

Cross Volleyball League

Rules and Regulations

Section A: League Specific Equipment Regulations

The Cross Volleyball League requires that all participants wear clean, non-marking gym shoes in order to enter the playing facility.

Section B: League Specific Rules of Play

The Cross Volleyball Rules are subject to the official FIVB rules of Volleyball, which can be found here: http://www.fivb.org/en/refereeing-rules/documents/FIVB-Volleyball_Rules_2017-2020-EN-v06.pdf

The laws listed below are designed to affirm specific FIVB Rules and denote exceptions to those rules specific to The Cross Volleyball League.

1. The Court
 - a. At all levels, the court shall have the lines and markings delineated in the FIVB rule book.
 - b. Heights for nets are regulated as follows
 - i. Open Tier 1 and 2 – Net height of 2.43m
 - ii. Mixed Tier 1 and 2 – Net height of 2.35m
 - iii. W2STGD, Just For Fun, Open and Mixed Tier 3 – Net height of 2.24m
2. The Players
 - a. No more than 6 players may play on the court at any period in time

- b. A minimum of five players from each team must be on the court before the game can start. In all levels, a ghost player is permitted. See Section H3 for more information on a ghost player.
 - c. Over the course of the game, a team can legitimately continue with less than five players to a minimum of three players as a result of disqualification or injury.
 - d. In competitive mixed divisions, teams can have a maximum of three (3) self-identified men on the court at any time
3. Ghost Players
- a. Teams may play with only five players, whereby they designate the “ghost” player a position on the team
 - b. When it is the “ghost’s” turn to serve, it is an automatic side-out and the opposing team serves.
4. Gameplay Time
- a. Game structure for each tier in the regular season shall be as follows
 - i. Tier 1 (Competitive)
 - 1. Matches are best of 3
 - 2. First two sets are to 25, with a cap at 30
 - 3. Final set will be played to 25, with no cap (time permitting)
 - 4. Matches should not exceed a total time of 1 hour
 - ii. Tier 2, 3 (Competitive) & Just For Fun (Recreational)
 - 1. Matches are best of 3
 - 2. First two sets are to 21, with a cap at 25
 - 3. Final set will be played to 15, with no cap (time permitting)
 - 4. Matches should not exceed a total time of 45 minutes

- b. To win a set, a team must have either have a minimum lead of two points once they reach the appointed score for the set in question, or they must be the first team to reach the point cap, regardless of the size of their lead.
 - c. Time Limitations - In the event that the game is late to start or is beyond allotted time, it is the discretion of the official or supervisor to shorten the last set. As a guideline to shorten a set, a minimum of 5 points more than the leading team's score is reasonable. In the event that time does not permit a deciding set during the regular season, the game shall be called a tie.
- 5. Tie/Overtime Rules
 - a. Regular season overtime/tied games shall follow rules above and only be in effect during the regular season
 - b. Playoff overtime shall have no cap on set scores or match time.
- 6. Scoring
 - a. All games are rally point resulting in a point being scored on every serve.
- 7. Out of Play
 - a. The ball is "out" when:
 - i. The part of the ball which contacts the floor is completely outside the boundary lines
 - ii. It touches an object outside the court, the ceiling or a person out of play
 - iii. It touches the antennae, ropes, posts or the net itself outside the side bands
 - iv. It crosses completely the lower space under the net
- 8. Playing the Ball
 - a. The ball may be played with any part of the body.
 - b. The ball must be hit, not caught and/or thrown.

- c. Multiple contact hits (double hits) are allowed on the first contact provided the contacts occur simultaneously.
- d. Each team has three hits with which to return the ball, not including a block.

9. Net Play

- a. A ball driven into the net may be recovered within the limits of the three team hits.
- b. A served ball may touch the net.
- c. Contact with the net by a player is not a fault, unless it is made during the action of playing the ball, or it interferes with the play.

10. Penetration under the net

- a. To touch the opponent's court with a foot (feet) or hand (s) is permitted, provided that some part of the penetrating foot (feet) or hand (s) remains either in contact with or directly above the center line.
- b. To contact the opponent's court with any other part of the body is forbidden.

