Cross Volleyball Rules and Regulation

The following rules are specific to the Cross Volleyball League. Competition and Game Administration Policies can be found on our website at [http://www.recreation.ubc.ca/home-page/ubc-recreation-policies/ubc-recreation-intramural-policies/](http://www.recreation.ubc.ca/home-page/ubc-recreation-policies/ubc-recreation-intramural-policies/)

Section A - Structure of League

<table>
<thead>
<tr>
<th>Level of Play</th>
<th>Open</th>
<th>Women's W2STGN</th>
<th>CoRec</th>
<th>Playoffs</th>
<th>Officials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tier 1</td>
<td>DIV &amp; CWD</td>
<td>DIV &amp; CWD</td>
<td>DIV &amp; CWD</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Tier 2</td>
<td>DIV &amp; CWD</td>
<td>DIV &amp; CWD</td>
<td>DIV &amp; CWD</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Tier 3</td>
<td>DIV &amp; CWD</td>
<td>DIV &amp; CWD</td>
<td>DIV &amp; CWD</td>
<td>YES</td>
<td>YES (Playoffs only)</td>
</tr>
<tr>
<td>Just For Fun</td>
<td>DIV &amp; CWD</td>
<td>DIV &amp; CWD</td>
<td>DIV &amp; CWD</td>
<td>NO</td>
<td>NO</td>
</tr>
</tbody>
</table>

a. DIV Divisional Team
   a. A team comprised of participants who have a common University identification (faculty, residence, etc) as outlined in the Divisional Structure Chart. Each Divisional team is allowed to carry a specific number of participants as “Designated Imports”; those who are of a different University identification. Each sport has a different number of allowable Designated Imports.
   b. Divisional Teams are always prefixed by their Identifying unit ID. Ex. ARTS – AUS, SCIENCE - SUS

b. CWD: Campus-Wide Team

Updated August 1st, 2018
a. A team comprised of participants who do not have a common University identification, or more than the allowable number of Designated Imports.

Section B - Facilities of Play

B1 – All Cross Volleyball games will be played at either the War Memorial Gym, Osborne Gym A or Student Recreation Centre.

Section C – Eligibility

C1 - Any current UBC student, faculty or staff member is eligible to participate in Intramurals as long as the registration permits. Please refer to http://www.recreation.ubc.ca/home-page/ubc-recreation-policies/ubc-recreation-intramural-policies/ under “Eligibility Policy”


Section D – Waiver/Sign-In

D1 - Each player must sign a waiver prior to participation. In the event that a waiver is misplaced by the Cross Volleyball League, the player affected must sign another one. Players can sign online waiver at http://www.recreation.ubc.ca/intramurals/teams/sign-intramural-league-or-event-waiver/

D2 - Each player must sign in initially with the supervisor by presenting a valid UBC ID card prior to their first game. The only cards accepted by Intramurals are the UBC Student Card and the UBC Staff/Faculty card, or, once they are on the roster (in our database), a government issued photo ID card (driver’s license, BC ID card, etc). Until our records show you having signed a waiver, Intramurals will only accept UBC Student or a UBC Staff/Faculty Cards.

D3 – For further information please see http://www.recreation.ubc.ca/home-page/ubc-recreation-policies/ubc-recreation-intramural-policies/

Section E – Mandatory Equipment

E1 – Footwear
   a. All participants must wear appropriate indoor gym shoes with non-marking soles.
E2 - League Uniform Policy

Numbers and Colors
For the purposes of player and team recognition, each team must have similar colored team uniforms with numbers that make the team both unified and uniquely identifiable with respect to the opposing team. At the game official’s discretion, if both teams wear uniforms that are too similar in color, one team will be required to wear pinnies provided by the league.

- Numbers must be clearly displayed on the back of the uniform
- Numbers must be a minimum of 6" in height
- Tape is not allowed to be used as a number
- Each member of a team must have a unique number in relation to the rest of their team
- Players who enter the game in violation of these rules after the uniform deadline will be subject to the sports associated penalty listed below:
- Uniforms do not need to be professionally made

Teams that are in violation of the Uniform Policy after the Uniform Deadline are subject to sport specific penalties for each player that does not have a uniform. The specific penalties can be seen below.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Uniform Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volleyball</td>
<td>1 point per player per set per infraction</td>
</tr>
</tbody>
</table>

Names and Logos
- In reference to team uniforms, teams are responsible for adhering to the UBC policy on Harassment and Discrimination

Just for Fun Teams are NOT subject to the League Uniform Policy

Section F – Equipment Regulations

F1 - The official or supervisor has the right to remove any piece of equipment, which they deem to be dangerous or inappropriate for league play, including, but not limited to:
- a. Jewelry (this includes earrings, bracelets, necklaces, etc.)
  Exceptions: medical alert necklaces and bracelets.
- b. Orthopedic braces with exposed metal
- c. Towels attached to the players
- d. Any hooded shirt or sweatshirt

Section G – Length of Games (Times Structure)

G1 – Tier 1 (Competitive)
- a. Matches are best of 5

Updated August 1st, 2018
b. First four sets are to 21, with a cap at 25
  c. Fifth set is up to 15, with no cap (time permitting)

G2 - Tier 2, 3 (Competitive)
  a. Matches are best of 3
  b. First two sets are to 25, with a cap at 29
  c. Third set is up to 15, with no cap (time permitting)

G3 – Just For Fun (Recreational)
  a. Matches are best of 3
  b. All three sets are to 21, with a cap at 25.

