

COCC Intramural Coed Quads Volleyball League Rules and Expectations

Registration

- Registration will open on **Monday, September 29th at 4:00 p.m.** and will be conducted entirely online. Registration is on a first-come, first-served basis. Due to the league's popularity, participants are strongly encouraged to register as soon as the link becomes available, as spots fill quickly. Once that league fills up, registration is closed. **A total of 8 teams will be allowed in each league.**
- To be considered complete, a team roster must include only current COCC students and/or community members who have fulfilled all registration requirements, paid applicable fees, and signed waivers. Community members must pay a **\$50 participation fee** at registration or prior to playing. Student eligibility will be verified with a COCC ID or current class schedule.
- Teams must consist of four (4) players ("quads"), with a minimum of two female-identifying and two male-identifying participants. **Substitutes are permitted during the regular season but are not allowed during playoffs. To be eligible for playoff participation, a player must be listed on the official roster and must have participated in league play for a minimum of two weeks prior to the start of playoffs.**

Schedule

- **Intermediate League** play is Wednesdays 6-8pm.
- **Advanced League** play is Wednesdays 8-10pm.
- The first Wednesday of each term will be designated as "open play." League matches will begin in the second week and continue through December 1st, excluding Thanksgiving week.
- During finals week, courts will remain open for voluntary open play. Courts will be closed during inter-term breaks.
- Weekly schedules and standings will be posted in Mazama Gymnasium and distributed via email.
- A team may forfeit up to two matches per term. A third forfeit will result in removal from the league.

Volleyball Specific Rules

- Matches are scheduled for 30 minutes, allowing for four rounds per two-hour session. Net height will be set $\frac{1}{2}$ 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.
- Tipping: Tipping is permitted but should be used in moderation, with mutual understanding between teams.
- Crossing the Net: A player who crosses completely under the net with their entire foot concedes a point. Partial foot contact (toes) is acceptable.
- Net Contact: Any contact with the net results in a point for the opposing team.
- Underhand Lift: Open-handed upward lifts are prohibited. Underhand hits should be made with a closed fist.

- Double Contact: Consecutive hits by the same player are not allowed.
- Blocking: There are no restrictions regarding which players may block opposing players. A block does not count as a team contact. However, blocking serves is strictly prohibited.
- Foot Fault: Stepping on the service line during a serve results in a point for the opposing team.
- Rotation: Teams are required to rotate positions after each side-out. Following the serve, players may move freely to any position on the court

Referee Obligations

- All participants are expected to do some refereeing to help the league run smoothly.
- Each week of league play will include four games per court. Every team will participate in three matches and be assigned to referee one match.
- Teams that leave early without fulfilling referee responsibilities will receive a warning. A second violation (and subsequent ones) will result in a recorded loss. The Intramural Sports Office reserves the right to remove teams for repeated violations.
- Refereeing duties include keeping score, writing the finished score down, and making impartial rulings on contested plays.

Playoffs

- A single-elimination playoff tournament will be held during the final week of the term (prior to finals week).
- Teams will be seeded based on overall records. Tie-breakers will be determined by head-to-head results.
- Eliminated teams are expected to remain and referee the following match.
- Championship teams will be awarded COCC Intramural League Champion T-Shirts.
- **To be eligible for playoff participation, a player must be listed on the official roster and must have participated in league play for a minimum of two weeks prior to the start of playoffs.**

Sportsmanship and Positive Environment

- All participants are expected to uphold a positive and respectful playing environment. The "Smile Rule" applies: light trash talk is acceptable only if all parties remain comfortable and in good spirits. If an opponent is no longer smiling, the behavior is no longer considered sportsmanlike.
- Honesty Policy: Participants are expected to call lines and violations fairly if referees do not have a clear view.
- Outside Equipment: Outside equipment is not permitted during league play, with the sole exception of the game ball. Teams may mutually agree on the game ball prior to the start of each match; if no agreement is reached, the official league-issued ball will be used
- Music: Music will be determined by the Intramural Volleyball Organizer. Suggestions are welcome but all selections must be pre-approved and contain clean lyrics.
- Discipline: Any participant, coach, or spectator who engages in aggressive conduct (verbal abuse, threats, retaliation, physical contact, intimidation, spitting, striking, or other combative actions) will be immediately suspended from all COCC Intramural Sports activities for a

minimum of the remainder of the term (up to 365 days). Teams may also be disqualified from playoffs. Final decisions rest with the Intramural Sports Staff.

Alcohol and drugs are strictly prohibited on campus. Any violations will be referred to the Bend Police Department