

LOS ANGELES AFB
2024 INTRAMURAL VOLLEYBALL RULES
California Sports Officials Association
Referee Rule Guidelines

GENERAL PROVISIONS

The Athletic Department reserves the right to modify any and all rules, By-Laws and schedules with the best interest of all concerned.

Rules of Play: NCAA rules will apply except where these by-laws amend.

- A. Matches will consist of the best two (2) of three (3) sets with a 50 minute time limit, running clock, rally scoring. If there is a tie after two (2) sets, there will be a third (3rd) set.
- B. Sets will be played to 25 with a cap at 29 points. A team must win by two (2) points or reach 29 points first. If time has expired and set 3 is tied, the next point will determine the winner.
- C. If play is stopped because of time limit, the team that is leading will be declared the winner of the match. No time is added to the game clock. In the case of a tie in the second set as time runs out, a third set will be played. The first team to reach 5 points will be declared the winner of the match.
- D. The third set will be to 15 points. A team must win by 2 points or by reaching a cap at 20 points. Do not switch sides during the third set due to time constraints. Exception: If the sun affects the team occupying the east court, they may request a switch of sides. This will take place when a team has scored 8 points. This request must be made prior to the start of the third set. The clock will not stop.
- E. If the first set is forfeited, there will be a ten minute time span before the second set. If a team is not ready to play by that time, the entire match is forfeited.
- F. Teams are allowed unlimited substitutions (must sub for the same player).
- G. Game clock is a running clock. Two (2) thirty-second time outs are allowed, clock does not stop. No time outs may be made in the final two (2) minutes of the match.
- H. Teams will consist of six (6) players on the court, however, the team can start with a minimum of five (5) players and end with either five (5) or six (6) players. "The Ghost Rule" will be in effect. The ghost rule means that every time the missing player's spot rotates to the server's position, a side out and point will be awarded to the other team.
 - (a) In order to avoid a forfeit, a team may "pick up" only enough players to meet the minimum of 5 players. This is at the discretion of the opposing team captain. Hershel may elect to not allow an opposing team to pick up players and therefore take the win by forfeit.
 - (b) If a team is allowed to "pick up" players, the opposing team cannot then request a forfeit if they lose the match.
- I. For the first set of the match, the visitor team will call coin flip for serve or receive choice. Home team is on the east side court and visitors on the west court for the first set.
- J. Teams will walk around the net when changing sides
- K. For the third set of the match, the home team will call coin flip for serve or receive choice.
- L. Rally Point Scoring will be used in all sets. A team does not have to serve the ball to get a point.
- M. No blocking the serve.
- N. Rotates every side out.
- O. Serves can take place anywhere behind the end line.
- P. It is the option of each team if they want to use the Librero. Librero must be in different color jersey.
- Q. During the serve, if the ball touches the net and goes over, it is still in play.
- R. The server only has five (5) seconds to serve the ball once the referee blows the whistle for serve. One re-serve per serving term will be allowed. Player must allow ball to fall to the ground without touching the ball if attempting to reserve.
- S. If the ball touches the ceiling and remains on the same side as the team who hit the ball, the ball is still in play. If the ball hits the ceiling and goes over the net, it is a dead ball and the other team earns a point. If the ball hits any other object, such as a basketball hoop or wall, it should be ruled as a dead ball unless the official feels there was a legitimate play possible.
- T. Only the floor captain and/or coach is allowed to speak to the referees. The floor captain will be identified with a "C" next to a jersey number in the Scorebook.
- U. If a player must leave the set for a medical issue, the team has 10 minutes to reconstitute to the original number of players. The team may not add extra players to return to full strength (i.e. if the team started with 5 players, they cannot reconstitute to 6 players). If a team have 4 players they can pick up a player with the opponent team approval, if their player shows up the player that was picked up must leave the court.
- V. The number of teams entering the playoffs will be determined by the Athletic Department.
- W. The third set in playoffs will be to 15 points. A team must win by 2 points or by reaching a cap at 20 points. There will be 60 Min in playoffs.

