



# Intramural Indoor Volleyball Rules

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## General:

- Games will be played in the Ranger Dome
- Student IDs are required to play
- Teams will be graded on a 1-4 scale for sportsmanship each game. Any teams that are below a 3.5 average will be disqualified from playoffs.
- Protests:
  - Protests are only valid for rule interpretation and player eligibility. Any protests regarding official's judgment will not be accepted.
  - To protest a rule interpretation, the protest must be made at the time of the incident and resolved before play continues. The captain of the protesting team must call a time-out and say "I protest." The officials, intramural supervisor and captains will meet to discuss ruling. The supervisor will act as arbitrator and make a decision. If the team captain feels a protest should be appealed, then a written email must be submitted to the Assistant Director ([mrodgers002@regis.edu](mailto:mrodgers002@regis.edu)) by 12pm the day after the incident. If the protest is valid, no time-outs will be charged to the team. If the protest is not valid, then a time-out will be charged to the protesting team.
  - To protest player eligibility, the protesting team captain must email the full name of the ineligible player to the Assistant Director ([mrodgers002@regis.edu](mailto:mrodgers002@regis.edu)) by 12pm the day following the incident. If the player is found ineligible, then the game will be a forfeit. If it is during play-offs and the player is found ineligible, then the protesting team will advance, but any games prior to that will remain the same.

## 1. Team Requirements and Equipment

- 1.1** A team shall consist of six (6) players. A minimum of four (4) players are required to play a full match. All players must be checked in with the intramural supervisor before they are allowed to participate.
- 1.2** All players must wear non-marking rubber-soled athletic shoes.
- 1.3** Jewelry may not be worn.
- 1.4** Casts and/or any other item deemed to be dangerous by the official or athletic trainer may not be worn during the match. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least two (2) inches of slow recovery rubber or similar material will be allowed.

## 2. The Match

- 2.1** All matches will consist of the best two out of three sets. All matches will be rally scoring: Rally scoring means a point is won on each serve, no matter whether the team who won the point served the ball or not. In the first two sets a set shall be won by the team which has earned 25 points and a two point advantage. If the score is tied 24-24, then the first team to

gain a two point advantage is the winner. Both sets will have a 30 point cap. In the third set, the team which achieves 15 points first is declared the winner. If the score is 14-14, then the first team to gain a two point advantage is the winner. The third set will have a 20 point cap.

**2.2** A coin toss at the beginning of the match will determine the choice of court or service. The team which does not serve first in set one will serve first in set two. Teams must switch sides between the first two sets. A coin toss will be conducted for the choice of serve or side if there is a third set.

**2.3** Two time outs will be given to each team per match.

**2.4** When a team is one player short of the required minimum to play a full match – four (4) – the game will be a forfeit.

**2.5 Substitutions:** Each team may choose to rotate extra players into the server's position on a continuous basis. In all substitutions participants must inform the official on the net and wait for the official to initiate the substitution.

### **3. Playing the Ball**

**3.1** Maximum of three team contacts: Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. The only exception to this rule is that a block is not considered to be one of the three contacts.

**3.2** Contacted ball: A player who contacts the ball shall be considered as playing the ball.

**3.3** Contact of the ball with the body: The ball may be hit with any part of the body on or above the waist, but cannot come to rest visibly on the body. If the ball hits below the waist, it shall become dead.

**3.4** Illegal hit: An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. This is a judgment call by the official and cannot be questioned. Holding, catching, throwing, lifting, and pushing are illegal hits because of prolonged contact with the ball. Rolling is considered an illegal hit because there is continued and steady contact between the ball and the player's body.

**3.5** Double hit: A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball. Exception: A player who blocks an opponent's hit may hit the ball once after the block.

**3.6** Simultaneous contact by the opponents:

**3.6.1** If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times.

**3.6.2** If the ball is held simultaneously by two opposing players, it is a double fault and the official will direct a replay.

**3.7** Net play: A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area. Exception: A service hitting and not clearing the net results in a dead ball.

**3.8** Net foul: A net foul occurs while the ball is in play and:

**3.8.1** A player contacts any part of the net including the cable attachments. It is not a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or net cables into the player.

**3.8.2** There is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball.

**3.9** Screening: A screen is an intentional act, which obstructs the receiving player's view of the server or the flight of the ball from the server. Screening includes:

**3.9.1** The server being hidden behind a group of two or more teammates who are standing in an erect position and the ball is served over a member of the group.

