

Volleyball Rules

Play is governed by NCAA Volleyball rules with the following modifications:

1. PLAYERS & SUBSTITUTIONS

1. The Players

1. Each team will play with no more than six (6) players on the court at once.
2. Teams must start and end the game with at least four (4) players.
 1. A team with four players or more must play or the forfeit procedure will go into effect.
 2. During the course of the game, if a team drops below four players that team will receive the loss according to team misconduct scoring rules.
 3. If an injury results in a team dropping below four players, play will stop and a standard loss will be recorded.
 4. These rules will be applied regardless of game score at the time of incident.
3. The maximum number of players any team roster may have is 12.

4. Co-Rec Additions

1. The minimum number of players required to start is four (4), with the only option for participation set with an equal two (2) Men and two (2) Women ready to play.
2. Teams with five (5) players will have an open option to fill the odd player position, as long as there are at least two (2) Men and two (2) Women (i.e. 2 & 2 + 1).

5. Substitutions:

1. Each team is entitled to 15 substitutions per set. Each player is allowed unlimited entries within the team limit.
2. Each legal player entry will count as one of the allowable team substitutions. Any substitution requests after 15 team substitutions will be denied and the team will be assessed an improper request.
3. Any number of players may enter the set in each position of the service order. Players re-entering the set must return to their original position in the serving order in relation to other teammates (i.e. Player B returning for player G must return to the position between Player A and C). No change may be made in a player's position in the service order, unless necessitated by injury.
4. A Libero player may not be used.

2. EQUIPMENT

1. Player Equipment

1. Players may not participate with equipment that the Intramural Staff deems to be dangerous to other participants. Hard cast, metal or plastic braces, hats, and jewelry of any type are examples of illegal equipment. ALL visible body piercing must be removed or covered using a player's own equipment or bandages.
2. Players must wear athletic type shorts/pants. These shorts/pants must not have pockets, pouches, loops, belts, zips, zippers, clips, buckles, buttons, or snaps. Torn shorts/pants may not be worn during play, and shorts may not be worn inside out. Denim material will not be allowed.
3. Jerseys/Shirts:
 1. In order to play teams must wear shirts of identical color and shade/tone.
 2. Teams arriving in the same color uniform will be allowed to compete in the same color uniform, provided it is possible to determine which team is which. Otherwise, replacement jerseys will be made available. (Game Official's discretion)
 3. There are no shirts/jerseys available for check out. All players must come wearing their own jersey/shirt.

4. Player Numbers

1. All shirts/jerseys must have legible numbers on at least one side (back or front of shirt) and must be legible from a distance of 6 feet. The number must be clearly evident as the player number, and may not be confused with any other lettering/wording on the player shirt/jersey.
2. Numbers must be permanent on the shirt in a non-fading medium such as marker or paint. Taped on numbers are not allowed.
3. Teammates will not share the same shirt/jersey number.
4. If a player is #0 then that number must appear on the jersey. There can only be one version of #0 per team (i.e. #0, #00, #000, etc.)
5. Only non-marking, closed toe, athletic shoes are permitted on the gym floor. Shoes deemed to be marking or damaging the floor by the Intramural Sports Staff must be removed.
6. Players may wear a knit or stocking cap (with or without ball/knot at top), headband, and hair bands. Hats with bills are prohibited.

4. Game Equipment

1. Intramural Sports will provide the ball to be used during play, but there will be no balls available for checkout. Please see the Equipment Room (SRWC First Floor).
2. The nets and net standards will be regulation size and height for all matches. The net height for matches will be:
 1. Men's: 7 feet, 11 5/8 inches
 2. Co-Rec: 7 feet, 11 5/8 inches
 3. Women's: 7 feet, 4 1/8 inches

