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McGILL INTRAMURALS VOLLEYBALL RULEBOOK

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ID. CARDS

- Prior to the start of intramural games students must present their valid McGill ID card to the timer. Staff and Alumni must present their valid Sports Complex Membership Cards. Please indicate to the timer which team you will be playing for. **NO ID. - NO PLAY!**
- All player IDs will be inspected by the scorekeeper and immediately handed back to the participant. IDs will NOT be kept by the scorekeeper and are not the responsibility of the McGill Intramural program.

DEFAULT RULE

- A five (5) minute delay to the start of the game will be granted if a team has an insufficient number of players to begin. Due to the nature of class schedules, 5:30pm games will have a ten (10) minute grace period.
- Should a team still not have the minimum required number of players following this delay, the offending team will default the game. The offending team will automatically lose the game **2-0 (21-0, 21-0)**. If both teams do not have enough players, it will be considered a double default.
- To begin the game, each team must have a minimum of five (5) players to start the game, signed-in and ready to play. PLAY-FUN teams can start the game with four (4) players.

EQUIPMENT

- The last game of the night will have their nets taken down once their game has completed. They will not necessarily have the entire 60 minutes if their game finishes early.
- In Co-rec divisions, a women's height net is used for all games.

RULES

- **FIVB** (Fédération Internationale de Volleyball) rules apply to all Intramural Volleyball games with the following modifications and exceptions:

PLAYERS

CO-REC

- Maximum: 3 males* or 3 females* on the court at any one time
- Minimum: 2 males* + 2 females* + a 5th player (gender non-specific)
- Should a team, at any given time (due to ejections or injuries), be unable to align at least 2 males* AND 2 females*, that team will forfeit the game

*For the purposes of our program, the terms 'male' and 'female' are inclusive of two-spirit, trans, and gender non-confirming members of our community. We have trained our staff to understand gender as a spectrum and encourage individuals to self-select where they feel they belong within the participation structure. McGill Recreation welcomes and encourages all participants

TIMEOUTS

- Each team has 2 timeouts per set (30secs). They do not carry over from set to set.

SCORING

- All matches are played to the best of 3 sets, rally point system. The first two sets are played to 25 points. The third set (if applicable) is played to 15 points.
- Matches will have a sixty (60)-minute time limit. In the event that a match approaches the maximum time allotted, the 3rd set may be capped at a score less than 15 points.
- The officials will notify captains of the point cap at the beginning of the 3rd set.
- Games begin and end on the whistle of the officials.

MIXED SPIKING, BLOCKING, SERVING

SPIKES

- MALE players may only spike from behind the 3m line (i.e. must initiate the spiking motion from behind the 3m line, but may land in front of the line after the spike).
- FEMALE front row players may spike from anywhere on the floor. Back court hitting regulations still apply.
- If a MALE player contacts the ball above the height of the net (ball is entirely above the net) and the player's foot is touching (or has touched) the ground on or in front of the attack line, the attack/hit must have an upward trajectory.

BLOCKS

- MALE players can block ANY opposing MALE player touches. Cannot block FEMALE players. FEMALE players can block anyone.

DINKS

- For MALE players, one-handed placement or redirection of the ball with the fingers (a "dink" or open-hand tip) must have an upward trajectory after being hit, but may land anywhere in the court.

SERVES

- Both overhand and underhand serves are permitted, for players of either gender.

SUBSTITUTION

The following two substitution options are available, but one must be chosen before the start of each match (switching mid-game is not permitted):

- 1) **SUBSTITUTE ON ROTATION**
 - Substitution takes place on a rotational basis, taken from the service position.
 - It is obligatory to substitute on every rotation
- 2) **SIX SUBSTITUTES, THREE ENTRIES**
 - Substitution takes place on a player-for-player basis, maximum six (6) substitutions per set.
 - Each player may enter the set a maximum of three (3) times (starting the set counts as an entry).
 - No changes in the order of rotation are permitted. Players entering the game must assume the position in the serving order of the player they are replacing.
 - In PLAY-FUN there are no substitution limits

Note that if a **LIBERO** is used, the referee must be made aware before the match starts.

- **CO-REC**: the libero may only replace a player of the same gender

TEAM SPIRIT RATING VOLLEYBALL

5 – EXCELLENT

- Excellent team spirit towards opponents and officials (e.g., team always maintains an outstanding attitude, captains always question officials in a respectful manner and entire team shakes hands at the end of the game). No negative comments or attitudes.
- Entire team maintains self-control at all times.
- No cards/incidents.

4 – GOOD

- Good team spirit towards opponents and officials (e.g., team always maintains a good attitude most of the game, no conflicts). Minimal negative comments or attitudes.
- Entire team maintains self-control at all times.
- No cards/incidents.

3 – AVERAGE

- Good team spirit towards opponents and officials (e.g., negative attitudes are limited to an individual rather than the entire team).
- Lack of self-control is limited to an individual, not the entire team. Most of team respectful.
- No cards/incidents.
- 1 verbal warning = automatic 3 rating

2 – POOR

- Poor team spirit towards opponents and officials. Lack of respect shown towards opponents and officials. Use of profane and/or vulgar language.
- More than one team member shows a lack of self-control.
- 1 Yellow Card = automatic 2 rating.
- Verbal altercation with opponents or official

1 – NOT ACCEPTABLE

- Terrible team spirit toward opponents and officials. Frequent use of profane and/or vulgar language, acts of verbal or physical intimidation.
- The majority of the team shows a lack of self-control and respect for opponents and/or officials.
- 1 Red Card = automatic 1 rating
- Players showing up intoxicated.
- Mass confrontation/fighting/brawl