



Wallyball Rules

The department of University Recreation, Intramural Sports assumes no responsibility for injuries; however basic, first aid will be available.

Regulations published in the Intramural Sports Handbook will be the governing policies for all intramural sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

Capture the Flag is a self-officiated event. The Intramural Sports Supervisors will have the final decision on any and all discrepancies.

A review of Capture the Flag rules, along with the Intramural Sports modifications are as follows:

ELIGIBILITY AND GUIDELINES

All participants must meet the eligibility guidelines as outlined in the Intramural Sports Participants Handbook.

General Information

1. The Players

- a. The game shall be played between two [2] teams of three [3] players each. Three [3] players are required to begin a game.
 - i. **Co-Rec:** Each team shall be made up of four [4] people, two [2] men and two [2] women. Substitutions may be made only between games. A man may only substitute for a man. A woman may substitute for either a man or a woman. There must always be at least two women per team on the court.
- b. No less than 50% of the number of players that are required to begin a game must be SIGNED IN by the games start time to avoid a forfeit fine.
- c. If, due to injuries, a team drops below the minimum number of players, Three [3], it may continue if the Referee feels they still have a chance to win.
- d. **All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Handbook.** Players may only play for one [1] men's or women's team and one [1] co-rec team.
- e. Each team member is responsible for checking in with the scorekeeper and must show his/her current U of A ID before being allowed to play.

- g. **All participants must present their valid U of A ID or valid government issued photo ID– NO EXCEPTIONS!!**
- h. **Roster limit will be five [5] players, six [6] for co-rec.**

3. Persons Subject to the Rules

Team representatives including: players, substitutes, replaced players, coaches, fans and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game.

5. Team Captains

Each team shall designate to the Referee a player as the court captain. This person is the only player who can communicate with the officials. The captain's first choice of any penalty option shall be irrevocable. The captain is responsible for any information contained in the Intramural Wallyball Rules and Intramural Sport Handbook.

Uniforms

1. All teams are required to furnish their own jerseys. The jerseys are not required to be of basketball style, but all must be of the same color.
2. Participants that are bleeding will be removed from any activity immediately. If blood is found on a participants clothing, regardless of whose blood it is, they will be removed until the clothing saturated with blood has been removed. Prior to any participant reentering an activity bleeding must be stopped and all cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until all the conditions discussed above are met.

Equipment

1. **Jewelry:** Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.
2. **Shoes:** Only non-marking shoes will be allowed. Basketball style shoes are preferred.
3. **Supports, Braces, & Pads:** No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it with at least ½ inch of closed cell slow recovery rubber or other material of the same minimum thickness and physical properties. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the intramural sports staff and their decisions shall be final.
4. **Headwear:** Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas.

Scoring and Time-Outs

1. **Match** - A match shall consist of the best 2 out of 3 games, within a 45 minute time limit.
2. **Game** - A game is won by the first team to score 15 points in the first two games and 11 points in the third game of the match. Each game shall be won with a two [2] point advantage.
3. **Time-Outs** - Each team shall be allowed one [1] time-out per game limited to 30 seconds.

Rules of Play

1. PRE-GAME

- a. **COIN TOSS**- Winner decides serve or court side.
- b. **OUT OF BOUNDS** -The ball shall be called out of bounds whenever it hits the ceiling or back wall on the opponent's side or 2 or more walls consecutively on a serve or volley.
- c. **BACK WALL AND CEILING IN PLAY OR IN BOUNDS** - The back wall is in play only on the side of the team that is returning the serve or volley, provided a player on that team touches the ball first.

2. The Service

- a. *Legal Service:* The player in the back position of the court shall put the ball in play by hitting it with one hand only or any part of his arm in an attempt to send the ball over the net and into the opponent's court. The serve is good if the ball passes over the net without touching any member of the serving team. A legal serve may hit the net as long as it goes over. A served ball may legally hit one side wall before landing in the opponent's court. A legal serve *cannot* hit the back wall. The server may strike the ball with either an underhand or overhand motion.
- b. **Length of Serve:** Service shall continue by a team, until (A) the serving team commits a fault and turns the ball over to the other team, side-out, or (B) the game is completed.