PROTESTS

- A. Protest will be limited to rules interpretations and eligibility only. If, during play, a misinterpretation of a rule arises, a protest must be registered with the official in charge of the match. Such a protest must be made at the time of the infraction by the team manager or coach. The official must then notify both teams that the set is being played under protest and so stated, in writing, in the official scorebook. A written protest must then be submitted by the protesting team to the Sports Office by end of business the next duty day.
- B. A protest regarding eligibility may be made at anytime by the team coach, but not later than one (1) day after the completion of the scheduled set.
- C. All protests will be reviewed by the Athletic Department, and if deemed necessary, the judiciary committee will review and take necessary action.

NOTE: DURING PLAYOFFS AND TOURNAMENT, ALL PROTEST(S) WILL BE RESOLVED ON THE SPOT BY THE ATHLETIC DIRECTOR OR A REPRESENTATIVE.

CONDUCT/SUSPENSION

- A. The coach will be responsible for his teams conduct thirty (30) minutes prior, during and thirty (30) minutes after completion of the match.
- B. Any player or coach who strikes or attempts to strike, throws any object, or intentionally puts his/her hands on an official or another player/coach/spectator will be suspended from further play in the base sports program for one (1) year.
- C. Any player or coach who is ejected from a contest for unsportsmanlike conduct during a set must leave the area out of sight and sound, within one (1) minute. Failure to comply will result in the set being forfeited. The individual will be ineligible to participate in their next scheduled match.
- D. Any player or coach who is ejected twice (2) during the season for unsportsmanlike conduct will not be allowed to participate in that sport for the remainder of the season.

PROFANITY

- A. **INDIRECT:** This is defined as the use of profanity, by players, “directed” at himself/herself, at the displeasure of their own performance. In no way are the words used “towards” an opposing player, spectator, and/or official.
PENALTY: Verbal Warning - Yellow Card
- B. **DIRECT:** This is defined as the use of profanity, and/or disparaging remarks “directed” to an opposing player, spectator and/or official.
PENALTY: Immediate Ejection – Red Card (See CONDUCT/SUSPENSION Paragraph C)

ALCOHOL USAGE GUIDELINES:

- A. Intramural participants, coaches and substitutes may not consume alcoholic beverages, before or during matches due to the increased risk of injury. This includes consuming alcoholic beverages in and around the playing area i.e. parking lots and bleachers, rest rooms. Individuals reported by opposing teams or seen by Athletic Department Staff consuming alcohol before or during a match will not be allowed to participate further. Continued violations will result in being banned from further participation in the Intramural Program.
- B. No individual will participate in intramural activities if they are judged impaired by their coach, officials, or fellow players. Questions concerning impairment will be settled by officials, league representatives, sports advisory committee officers, or coaches prior to the start of the activity.
- C. Individuals who must be removed from an intramural activity by an official due to alcohol use will cause their teams to forfeit the set they were actively involved in.

ATTIRE

- A. Appropriate athletic attire will be worn. No boots, Brogans, shower shoes, or other street shoes will be worn. All purpose athletic shoes or gym shoes are acceptable. Shoes should be hand-carried into the facility. **NO EXCEPTIONS.** Slacks, jeans, shorts or pants with belt loops or pockets will not be worn due to safety factors. At no time will the military uniform be worn.
- B. No jewelry will be allowed.
Exception: Wedding bands, religious medals and Medic Alert ID must be taped.
- C. Numbered jerseys will be available for check-out prior to the match.
- D. All participants must wear non-marking sneakers. All players must wear gym shorts with no pockets or belt loops. Uniform numbers must be on at least one side of the jersey, but numbers on both sides of the jersey are preferred. Shoes worn from outside may not be worn on the court.

POSTPONEMENTS

All mission essential postponements request must be submitted to the intramural Sports Director at least 24 hours in advance. In cases of emergencies, a phone call as soon as possible will be accepted with a follow up letter one duty day later from the first sergeant/commander. Only coaches or alternates are authorized to request postponements. Normal military duty and leave are not reasons for postponements.

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Fitness & Sports Director

Los Angeles Air Force Base

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