

Wallyball

Rules and Regulations

Eligibility

Below are the guidelines that participants must follow in order to be eligible to enroll or play in UREC intramurals.

1. Undergraduates/Graduate Students

All undergraduate students enrolled in 7 or more hours (6 or more hours for graduate students) at JMU are eligible for intramural competition.

***Note: Undergraduate students enrolled in 1 to 6 hours (1 to 5 hours for graduate students) will be required to pay a recreation fee in order to participate in the program.**

2. Faculty and Staff

All full-time faculty and staff at JMU are eligible for intramural competition. Spouses of full-time faculty and staff are required to obtain a URAC card to participate in the program.

***Note: All part-time faculty/staff can participate in the program; however, their spouses cannot participate.**

3. Alumni

All alumni are ineligible to participate without a proper membership to UREC.

4. Professional Athletes

Students ineligible for varsity competition due to professional rank are prohibited from competition in the intramural sport(s). Those participants with professional rank will be ineligible for five (5) years from the date professional career ended. (This does not include try-outs and cuts from a professional team).

5. Varsity Letter Person

A person who has received a varsity award at any university (4 year college or junior college) within the last academic year is ineligible to compete in the lettered sport or a related sport. They will be allowed to compete one full year after their final varsity season. However, teams may only carry one former varsity player on their roster

6. Student Athletes

Any person whose name appears on a varsity, junior varsity, or freshman roster will be ineligible in that intramural sport during that academic year. This includes all players who are "red shirt" in any sport or anyone who practices with a team regularly but does not participate in intercollegiate competition.

7. Sport Club Members

Sport club members are defined as individuals who meet any **one** of the following criteria:

- Name appears on sport club team roster during the academic year.
- Signed a participation waiver **and** is actively participating in club functions.
- Actively participating with the club during their season.

***Note: Teams are restricted to two Sports club members in their related intramural activity. Sport Club members can only compete in Level 2 and Level 3 activities (Level 1 is prohibited).**

***Note: All Eligibility requirements can be located in the [Intramural Handbook](#).**

Valid JACards are required for participation. “No JACard, NO play”

Assumption of Risk

Individuals are highly encouraged to have a physical examination and obtain adequate health and accident insurance **prior to participation** in UREC activities. Individuals that choose to participate in UREC activities do so at their own risk. James Madison University does not provide insurance and is not responsible for any injury that may occur to individuals participating in any UREC activity. Participation is voluntary. Student Health and Accident Insurance information may be obtained at the University Health Center.

UREC strongly discourages the use of alcohol and/or drugs by participants prior to any recreational activity. The use of alcohol and/or drugs by participants during any recreational activity is prohibited. In addition, **food, beverages, and tobacco products (dip, chew, cigarettes, etc) are not allowed** at any intramural activity site. The following rules apply to all participants of University Recreation sponsored programs:

Smoking, drinking, or using smokeless tobacco products at an intramural site will result in removal from facility site and sound.

Leaving the bench area and/or consuming an alcoholic beverage will result in an immediate ejection from the game.

Games may be forfeited if, **IN THE JUDGMENT OF THE INTRAMURAL SITE MANAGER ON DUTY**, the participant’s unsportsmanlike conduct is due to the use of alcoholic substances either before or during the activity.

Facilities

1. All games will be played in the UREC Racquetball Courts.
2. A site manager will be present to keep score and time for all games.
3. Boundaries are indicated by walls and lines on courts.

Game Time and Timing Regulations

1. Matches will be best two out of three games rally scoring format. A game is completed when a team scores a total of twenty-one (21) points. A team must win by two points; however, there is a twenty three (23) point cap for each game. Games will be scheduled every 45 minutes.
2. Should the match be decided by a third game, the game will be played to fifteen (15), win by two, seventeen (17) point cap.
3. Each team will have one (1) time out per match of one minute duration. If a team calls a time out because of an injury and the player remains in the game, that team loses one of their time outs. Teams are penalized a point for excessive time outs.

4. A coin flip called by the visiting team will decide which team gets the choice of service or court. In the second game, courts are switched and the receiving team in the first game will serve first. If a third game is necessary, the serve and court space will be decided by a coin flip called by the home team.