11. Service

- a. The ball shall be hit with one hand or any part of the arm after being tossed or released from the hands.
- b. Only one toss or release of the ball is allowed.
- c. The server may serve from anywhere on the end line.
- d. A served ball may not be blocked or spiked.
- e. The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server or the flight path of the ball.

12. Attack hit

- a. During an attack hit, tipping is permitted only if the ball is cleanly hit, and not caught or thrown.
- b. A back-row player may complete an attack at any height from behind the front zone:
- c. At their take-off, the player's foot (feet) must neither have touched nor crossed over the attack line;
- d. After their hit, the player may land within the front zone
- e. A back row player may also complete an attack hit from the front zone, if at the moment of the contact the ball is not entirely higher than the top of the net.

13. Blocking

- a. In blocking, the player may place their hands and arms beyond the net provided that this action does not interfere with the opponents' play.
- b. Per H13a, it is therefore not permitted to touch the ball beyond the net until an opponent has executed an attack hit.

14. Substitutions

- a. There are no limitations on the number of substitutions a team is permitted.

15. Time-outs

- a. Each team is permitted a 1-minute timeout per match.

16. Ejections

- a. Any participant who is removed from play or conducts themselves in an inappropriate manner will be reported to the Supplementary Discipline System and could face further discipline.

17. Unofficial Games in Competitive levels of play

- a. H17a - In games where there is no official present the conduct of players is the responsibility of the captains
- b. H17b - Disputes regarding player eligibility and rules should be settled by captains or with the Intramurals supervisor.

Section C – League Specific Facilities of Play

1. The Cross Volleyball League will take place at the War Memorial Gym and the Student Recreation Centre
2. Spectator Policies: While spectators are welcomed and encouraged to attend Intramural Leagues, the following regulations apply:
 - a. Spectators may not enter the playing surface, without express permission of an Intramural Staff member or official.
 - b. Spectators must remain within the designated spectator areas, listed below:
 - i. War Memorial Gym: Bleachers in the stands
 - ii. Student Recreation Centre: Designated benches at the edge of the court. These benches will be separate from the players bench.

UBC Recreation Intramurals

Universal Rules and Regulations

Section A: Eligibility Policies.

1. Intramural participation is open to UBC Point Grey Students, Faculty and Staff who have been assessed the Athletics & Recreation Fee.
 - i. Eligibility is determined by assessment/payment of the Athletics & Recreation Fee. Students who are assessed the full amount of the A&R fee in September 2023 will be granted access through to August 2024
 - ii. Eligibility can be seen by logging into <https://portal.recreation.ubc.ca/> and logging in with your CWL.
 - iii. Students who are associated with the university but do not pay an Athletics and Recreation fee (ELI, Affiliated Colleges) are eligible to participate in the Provided that their school/faculty/program have opted into the fee payment plan, for more information contact info.recreation@ubc.ca.
 - iv. For more information, regarding student eligibility, you can click [here](#).

2. Intramural Elite Athlete Restrictions

- a. An Elite Athlete is a person who is defined as currently:
 - i. A Varsity athlete (individual or team)
 - ii. A current “Red-Shirt” or athlete that has been a “Red-Shirt” within the academic year
 - iii. A professional player (paid to play)
 - iv. A representative of their province/state or country at a National or International level
- b. Ineligible Elite Athletes: Elite athletes who have participated at an elite level (varsity, professional, national, or international) within the current academic year are ineligible to participate in any intramural activity in their same or associated sports. To see Intramural activities associated with the associated sport check Appendix A.
- c. Eligible Elite Athletes: Former elite athletes who have participated at an elite level prior to the current academic year are eligible to participate in all programs but are encouraged to register in more competitive divisions where applicable.
- d. Athletes participating in a Thunderbird Sport Clubs (TSC) may participate in their own sport league (e.g. Ultimate) according to the following guidelines:
 - i. No more than 2 TSC Athletes may play on any Tier 1 Team
 - ii. No more than 1 TSC Athlete may participate in a Tier 2 league. It is expected that this athlete will take on a mentorship capacity within the team.
- e. Any individual who meets the criteria of an Elite Athlete or a Thunderbird Sport Club Athlete may participate in their Associated Sport during a designated Elite Heat.

