PLAYERS & EQUIPMENT
1. Each participant must present a current JSU student or faculty/staff ID card in order to be eligible to participate.
2. **Location:** Walter Payton Center – Courts 1 & 2
3. Each team shall consist of eight (8) players. Each team must have a minimum of four (4) players.
   a. Rosters will be frozen after all weeks of league play. Only players listed on at that time and who have played in at least one game will be eligible for playoffs.
   b. Roster additions must be made by 12pm the day of your game in order for the new players to eligible to play.
4. **Shoes:** Tennis shoes are the recommended footwear. No black-soled shoes that may mark the floor are permitted. Sandals, street shoes, or boots are not allowed. No player will be allowed to participate in bare feet.
5. **Jewelry:** No jewelry or any other item deemed dangerous by the intramural staff may be worn during play. Any player wearing exposed permanent jewelry (i.e. body piercing) will not be permitted to play.
6. There will be **no hats, bandanas, or hard barrettes** worn during play. Cloth (elastic) bands may be used to control the hair.
7. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces may not have any exposed metal and/or screws. Braces made of any hard material (including plastic) must be covered with a padded sleeve or at least one-half inch padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play.
8. **Eyeglasses:** If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.
9. A player with blood on his/her clothing or body must leave the game immediately. The bleeding must be stopped and the open wound covered. If there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate any further.

GAME FORMAT
1. Game time is forfeit time.
   a. Two forfeits will result in a team being dropped from their league. The team will also lose their forfeit fee.
2. Each match will consist of a best 2 out of 3 games. The first 2 games will go straight to 25 points, while the third game (if necessary) will be played to 15 points.
3. Teams will receive one timeout per game.

GAME PLAY
1. Games will be governed by the National High School Federation rules, unless otherwise stated.
2. Rally scoring will be used.
3. Rotation must be done in a clockwise manner.
4. No back row player can jump, block, or hit unless they are behind the 10-foot line.
5. The server may serve under or overhand. They can serve from anywhere behind the back line.
6. The serve is allowed to hit the net.
7. Teams have 3 hits to get the ball over the net. A block is not considered one of the 3 hits.
8. Participants are not permitted to make contact with the net or an opponent during a play.

OUT OF BOUNDS
1. The ball will be out of bounds when
   a. It contacts the floor or object out of boundary lines.
   b. It comes in contact with the ceiling, top or backside of backboard, cables or backboard structure
c. If the ball hits the ceiling on your side of the court and stays on your side, you can still play the ball.

**SUBSTITUTIONS**

2. Teams are allowed unlimited substitutions. Teams cannot sub once the whistle for play has been sounded. Substitutions can only be made for the server position.

**EJECTIONS**

1. Yellow cards and red cards will be used for unsportsmanlike penalties.
2. Players who are ejected twice will be suspended from the league.
3. One technical foul is grounds for ejection and two is an automatic ejection.
4. All ejections are an automatic one-game suspension and the suspension can be raised to two (2) games, depending on the situation.

**FANS**

1. Teams are responsible for their own fans. Team bench areas will be determined by the intramural supervisor, based on the number of fans. Fans may be asked to sit at one end of the court or the other.