Holy Cross College

INTRAMURAL SPORTS

COREC SAND VOLLEYBALL

INTRAMURAL POLICIES AND PROCEDURES

A. ELIGIBILITY

Holy Cross undergraduate students, graduate students, faculty, and staff are eligible for participation. To play in all Intramural sports, participants must have a valid Holy Cross ID.

B. LOCATION: All games will be played at Sand Volleyball Courts.

C. FORFEITS/RESCHEDULES: If a team does not have the minimum amount of players at game time, that team will forfeit. No reschedules will be permitted in this sport. If a team cannot make a game, they may call Brian Pearison, Intramural Director 574-361-9590 before 3:00pm the day of the game and request a default. A default results in a loss, but is not considered a forfeit. Defaults and forfeits result in a 2-0 win for your opponent.

D. SCHEDULE: All schedules are posted online and it is the captain’s responsibility to check for updates/changes.

E. INCLEMENT WEATHER: No weather-related cancellations will occur before one hour prior to the scheduled game time. If a game is cancelled, the captain will be called.

F. ROSTER ADDITIONS: Players may be added to the roster at any point during the regular season. Players may not be added during playoffs.

G. INSURANCE WAIVERS: All players must fill out an insurance waiver before playing intramural sports. Waivers will be handed out at captains meetings and will also be available at the game site.

H. CHECK-IN: It is the responsibility of each player to find the supervisor working and check-in with them before playing in any intramural activity. Failure to check in with the supervisor and playing in any intramural activity may result in suspension from future intramural activity.

I. SPORTSMANSHIP: Participants and fans must respect players and intramural staff and follow instructions given to them by the staff. Foul language, taunting, or any other unsportsmanlike behavior will not be tolerated. Any participant or fan yelling, gesturing, or any other act in a negative manner toward opposing teams, players, fans, or Rec Sports staff will receive a penalty. These penalties will be assessed to the fan or participants team. These penalties can include a technical foul, yellow card, unsportsmanlike conduct, or sport specific penalty. If committed by a fan the captain of that team will be assessed the penalty. Any
participant who receives a conduct penalty of this nature, must leave the field of play to fill out an Incident Report with Rec Sports staff. Sand Volleyball: The team committing the conduct penalty will lose a point and if they had serve, will lose the serve.

J. ALCOHOL, TOBACCO & DRUGS: Holy Cross Intramural Sports has a zero tolerance policy for alcohol, tobacco, or any other drug at intramural events on or off campus. Furthermore, Rec Sports staff reserves the right to remove participants or fans suspected to be under the influence of drugs or alcohol. The removal process may involve the assistance of authorities such as NDSP or member of The South Bend Police Department.

Updated 8/22/13

SPORT RULES

NIRSA rules administered in addition to the following:

A. SCORING

1. GAME TIME IS FORFEIT TIME!

2. Matches will be the best out of three games.

3. Rally scoring will be used. The first 2 games will be to 21 points; if needed the 3rd game will be played to 15 points. Must win by 2.

B. PLAYERS:

1. No jewelry is permitted.

2. A team consists of four players (2 males/2 females).

3. A minimum of three players must be present to start the game (2 males/1 female or 2 females/1 male).

4. Free substitution is allowed, but the player must stay in for one complete rotation.

5. Teams will rotate one position clockwise when they earn a serve.

6. Service area is anywhere behind the baseline and within the sidelines.

7. Players may not touch the net with any part of the body. A spiker may follow through over the net, but not touch it.

8. The ball may be hit with any part of the body, but the ball may not rest on any part of the body.