3. TIMING

1. Delay Time – Once at the scheduled game time:

1. If a team does not have any players present at game time, the game will be declared a forfeit without the Delay Time procedure.
2. If a team does not have four (4) players signed in at game time, that team will be given 10-minutes to have four players sign in before the game is declared a forfeit.
3. If neither team has four players signed in, both teams shall have 10-minutes to have four players sign in before the game is declared a double forfeit.
4. Delaying teams will receive a Sportsmanship Deduction for delaying the start of the game. The first team ready to play will receive four (4) game points for every minute (rounded up) that the game is delayed (up to the end of the Delay Time period).
5. The 10-minute match forfeit period will be broken into two 5-minute periods. Each 5-minute period will represent one game. At the end of the first 5-minute period, if the team is still not ready the first game will be forfeited to the team ready for play. Examples:
 1. One team ready to play: Team A has enough players at game time and Team B's fourth player signs in 6:42 into delay time. Team A will start the match with a win in Game 1 (20-0), and the score for Game 2 will be 6-0 for Team A.
 2. Neither team ready to play: Team A's 4th player signs in 2:18 into delay time and Team B's fourth signs in 8:52 into delay time. Team A will start the match with a win in Game 1 (6-0), and Game 2 will start with a score of 12-0 for Team A.
6. The clock will not stop to have players sign in, and game play must begin before the 10-minute period has been completed. Once all teams are ready, the ball will be put into play in accordance with the Start of Game rules.
7. A forfeit will be recorded as a win for the team ready to play and any points accumulated will be the final score.
8. Any game forfeit for team misconduct will be scored as match win for the winning team (21-0, 21-0) and zero games won for the losing team.

2. Match/Game Timing

1. Designated match or game timing will not be used.
2. There will be a maximum of three (3) minutes between games during a match.
3. There will be no time outs, other than those initiated by the game officials.

4. SCORING

1. Each match will be a best two games of three.
 1. The first two games of a match will be played to 22 points.
 2. The final game shall be played to 14 points.
 3. No game will have a point cap.
2. Rally scoring will be used.
3. The winning team must win by two points in all three games.

5. START AND RESTART OF PLAY

1. Start of Game
 1. A coin toss or Odd/Even choice will occur during the Captain's Meeting before the first and third games.
 2. The team designated as the Visiting Team will make the call during the coin toss.
 3. The winning team will decide on first service.
2. THE SERVE:
 1. The ball may be served anywhere behind the end line but between the sidelines.
 2. The serve shall not be attacked, whether spiked or blocked, while the ball is above the top of the net.
 3. A served ball which contacts the net will not be ruled a dead ball if during the ball's flight it crosses the net to the receiving team.
 4. A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor.
 5. Once a team gains service possession, the new server must come from the front row position immediately in front of the previous server. For Co-Rec games
 1. Service order and positions on the floor must alternate male/ female.
 2. If a team has five legal players, the service order may double (male/male, female/female) only once during the rotation.
 6. A served ball is dead if before it contacts an opponent or the floor of the opponent's area it:
 1. Touches the floor of the server's area or a teammate of the server
 2. Passes under the net
 3. Crosses the net entirely outside the antenna or is otherwise out of bounds
 4. Touches the ceiling

6. BALL IN & OUT OF PLAY

1. PLAYING THE BALL
 1. The ball may be played by any part of the body
 2. For Co-Rec games, when the ball is played more than once by a team, a female player must make at least one contact.
 3. Only the front row can block.
2. PLAYING BALL OF CEILING: After the serve, during the return if the ball contacts the ceiling and:
 1. Remains on the same side the ball will be deemed playable.
 2. Goes to the other side of the net, the ball will be dead and the play will be replayed.
3. BACK ROW ATTACK: A back row player, whose position is inside the 10-foot line, returning the ball across the net must contact the ball from below the top level of the net.
4. CONTACTING THE NET: It is a fault to touch any part of the net or the antennas, except for insignificant contact by a player not involved in the action of playing the ball.
 1. Players directly playing the ball, attempting to fake an attack-hit, or attempting to block such a play, are considered involved in the action of playing the ball.

2. If the ball is driven into the net with such force that it causes the net or antennas to contact a player, such contact is not a fault.
5. **REACHING OVER THE NET:** A player is not allowed to initiate an attack-hit while the ball is completely on the opponent's side of the net.
6. **CROSSING THE CENTER:**
 1. Encroachment into the opponent's court with the foot, feet or hand(s) is permitted, provided some part of the encroaching extremity remains in contact with or directly above the centerline, and there is no interference with opponents.
 2. It is not a fault to cross the centerline after the ball is out of play.
 3. It is not a fault to cross the extension of the centerline outside the boundaries of the court and enter the opponent's free zone, provided there is not interference with opponents.