



# Volleyball Rules

Volleyball is a contact sport and injuries are a possibility. 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.

Volleyball will be conducted under the rules of the National Intramural and Recreational Sports Association published rule book. A review of these rules, along with the Intramural Sports modifications are as follows:

All Rule and Policy and Procedure updates/changes are highlighted in yellow.

## **ELIGIBILITY AND GUIDELINES**

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

## **PLAYERS AND ROSTERS**

1. The game shall be played between two (2) teams of six (6) players each. Four (4) players are required to begin a game.
2. If, due to injuries, a team drops below the minimum number of players, four (4), it may continue if the Intramural Sports Staff deems the match is still competitive.
3. Roster limit is twelve (14).
4. Men's volleyball is played at men's net height. Women's volleyball is played at women's net height. Co-Rec volleyball is played at men's net height.

## **UNIFORMS AND EQUIPMENT**

1. All teams are required to furnish their own jerseys.
  - a. All jerseys must be of the same color.
2. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.

2. **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.
  - a. The only type of permissible jewelry are medical alert bracelets.  
These bracelets must be taped down to the participant's wrist, with the important medical information showing.
3. **Shoes:** Only non-marking shoes will be allowed. Athletic style shoes are preferred.
4. **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. 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.
5. **Headwear:** Players may wear a one-piece elastic headband made of a soft pliable material. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags"), headbands with hard knots, or helmets.

## **TIMING, SCORING and TIMEOUTS**

### **1. Timing**

- a. All matches will have a running clock of 45 minutes.
  - i. Score will stand when the time runs out.
- b. One (minute) is allowed between sets as teams switch sides of the court.

### **2. Scoring**

- a. Games are played best two (2) out of three (3) sets.
- b. A third set can and will be played if necessary.
- c. Sets are played to 25 points
  - i. Rally Scoring
  - ii. Win by two (2) points
  - iii. No cap
- d. If a third set is necessary, the set will be played to 15 points.

### **3. 5-Minute Rule and Forfeits**

- a. If one team has below the minimum number of players at game time, the 5-Minute Rule will come into effect. At least one player must be signed in for this to be in effect.
  - i. The team with less than the minimum will have 5 minutes to accrue the minimum number of players to begin the game
  - ii. In this 5 minutes, the other team will accrue one (1) point for each minute that passes.
  - iii. If the 5 minutes expires and the other team does not have the minimum number of players, the game will be forfeited and the team charged the forfeit fine.
  - iv. If the team gains the minimum number of players within the 5 minutes, the game will begin. The score will stand for the first set and the clock will begin at its current time. The waiting team will have the choice between side or service.
  - v. If NO participants appear from either team, the game will be a double forfeit

- vi. If both teams have below the minimum number of players at game time, the 5-Minute Rule will go into effect for both teams.
- i. Example: Team A is on time and checked in prior to game time and Team B gains the minimum number of required players, 3 minutes late. The game will still be played but the starting score will be 3-0 and the game will begin with 42 minutes remaining.

#### **4. Timeouts**

- a. Teams are allowed three (3) thirty-second time out for the entire game.
- b. Time outs may only be requested by the team captain in possession of the ball during a dead ball.
- c. Clock does not stop during these timeouts, just play stops.

### **SERVING**

1. Winner of the coin toss in the Captain's Meeting will have the choice of service first or choose their side.
  - a. If a third game is necessary, this process will be repeated.
2. The server shall serve within the serving area and not touch the boundary lines or the floor outside it at the instant the ball is contacted on the serve. A part of the server's body may be in the air, over, or beyond these lines.
3. The server may:
  - a. Hit the ball directly off the holding hand.
  - b. Hit the ball after tossing it from the holding hand.
  - c. Hit the ball with the arms.
  - d. The legal ball may hit the net, but must go over and land in-bounds.
4. When serving, the server must wait for the referee's whistle before striking the ball. If they serve before the whistle a side-out shall be called.
5. If a player serves out of turn, a side-out shall be called as soon as the mistake is discovered. Any points made by the illegal server shall be canceled. The serving order should then be corrected immediately.
6. Players must stay in their respective serving order for the entire game. At the beginning of a set the players may be rearranged.

### **THE GAME**

1. A player may not hit the ball twice in succession.
  - a. On the first ball over the net, a player can make contact with the ball if it is during one motion.
2. The ball may be contacted a maximum of three times by a team before it is sent over the net.
3. If two or more players of the same team contact the ball simultaneously, it is considered one play. The players involved may participate in the next play. This next play should be counted as an additional contact.
4. Ball crossing the net:
  - a. The ball must cross the net completely between the net antennas or their indefinite extension. The ball is dead if it hits the net antenna, point and loss of rally to the other team.
  - b. If the ball touches the net on the return, it must touch the net between the antennas and go over into the opponent's court.

