Captain’s Meeting: Thursday, 3 September 2009 (6:00) – meeting will be held in the Main Lobby of Nielsen Library.

In order for your team entry to be scheduled, the captain MUST attend this meeting.

ENTRY/ROSTER: Entry forms are due on Wednesday, 2 Sept, no later than 5:00 PM. A maximum of 8 participants are allowed per roster.

**There is a $25 late entry fee for teams turning in their forms after 5:00 PM.**

Members of the varsity volleyball and club volleyball teams are ineligible to participate in this league. Individuals may not participate on more than one team in each division (i.e. a male student may not participate on two Rec. teams). You may drop & add players by filling out a form located in the Rex Activity Center.

The Drop/Add deadline for this league ends on Thursday, 24 September, at 5pm.

COMPETITION: All participants must present a current, valid Adams State College photo I.D. card prior to each game. Competition is offered on two levels, depending upon the number of team entries: Competitive (advanced skills) and Recreational (mostly for fun).

LOCATION: In the sand pit, just beyond the Campus Police Department in the quad.

RULES: A complete set of rules is included with this packet.

UNIFORMS: Uniforms are not required to participate in this league. It is important that all team members wear the same color during the game, to help differentiate between the two teams.

EQUIPMENT: will be provided by the Student Life and Recreation Department. Participants are responsible for personal equipment. Metal cleats are not allowed and if worn during the game, will result in an immediate ejection. Please review the rules section of this packet for more information on equipment.

ENTRY FEE: there is no entry fee if your roster is turned in on time. If the roster is turned in after the due date, it will be a $25 late entry fee for your team. Your team will not be scheduled to play until the fee has been paid.

***TSJCC Students*** there is a $15 league fee in order for you to participate in this league.

AWARDS: Championship t-shirts will be awarded to overall winners in the Competitive and Rec. divisions of the leagues, if there are enough teams to divide into two divisions. If not, the overall winning team will be awarded the shirts.

RESCHEDULING: Rescheduling for this activity will be on a limited basis. In order to reschedule, the proper procedure must be followed and information is available at the Rex Activity Center or speak to Chris or Kevin.
SCHEDULES: It is solely the responsibility of the participants to find out when their games are and schedules are posted Fridays by 4:00 PM on the Intramural Sports bulletin board, in the Rex Activity Center just left of the information desk.

**Schedules will be emailed to both the captain & co-captain listed on the entry form.**

ALL PLAYERS MUST SHOW CURRENT ADAMS STATE COLLEGE ID IN ORDER TO PARTICIPATE – NO ID, THEY WILL NOT BE ALLOWED TO PLAY.

*All participants will be checked for eligibility. Those participants listed on the roster who are not current Adams State students, faculty, or staff, (or a TSJCC student who has paid their $15 league fee) will be dropped from the roster immediately and declared ineligible to play.*

Any captain who knowingly plays an ineligible player, risks having their team removed from the league.

ASSUMPTION OF RISK: Inherent risks are associated with every recreational activity. Participants assume these risks when they agree to participate. All participants are strongly advised to secure health insurance coverage and to visit their physician for a physical examination prior to registration or participation.

FORFEIT POLICY: For teams who do forfeit, there is a $25.00 forfeit fee that must be paid in the Student Life and Recreation Office @ the Rex Activity Center by 12:00 Noon the day before your next game, or you will be dropped from further competition. Teams paying forfeit fees after 5pm on Thursdays will not be guaranteed a scheduled competition during the following week of play. If the first forfeit fee is paid, then your team will still be eligible for post-season competition.

Any team that forfeits twice is immediately dropped from further competition.

Additionally, please note that game time is forfeit time. However, in an effort to reduce the number of forfeited competitions and to accommodate the busy schedules of our students, the Student Life and Recreation Department will be implementing the following policy for weekly scheduled league competitions:

If the minimum number of participants are not present and ready to participate at the time of their scheduled competition, the game clock will be started and the late team will be given a 3-minute grace period to arrive. Of course, all team members must then check in with the scorekeeper and the captains’ meeting must be held before play can begin. The game clock shall not stop during this process and extra time shall not be added to the game clock to make up for lost time.

If the minimum number of participants has still not arrived by the end of the 3-minute grace period, the contest shall be declared a forfeit and the aforementioned $25.00 forfeit fee must be paid before participation in the league can continue. The Student Life and Recreation Department respectfully asks that teams do not take advantage of this grace period and instead arrive at least 5 minutes before the scheduled time of competition.
4 on 4 VOLLEYBALL RULES (Sand/Indoor)
Matches are two of three games to 25 points using rally scoring. The third game is played to 15 points, switching sides once a team reaches 8 points. The winning team must have at least a 2-point advantage unless
(1) the time limit expires or
(2) other ground rules are specified before the match begins. In the rally point scoring system, each rally wins a point whether it is for the serving or receiving team. If the receiving team wins a rally, the referee announces “Side-out” and the receiving team becomes the serving team after rotating.

