

## **VOLLEYBALL**

### 1. Playing Area

- 1.1 Ceiling, walls, and court dividers are out of play.
- 1.2 A player cannot enter an adjacent court to play the ball.
- 1.3 Low obstructions are out of play including anything perpendicular to the floor; however, anything horizontal to the floor is in play, as long as the ball does not cross the net after hitting the obstruction. Both are in the judgment of the officials.

### 2. Rights and Duties of Players and Teams

- 2.1 The floor captain is the only player who may address the referee and shall be the team's spokesperson.
- 2.2 The captain may make requests for time-outs when the ball is dead. Each team is allowed two 30-second time-outs per game.
- 2.3 The following misconducts are subject to warnings: addressing the officials concerning their decisions or committing actions to influence their decisions; making profane or vulgar remarks to officials, opponents, or spectators; shouting, yelling, or crossing the vertical plane of the net in an attempt to distract an opponent who is playing or attempting to play the ball.
- 2.4 Offenses by players or other team members may result in warning, expulsion, or disqualification:

**Warning:** A minor unsporting offense.

**Expulsion:** Extremely offensive conduct results in expulsion from the remainder of the game. Expelled players must leave the gym and could face further suspension to be determined by the Director.

**Disqualification:** During a match, post game or during the game any attempted/actual physical aggression toward other players, officials, or staff will result in disqualification from the match. Disqualified players must leave the gym for the rest of the night and contact the Intramural Director prior to participating in another contest.

2.5 An improper request that does not affect play shall be rejected (whistled) without sanction. Any additional improper requests during the game will be sanctioned as a team delay. Examples are: Requesting a time-out or substitution after the referee's whistle for service; A request for time-out or substitution by other than the team captain; Request for an excess time-out.

2.6 A team delay is sanctioned with a warning on the first occasion and a penalty (point or side out) on any further occasions during the same game, for any reason. Team delays include: A second improper request during the same game; delay in completing a substitution; delay in returning to play after a time-out; delay in moving to positions after completion of a rally; action by a player which creates unnecessary delay in the start of play; a player on the court wearing jewelry.

### 3. The Teams

3.1 Players' Equipment: jewelry is not allowed, for safety reasons. Medical or religious medals must be removed from chains or taped/sewn under the uniform. Hair barrettes are permitted to secure hair.

3.2 Sweatbands or bandanas worn as sweatbands are permitted; however, hats and other bandanas are not permitted. A guard, cast, or brace made of hard and unyielding leather, plastic, or pliable plastic, metal or any other hard substance, even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm, or elbow.

#### 4. Team Composition

4.1 Before

the start of the match, all participants must record their names on the scorecard.

4.2 Teams must be prepared to start a match at the scheduled match time or risk forfeit. A team shall consist of six players and have a minimum of **four** players to start.

#### 5. Substitutions

5.1 Player substitution may be made when the ball is dead, upon making the request to the referee.

5.2 A team is allowed an unlimited number of subs on a player-for-player basis, as long as the starter and the substitute replace each other in the same locations during the game.

5.3 When using an open substitution, as each player reaches a certain position, he/she is replaced by a waiting teammate (this is usually done at the serving position).

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### THE GAME

1. Matches consist of two out of three games. The first two games will be rally to 20, winning by two. However a game cap will be set at 25. The deciding third game will be rally to 15, winning by two, but with a cap at 20. Matches will last a maximum of 45 minutes. The team winning at the end of the 45 minutes will be declared the winner.

2. Teams consist of 6 players; however, teams can start or finish a game with 4 players.

3. The server has five seconds to serve, or team loses the serve.

4. Players may interchange positions to pass only after the serve.

5. All passes must be clearly hit, not thrown, lifted, or change of direction allowed by a double hit.

6. A back line player may spike providing that he/she jumps and remains behind the 10 foot line.

7. No player may reach over or touch the net, or step over the center line (A players foot may land on the center line provided it is not entirely over the line. Also, while playing the ball in his/her court, a player is allowed to reach under the net, but must not touch the floor over the center line.

8. Successive contacts may be made only after blocking a spike attempt.

9. Opponents simultaneously hitting the ball directly over the net may play the ball again if it falls into their court.

10. Teams are allowed one 30-second time-out per game.

11. Score keepers will only assist in making calls. If a judgment call cannot be decided, a replay will occur.

**12. Varsity volleyball athletes are not allowed to participate in this event!**

13. The intramural supervisor will have the ability to make final decisions.

Playoffs

Teams with two or more forfeits are not allowed to play in the playoffs.

The playoffs are a single-elimination tournament. Champions receive Champion t-shirts.

Additional rules and clarifications

The official United States Volleyball Association rules govern all play with the following intramural modifications and specifications.

1. Legal serve

Each serve must be put into play by hitting the ball underhand or overhand over the net into the opponent's court by a player in the serving area. The player serving must not step on or over the end line until after the ball is contacted on the serve. (Foot fault: penalty-side out). Players must stay in serving order. Players may switch positions after service provided they return to their original positions after each point. PENALTY: side out or point awarded. Exception: a player from the back line may not spike the ball or block a spike within 10 feet of the net. In rallying scoring, a ball may clip the net and shall still be legal.

2. Serving out of turn

- A. Discovered while server still serving: side out called, mistaken points subtracted, serving order corrected.
- B. Discovered in interval between changes of serve: opponent serves, mistaken points subtracted, and serving order corrected.
- C. Discovered after opponents begin serving: no loss of points, serving order corrected, on next dead ball.

3. Legal hits

A contact of the ball to be legal must be made with any part of the body. A legal hit must be a "clean" hit. The ball may not be carried on the follow through.