G4 – To win a set, a team must have a minimum lead of two points

G5 – Time Limitations
  a. In the event that the game is late to start or is beyond allotted time,
     it is the discretion of the official or supervisor to shorten the last set. 
     As a guideline to shorten a set, a minimum of 5 points more 
     than the leading team’s score is reasonable. In the event that 
     time does not permit a deciding set during the regular season, the 
     game shall be called a tie.

Section H – Overtime/Tied Games

H1 – Regular season overtime/tied games shall follow rules above and 
only be in effect during the regular season

H2 – Playoff overtime shall be extended until a winner is declared

Section I – Rules of Play

I1 – Number of players
  a. A minimum of five and maximum six players from each team must 
     be on the court before the game can start. In all levels, a ghost 
     player is permitted
  b. In Competitive CoRec, teams can have a maximum of three (3) 
     self-identified men on the court at any time
  c. Over the course of the game, a team can legitimately continue with 
     less than five players to a minimum of three players as a result of 
     disqualification or injury.

I2 – The Ghost
  a. Teams may play with only five players, whereby they designate the 
     "ghost" player a position on the team
  b. When it is the "ghost's" turn to serve, it is a side-out and the 
     opposing team serves.
I3 – Scoring
   a. All games are rally point resulting in a point being scored on every serve.

I4 - Out of Play
   a. The ball is “out” when:
      i. The part of the ball which contacts the floor is completely outside the boundary lines
      ii. It touches an object outside the court, the ceiling or a person out of play
      iii. It touches the antennae, ropes, posts or the net itself outside the side bands
      iv. It crosses completely the lower space under the net

I5 - Playing the Ball
   a. The ball may be played with any part of the body.
   b. The ball must be hit, not caught and/or thrown.
   c. Multiple contact hits (double hits) are allowed on the first contact provided the contacts occur simultaneously.
   d. Each team has three hits with which to return the ball, not including a block.

I6 - Ball in the Net
   a. A ball driven into the net may be recovered within the limits of the three team hits.
   b. A served ball may touch the net.

I7 - Penetration under the net
   a. To touch the opponent’s court with a foot (feet) or hand (s) is permitted, provided that some part of the penetrating foot (feet) or hand (s) remains either in contact with or directly above the center line.
   b. To contact the opponent’s court with any other part of the body is forbidden.
   c. Players may penetrate into the opponent’s free zone provided that they do not interfere with the opponents’ play.

I8 - Contact with the Net
   a. Contact with the net by a player is not a fault, unless it is made during the action of playing ball, or it interferes with the play.

I9 – Service
   a. The ball shall be hit with one hand or any part of the arm after being tossed or released from the hands.
   b. Only one toss or release of the ball is allowed.
   c. The server may serve from anywhere on the end line.
   d. A served ball may not be blocked or spiked.
e. The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server or the flight path of the ball.

I10 - Attack hit
a. During an attack hit, tipping is permitted only if the ball is cleanly hit, and not caught or thrown.
b. A back-row player may complete an attack at any height from behind the front zone:
c. At their take-off, the player’s foot (feet) must neither have touched nor crossed over the attack line;
d. After their hit, the player may land within the front zone
e. A back row player may also complete an attack hit from the front zone, if at the moment of the contact the ball is not entirely higher than the top of the net.

I11 - Blocking
a. In blocking, the player may place their hands and arms beyond the net provided that this action does not interfere with the opponents’ play. Thus it is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.

I12 - Substitutions
a. There are no limitations on the number of substitutions a team is permitted.

I13 - Time-outs
a. Each team is permitted one 1 minute timeout per match.

I14 - Ejections
a. Any participant who is removed from play or conducts themselves in an inappropriate manner will be reported to the Supplementary Discipline System and could face further discipline.

I15 – Non Officiated Games in Competitive levels of play
a. In games where there is no official present the conduct of players is the responsibility of the captains
b. Disputes regarding player eligibility and rules should be settled by captains or with the Intramurals supervisor.

Section J – Supplementary Discipline System (SDS) and Full Intramural Policy Page

Intramurals reports all incidents involving misconduct of individuals or teams to the Supplementary Discipline Commissioner.
Individuals may face disciplinary action as outlined in the SDS Classification System which can be found in the Intramural Policy Document at http://www.recreation.ubc.ca/home-page/ubc-recreation-policies/ubc-recreation-intramural-policies/