3. Team Roster Deadline Policy

- a. All players must be added to their team's roster to their team prior to the Team Roster Deadline issued in the Captain's Packages. Following this date, teams may only use players within their available submitted roster to remain eligible for league and playoff play. For information on penalties associated with violations of this regulation, see Section C.

4. Individual Roster Deadline Policy – Following the team roster deadline, individual players may participate on one team per competitive gender specific division in each sport (Just for Fun is not considered to be competitive gender specific division).

Until roster deadline, players may participate in as many teams as they want.

Allowable Participation within a single league example

- a. Open Tier 1 and Open Tier 2/Mixed Tier 2 and Mixed Tier 3/Women (Trans Welcome) Tier 1 and Women (Trans Welcome) Tier 2 – **NOT ALLOWED**
 - b. Open Tier 1, Mixed Tier 2, Women (Trans Welcome) Tier 3 and Just for Fun – **ALLOWED**
 - c. Open Tier 2 and Mixed Tier 1– **ALLOWED**
- ### 5. Playoff Eligibility policy – In order to be eligible to play in League playoffs, players must have signed into a minimum of **TWO (2)** [**THREE (3)** in the case of Cross Volleyball, Roundnet and Dodgeball league] games. This represents **TWO (2)** weeks of gameplay.
- ### 6. All players MUST sign in with Intramural Staff before each game to confirm eligibility. See Section B for more details on this policy.

Section B: Waiver/Sign-In Policy

1. Waiver Policy – Without exception, each participant in a UBC Intramurals Program must sign a digital waiver for the program in question prior to participating. Failure to sign a waiver prior to player participation will trigger a Supplementary Discipline System (SDS) Review and could result in a suspension from play. For more information on the SDS, see Section D.
2. Sign in Policy
 - a. Presentation of a valid physical Government-issued Photo Identification or a valid physical UBC Card matching the participant is required to sign in and participate in any Intramurals Program.
 - i. Participants are required to meet the eligibility requirements outlined in Section A.
 - b. Participants that attempt to circumvent the Identification Policy through illegal means (using another person's ID, forging ID, etc.) will be subject to possible RCMP intervention, or other non-academic disciplinary processes at UBC. This process will be conducted through the Intramurals Supplementary Discipline System (SDS).
 - c. Any team or individual observed by UBC Intramurals Officials or Staff accessing the playing surface without confirming eligibility prior to entry shall be assessed a forfeit (For more information on forfeit penalties see Section C) for any and all competitions in which the ineligible participant has played and the individual will be assessed a minimum of 1 game suspension. Individuals may also be subject to an investigation by the Intramurals Supplementary Discipline System.

Section C: Missed Game Policies (Intramural League Sports)

1. Default Policy

- a. A default occurs when a team is unable to provide a game with the required minimum number of players within 15 minutes of the scheduled start of the activity. See the Rules and Regulations for the specific league for minimum players required.
- b. Any fewer players than outlined in the Rules and Regulations of the specific league and an inability to utilize the League Forfeiting Substitution Rule, will result in a team receiving a default. Defaulting teams will record a loss for the defaulted game by the following league dependent scores:
 - i. Soccer, Ultimate, Futsal, Ice Hockey: 3-0
 - ii. Basketball: 10-0
 - iii. Dodgeball: 5-0
 - iv. Volleyball, Roundnet, Pickleball, Badminton: 2-0
 - v. Flag Football: 14-0
- c. If a team defaults 2 times within a season, they are immediately removed from league play without a possibility of refund. A new team from a waitlist will be placed in the league instead and will pay a pro-rated fee based on the number of games available.

