**INDOOR VOLLEYBALL HANDOUT**

**LEAGUE COORDINATOR:**
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**REGISTRATION DATES:**
- **Begins:** August 24, 2018 – 8:00am  
- **Ends:** September 10, 2018 – 12:00pm

Teams MUST have three players on their rosters before they can add to a specific division.

**LEAGUES OFFERED:**
- Men: Men’s, Fraternity (Orange & Blue)  
- Women: Women’s, Sorority  
- Co-Rec: Co-Rec Competitive, Co-Rec Recreational, Residential Hall

**FREE AGENTS:**
Participants looking to join a team are able to through two methods: joining through the IMLeagues website and registering as a free agent, or attending the Free Agent Meeting in the SWRC Arena Conference Room during the date listed on the website. The in person meeting in the SWRC Arena Conference Room will assist both those looking for a team as well as those looking to create a team.

**REGULAR SEASON:**
Divisions will consist of either 4, 6, or 8 teams depending on league. The regular season will consist of 5 weeks for competitive leagues followed by a single elimination postseason and 5 weeks for recreational leagues with no postseason.

**MATCH SITES:**
All matches will be played at the Southwest Recreation Center on Courts 1, 3 & 4.

**MATCH:**
Game play will be the best of 3 sets which are untimed. The first two sets will be played to 25 with rally scoring and a cap at 30. If tied, a third set will be played to 15 with rally scoring and a cap at 20. All sets must be won by 2 points.

**MERCY RULE:**
There is no mercy rule in volleyball.

**OVERTIME:**
There is no overtime as matches are played to the best of 3 sets.

**TIMEOUTS:**
Each team is entitled to two charged time-outs per match.

**FORFEITS:**
MATCH TIME IS FORFEIT TIME. If a team has less than the minimum number of players (4), but at least one person legally signed in and properly attired to play, a team will be given ten minutes from scheduled game time to reach the minimum number of players needed to begin a contest. Participants will not be given warm-up time for showing up after scheduled game time.

**EQUIPMENT:**
All players must wear non-marking rubber-soled athletic shoes. Any jewelry that is not an earring with a hoop, a watch, or ridged or pointed jewelry, which in the opinion of the competitive sports staff may cause harm to any other participant may be worn during the contest. Casts are not permitted. Knee braces and other hard substances must be covered with at least 2 inches of slow recovery rubber.

**PLAYOFFS:**
All teams in competitive leagues earning a .500 or better record and a 7.0 sportsmanship average or higher will be automatically eligible for playoffs. Teams under .500 must email the league coordinator by 4:30pm the day following the end of the regular season to participate in playoffs. Teams in Recreational Leagues that have no more than one loss as well as a sportsmanship of 7.0 or higher may petition to enter the playoffs.

**PLAYOFF SCHEDULES:**
The Playoff Selection Draft will be held online on IMLeagues.com. Please check the Playoff Information Sheet at recsports.ufl.edu for more information.

**CHAMPIONSHIPS:**
Intramural Sports Championship T-shirts will be awarded to the winning team for each bracket. A maximum of 12 shirts per team.
### NFHS Volleyball Rules

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<td>- Rally scoring</td>
<td>- Best of 3 sets</td>
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<td>- Maximum of 3 team contacts</td>
<td>- Serves may be played off the net if they fall into the opponents side of the court. Players may not kick the ball</td>
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- Jump serves are permitted if the player leaves the floor within the serving area boundaries and strikes the ball before returning to the floor.
- The ball may be played off the ceiling if it is struck again by the same team on their side of the court.
- The ball can be played outside the boundaries of the court.
- If the ball enters another court, determining if it is playable will be a judgment call by the official.

### CO-REC RULES REVIEW:

- In order to play a FULL match, teams must field one of the following combinations: 3W/3M, 3W/2M, 3M/2W, 2W/2M, 3M/1W, 3W/1M.
- On plays with more than one contact, a player of each gender must hit the ball at least once if the ball before being returned over the net.
- Men and Women must alternate positions.
- Men may attempt to attack and block at the net.
### Register your IMLeagues Account
1. Go to [https://www.recSports.ufl.edu](https://www.recSports.ufl.edu).
2. Under the Intramural Sports tab, click on IMLeagues.
3. Sign on using your Gatorlink username and password.
4. Complete the required information and click Sign In.
5. Click the University of Florida link at the top of the page.

### Signing Up A Team For An Intramural Sport
1. Log in to your IMLeagues account using your Gatorlink username and password.
2. Click the Create Team button at the top right under Player Signup OR click on the University of Florida link and go to the school’s homepage on IMLeagues.
3. Select Indoor Volleyball and the League and Division 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 desired Division).
4. Click Create Team.
5. View the “Captain’s Training Video” embedded via YouTube and review Indoor Volleyball Sport Rules.
6. Complete the “Volleyball Captain’s Quiz”.
   - You must obtain an 80% or higher on this quiz to be eligible to register. An unlimited number of attempts are allowed.
7. Once you pass, enter all necessary information and click Submit.
8. If registration has not opened and your team has been added to the waitlist, once league registration opens you must move your team to desired Division.
9. Log in to your IMLeagues.com account.
   - Select your Volleyball team from the “Teams” section on your homepage.
   - A red banner will appear at the top of the next screen prompting you to “click here” to view open spots in Divisions.
   - Review open Divisions and select “Move to Division”.

### Joining An Intramural Sports Team
1. Create a Team (for team captains only)
   - 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.
2. Join a Team
   - Click the orange Join Team icon button at the top of your homepage.
   - Select Indoor Volleyball and the League and Division which your desired team is registered.
   - A list of teams playing in that division will load, select the team you wish to join by clicking the orange Join Team icon.
   - Agree to the waiver and fill in all necessary information.
   - 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.

- 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.