Forfeits A team must field a minimum of three players to start a game. Once the match is in progress, a minimum of two players may continue if a player is injured and the officials determine that the team has a reasonable chance to win.

Server and Player Positions The server is the right back player of the serving team. His/her position must be anywhere behind the end line. Other players must be in rotation order before the ball is struck on the service. After the ball is struck on the serve, players may interchange positions anywhere on the court but they are bound by the rules governing their original positions.

Coin Toss determines which team serves first or selects the side. Whichever team serves first in the first game receives first in the second. If a third game is needed, a coin will be tossed again. The side is switched after each game and when one team reaches eight points in the third game.

Time Factor There is a 45-minute time limit on regular season matches.
a) Time runs out in the 1st game: whichever team is ahead, with at least a two point advantage, wins the match. Play continues until one team has a two point advantage.
b) Time runs out in the 2nd game: game two is decided the same way as in (a). If the winner of game two also won game one, that team wins the match. If the two teams split, a tie will be recorded.
c) Time runs out in game three: whichever team is ahead with at least a two point advantage, wins the game and the match.

Substitutions are permitted one of two ways:
1. The traditional USVBA substitution rule allows each player to enter a game no more than three times with a maximum of 12 substitutions per team. When entering, a player must replace the same player that originally substituted for him/her. Substitutions may only take place during a dead ball and must be acknowledged by the referee or umpire.
2. The rotating substitution rule allows a team to substitute a player(s) into a given position each time the team rotates (wins the serve). Such a substitution must be consistent throughout a game and may not skip any players. If substituting more than one player, the team may choose to rotate subs in to more than one position at a time.
Serving Faults. The service is a fault if:
1. The server commits a foot fault.
2. The served ball hits the net and remains on the same side of the net.
3. The served ball crosses outside the side lines as it passes over the net.
4. The served ball hits any post or overhead structure (unless special ground rules are discussed before the match).

Playing the Ball. The following rules apply when playing the ball:
1. The ball must be cleanly hit (not caught or held).
2. Simultaneous contacts of the ball by teammates are considered one play and either player may play the next ball.
3. One player may not make successive contact of the ball when making an attempt to play the ball.
(Note: USVBA allows for an unintentional double hit on any ball coming or the net provided that it is not played with the fingers. The play counts as one hit and the same player may not hit the next ball.)
4. A player may go outside his court to play the ball, however if crossing the center line, the ball must be returned to their side without crossing over the net.
5. If two opposing players contact the ball simultaneously directly above the net, either may play the ball on the next hit. If the ball is momentarily stopped, a replay may be called at the discretion of the official.
6. The ball is dead if it touches the ceiling and goes over the net, touches the standards or cables holding the net, or lands out of bounds.
7. If a spike strikes a multiple block, it is considered one play and any player making the block may play the ball next.
8. A ball that hits a ceiling structure on the hitting team’s side and remains on that side of the net is in play provided that that team has a hit remaining.

Net Play
1. Players may never touch the net, although sometimes the ball may drive the net into the player’s hands. If this happens, play should continue.
2. Players are not allowed to attack the ball when it is completely on the other side of the net.
3. Players may block the ball when it is completely on the other side of the net providing the other team has used its three hits or the ball is, in the official’s judgment, on its way over the net.
4. It is illegal to attack or block a serve.

Center Line Play
1. Only a player’s foot may contact the opponent’s court and then only if part of it remains in contact with or directly above the center line is it legal.
2. It is a violation if the entire foot breaks the lane of the center line and contacts the opponent’s court regardless of whether or not it interferes with his/her opponents.

Additional Rules
Any rule not covered will be governed by USVBA rules.
SAND VOLLEYBALL LEAGUE ENTRY FORM

Please print legibly. Thank you!

Team Name ________________________________________

Captain/Manager ___________________________ Co Captain _______________________

Phone __________________________________________ Co Captain Phone

Email __________________________________________ Co Captain Email

CHECK THE DIVISION THAT APPLIES:

Men’s Competitive____ Men’s Recreational____

Women’s Competitive____ Women’s Recreational____ Co-Recreational ______

CAPTAIN’S RESPONSIBILITIES: As captain, I assume full responsibility for:

(1) Proper eligibility of all my players.

(2) Good sportsmanship of all my players.

(3) Reading and informing my players of all Intramural Sports rules, regulations and policies.

(4) Attending (or assigning another team member to attend) the mandatory captains meeting.

(5) Checking the schedule periodically and informing my teams when games are scheduled.

Signature ___________________________ Date _______________________

TEAM ROSTER

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Please “X” out times when you do NOT want to be scheduled for matches. The intramural sports staff will avoid all conflicts if you provide at least 4 hours of available time.

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ADAMS STATE

INTRAMURALS