

COED VOLLEYBALL

Information Sheet

Fall 2016

This information sheet is intended to provide basic information and rules for this activity. Please refer to the “Policies” link on the home page of the intramural web page for detailed information about policies and procedures of the Intramural Activities Program.

ENTRIES OPEN

Online appointment time sign-ups will begin at 3:00 PM on Wednesday, October 5 @ imsignup.byu.edu

A net ID and password is required to register for an appointment time. Schedules sales will begin on Thursday, October 6. Those who make an appointment will have first priority. **(Entries are limited)**

ENTRY FEE

A \$30.00 non-refundable entry fee will be required at registration for each team.

ELIGIBILITY

Fall 2016 full-time BYU students (12 credits), and faculty/staff are eligible. Part-time students, deferred students, non-students, and spouses of students must pay an intramural activity fee for each semester in which they participate. **Non-BYU students must be active members of a Provo young single adult (YSA) or married student ward.** Their membership records must reside in the YSA or married student ward that they attend.

The intramural activity fee is paid at the Information Center in 112 Richards Building. The cost is \$25.00 per semester during fall & winter and \$20.00 for spring/summer. A BYU ID or BYU Net ID with valid picture ID is required at time of payment. This fee will enable a participant to compete in any intramural activity during the appropriate semester.

To participate in a team sport, each player must be added to his online team roster by 3:00 PM for weekday games and by 3:00 PM on Friday for Saturday games. Team rosters are limited to **fifteen** players. Each participant may play for only **one Coed Volleyball** team.

DAYS, TIMES, AND LOCATION

Games will be played Tuesday through Friday 6:15 PM to 10:00 PM and Saturdays 8:20 AM to 1:00 PM. All matches will be played in gyms 138 and 144 in the Richards Building.

CHECK-IN

It is recommended that participants check-in with the activity supervisor at least ten minutes prior to game time. *All participants must show a valid (government, school, or work issued) picture ID before every game.* Picture ID printouts are not acceptable. Participants, whose privileges list “Fee Needed”, must present their paid receipt for the intramural activity fee before they can check in.

FORFEITS

Teams are encouraged to arrive ten minutes before game time. **FORFEIT TIME IS GAME TIME!** A forfeit is given to teams with less than **four** legal players at game time. Teams receiving their second forfeit may be dropped from regular season play and elimination tournament play. *Refunds will not be given for forfeited schedules.*

EQUIPMENT

The participants must provide volleyballs. The Office of Intramural Activities will **not** supply balls for game play.

UNIFORMS

Teams are strongly encouraged to have two sets of jerseys of differing colors. An appropriate, modest athletic uniform is permissible. Shirts and shoes must be worn. Sleeveless shirts are not allowed. Women's Spandex volleyball shorts are not allowed.

OFFICIALS

The Office of Intramural Activities will provide all officials. Each team must provide one line judge (certification is not required). **If teams do not provide a line judge by game time, they will forfeit.** Officials and supervisors assigned to your match have the authority to make decisions on any point not specifically covered by rules of the game or by intramural policies.

LIABILITY

All participants play at their own risk and must acquire their own insurance.

SPIRIT OF SPORTSMANSHIP

"Athletics are explosive, as any of us know who have participated in them. The problem therefore, is to do everything that is fair and honorable to win, and also to know the line where sportsmanship stops and mockery starts. Stop short of winning if integrity is to be impaired.... Sportsmanship is the spirituality in athletics" (The Teachings of Ezra Taft Benson, 436-438).

Sportsmanship is everyone's responsibility. We hope everyone will conduct himself in a mature and friendly manner. Team captains are responsible for the conduct of their players and spectators. The BYU Intramural Activities Program has identified the following principles as our "Spirit of Sportsmanship" guidelines. We encourage all employees, participants, and spectators to incorporate these principles on and off the playing field.

1. **Live with integrity:** *We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men...* (Thirteenth Article of Faith). Be consistent with who you are in all situations. "We are what we repeatedly do; excellence, then, is not an act but a habit" (Aristotle).
2. **Be accountable:** The gift of agency allows us the ability to choose right from wrong. Although we are free to choose our actions, we are not free to choose the consequences. Other people cannot determine our feelings or thoughts. We are each accountable for the things we do and say and should never blame others for our behavior.
3. **Live the Golden Rule:** *And as ye would that men should do to you, do ye also to them likewise* (Luke 6:31). "Good sportsmanship includes thoughtfulness and concern for others...humility in victory; and calmness and composure in defeat. It is fair play, following both the spirit and the letter of the rules. It is the Golden Rule in action on the playing court, on the bench, and in the stands" (Physical Fitness, Sports, & Recreation Manual. The Church of Jesus Christ of Latter-day Saints, 1984; 17).
4. **Play by the rules:** Do not push limits or escalate your level of physical play to match the style of enforcement. Playing to the call or whistle instead of by the established rules of the game is a violation of integrity and honesty. This style of play endangers the other players. Play hard, but play fair and honor the rules.