2. Cancellation Policy

- a. If a team is unable to play a game for any reason, they are permitted to provide written notice of this to league staff at any time up to 3 school days prior to the match. E.g., A Soccer team may cancel their Sunday game provided written notice is given before the Wednesday of their game week. Even though this deadline comes 4 days before the match, only Wednesday, Thursday and Friday are school days. Note that reading breaks and statutory holidays are not considered school days either.
- b. If a game is cancelled by one team while the other team is able to play, the game is canceled, and the requesting team records a loss (1-0). The cancelling team will receive no default but will receive a missed game point.

- c. If less than 3 school days notice is given in league play, the team is required to play. If the team fails to show up to a game, a default is assessed, and the team may be removed from further competition. If the team does show up, but with insufficient numbers, they may attempt to use non-roster players to avoid defaulting. If this occurs after the roster deadline, the team will incur a Forfeit (please see section C3).

3. Forfeits

- a. A Forfeit occurs when a team requires the use of non-roster players to provide the minimum number of players for a game to avoid a default. This can only occur after the roster deadline.
- b. A forfeit can also be applied when a Mixed team does not have minimum gender requirements of the specific league, or as punishment for the use of an ineligible player.
- c. Forfeiting teams will record a loss for the forfeited game by the following applicable score:
 - i. Soccer, Ultimate, Futsal, Ice Hockey: 3-0
 - ii. Basketball: 10-0
 - iii. Dodgeball: 5-0
 - iv. Volleyball, Roundnet, Pickleball, Badminton: 2-0
 - v. Flag Football: 14-0

4. League Forfeiting Substitution Rule

- a. Teams in danger of defaulting may use any player with a valid student/staff/faculty standing to avoid defaulting. However, a forfeit will still be recorded and the team will receive a loss for the game if this occurs after the roster deadline.

5. League Rescheduling Procedures

- a. The league will attempt to reschedule any canceled, defaulted, or forfeited games to the best of its ability. Other teams of the same tier may be asked to play on in an exhibition game or on a competitive basis. The scheduling of the aforementioned replacement match, and match status vis-à-vis its competitive nature within the structure of a league is at the discretion of the league administrators.

6. Missed Games System

- a. For each game that is cancelled, forfeited, or defaulted, a team will accumulate missed game point(s) according to the following scale:

Cancellation	1 Point
Forfeit	1 Point
Default	2 Points

- b. If a team accumulates 3 missed game points, it shall be permitted to finish the season, but will not be eligible for playoffs.
- c. Once a team accumulates 4 missed game points, they shall be removed from the league without a possibility of refund. UBC Recreation reserves the right to replace a team which has reached this stage with a new team, which can pay a pro-rated fee dependant on how many games remain in the regular season.

Section D: UBC Alcohol and Substance Policy

In accordance with [UBC's Alcohol Policy](#), (UBC SC9) consumption of alcohol or other substances is not permitted at any Intramurals event, league, or facility. Any person or team found consuming alcohol or substance at an event or league or in a facility (including dressing rooms) will be immediately removed from all further participation (including both staff and participants alike). Any person arriving at a league, event or facility under the influence will likewise be removed.

Section E: Captain Responsibilities

Team captains are the key to success of the Intramural program and should act with respect and leadership.

The captain's duties and responsibilities include but are not limited to:

- Acting as a liaison between the league and the team
- Ensuring your team has the minimum number of players before the first scheduled game.
- Checking eligibility of each player before and during the regular season as well as prior to playoffs.
- Ensuring that all players sign into the league
- Being present at the captains meeting before the start of a sport. If the captain can not attend, send one representative of the team to attend.
- Educating team members about Intramurals rules and regulations.
- Informing team members of game times and dates to avoid forfeits and defaults.
- Confirming that team representatives comply with all rules, policies, and procedures.
- Conducting themselves in a civil and sporting manner at all times – before, during and after Intramurals games.

Captains will be held accountable for the conduct of their team members and spectators.

Section F: Code of Conduct

Individuals who are attending any Intramurals program are responsible for conducting themselves in an appropriate manner as designated by the [UBC Recreation Code of Conduct](#), [UBC Student Conduct policy](#), and the [UBC Respectful Environment Statement](#). Some of the expectations of participants and spectators are outlined here as well these include but are not limited to.