4. Illegal hits

An illegal hit is: 1) slapping the ball 2) bumping the ball with two separated hands (hands must be together) 3) carrying the ball 4) palming the ball 5) directing the ball.

\*NOTE: in order to not be an illegal hit, the ball must leave players hand immediately upon contact of the ball.

5. Playing the ball

A ball may be played three times on one side providing the same player does not touch the ball twice in

succession.

#### Exceptions:

A. A ball hit simultaneously by two team mates is considered as one hit, and either player may contact the ball a second time.

B. When simultaneous contacts by opposing players occur, either player may contact the ball again if it falls on his side of the net. This contact will constitute the first of three attempts.

C. A blocker may recover from their own block and make a second play on the ball. This play will constitute the first of three attempts.

D. A serve may be received with a bump or with hands up. **WARNING:** by receiving serve with hands up, it is difficult to avoid being called for a carry

E. The ball is in play when it hits the net except on the serve. The server is given only one attempt to get the ball over the net.

#### 6. Net and Line Play

A. Players are not permitted to have any part of their body touch the net or step over the center line while the ball is in play, although stepping on the center line is permitted. **EXCEPTION:** ball hits net with such force it causes net to hit opponent, the ball is still in play.

B. A spiker may have his hand(s) or arm(s) follow through over the net as long as the ball is contacted on his own side of the net.

C. Players may reach over the net and block the ball, provided the opposing team has completed their attempt to return the ball over the net.

D. The ball is considered to have crossed the net when any part of the ball is extended over the net.

E. A player may go outside of the court to play a ball as long as the ball is contacted on that player's side of the court, and it will only be considered a legal return as long as it crosses the net and antennas within the boundaries of the court as extended.

#### 7. Team Area, Duration of Matches, and Interruptions of Play

7.1 All matches shall consist of the best 2 of 3 games.

7.2 A coin toss determines who serves the first game of the match. The team captains will call the toss. The winner will choose: 1) first serve; 2) to receive the first serve; or 3) the choice of the court for the first game. The loser may choose from the other options.

7.3 A new coin toss is performed before the third game, if necessary.

7.4 After each game, and at 8 points in the deciding game, the teams will switch sides.

7.5 Any act, in the judgment of the referee, unnecessarily delays the match may be sanctioned.

## 8. Commencement of Play and Service

8.1 The server shall have five seconds after the referee's "ready to serve" whistle in which to contact the ball for service. If, after releasing or throwing the ball for service, the server allows the ball to fall to the floor without touching it, the service effort shall be cancelled and a re-serve directed.

8.2 There may be more than one re-serve during any term of service, but not consecutively, nor to purposely delay play.

8.3 The service is considered good if the ball passes over the net between the antenna or their definite extensions without touching the net or other objects.

8.4 The team not serving first in the game shall serve first in the second game.

8.5 The team that receives the ball first in a game shall rotate once before serving.

8.6 The players of the serving team must not screen their opponents from the server or the trajectory of the ball. Screening occurs when the serve passes over the player standing at the net with his/her hands over his/her head, or when the ball passes over two or more players standing at the net in close proximity to each other (3 feet).

8.7 At the time that the ball is contacted for service, the placement of the players on the court must be in the proper service order (the server is exempt).

## 9. Playing the Ball

9.1 Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area.

9.2 The ball may only be hit with hands or arms.

9.3 Players may have successive contacts of the ball during blocking and during a single attempt to make the first team contact (even if the ball is blocked) provided it is one attempt to play the ball, there is no finger action during the effort, and the ball is not held or thrown.

9.4 When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered a form of holding. A ball clearly hit with one or both hands from a position below the ball is considered a good play.

9.5 A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker's side of the net and the follow-through causes the spiker's hand and arm to cross the net without touching an opponent or the net, it is not a fault.

9.6 Only the players who are in the front line at the time of service may legally accomplish blocking.

9.7 Any player participating in a block shall have the right to make the next contact.

9.8 Back-line players may not block or participate in a block, but may play the ball in any other position near and away from the block.

9.9 Blocking a serve is prohibited.

9.10 Blocking the ball across the net above the opponent's court shall be legal if the block is: After a player of the attacking team has spiked the ball; In the referee's judgment, has directed the ball into his/her opponent's court; After the opponents have completed their three allowable hits; After the opponents have hit the ball so that, in the referee's judgment, the ball would clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball; If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

9.11 A back-line player returning the ball to the opponent's side while forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area.

## 10. Play at the Net

10.1 If a player's action causes the player to contact the net during play, whether accidentally or not, with any part of the player's body or uniform, it shall constitute a fault. Hair does not constitute a fault.

10.2 Contacting the opponent's playing area with any part of the body except the feet is a fault. Touching the opponent's area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remain on or above the centerline.

10.3 Either team may play a ball that has penetrated the vertical plane of the net.

## 11. Team and Player Faults

11.1 A double fault occurs when players of opposing teams simultaneously commit faults. The referee would direct a replay.

11.2 If faults by opponents occur at approximately the same time, the referee shall determine which fault occurred first, and penalize that fault; if this cannot be done, a double fault shall be declared.

## 12. Scoring and Results of the Game

12.1 In playing "rally scoring", a point will be awarded on each service. When the receiving team commits a fault, the serving team scores a point. When the serving team commits a fault, the receiving team scores a point and receives the serve.

12.2 Non-deciding games are won when a team reaches 20 points and has at least a two-point advantage. No game exceeds 25 points.

12.3 In the event of 24-24 tie, the first team to reach 25 wins the game.

12.4 The deciding game of a match will be played to 15 points. No game exceeds 20 points.