5. **Turn the other cheek:** If you begin to feel unsettled or agitated, take a personal timeout. Step back to gain composure and perspective. Retaliation does not solve conflict—it only compounds the situation. Be meek. *Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth...whosoever shall smite thee on thy right cheek, turn to him the other also* (Matthew 5:38-39).
6. **Be gracious:** Compliment your opponent after a good play. Focus on the good. Build people up—do not tear people down. Be genuine when you congratulate your opponent. Demonstrate gratitude for the efforts of the officials and activity supervisors. *A soft answer turneth away wrath: but grievous words stir up anger* (Proverbs 15:1).
7. **Have fun:** ...*Men are, that they might have joy* (2 Nephi 2:25). Be safe, play fair, and enjoy the experience.

YELLOW/RED CARD SYSTEM

A yellow/red card system is used to monitor unsportsmanlike behavior and improper conduct. A participant who receives a yellow card will be required to sit out for two minutes of game time. A participant who receives a red card will be ejected from the game and must leave the field/court before play resumes. A team with a carded player must play with one less player until the penalty time has expired (Yellow = 2 minutes & Red = 4 minutes).

The following are examples of yellow/red card offenses:

Yellow Card: Non-directional profanity; arguing; rough play; taunting.

Red Card: Illegal participation; directional profanity; flagrant contact; fighting; threatening behavior.

TOURNAMENT INFORMATION

There will be three divisions (upper, middle, and lower) for regular season play. Each activity has a classification process that is intended to place similarly skilled teams against each other for tournament competition. Teams will be given a ranking between 1 and 5 (5 being the highest) for each regular season game they play. To receive a 5 ranking, a team must be proficient in each of the following five criteria:

1. Serving and receiving serve.
2. Setting.
3. Hitting.
4. Blocking.
5. Defensive quickness.

At the conclusion of regular season play an overall average of each team's rankings will be computed and eligible teams will be placed in the tournament division that best fits their ability. Important tournament dates are listed below.

- Tournament classification rankings will be posted by **4:00 PM on Wednesday, November 9.**
- Teams will have until **noon on Friday, November 11** to challenge classification rankings.
- Tournament brackets will be posted by **4:00 PM Saturday, November 12.**
- Tournament play begins **Tuesday, November 15.**

Tournament brackets may be viewed on the intramural web page or in the glass cases located next to the Intramural Office (145 Richards Building). **Posted game times will not be changed for personal conflicts.** Team captains should notify the Intramural Office **in advance** to avoid potential scheduling conflicts for their team(s). This can be done through the use of a schedule request form, which is available in the Intramural Office. This form must be submitted by 4:00 PM on Thursday for the following week's schedule.

RULES

Intramural volleyball abides by the 2016-2017 National Federation of High School Association Rules with the following exceptions or points of emphasis:

1. *Team Composition:* Teams may consist of four (minimum) to six (maximum) players on the court. No more than three males may play at a time and only two males may be on the front row at a time. Team rosters are limited to 15 participants. Liberos are not permitted.
2. *Game Duration:* Matches will consist of the best two out of three games. The first two games will be played to 25 points (rally scoring), cap at 29. The winning team must win by two points. The third game will be played to 15 points, win by two with a cap at 21.
3. *Substitutions:* Free substitutions may be made but only at the service position.
4. *Timeouts:* A team may have one timeout per game. Unused time-outs cannot be carried over to another game.
5. *Ball in Play:* A) When games are in progress on an adjoining court, players may not step into that court to play a ball. However, they may reach into the court to bring the ball back into play. B) Balls that hit any part of the ceiling on your side of the net are still in play.
6. *Service:* One step into the court is permissible.
7. *Blocking:* In the rotation, when only one male player is in the front row, **one** male player from the back row may help block at the net. Both male back row players can alternate blocking. Blocking the serve is not permitted.
8. *Contact:* During play, unless there is only one hit, a girl must make contact with the ball before it returns to the opponent's side.
9. *Equipment:* Teams will need to provide their own volleyballs.

***If you have any questions contact Micaela in 145 RB (801-422-7597) or access our web page.
<http://intramurals.byu.edu/> Have a great season!***