**3.9.2** a player with hands extended clearly above the height of the head or with arms extended sideways at the moment of service if the serve passes over the player(s).

**3.10** Blocking the ball: A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack. (Note: The serve may NOT be blocked) The attack is considered complete when the:

**3.10.1** Attacking team has completed their three allowable hits.

**3.10.2** Attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with the intent to return it to the opponent's court.

**3.10.3** Ball is falling near the net on the attacking team's side and in the official's judgment; no member of the attacking team could make a play on the ball.

**3.11** Front line players may contact the ball from any position inside or outside the court (completely crossing the center line and its out-of-bounds extension is illegal). A player may cross the center line or its out-of-bounds extension with one or both feet/hands, provided a part of the foot/feet or hand/hands remains on or above the center line or its out-of-bounds extension. Contacting the floor across the center line with any other part of the body is illegal.

**3.12** Back-line player attack: A back-line player may attack the ball only if he/she leaves the floor from behind the 10 foot line and its imaginary extension. If any part of the player's foot touches the 10 foot line at the time of contact; a foul shall be called. Back-line players may not attempt to block the ball in front of the 10 foot line. A back-line player shall not return a ball which is completely above the height of the net while:

**3.12.1** On or in front of the 10 foot line or its out-of-bounds extension.

**3.12.2** In the air, they left the floor on or in front of the 10 foot line.

#### **4. Service**

**4.1** The server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted. If the ball is served before the official's beckon, a re-serve shall be directed. During a team's term of service if the ball is served a second time before the official's beckon, then it is a side-out.

**4.2** The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from the serving area

**4.3** A good serve must land on the line or inside the court. If any part of the ball touches the line, then the ball is considered to be "good". If the ball lands out and is not touched by any player on the receiving team before it hits the ground, then a point is awarded to the non-serving team. If the serve hits the net and still falls inside the non-serving team's court, then the ball is ruled in play. If a serve hits the net and does not fall inside the non-serving team's court, then it is considered to be illegal and a point will be awarded to the non-serving team.

**4.4** The server has five seconds to make a legal serve. The server may toss and catch a bad toss as long as no swinging motion has been made to attempt the serve. The server is allowed only one re-serve per term of service. If the server attempts two re-serves, the result will be a side out and a point for the opponent.

**4.5** Positions of players at service: The positions of players at the moment of service must be in proper alignment. This means that no player on the court may be closer to a sideline, end line, or centerline, than an adjacent player on the court. Front-line players may not overlap with any back-row player, and vice-versa. Players in the front-line may not overlap with one another, and the same is true for players in the back-row. After the ball has left the server's hand, players may go anywhere on the court.

**4.6** Front-row players: A team can have no more than 3 front-row players on the court, during a particular rotation, regardless of the total number of players (4, 5 or 6) on the court.

## **5. Live ball/Dead ball**

**5.1** The ball becomes live when it is legally contacted for the service.

**5.1.1** Ball is remains legal after making contact with one ceiling related structure on the same side as the last team to contact it. This includes basketball goals.

**5.2** The ball becomes dead when:

**5.2.1** The ball touches the antennas or any part of the net outside the playing court.

**5.2.2** The ball strikes the floor. (If an offensive player jumps to attack the ball, they are allowed to land completely over the center line as long as the ball hits the ground before the player lands)

**5.2.3** The ball contacts a minimum two permanent object (excluding the net) above or outside the playing court. EXCEPTION: a ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

**5.2.4** A player commits a fault.

**5.2.5** A served ball contacts and does not clear the net.

**5.2.6** The official blows the whistle for any reason.

**5.3** The point shall be replayed if a ball from an adjacent court enters the playing area.

## **6. Co-Rec Rules**

**6.1** A team consists of six (6) individuals but may play a full match with four (4). Teams may play up one gender (such as 4 men and 2 women), but there cannot be more than 4 members of one gender on the court.

**6.1.1** A team may begin the match with three (3) players.

**6.2** Men and women must alternate positions.

**6.3** A female must hit the ball at least once if the ball is contacted two or more times before being returned over the net. Failure to do so will result in either a point or a side-out.

**6.4** Men may both block shots and attack the net when permitted by rules 3.10 and 3.12.