- c. A ball striking the net and going over is still in play.
- d. The ball may be played when any part of it has crossed the top of the net. It is not essential for the entire ball to be on a player's side of the net before played.
- e. The only legal double hit allowed is if when executing a block, the ball comes through the hands and hits another part of the player's body above the waist.

#### **5. Illegal Net Play**

- a. Holding or pushing the ball against the net.
- b. Touching the net with any part of the body while the ball is in play. If the ball is driven into the net with such it causes the net to contact a player on the opposing team, no foul shall be called and the ball shall continue to be in play.
- c. Reaching over the net:
  - 1. If a player reaches over the net on the follow through a foul shall not be called. The player's arms cannot be than 45 degrees over the net.
  - 2. If a player in an attempt to block reaches over the net on a follow-through, whether or not they touch the ball, a foul shall not be called. (Provided some part of the ball has crossed the net on the blocker's side before the follow-through occurs.)
- d. If during an attempt to block a ball, the ball is hit against the net with such force that it causes the net to move under the fingers or hand of the blocker, no fouls shall be called.
- e. Reaching under the net:
  - 1. A player may not reach under the net and touch the ball or a player on the opposing team when the ball is in play on the opponent's side of the court.
- f. If a player touches the opponent's court in completing a play, it shall be called a foul even if they do not touch the floor until after the ball has hit the floor.
- g. A back row player cannot leave the floor in front of the 10 foot spiking line in executing a spike or playing a ball that is above the net back over the net (if feet leave the floor). In either case, it is okay to hit the ball to a teammate. Back line players also may not go to the net to execute a block.

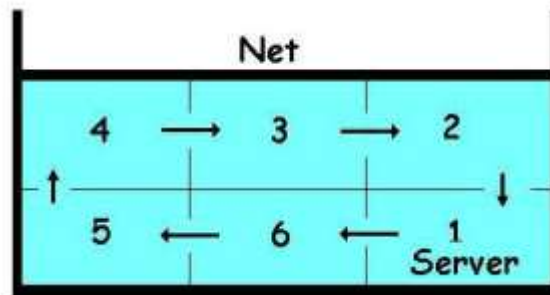
#### **6. Legal net play:**

- a. A ball other than a service may be recovered from the net provided the player avoids touching the net.
  - b. If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play, which shall be considered the first of three contacts allowed to the team. When both teams contact a ball simultaneously and it becomes motionless, a replay is ruled.
  - c. If one or more players is attempting to block and is contacted by the ball, this player is eligible to participate in the next play, which shall be considered the first contact for that team.
7. Any part of the ball touching a boundary line is considered in bounds.
8. Boundaries:
- a. If the ball touches any surrounding walls, basketball hoops etc. the play shall be out of bounds.

9. If a player hits the ball up and it hits the ceiling or basketball goal and comes back down on their side of the net, the ball can still be played.
  - a. If they hit it off the ceiling/basketball goal and goes on the other team's side, the ball will be called out of bounds.
10. If a ball from another court rolls in the middle of the game, the play will immediately be declared dead and the play will be replayed.

### 11. Substitution

- a. The incoming player must take the front right position (#4 on the diagram below) and place in the serving order of the player in which they are substituting. No change shall be made in the order of rotation.
- b. Substitutions can only be made between plays and an official has to be notified first.



### CO-REC MODIFICATIONS

NOTE: All standard Intramural Sports Volleyball rules will govern Co-Rec play, with the following modifications:

1. The game shall be played between two (2) teams of six (6) players each, three (3) males and (3) females. Four (4) players are required to begin a game. A team must have a minimum of two (2) males and two (2) females to begin a game
  1. A team cannot have more than +1 of one gender than the other.
  2. Ex. 2 females and 3 males is allowed, but 1 female and 3 males is not allowed.
2. A substitute shall take the position of the player whom they are replacing and must replace for the same gender. No change shall be made in the relative positions of other players when a substitution is made. If a player re-enters the game, they must enter in their original position in relation to their teammates.
3. If a ball is hit the maximum of three (3) times on one side of the net, both genders must be involved in at least one of the three touches.
4. Serving order must alternate genders (i.e. male, female, male, female)
  1. In the case of playing with an odd number of players, when the serving order reaches a point where one gender repeats, the serve, possession will be given to the opposing team.
5. Co-Rec volleyball is played at Men's Height.

How to play volleyball: <https://www.youtube.com/watch?v=9g7nYQv-kPM>