| **LEAGUE COORDINATOR:** | Mikayla Stanfield  
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|------------------------|--------------------------------------------------|
| **REGISTRATION DATES:** | Begins: January 7th, 2019 – 8:00am  
Ends: January 25th, 2019 – 5:00pm  
Teams MUST have three players on their rosters before they can move to a specific division. |
| **LEAGUES OFFERED:** | Co-Rec |
| **POOL PLAY:** | Teams will be guaranteed at least two pool play games to be used for seeding in the playoff bracket. |
| **GAME SITES:** | Games will be played at Southwest Recreation Center |
| **GAME:** | Matches are played as the best two out of three sets. The first two sets are played to 25 where the winner must have a two point advantage. A point cap is set to 30, so no two point advantage is needed. The third set, if necessary, is played to 15 where the winner must have a two point advantage. The point cap for the third set is 20. |
| **TIMEOUTS:** | Teams have two one-minute timeouts per match. |
| **MERCY RULE:** | No mercy rule. |
| **OVERTIME:** | In lieu of overtime there is a point cap system for each set. |
| **FORFEITS:** | GAME TIME IS FORFEIT TIME. Minimum of 4 players are needed to start and finish the game. Team with only 3 players have 10 minutes after the scheduled game time to get a 4th player signed in to play for their team to avoid a forfeit. |
| **EQUIPMENT:** | Players must wear shoes at all times. Jewelry that is not hoop earrings, watches, or ridged or pointed jewelry which, in the opinion of the Competitive Sports staff, may cause harm to any other participant may be worn. |
| **PLAYOFFS:** | Teams with a sportsmanship average of 4.0 or higher and have not forfeited more than one pool play game will automatically qualify for the playoff bracket. Teams who do not meet the previously stated requirements may petition for a spot in the playoffs by speaking with the league coordinator at the end of pool play. |
| **PLAYOFF BRACKET:** | The playoff bracket will be seeded using the pool play games. |
| **CHAMPIONSHIPS:** | Intramural Sports Championship T-shirts will be awarded to the winning team. A maximum of 9 shirts will be awarded. |
| **RULES REVIEW:** | • A maximum of six players can play at any given time in the match. Substitutions are allowed.  
• All matches will use rally scoring, where a point is scored on every play regardless of who is serving.  
• Teams have three hits to return the ball over the net.  
• The same player cannot contact the ball two times in a row.  
• Players must keep part of their “bottom” in contact with the floor at all times. The “bottom” is described as any part of the upper body, from the shoulders to the buttocks.  
• Players may use any part of their body from the waist and above to play the ball.  
• Contact with the net is allowed as long as it does not interfere with the opponents’ ability to play the ball.  
• It is a fault when a player completes an attack on the opponent’s service, if the ball is entirely above the height of the net. |
1. **Register your IMLeagues Account**
   a. Go to [https://www.recsports.ufl.edu](https://www.recsports.ufl.edu).
   b. Under the Intramural Sports tab, click on CAPTAIN’S MEETING AND REGISTRATION.
   c. Click the link for ONLINE REGISTRATION.
   d. Sign on using your Gatorlink username and password.
   e. At the bottom of the page, click on the Intramural Sports IMLeagues graphic.
   f. Complete the required information and click Submit.
   g. Click the University of Florida link at the top of the page.

2. **Signing Up A Team For An Intramural Sport**
   a. Log in to your IMLeagues account using your Gatorlink username and password.
   b. Click the Create Team button at the top right of your User Homepage OR click on the University of Florida link and go to the school’s homepage on IMLeagues.
   c. Select Sitting Volleyball and the League and Pool you wish to play in (if registration has not opened yet, you may organize your team in the Waitlist. Once registration opens you must log in and move your team from the Waitlist to your desired Pool).
   d. Click Create Team.
   e. View the "Captain’s Training Video" embedded via YouTube and review Sitting Volleyball Sport Rules.
   f. Complete the “2016 Sitting Volleyball Captain’s Quiz”.
      i. You must obtain a 100% on this quiz to be eligible to register. An unlimited number of attempts are allowed.
   g. Once you pass, enter all necessary information and click Submit.
   h. If registration has not opened and your team has been added to the Waitlist, once league registration opens you must move your team to your desired Pool.
      i. Log in to your IMLeagues.com account.
      ii. Select your Sitting Volleyball team from the “Teams” section on your homepage.
      iii. A red banner will appear at the top of the next screen prompting you to "click here" to view open spots in Divisions.
      iv. Review open Pools and select "Move to Division".

3. **Joining An Intramural Sports Team**
   a. Create a Team (for team captains only)
      i. Invite members to the team
         • If team member has already registered on IMLeagues, search for his/her name and invite him/her, all invited members must accept the invitation to be added to your team
         • If team member is not registered on IMLeagues, scroll down to the "Invite by Email Address" box and input his/her email address.
   b. Join a Team
      i. Click the orange Join Team icon button at the top of your homepage.
      ii. Select Sitting Volleyball and the League and Pool which your desired team is registered.
      iii. A list of teams playing in that division will load, select the team you wish you join by clicking the orange Join Team icon.
      iv. Agree to the waiver and fill in all necessary information.
      v. A message will be sent to the captain of the team you asked to join, once the captain has given approval you will be added to the roster.

**Note:** You may organize your team early on the Waitlist (training, quiz and adding team members). However, once registration opens you MUST move your team from the Waitlist to desired Division; otherwise your team will remain on the waitlist and not be scheduled for play.

**Note:** IMLeagues offers a live support button on the top right corner of all pages, should you encounter any difficulties**