Intramural Conduct Policy

Participants in UBC Intramural League Sports are responsible for:

- a. Knowing the Universal Rules and Regulations as well as the specific rules of their sports league
- b. Arriving at the game ahead of the games scheduled start time
- c. Signing a waiver before playing in the league
- d. Signing into every game they play in the season in accordance with the Waiver/Sign in Policy (Section B)
- e. Conducting themselves in a civil and sporting manner at all times – before, during and after Intramurals games.

Spectator Conduct Policy

- a. Spectators may be present in designated spectator areas. Spectators will not be allowed to be on the active surface of play.
- b. Intramurals expects the spectators of its league games and events to uphold and abide to the same standards as its participants. All Intramural programs are dry events.

Some of these standards include but are not limited to:

- i. Encouraging players to play according to the rules
- ii. Refraining from negative communication with players, officials, Intramurals Staff and other spectators
- iii. Showing respect for their teams' opponents
- iv. Never influencing the outcome of an event or game and must never pose a distraction to players, and officials

- v. Remaining in the spectators' section and refraining from entering the playing area at all times
- vi. Conducting themselves in a civil and sporting manner at all times – before, during and after Intramurals games.
- c. In cases where spectator conduct is unacceptable, Intramurals staff reserve the right to stop or cancel a game and charge the team whose supporters are at fault. If incidents continue, the team in question may be reprimanded with spectator bans, elimination of sports points, or disqualification from participation.
- d. UBC Intramural Staff reserve the right to implement league-wide, team specific or fixture specific spectator bans. These bans may be implemented for reasons including but not limited to persistently disruptive conduct of spectators, concerns regarding the safety of Spectators, Participants or Staff, or at the request of facility operators.
- e. Continued issues with spectator conduct will be dealt on a case by case basis and can result in temporary or permanent removal of teams and/or closure of the league.

Section G: Supplementary Discipline System (SDS)

1. Individuals who are attending any Intramurals program are responsible for conducting themselves in an appropriate manner as designated by the [UBC Recreation Code of Conduct](#), [UBC Student Conduct policy](#), and the [UBC Respectful Environment Statement](#) and the sport specific rules.
2. Individuals or teams that breach these guidelines while participating in any Intramurals program will be subject to review and, if necessary, appropriate disciplinary action.
3. Individuals or teams that are involved in an incident of misconduct in, at, or surrounding an Intramurals program or facility that is beyond the reasonable and acceptable limits of that activity, will be subject to review and, if necessary, appropriate disciplinary action.
4. Disciplinary actions can include, but are not limited to, monetary fines and suspensions from play with a range of severity from temporary suspensions from an individual activity up to a complete ban from access to UBC Recreation activities and facilities. Depending on the nature and severity of the incident these actions may affect single participants (UBC Students and UBC Faculty/Staff), team captains and/or entire teams.
5. In cases where the severity of the incident is extreme, Intramurals reserves the right to report any incident to the University Committee on Student Discipline and/or the RCMP for review and possible further sanctions following the disciplinary actions taken within the UBC Recreation program.

6. Referrals to the SDS will proceed as follows:
 - a. The incident is reported by an Intramurals staff member (Manager, Official, Volunteer Staff, Building Operations Staff, etc.)
 - b. After an initial review of the incident by the professional, a temporary suspension of privileges is put in place, until such time as the parties responsible have arranged to meet with the SDS Commissioner.
 - c. Team Captains, and where possible, individuals involved in the incident, will be notified via email, and where possible, via phone, of the incident and the immediate consequences and procedure. It is the team captain's responsibility to make sure that all necessary information involving their teammates is relayed to the appropriate parties.
 - d. The incident will then be reviewed by the SDS Commissioner with all necessary parties and a decision will be made.
 - e. Individuals involved in the incident will be notified via email of the decision.
 - f. After serving the necessary suspension or other disciplinary consequence, the team or player will be automatically reinstated in most cases into the program(s) by the Intramurals Coordinator/Manager responsible for the area that the suspension occurred. However, there may be circumstances that require the team or player to be manually reinstated by the Intramurals Coordinator/Manager responsible for the area.
 - g. All incidents are kept on file and can affect future disciplinary actions taken by Intramurals.

