League Registration:
All intramural registration will take place on IMLeagues through the UWRF Intramural Sports website. During team registration, captains will select the league and division they wish for their team to participate in. The league and division will indicate the nights and times of the contests for the regular season.

Captain’s Quiz:
During registration, team captains will take a quiz related to the general intramural policies and rules of the specific sport they are registering for. Successful completion of the quiz ensures the captain knows the rules and policies prior to the start of the intramural league. Online quizzes have replaced mandatory in-person captains meeting.

Entry Fee:
The entry fee is now an individual fee. Participants must purchase a pass from IMLeagues upon registering or use a pre-purchased pass. Passes are $7.50 for a single team, $15 for a semester, or $25 for a year. The team entry fee must be paid online with a credit/debit card after the successful completion of the quiz. Payment will not be accepted in any other form. Teams cannot complete registration without payment. Entry fees help cover the cost of equipment, facility expenses, student staff labor costs, and administrative expenditures.

Schedules, Results, and Standings:
Schedules, results, and standings for league play and playoffs will be on IMLeagues. Please go to the UWRF Intramural Sports website at www.uwrf.edu/campusrec and click on the Intramurals Sports and IMLeagues to access IMLeagues.

Forfeit/Default:
If your team is unable to compete in a contest, please notify the Intramural Sports staff by email (campusrec@uwrf.edu) or phone (715.425.4289) before 1pm on the day of your contest to avoid a forfeit fee. If you do not notify the campus recreation staff before the deadline or you do not show up for the contest, your team will be charged a forfeit fee.

Questions:
Please contact the Campus Recreation Staff with any questions or concerns.

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<thead>
<tr>
<th>Contact Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Rec Staff</td>
<td>General Information</td>
<td>715.425.4289</td>
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<td><a href="mailto:ryan.rudesill@uwrf.edu">ryan.rudesill@uwrf.edu</a></td>
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General Procedures:
Please refer to the Intramural Sports Handbook for all policies and procedures related to intramural contests.

1. Each participant must present a valid UWRF ID to the intramural supervisor or scorekeeper at every contest. No other form of ID will be accepted.
2. All participants must be on the team roster. Any member not on the roster must add to the roster prior to the contest. No participant may play on two teams in the same league or a forfeit will be charged to the second team he/she participated on.
3. Each participant must wear appropriate apparel and footwear.
4. Minor first aid treatment is available during intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.

**RULES:**

1. **GAME SETUP:**
   a. A volleyball official will officiate the contest and keep track of the score. Their call is final.
   b. Teams will only play the third set if necessary
      i. Sets one and two will be played to 25 with a cap at 27.
      ii. Set three will be played to 15 with a cap at 17.
   c. Playoff contests will play a best two out of three format. Third set will not be played unless necessary.
   d. Each team will be allowed one timeout of 30 seconds per set.
   e. Officials and captains will determine serve, receive, or side by a coin flip (or other method) prior to the start of the match and again before the third game.
   f. Nets will be set at Co-Rec height

2. **PARTICIPATION:**
   a. Teams will compete with up to **four** players at one time. **Rosters may contain up to 10 players.**
   b. Teams may start with as few as two players.
   c. If a team is reduced to less than two players, a default loss will result.
   d. Co-Rec teams are encouraged to play with an equal number of males and females. At no time may there be more than one additional gender in the contest.
      i. Ratio of, 2M:1F or 2F:1M are all acceptable.
   e. All Co-Rec teams must have one male and one female in the contest.

3. **SPORTS CLUB ATHLETE ELIGIBILITY:**
   a. Current sport club members must play in the competitive league, when offered.
   b. Each team may have one current club member per gender on the roster.
   c. There are no restrictions on past sport club members.

4. **ATHLETIC ATHLETE ELIGIBILITY:**
   a. Members of the 2019-20 UWRF Volleyball team may not participate in volleyball leagues or tournaments during the 2019-20 academic year.
      i. A student-athlete who has used all NCAA eligibility in the fall semester may participate in volleyball intramural leagues in the spring semester given they are not also participating in out-of-season NCAA team practices. Participants must play in competitive leagues when offered.
   b. A 2018-19 collegiate volleyball player and a current club member may not be on the same roster.
   c. A 2018-19 collegiate volleyball player must play in a competitive league, when offered.
   d. There are no restrictions for 2017-18 (or earlier) collegiate volleyball players.

5. **EQUIPMENT:**
   a. Game balls will be provided for game play only. Participants may check-out volleyballs for warmups at the Fitness Center Desk for free.

6. **GAME PLAY:**
   a. Substitutions must happen at the same position on the floor during a side-out (rotation) throughout each set. It is up to the team to decide who subs in/out and in what order, but the order stays the same each set.
      Example: A team may choose to switch after every side-out for the serving position. Another team may decide to play the whole set with the same line-up and switch between sets.
   b. The server may serve from anywhere behind the end line.
   c. Let serves are legal. Players may set the serve but may not block or attack the serve.
d. The only player who is considered backrow is the server. All other players are attacking players and can attach in front of the 10-foot line.

e. If a player hits the ceiling, basketball hoops (when up), or lights on their side of the court, the ball is still considered in play. The basketball hoops (when down), divider curtain, and wall or any fixtures on the wall are considered out.

f. If the ball hits anything other than the net while going over the net, it is considered out.

g. If a player’s foot completely crosses the centerline or contacts an opponent, it is a violation and the point goes to the opposite team.

h. Players from the backrow may not attack (block and/or spike) within the attack line. Only the players legally positioned in the front row at the time of the serve may attack from that position.

    i. When a team is reduced to four players, the player serving is considered a backrow player. When a team is reduced to three or fewer players, all players may attack within the attack line.

7. OTHER:

    a. Other than the above exceptions, official WIAA rules will be followed.