



DEPARTMENT OF THE ARMY
JOINT BASE GARRISON HEADQUARTERS, JOINT BASE LEWIS-MCCHORD
1010 LIGGETT AVENUE, BOX 339500, MAIL STOP 1AA
JOINT BASE LEWIS-MCCHORD, WA 98433-9500

IMLM-MWR

27 Nov 2018

MEMORANDUM FOR ALL JBLM SERVICE MEMBERS

SUBJECT: 2019 JBLM Intramural Commander's Cup Volleyball League

1. **Purpose:** To provide the operational procedures for the Intramural Volleyball League.
2. **Objective of the Program:** To promote unit morale, Esprit de Corps, teamwork, physical fitness and to develop leadership and sportsmanship.
3. **Division Structure:** Each Major Support Command will register in the following divisions:

7th ID	Independent League	593rd ESC	McChord
--------------------------	---------------------------	-----------------------------	----------------

4. **Eligibility and Participation:** Active duty military personnel, Army / Air Force Reserve and National Guard members that are assigned or attached to JBLM.
 - a. Team rosters will be unlimited. 12 players, and one non-playing coach. Alpha roster / 162's must be turned in with the LOI to the Intramural office by the suspense date. Rosters must be signed by the Commander or First Sergeant of the battery / company / squadron.
 - b. All players must play in 1 regular season match to be eligible to play in their league tournament. No exceptions players must play in at least one league game to be eligible for post season play.
 - c. Players must play for their unit. In the event a unit does not have enough interested individuals to field a team, personnel from that particular unit may still participate by submitting a written request of release from the Commander or First Sergeant to the Intramural Coordinator.
5. **Rules:** Play will be conducted in accordance with the 2018/2019 NFHS Volleyball Rules unless otherwise covered by these by-laws.
 - a. Teams will submit a lineup sheet 10 minutes prior to the start of the first set.
 - b. Players are allowed unlimited substitutions.
 - c. Teams may start and/or finish each match with a **minimum of 4 players**. As additional players arrive, they may enter at the next dead ball. When playing with 4 players, only 2 may participate as front row players. With 5 players, 3 may participate as front row players.
 - d. All other substitution rules apply as stated by NFHS Volleyball Rules.
 - e. All matches will use best 2/3 format. The first two sets will be played to 25 points, no cap using RALLY SCORE. The third set, if needed, will be played to 15 points, no cap.

6. Forfeits:

- a. A forfeit will be declared if a team is not prepared to play at the scheduled time. Match time is forfeit time. After the first set is declared a forfeit, 10 minutes will be placed on the clock prior to the second set being declared a forfeit.

7. Equipment:

- a. Leg/arm braces must be wrapped in tape (NO metal showing). Hand/forearm braces made of metal/hard plastic are not allowed.
- b. Only non-marking tennis shoes are acceptable.
- c. Flat wedding bands/religious medals taped to the body/medical alert I.D. are allowed.

8. Protests:

- a. A protest concerning eligibility must be submitted to the Intramural Coordinator by 1300 hours the following duty day by email to: airiana.c.wood.mil@mail.mil. Protest will include specific player being protested, situation, email, phone and POC for response.
- b. A ruling will be decided by the teams' next scheduled match.
- c. Names of players on the team must match names of players on roster. Failure to do so will result in forfeiture of the match.

9. Sportsmanship: Swearing and abusive remarks by anyone to include coaches, players and spectators is not allowed and will be penalized accordingly.

- a. Any player ejected from the match must leave the facility. The ejected player has one minute to leave the facility or the team will forfeit.

10. Drinking/Smoking/Chewing Tobacco: No alcohol, smoking or chewing tobacco is permitted in or around the facility. Any player or coach under the influence of alcohol will not be permitted to participate.

11. Volleyball Coaches meeting: Coaches meeting will be held Friday, Jan 11th 1200 at Wilson Gym Basketball Courts on Lewis North, and Friday, Jan 11th at 1300 at McChord Annex. **Coaches are required to attend one** of the meetings and players are encouraged. **The regular season will begin on 25 Jan 2019.**

12. Deadline: Sign-up Deadline to turn in filled out LOI and 162's/ Alpha Rosters is COB Friday, 18 Jan 2019

13. POC is SSgt Wood, Airiana, email, airiana.c.wood.mil@mail.mil phone; (253)967-6420

AIRIANA C. WOOD, SSGT, USAF
INTRAMURAL SPORTS COORDINATOR