Administrative Rules and Information

I. Prior to the game, players must check-in at the information table with the supervisor or RecSports Assistant on duty. All RecSports participants MUST have a Comet Card.  

*NO COMET CARD = No Participation. NO EXCEPTIONS!*

II. All games will be played at the Activity Center Main Gym. Teams are expected to report to their field 15 minutes before game time.

III. RecSports will provide game balls only. Teams may use their own ball.

IV. **NO TOBACCO, FOOD OR BEVERAGES** allowed in gym. Water bottles are allowed with a secure top.

V. **Ejections:** Any form of physical combat (punching, kicking, etc.) at any time during one’s use of the facility while at a RecSports event is taking place will result in an immediate ejection with further action taken on an individual basis. The officials of each game or other intramural staff employee may eject any player or bystander for inappropriate behavior at any time. It is the responsibility of the team captain to make sure ejected players leave the area. Ejected players must be out of sight and sound within one minute or a forfeit may be declared.

An ejected player must schedule a meeting with the Assistant Director of Competitive Sports before he/she can play again in ANY intramural event.

VI. **Sportsmanship:** All team members, coaches, and spectators are subject to sportsmanship rules as stated in the Recreational Sports Guidelines. Each team’s sportsmanship will be evaluated by Intramural officials and scorekeepers assigned to the game. Captains will have the opportunity to see their team’s sportsmanship total at the end of each game. **Teams may have a total of 4 sportsmanship points for each game. A team must average a 3 to be eligible for playoffs.**

VII. **Forfeits:** After one forfeit, teams become ineligible for playoffs. Teams are dropped from competition after two forfeits. If a team knows that they are unable to make the contest, they must notify the RecSports office 24 hours in advance of their game (972.883.4087). Defaulting teams will not receive a sportsmanship rating for the respective defaulted game; however, the team defaulted against will receive a “4” sportsmanship rating.

VIII. **Rosters:** Players can join teams until the completion of the second week of games for leagues and prior the end of registration for special events and tournaments. After this time, rosters are frozen and team captains must submit a request to the Intramural Sports office to add any other player(s). However, players can be dropped at any time.
**Rules of Play** – NFHS rules govern all play

1. A coin toss before the first game will determine which team will serve to begin the match. The winner of the coin toss has the option to serve, receive, or choose a side. Service and side will alternate for the second game. An additional coin toss will determine the same options for the third game.

2. A team shall consist of 6 players. Teams must start and finish with a minimum of 4 players to avoid a forfeit. In Corec leagues, a team consists of 3 males and 3 females or 4 females and 2 males, but NOT 4 males and 2 females. Teams may also use 5 players, using 3 males and 2 females or vice versa. If the team starts with four players, combinations include 2 males and 2 females, or 1 male and 3 females.

3. **Teams that start with fewer than 6 players must have 3 players in the front row at all times.** For 4 players, the player that served last is the back-row player. For 5 players, the last server and the player to his/her left are back-row players.

4. In Corec leagues, if 6 players are on the court, there must always be a male and a female positioned next to each other before the serve. The figure below shows positioning. Once the ball is served, players are unrestricted except that back line players can neither spike nor block in front of the ten-foot line.

   _______________NET________________
   Female--------Male--------Female
   Male--------Female--------Male

5. The team that wins two sets out of three will determine the winner of the match. Sets 1 and 2 shall consist of 25 points. Set 3 shall consist of 15 points. Teams will remain on the same side in set 3. Rally scoring will be used throughout all matches. Teams must win by two points, with no cap on any set.

6. Each team will be granted one timeout per set, each one minute in length.

7. **Attacking and blocking**
   Any front-row player may attack or block. A block does not count as a hit. Back-row players may not attack or block in front of the attack line.

8. The first ball over the net may have multiple contacts provided that the player only makes one attempt to play the ball.

9. A legal contact may come from any part of the body.

10. **Serving:**
    a. Serves may be underhand or overhand.
b. A serve must be clearly hit and not pushed or thrown.
c. The ball must be served from behind the service line.
d. A service that hits any part of the net and goes over is legal and playable.
e. A serve cannot be blocked or attacked by the receiving team.

11. A ball touching any part of the boundary line is in-bounds. It is permissible to run out of bounds to play a ball as long as the player has one part of their body in contact with the playing surface. The pursuit rule is not in effect.

12. A player may touch the center line with their feet, hands, knees, elbows or shoulder as long as that part of the body remains on or above the center line. Contacting the floor completely over or across the center line with any part of the body is illegal.

13. Contact with the net is illegal and will result in a loss of rally. It is legal for a player’s hair or jersey to make contact with the net.

14. Players are not permitted to hold or scoop the ball. In the official’s judgment, the ball cannot visibly come to rest on the players’ hands, fingers, or any part of the body.

15. Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not have successive contacts of the ball unless there is: a) simultaneous contact by teammates, b) simultaneous contact by opposing players, or c) successive contacts by a player whose first contact is a block; then the second contact shall count as the first hit.

16. A ball, except on a service, may be recovered from the net provided a player avoids contact with the net, does not cross completely over the center line, and does not hold or scoop the ball.

17. Substitutions will be unlimited. **Substitutes may only enter at the serving position, either before or after the serve.** In Corec leagues, men must substitute for men, and women must substitute for women.

18. Balls that hit the ceiling or any other obstruction may be played provided that the ball comes down on the side of the team that hit the ball into the obstruction and that team has another legal hit available.

***The RecSports Office reserves the right to put into effect any new ruling regarding RecSports policies and unsportsmanlike conduct***