following point system are used to determine the place your team finishes in the league:
   a. Win = 3 points  |  Tie = 1 point  |  Loss = 0 points
4. All round robin results are posted on the website for teams to review.

Playoff Structure
1. All competitive division teams are eligible to advance to a single-elimination playoff if:
   a. The team maintains a 3.0 sportsmanship average during regular season games.
   b. The team does not forfeit a game without paying the Forfeit Reinstatement Fee ($20).
2. Recreational divisions are rescheduled into another round robin schedule.
3. Teams should check the brackets after 1:00pm the day following a playoff game. Game times will not be given out over the phone, please do not call the Intramural Sports Office for game times.
4. Intramural Champion Shirts are awarded to the champions of the competitive bracket.

Eligibility
1. Any person who has purchased the Full Intramural Membership is eligible to participate in any team activity. The following persons are eligible to purchase memberships:
   a. Student or employees; individuals associated with Campus Ministry, VCOM, Vet Med; Visiting Scholars; CRC Employees, and Long Term Guests (except Dependents). Such persons are eligible until they withdraw from the University or fail to comply with eligibility guidelines.
   b. Alumni are not eligible to purchase the Intramural Membership unless they fall into one of the previous categories mentioned.

   *All memberships may be purchased online. To complete your purchase of an intramural membership, you will be required to watch an online video presentation covering the basic policies of the program.*

2. All players must show their valid VT Hokie Passport in order to play. No ID, No Play!
   a. Cards must be readable – unrecognizable pictures, names, or numbers may not be considered valid.
3. Participants may play for only one single-sex team and one CoRec or Open team (when offered).
4. Current varsity athletes may not participate in their sport or allied sport during the academic year. Former varsity athletes must sit out for one semester following their last varsity game before being eligible to play in their sport or allied sport (both summer sessions are considered one semester). No more than three varsity athletes (any combination of current or former athletes) may play on one intramural team.
   a. A varsity athlete is defined as anyone who is on a varsity athletic team roster during the academic year, anyone participating with a varsity squad in an attempt to make a roster, red-shirts, Proposition 48 students, and any scholarship player with eligibility remaining.
   b. Former varsity athletes are defined as anyone who was a varsity athlete (as defined above) at any time within the past five years beginning the semester following their last varsity game.
5. Sport Club members are allowed to participate in their sport or allied sport with a maximum of three total players per team roster (sport specific). For example, an intramural soccer team may only have three club soccer players but may have six members of the field hockey club. Sport club members are defined as anyone whose name appears on the current year’s roster.
6. Current or former professional athletes are ineligible to participate in their sport or allied sport.
7. Team captains are responsible for checking player eligibility for his/her teammates and the players of the opposing team. The Intramural Staff is not responsible for checking player eligibility but reserves the right to impose disciplinary action for players/teams discovered to have ineligible players.
8. Teams found to have one or more ineligible players, will forfeit all games in which the player(s) played.
   a. Teams will have until 5:00pm the next business day after discovered to pay the Forfeit Reinstatement Fee ($20) in order to remain in the league. If the fee is not paid by the deadline, the team will be removed from the league.
   b. If the player(s) correct eligibility issues (e.g., purchase the appropriate membership by midnight the
2nd day after participating), the team will be allowed to remain in the league. Ineligible players may be suspended from play in that sport’s gender classification (i.e., Men’s, Women’s, CoRec) for the remainder of the season.

9. As long as a game is ready to begin by game time, any participant who arrives after that time may participate provided they properly check in (see Roster Policy above).

10. Men/Women are required to play in their specific single-sex divisions when offered unless participating on a CoRec or Open team (e.g., no women in men’s division and vice versa).

Roster Policy
1. Players check in for a game Intramural Staff at their field/court for all games.
2. A player must present his/her valid Virginia Tech ID before participating.
3. Additions to the team roster can be made at any point throughout the season.
   a. If a player does not properly check in, he/she is not allowed to participate.
   b. Practice games do not influence team rosters – roster additions begin with regular season contests.
3. Roster Switches – after playing for a team, a player may choose to remove him/herself from a roster and participate on another team within the same division (i.e., Men’s Women’s, CoRec). An individual may not switch rosters if:
   a. They have played on the same team twice
   b. Their team loses in the playoffs
   c. Their team is removed from the league due to forfeit or sportsmanship issues.
4. There is no limit to the number of players a team can on the roster, but teams winning a championship in their division will receive a maximum number of shirts.
   a. If the team has fewer players on the roster, the team will only receive shirts for the players on their roster.
   b. Extra shirts are available for purchase ($8.00/shirt) in the Intramural Sports Office.

