

# COCC Intramural Coed Quads Volleyball League Rules and Expectations

## 1. Registration

- a. Registration will be held on a first-come-first-served bases from 6-7:30pm on the first day of classes each new term - dates can be found on the [Academic Calendar online](#).
- b. Teams must send a representative to register in-person to reserve their spot in the league of their choosing. Once that league fills up, registration is closed. A total of 9 teams will be allowed in each league.
- c. For a roster to be considered complete, it has to include current COCC students and/or community members who have completed registration, fee requirements and have signed waivers. Community members must pay \$40 at registration or prior to participation. Student IDs or class schedules will be checked at registration.
- d. Gender of Teams: teams must have 4 players or “quads,” with at least 2 female-identifying players and 2 male-identifying players to qualify. If a player is not able to show up for a particular game, a substitute is allowed, but this is not allowed during playoffs.

## 2. Schedule

- a. Intermediate League play is Wednesdays 6-8pm, and Advanced League play is Wednesdays 8-10pm.
- b. The first day of each term classes (registration day) will involve “open play” and league games will start the second week of each term. League play will run until the week before finals (playoffs).
- c. Finals week will still be available for “open play” volleyball and the court will be closed during the week/s in between terms).
- d. Schedule and standings will be posted in Mazama Gymnasium and emailed to all participants each week.

## 3. Volleyball Specific Rules

- a. Game times are set to 30 minutes, which means there are four rounds in every 2 hour block for each league.
- b. Net height will be set ½ way in between men’s and women’s height or (7’ 8”), to allow more equal competition for men and women to be able to block at the net.
- c. “Tipping” – Tipping is allowed please but don’t tip the whole game (there are times where that is the only option, but there should be a mutual understanding for both teams that this is to be done in moderation).
- d. “Under” net - If a player crosses their whole foot across or under the vertical plane of the net, it is a point for the opposing team (toes are fine).
- e. Touching the net – if a player touches the net at all, it is a point for the opposing team.
- f. “Underhand Lift” - Open-handed lifting of the ball upwards is not allowed. Underhand hitting of the ball must be done with a closed fist.
- g. “Double” - Hitting the ball twice is not allowed.
- h. Blocking of Serves is not allowed.
- i. “Foot Fault” - If you step on the line while serving, it is a point for the other team.

#### 4. Referee Obligations

- a. All participants are expected to do some refereeing to help the league run smoothly.
- b. Depending on the time slot. If the league is 2 hours, and we have 9 teams, that means there will be (4) 30 minute rounds. This means that each team will play a minimum of 2 rounds (possibly 3), and will referee 1 round (possibly 2). If a team referees twice in one night, then it will be adjusted the following week where they only ref once, and vice versa with the others.
- c. Teams who leave early and do not complete their referee duty will be warned and reminded of rules. On the second time, and each time going forward, a loss will be added to that team's overall record. The Club and Intramural Sports Office has the right to remove teams from the league who do not abide by this policy.
- d. Referee duties include: keeping score and making unbiased calls on questionable plays.

#### 5. Playoffs

- a. A single elimination playoff tournament will be held on the last week of the term before finals week.
- b. Teams will be ranked based on their overall record, and tie-breakers will be decided based on head-to-head matchups.
- c. After teams are eliminated they are expected to stay and referee the next game.
- d. Championship teams will win COCC League Championship T-Shirts.

#### 6. Sportsmanship and Positive Environment

- a. COCC Intramural events follow the "Smile Rule," which states "You can talk trash, as long as you are smiling, AND your opponent is also still smiling." Please lean towards keeping your trash talk friendly. If someone stops smiling, that's usually an indicator that the interaction is no longer comfortable and 'sportsmanlike'. This league is competitive AND fun. It's not for people who can't do both. You are expected to be in control of your attitude at all times.
- b. Honesty Policy: All participants while playing are also expected to follow COCC IM Volleyball's Honesty Policy, which states: "participants will call lines and other rules with honesty and to the best of their ability if the referee does not have a good angle on the play."
- c. Outside Equipment: No outside equipment is to be permitted in league play. Only COCC equipment is allowed. This includes personal volleyballs.
- d. Music is to be determined by the Intramural Volleyball Organizer and must have clean lyrics. Participants can suggest certain music but it must be approved.
- e. Discipline: Any player, coach, or spectator who, in the judgment of IM Sports staff, engages in an Aggressive Act before, during, or after a game will be suspended immediately and indefinitely from participating in all COCC IM sports activities for a minimum of the rest of the term (and possibly up to 365 days from the date of infraction), AND their team may be disqualified from the playoffs. Aggressive Acts include (but are not limited to): Verbally abusive or threatening language; retaliating against an aggressive act; engaging someone in a combative posture, or face to face to "square off"; spitting, striking, holding an object with intent to intimidate, or harm; or attempting to do so, and/or any other actions perceived by the judgment of the IM Sports Staff as meant to be aggressive.