Section G – Leagues Structure (Intramural League Sports)

The table below displays all the league structures possible within UBC Intramurals Leagues as well as outlining eligible participants. Please note that not all configurations are available in each league.

Level of Play	Open All Genders	W2STGD Women, Trans	Mixed All Genders with a cap on the number of self-identifying men allowed to be on the field of play	Playoffs	Officials
Tier 1 – <i>Highest Level of Competition</i>				Yes	Yes
Tier 2 - <i>Competitive</i>				Yes	Yes
Tier 3 – <i>Recreationally Competitive</i>				Yes	League Depend ant
Just for Fun				No	No

1. Intramural Staff reserve the right to move individual teams from one tier to another, or to rearrange tiers. Such actions will only be taken to ensure equal competition within tiers and/or for the safety of participants. Teams may only be moved from one gender-based division (i.e. from Mixed to Open) at the request of the team captain.
2. Following the end of regular season, competitive leagues will move into a single knockout playoff format. Playoffs can generally be anticipated to last upto two weeks. Following a loss, continued match play MAY take place in the form of friendly matches, however UBC Recreation cannot guarantee any further games, as match time is contingent on facility availability.
3. Further information on Intramurals Leagues rules on inclusive participation can be found [here](#).
4. Further Information on player regulations pertaining to mixed competition can be found in the Rules and Regulations of each league.

Section H – Mandatory Equipment Policies (Intramural League Sports)

1. League Uniform Policy - For the purposes of player and team recognition, each team must have similar colored team uniforms that make the team both unified and uniquely identifiable with respect to the opposing team, per the judgement of UBC Intramurals Leagues Staff (Officials and/or Supervisors). Each of these jerseys must be numbered. At the game official's discretion, if both teams wear uniforms that are too similar in color, one team will be required to wear pinnies provided by the league.
 - a. Numbers must be clearly displayed on the BACK of the uniform. Clarity is evaluated at the discretion of Intramurals League Officials and/or staff.
 - b. Numbers must be both a minimum of 6" in height and permanently inscribed (e.g., tape and chalk are not permitted, numbers clearly written in permanent markers are).
 - c. Each member of a team must have a unique number in relation to the rest of their team.
 - d. Uniforms need not be professionally made.
 - e. In reference to team uniforms, team logos and names are responsible for adhering to the UBC policy on Harassment and Discrimination, which can be found [here](#).

2. Uniform Deadline Policy – Following the uniform deadline of November 3, 2022 all teams in violation of the uniform regulations stipulated in section E1 are subject to the following sport specific penalties:

League	Uniform Penalty
Cross Volleyball	2 points per player per set per infraction
Dodgeball/ Roundnet/ Pickleball/ Badminton	1 point per player per set per infraction
Handley Cup Soccer/SRC Futsal	1 goal and 1 yellow card per infraction
Nitobe Basketball	5 points and 3 personal fouls per infraction
Todd Ice Hockey	1 goal against and 1 minor penalty per infraction. Served consecutively, not concurrently
Ultimate	2 points per player against

3. Dangerous Apparel Policy - The official or supervisor has the right to request the removal or covering of any piece of equipment which they deem to be dangerous or inappropriate for league play, including, but not limited to:
- Jewelry (this includes earrings, watches, bracelets, necklaces, etc. with exceptions for medical alert necklaces and bracelets.)
 - Orthopedic braces with exposed metal
 - Towels attached to the players
 - Any hooded shirt or hooded sweatshirt

Last Updated August 28, 2023

Appendix A: Elite Athlete Associated Sport List

Intramurals Program	Associated Sport
Cross Volleyball/ Howl at the Moon	Volleyball
Handley Cup Soccer/SRC Futsal	Soccer/Futsal
Nitobe Basketball	Basketball
Todd Ice Hockey	Ice Hockey
Ultimate	Ultimate
Storm The Wall	Track and Field, Swimming, Triathlon, Cycling
Great Trek	Track and Field