3. PLAYER POSITION

- a. **At service:** All players, except the server, have both feet fully on the ground during the serve.
- b. **Service faults:** Any of the following committed during a serve shall count as a fault.
 - i. A served ball contacts the net.
 - ii. A served ball contacts a member of the serving team.
 - iii. A service is delivered by the wrong server.
 - iv. A serve is not executed from the designated service area.
 - v. A server crosses the service line at the same time the serve is executed.
 - vi. The serve was executed improperly.
 - vii. Any player on the serving team screens the server from the opposing team.

4. Play at the Net

- a. **Touching the net:** A ball that touches or rebounds off the net or net hardware may be played again provided it was not on the serve.
- b. **Ball contacting and crossing the net:** If only part of a ball crosses the net and is subsequently hit by an opponent, the ball is considered as having crossed the net.
- c. **Player contact with the net:** A player or any part of his body or clothing that touches the net while the ball is in play shall be charged with a fault, unless the contact was caused by the ball being hit into the net with enough force to cause the net to touch a player. If opposing players contact the net simultaneously, it shall be called a double fault and the ball replayed.
- d. **Reaching over the net:** In returning a ball, a player may follow-through over the net, provided he first makes contact with the ball on his side of the net. Players attempting to block may reach across the net but shall not contact the ball until an opponent strikes the ball in an attempt to send it back into the opponent's court.
- e. **Dead ball:** A ball becomes dead when:
 - i. The ball hits the floor.
 - ii. The ball hits two or more walls consecutively on the receiving team's side.
 - iii. The ball hits the ceiling on the opponent's side.
 - iv. The ball hits the back wall on the fly on the receiving team's side.
 - v. A served ball hits the net.
 - vi. A player commits a fault.
- f. **Honor call:** All players shall call out aloud when they hit or touch the net.
- g. **Playing the ball number of contacts with the ball:** Up to three [3] successive contacts of the ball are allowed each team in order to play the ball over the net and into the opponent's court. Contacting with the wall or the net does not count as a set or play.
- h. **Successive contact with the ball by a player:** It shall be declared a fault if a player makes successive contacts with the ball except:
 - i. When playing a hard driven spiked ball, a player may make consecutive incidental contacts with the ball and it shall count as one attempt to play the ball.
 - ii. When 2 players attempt a block and contact the ball simultaneously, either one may make a successive contact with the ball; this second contact shall count as the first of three hits **allowed a team.**
- i. **Simultaneous body contact with the ball:** Any part of the body above and including the waist can hit the ball simultaneously so long as the ball rebounds quickly after each such contact.
- j. **Playing two or more walls:** Contacting two [2] or more walls with the ball is allowed only by the team in possession of the ball, provided a player on that team touches the ball first. If the ball crossed the net after contacting two [2] or more walls without first touching a player, a side out or loss of point will be declared.
- k. **Holding the ball:** If a player holds, scoops, lifts, pushes or carries the ball momentarily, holding shall be called.

- l. **Simultaneous contact by teammates:** If two [2] players on the same team contact the ball simultaneously, two [2] contacts shall be called and neither player may contact the ball on the next play.
- m. **Team assistance:** Teammates shall not hold or assist one another while making a play.
- n. **Blocking:** Any player may raise his hands above his shoulders close to the net in an attempt to intercept the ball from an opponent. The block does not count as one of the three successive contacts allowed a team and there may be multiple contacts with the ball players during a block. Since a block does not count as a play, any player who participates in a block may legally make the next contact with the ball. A player may not climb the wall or net to block a serve or spike. A team may attempt a block if:
 - i. A player on the attacking team serves or spikes the ball.
 - ii. The opponents have made three contacts with the ball.
 - iii. The ball falls near the net and no player on the attacking team can reasonably make a play on the ball.
- o. **Deflecting off the back wall:** If a player contacts the ball in such a manner that the ball deflects off the back wall and crossed the net, it shall be good.
- p. **Spiking the ball:** Any player may spike the ball.