The Team

1. Four (4) players constitute a team. Each team must have at least three (3) players to begin a game. Games will start at designated time. If one team is more than ten (10) minutes late, a forfeit will be declared. For every minute a team is late, they will lose 0.2 sportsmanship scale points.
2. **All games are Co-Rec:** Each team must have an equal number of males and females on the court at the same time (2 males and 2 females). If a team only has three players, it must have a minimum of one of either sex (2 males and 1 female **OR** 1 male and 2 females).
3. Substitutions may occur at any time provided it is recognized by the site manager. The free substitution rule will be in effect, but you must replace the player who took your place. **Co-Rec: Male for male and female for female.**

Player Equipment

1. Head decorations, head wear, and jewelry are illegal. Only headbands no wider than 2 inches made of nonabrasive, unadorned, single-colored cloth, elastic, fiber, soft leather, pliable plastic, or rubber will be permitted during the course of the game. No bandannas (“do rags”) or baseball caps are allowed. Officials will advise team captains to inform their teams to remove all jewelry before the game.
2. All players must wear non-marking, rubber-soled, close ended tennis or basketball shoes.
3. Games will be played with a UREC game ball. This ball will not be used during warm-ups. UREC will have a limited number of balls that can be checked out with a JAC card at the Equipment Issue Room. Teams are advised to bring their own ball to warm up with.

During the Game

1. **Scoring** – Rally Scoring meaning that every time there is a serve, the team that achieves the side-out will receive a point. There will be a point awarded on every serve.
2. **Rotation** – The team receiving the ball for service shall immediately rotate positions in a clockwise direction. At the time of the serve, player must remain in the same relative position but they may switch positions after the ball is served. **Co-Rec: The serving order and positions on the court shall alternate male-female, etc.**
3. If a player serves out of turn, “side-out” will be called and the ball will go to the opposing team.
4. A served ball that hits the net is in play; however, the ball must cross the net. If the service does not cross the net it is a “side out” and a point will be awarded to the opposing team.

5. OUT OF BOUNDS: The ball shall be called out of bounds whenever it either hits the ceiling or back wall (on the fly) on the opponent's side or goes over the net after hitting two or more walls consecutively.
 - a. The ball may hit two or more walls consecutively, including the back wall or ceiling, provided the same team hits the ball before and after the consecutive wall hits.
 - b. The back wall is in play on the side of the team that is returning the ball provided a player on that team touches the ball before it hits the back wall. (A ball may legally rebound off a player, hit his/her back wall, and go directly over the net to the opponent's side as long as it does not strike a second wall.)
 - c. The ceiling is in bounds on the side of the team that is returning the ball. Provided a player on that team touches the ball first AND there is a hit remaining in which to return the ball to the opponent's side. The ball may NOT legally rebound off a player, hit the ceiling and go over the net to the opponent's side.
 - d. The side wall is in bounds at all times, as long as the ball does not strike a second wall consecutively.
 - e. If the team on the same side as the spectator area is playing the ball, a ball that is hit out of the court (into the spectator area) on the first or second hit shall be replayed. If hit out of the court on the third hit, it is declared out of bounds; point or side-out is awarded. If the team opposite the spectator area hits it out on any of its hits, it is out of bounds; point or side-out is awarded.
6. There is no 10-foot spike line and no center line.
 - a. In 3-person, all players are eligible to spike/block. In 4-person, the server and the defensive player who just served may not spike/block.
 - b. A player may go under the net and into the opponent's court provided she/he does not interfere with play.
7. DINKS: A player may not dink the ball with an open hand. Players must use a closed fist, knuckles or "cobra" (extended stiff fingers) shot.
8. The serve is decided by a coin toss. The team that wins the toss has the choice of first serve or side of court. Teams switch sides after the first game; the team that received first in the first game shall serve first in the second game. If a third game is necessary, the team with the most combined points will serve the third and final game.
9. Each team is allowed one time-out of 30 seconds per game.

Service

1. A serve must be cleanly hit and airborne when contacted.
2. The ball must be served with at least one foot clearly behind the imaginary service line, 3 feet from the back wall and extending from one side wall to the other.
3. The serve is good if the ball passes over the net without touching a member of the serving team or the net. A served ball that hits a side wall (on either the serving team's side or the receiving side) is good, provided the ball contacted only one wall (and not the ceiling or either back wall) before landing in the opponent's court.

4. A serve that touches the net is out.
5. The serving order established at the beginning of a game must be followed throughout that game.

