TEAM CAPTAIN’S MEETING:
All captain's meetings will be held online through IMLeagues. It is MANDATORY for all captains to take the online quiz and score 80% in order to register your team. The quiz will contain sports specific questions as well as general Intramural Sport policies.

ENTRY FEE:
In addition to signing your team up on IMLeagues during the specific registration period, a team member must stop at the front desk of the Koury Recreation Center and pay your $20 team fee. This fee will be reimbursed in full at the end of the season unless you forfeit any games throughout the league. Each team forfeit is $10 dollars and if you forfeit twice during the season you will be taken out of the league and will forfeit your team fee.

LEAGUE SCHEDULES:
Schedules for league play and playoffs will be done through IMLeagues. Please go to the Elon Intramural Sports website at [http://www.elon.edu/e-web/students/campus_recreation/Intramurals/](http://www.elon.edu/e-web/students/campus_recreation/Intramurals/) and click on the IMLeagues logo to access the IMLeagues website.

FORFEIT/DEFAULT POLICY:
If you are unable to compete in a contest, please notify the Intramural office by emails intramurals@elon.edu by noon the day of your contest to avoid a forfeit fee. If you do not notify in the allotted time or you do not show up for the contest, your team will be charged a forfeit fee of $10.

QUESTIONS:
Please feel free to contact the Intramural Sports staff with questions by using the following information:

<table>
<thead>
<tr>
<th>Contact Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intramural Staff</td>
<td>Koury Recreation</td>
<td>336.278.7529</td>
<td><a href="mailto:intramurals@elon.edu">intramurals@elon.edu</a></td>
</tr>
<tr>
<td>Jenny Larson</td>
<td>Assistant Director</td>
<td>336.278.7376</td>
<td><a href="mailto:jlarson4@elon.edu">jlarson4@elon.edu</a></td>
</tr>
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GENERAL PROCEDURES:
Please refer to the Intramural Sports Handbook for all policies and procedures related to intramural contests. The handbook can be found under the Intramural program on the Campus Recreation website.

1. Each participant must present a valid Phoenix card to the intramural staff at every contest. No other form of I.D. will be accepted.
2. All participants must be on the team roster. 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. Roster additions are only allowed during the regular season and cannot be made for post-season contests.
3. Each participant must wear appropriate apparel and non-marking athletic footwear.
4. Team jerseys are provided. Participants must wear a sleeved shirt underneath (no cut-offs).
5. First aid treatment is typically, but not always, available during intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.
6. All visible jewelry, watches, and bracelets must be removed or covered legally prior to participation.
RULES:

1. PARTICIPATION:
   a. Teams must have four players to compete in any Intramural match
      i. Acceptable Ratios for CoRec are the following: 2M/2F, 3M/1F or 3F/1M
   b. If a team is reduced to less than the minimum amount of players at any time during the contest, a
default will result and the game will be over.

2. GAME SETUP:
   a. Games consist of a best of three matches, the winning team must win two of the three matches
   b. The game begins with a coin toss. The team that wins the coin toss will decide service or side.
   c. If games go into three matches, the team with the most combined points will begin the serve
   d. Players rotate clockwise one position with the first serve being the back right corner position
   e. Players are allowed to step on the center line but at no time can go over it
      i. The short service line in the racquetball court is the center line
      ii. A player may reach under the net to retrieve a ball that is in play by their team
   f. Only front row players can block at the net during the game. Screening is illegal during a serve
   g. Each team is granted one 30-second timeout throughout the game
   h. All matches are self-officiated. If there is a disagreement at any point of the game, the onsite
      supervisor will have the final decision in all of the matches.

3. SCORING:
   a. All games are kept by rally scoring throughout the match
   b. Games consist of the first team to 21 points, must win by two to win the game
      i. A point is scored by a team when the opposite team has the ball touch the ground or
         commits to any type of game violation
   c. Contacting the net results in a point for the team that didn’t touch the net
   d. Three contacts are allowed per team before the ball must go over the net.
      i. Simultaneous contacts of the ball with two or more parts of the player’s body are allowed
         and are considered as one play.
   e. Contacting two or more walls is only permitted on the OFFENSIVE team’s side after a player
      touches the ball. The ball shall not cross the net after contacting two or more walls. If it
does, it is considered a side-out or loss of point.
   f. A VIOLATION is any ball that hits the ceiling, back wall on a serve, or hits two or more walls on
      a serve or volley. The back wall is in play only on the team’s side that is returning the serve or
      a volley, provided a player on the team touches it first.

4. SPORTSMANSHIP:
   a. Game time is considered forfeit time for all Intramural contests/
   b. All participants are expected to conduct themselves in a respectful manner towards fellow
      participants, supervisors, and the bowling alley management team.
   c. Under no circumstances can any individual consume alcohol or drugs or be under the influence of
      alcohol or drugs at any time while they are participating in this league
      i. Participants who are under the influence of alcohol/drugs or consume alcohol/drugs while
         playing will be removed from the league and may face repercussions from Campus
         Recreation and/or the Office of Student Conduct.
   d. Unless otherwise noted below, all NFHS Volleyball rules apply.