



Intramural Sports

Volleyball Rules

Eligibility Guidelines

1. You must present your APSU ID card to the IM Supervisor on duty in order to play...No exceptions!
2. An individual may only participate on one team in each league (Men's or Women's). Participation on two teams in the same sport is only permitted if one of the teams is Co-Rec. Players who play on more than one team in each league are subject to losing their eligibility for that sport. The opposing team does not have to protest if caught by a supervisor or official.
3. Players using false identification will be suspended for a period of time determined by the Coordinator and Graduate Assistant of Intramural Sports.

Note: Captains are responsible for ensuring that their team roster is in compliance with the eligibility guidelines of the Intramural Sports Participation Manual.

The Game

1. **The Court:** The net shall be set at the men's height for Men's and Co-Rec play. It shall be set at the women's height for Women's play.
2. **Team:** Teams will consist of a maximum of 12 players with 6 players on the court at a time.
3. **Game/Scoring:** Matches shall be played in a best-of-three format using rally scoring (a point on every serve). Games will be played to 25 points and a team must win by two points. No game may exceed 30 points. There will be a 50 minute time limit on each match. If a match is tied at the end of 50 minutes, teams will play three additional points.
4. **Substitutions:** All substitutions must meet the following guidelines:
 - Substitutes may enter the court only when the ball is dead.
 - Either team (serving or receiving) may substitute during a dead ball.
 - The incoming player must take the back middle position.
 - All substitutes must check in with the official.

5. **Equipment:** Hats, bandanas, shorts with pockets, or jewelry **MAY NOT** be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter until the equipment has been replaced. Knee pads are strongly recommended for all participants.

Note: For more detailed equipment guidelines, please refer to the Intramural Sports Participation Manual.

Playing Rules

Play will be governed by the Official Volleyball Rules as written by the National Federation of High Schools (NFHS), with modifications made by the IM Sports staff.

Coin Toss

A coin toss called by the visiting captain will determine which team will serve first. The captain who wins the coin toss will choose to serve, receive, or defend a side.

Serving

The server may serve from anywhere along the baseline. The serve must be accepted with either a forearm pass or a set in order to be a legal return. The ball shall be declared dead immediately during these scenarios during a serve:

- The ball contacts the net and does not pass over.
- The ball passes under the net.
- The ball does not pass over the net.
- The ball touches another member of the serving team.
- The server steps over the serving line.

Note: It is illegal to block or spike a serve during the initial return.

Front Row

Front line players are designated as those who are on the front line at the time of the serve. All front line players are permitted to block an attack from the other team.

Back Row

Back line players are designated as those who are on the back line at the time of the serve. When contacting the ball from behind the attack line (10 ft line), at least part of the ball must be below the top of the net. Any illegal contact by a back row player will be dead immediately.

Note: This restriction does not apply when a back row player contacts the ball after jumping across the attack line and landing on the other side of the line.

Reaching Over the Net

In returning the ball, a player may follow through over the net, providing they first contact the ball on their own side of the net. Player(s) in the act of blocking may reach across the net, but may not contact the ball until an opponent has hit the ball to return it or if the ball has broken the plane of the net.

Crossing Center Line

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 parts of the encroaching foot or feet remain on or above the center line.

Recovering Ball from Net

A ball may be played from the net.

Live Ball vs. Dead Ball

A ball contacting the ceiling or overhead objects above playable areas shall remain in play so long as the ball contacted the hitter's side.

A ball will be considered out of bounds (dead) when:

- It hits the antennas.
- Passes outside the antennas.
- Hits the basketball goal, backboard or support beams.
- Hits the underneath or side facing of the track.
- Hits the curtain divider.
- Hits the wall.

Conduct

Unsportsmanlike conduct: When an opponent is about to play or in the act of playing a ball, players should not attempt to distract them.

Derogatory remarks or acts: The referee has the power to warn, declare a side-out or point. Players, substitutes, or spectators may be disqualified from a game or match for violating any of the violations as outlined in the Intramural Sports Participation Manual.

Yellow Cards: A yellow card will be considered the first warning and will be given to any player (on or off the court), fan, coach, or spectator for any unsportsmanlike conduct throughout the game.

Red Cards: A red card will be the second and final warning for any player, coach, fan, or spectator for any unsportsmanlike conduct throughout the game. They will be immediately ejected out of the game and escorted out of the facility.

Co-Rec Modifications

Co-Rec games may be played with any of the following player ratios in relation to gender:

- 3:3
- 3:2

Serving order and position on the floor must alternate between genders. A ball must be played by a female before returning it to the other side of the net, unless it's returned across on the first hit. Males may not block a female attack.

Revised: August 10, 2011