Playing the Ball

1. A team is allowed up to 3 successive contacts with the ball in order to play the ball over the net and into an opponent's court. (Neither a block nor a ball striking a wall counts as a hit.)
2. A player shall not make successive contacts with the ball except when playing a hard driven spiked ball. Successive contact with a spiked ball shall count as one attempt to play the ball. Such successive contact may legally occur after a block or the ball has rebounded off a wall.
3. If two players on the same team hit the ball simultaneously, it shall count as one hit and either player may contact the ball on the next hit.
4. As in regular volleyball, breaking the plane of the net on a block is legal, provided that the attacking team has contacted the ball 3 times AND the spiker contacted the ball prior to the blocker, AND the ball travels in the proximity of the net but no player on the attacking team can reasonably make a play on the ball.
5. It is legal to block a serve.
6. It is illegal to climb the wall or use a teammate to gain any advantage in making a play on a ball.
7. An attacking player may follow through and reach over the net, provided the first contact is initiated on his/her own side.
8. A ball may be recovered and played from the net.

Sportsmanship

Philosophy

Sportsmanship is individuals or teams doing unto others as they would have others do unto them. Sportsmanship is individuals containing an understanding and appreciation of the rules developed for sport. Players enjoying the recreational experience and encouraging others to participate regardless of skill level will help enhance the integrity of the program. All participants will take responsibility for his/her own actions regardless of the repercussions, which involves not blaming others for mistakes made or making excuses for wrong doings. Sportsmanship is recognizing and acknowledging character and honor among team members and opponents while practicing such characteristics themselves. Participants will respect officials, supervisors, and opponents during, before, and after a contest. Finally, sportsmanship will portray an overall respect and passion for the sport and recreation.

Sportsmanship Mission

UREC and the Intramural Sports program are dedicated to promote and enforce positive sportsmanship among all JMU participants. Through each contest participants must portray fair play, respect for opponents, and intramural staff, as well as, graciousness in winning or losing. In order to encourage proper conduct during games, officials, supervisors, and administrative personnel will make decisions to warn, penalize and/or eject players, coaches, teams, and/or spectators for poor sportsmanship. The decisions made by these individuals are final and will be reviewed by the Coordinator of Intramural Sports. In the instance teams challenge their rating, only the captain will meet with the Coordinator of Intramural Sports to discuss the issue. **All captains are responsible for the conduct of their teams during an intramural contest.** The sportsmanship rating can be affected by actions occurring before or after a contest.

Sportsmanship Criteria and Ratings

Based on this philosophy the following system will be used to evaluate a team's sportsmanship during each contest in which they participate:

Teams will receive a rating each week that will create an average at the end of the season. Teams in **Level I** must have an average of 3.0 at the end of their fourth week to continue play. Teams in **Level II** and **Level III** must have an average of 3.0 to be eligible for playoffs.

Example:

Week 1: 3.0

Week 2: 3.0

Week 3: 2.5

Week 4: 3.0

Total 11.5

Average Conversion: $11.5 / 4 = 2.875$. This team would not be eligible for continued play or playoffs.

Superior: 4.0 "Win with class – lose with dignity"

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. Teams respect all decisions made by the intramural staff.
3. All questions to the sport official must be respectful and reasonable. *Statements are not questions and will not be recognized.*
4. Teams are responsible for their actions and spectators they bring to the event.
5. Teams state positive comments of encouragement towards teammates and opponents.
6. Teams accept a loss and congratulate the opponent on their success.
7. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

Excellent: 3.5

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.

4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

**Note: All teams that request to cancel within 24 hours of their next contest will receive a 3.5 rating. The opposing team will also receive a 3.5 rating.*

Good: 3.0

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive and adhere to verbal warnings, but receive no ejections, yellow cards, unsportsmanlike penalties or technical fouls.**

Average: 2.5

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive a technical foul, yellow card, or unsportsmanlike conduct, but receive no ejections.**

Below Average: 2.0

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive two technical fouls, yellow cards, or unsportsmanlike conducts, but receive no ejections.**

**Note: Teams that forfeit through a no show will automatically receive a 2.0.*

Poor Conduct: 1.0

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive an ejection.**

Unacceptable: 0

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive multiple ejections or the game is forfeited by intramural staff.**

Sportsmanship Sanctions

The intramural program contains the right to address all issues that pertain to sportsmanship issues. Players that are ejected from an event will receive an automatic one game suspension and will have to meet with the Assistant Director or Coordinator of Intramural Sports. The captain of the team will have to attend this meeting to discuss the sportsmanship issue and the rating system. The intramural program also reserves the right to contact Judicial Affairs to resolve extreme disciplinary situations. All situations will be handling individually and sanctions may vary.

Blood Borne Pathogen Policies

Any player, who sustains an injury where bleeding or oozing occurs, or where blood has saturated the uniform, must leave or be removed from the contest. The bleeding must be stopped and the area completely covered before the individual is allowed to reenter the game. An Intramural staff member must clear the individual before the participant can resume play. If the uniform has become contaminated with blood, it must be changed before the player reenters the game.