Ejection Procedure
1. Players, coaches, or fans ejected from intramural contests must immediately leave the playing area if requested to do so by Intramural Staff.
   a. Failure to leave may result in forfeiture of the game.
2. Individuals ejected from intramurals should receive an email notification from the Intramural Sports Staff as well as a notification form from an Intramural Sports Supervisor on site. Ejected participants must contact the Intramural Sports Graduate Assistant(s) within 14 days of the ejection.
   a. Failure to do so may result in referral to Virginia Tech’s Office of Student Conduct.
   b. Ejected participants are suspended from participating in all intramural programs and from the use of recreational sports facilities until having met with the Intramural Sports Graduate Assistant(s).
   c. An ejected individual found to be playing with an intramural team prior to meeting with the Intramural Staff may result in loss of intramural privileges for the duration of the academic year.
   d. Self-imposed punishment is not accepted.
3. Ejection meetings are structured around open dialogue to ensure all points of view are represented before any outcome is decided. Therefore, it is in the ejected individual’s best interest that the meeting is conducted in a timely fashion.

*More information on the ejection process can be found in the Participant Policy and Procedure Manual.

Forfeits
1. Teams must have the minimum number of players required to start a game.
   a. If a team does not have the required number to start, a 10-minute grace period will begin. A team must have the required number of players by the end of the grace period or that team will forfeit the game.
   b. If neither team has the necessary number of players, the game will be recorded as a double forfeit.
2. A team that forfeits during regular season play has until 5:00pm the 2\textsuperscript{nd} business day following the game to pay the \textit{Forfeit Reinstatement Fee} ($20) online. If the fee is not paid by that time, the team will be eliminated from regular season play. The team will be replaced with a team from the waiting list or replaced with another team wishing to play an extra game. If there is not a waiting list, open spots will be filled on a first come, first served basis by contacting teams through Twitter/Facebook or e-mail.

3. A forfeit during the playoffs eliminates the forfeiting team from further competition.

\textbf{Protests}

1. Eligibility Protests
   a. If a team wishes to protest player eligibility, the captain is responsible for notifying a supervisor.
   b. Following an eligibility protest, the game will be played as normal. The Intramural Staff will rule on the protest the following business day and notify both teams of the outcome.

2. Rule Misapplication or Misinterpretation Protests
   a. Judgment calls cannot be protested.
   b. If a team wishes to protest a rule application or interpretation, the captain must notify the Intramural Supervisor immediately, before the continuation of play. The team captain should refuse to continue play until the supervisor arrives and makes a ruling regarding the protest.
   c. If the team captain disagrees with the supervisor’s protest ruling, the team captain should immediately inform the Supervisor that the contest is being played under protest. In that situation, the Supervisor will record all necessary information (e.g., score, ruling, date, time, site number, time remaining in the contest) and file a report with the Coordinator of Intramural Sports.

**All protests must be filed in writing by the protesting team captain with the Intramural Sports Office by 12:00 noon the day following the incident and accompanied with the Protest Fee ($10). See the Participant Policy and Procedure Manual to find the Protest Form.**

\textbf{Inclement Weather & Cancellations}

1. Decisions concerning game status are made before 4:00pm daily.
2. All decisions made after 4:00pm are made by the supervisor on duty at the activity site.
3. For the most current game status, follow us on Twitter/Facebook (@VTIntramurals)
4. Games cancelled during regular season play will not be rescheduled (unless circumstances permit). The Intramural Sports Office will notify team captains/co-captains if games are rescheduled via email once rescheduling has been completed.

\textbf{Responsibilities of the Captain}

1. Know rules, schedules, and program policies… and pass information along to all team members.
2. Have team members properly check in prior to the scheduled start time with their valid VT Hokie Passport.
3. Encourage sportsmanship with all team members.
4. Act as team representative when discussing rule interpretations and player eligibility with Intramural Staff.
5. Select one MVP from the opposing team following each game.

\textbf{Equipment}

1. Teams are required to bring a white shirt/jersey and a dark-colored shirt/jersey to all games.
   a. The dark-colored shirt/jersey must be a similar shade of color for all team members.
   b. Opposing teams are not allowed to wear similar colors during the game.
   c. If both teams show up with the same color, the captains must determine which team will wear an alternate color. If an agreement cannot be reached, both teams will forfeit the game.
   d. Teams playing flag football, 9-on-9 soccer, 5-on-5 basketball, and softball are required to have one- or two-digit whole numbers on their shirt/jersey for administrative purposes.
      i. Player numbers must be distinct from other team members.
      ii. Numbers must be clearly visible from a distance of 10 yards.
      iii. Taping numbers is not allowed.

2. Due to safety risks, all jewelry – except medical alert items – must be removed before play.
a. Taping over jewelry is not an acceptable alternative to removing jewelry.

b. If a Supervisor suspects a team member has taped over jewelry, the team member may be asked to remove the tape. If a team member does not remove jewelry or tape, he/she is not eligible to play.

3. Casts (above or below the waist) and braces (above the waist) are not allowed.