

Eligibility Guidelines

1. You must present your APSU ID or Government Issued ID to the IM staff member 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 in the Open league. 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 this if caught by a supervisor or official.
3. Only two (2) non-affiliates are allowed per team.
 - a. Non-affiliates are those individuals who are not currently enrolled at APSU or current APSU faculty/staff.
 - b. Approval is needed by the Intramural Sports Coordinator before membership and IM registration fee is paid.
4. Players using false identification will be suspended for a period of time determined by the Coordinator of Intramural Sports.
5. The forfeit fee, \$40, will be enforced for every league sport and it must be paid before your next scheduled game.
 - a. A team who forfeits TWICE will be removed from the league and is still responsible for paying the forfeit fees.
6. Roster additions/deletions must be made prior to game time and will not be done by the IM staff at the check-in table.
 - a. Once a player has participated in one game they may not be removed from the roster

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

Game Structure

1. **The Court:** Boundary lines consist of two sidelines and two end lines which mark the playing court. The center line divides the playing court into two square team courts, but is not marked. All lines are considered to extend indefinitely. It is the players' responsibility to assure that all lines are in their proper location prior to the start of each play. Lines moved during play do not cause the rally to stop. If it cannot be determined whether a ball lands in bounds or out of bounds, it is a replay.
2. **Service Zone:** The service zone is behind the end line and between the extensions of the sidelines and extends to the end of the free zone.
3. **Team:** Teams will consist of four (4) players on the court at a time. Teams may start a game with a minimum of two (3) players. No more than six (6) players may be listed on the team roster.
4. **Game/Scoring:** Matches will consist of a best of three (3) format. Each match will be played to 25 points, must win by 2 points, cap is 30. All games will use the rally scoring system with a point awarded on each service regardless of which team served. Points are scored on side-outs with serve also changing sides.
 - a. In the 3rd match, the match will be played to 15 with no cap—must win by two points.
 - b. During Playoffs, we will play the best of five (5) format.
5. **Substitutions:** Unlimited substitutions are allowed as long as one player does not occupy more than one position in the service order during a single game. Abnormal substitutions may be allowed in case of injury.
6. **Equipment:** Hats ARE ALLOWED but no jewelry can 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. Players may play barefoot, or in socks. Shoes may be worn but they cannot have any type of nonflexible cleats or spikes.

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

Playing Rules

1. Play will be governed by the USA Volleyball rules with modifications made by the IM Sports staff.

University Recreation

2. A game of Rochambeau (Rock, Paper, Scissors) will determine which team will serve first. The captain who wins will choose to serve or receive. The captain who loses will choose the remaining option. Teams will automatically swap for the 2nd game. If a third game is required, another game of Rochambeau will be played.
3. **Ball In (or in bounds):** A ball is in when its first contact with the ground is on the playing court or a boundary line.
4. **Ball out (or out of bounds):** The ball is out when: its first contact with the ground is completely outside the playing court, and it does not cause boundary lines to move; it completely crosses the net outside the posts or under the net after the attacking team's third contact; or it touches an object out of play.

5. Playing the Ball

- a. Each team is entitled to a maximum of three contacts to return the ball to the opponents. A player may not contact the ball two times consecutively except during or after blocking or at the team's first contact. Blocking constitutes a team contact. However, any player may make the first contact of the ball after the block. Therefore, the blocker may contact the ball twice in a row (block + next contact).
- b. If two opponents simultaneously and instantaneously contact the ball over the net, the ball remains in play and the team receiving the ball is entitled to another three hits. If such a ball lands out of bounds, it is the fault of the team on the opposite side of the net from where the ball lands.
- c. Contact: A player may touch the ball with any part of the body. A player may have successive contacts with the ball during a single attempt to make the team's first contact with the ball, provided that the fingers are not used to direct the ball. The ball must be contacted cleanly and not held (including lifted, pushed, caught, carried or thrown). The ball cannot roll or come to rest on any part of a player's body. An exception is allowed during the defensive play of a hard-driven ball, which is an attack-hit or blocked ball traveling at a high rate of speed (as judged by the referee). In that case, the ball may be momentarily lifted or pushed, providing that the attempt is one continuous motion and the player does not change the direction of the motion while contacting the ball. A contact of the ball with two hands, using the fingers to direct the ball, is a set.
- d. A player may set the ball in any direction towards his/her team's court, provided that the ball is contacted simultaneously by both hands and does not visibly come to rest. Rotation of the ball after the set may indicate a held ball or multiple contacts during the set, but in itself is not a fault.
- e. When contacting the ball with one hand, it must be cleanly hit with the heel or palm of the hand (a roll shot), with straight, locked fingertips (a cobra), knurled fingers (a camel toe) or the back of the hand from the wrist to the knuckles. One-handed placement or redirection of the ball with the fingers (a dink or open hand tip) is a fault.

6. Ball at the Net

- a. A ball directed to the opponent's court must go over the net within the crossing space limited as follows: Below, by the top of the net, the sides, by the posts and their imaginary extensions, and above, by any structure or obstacle.
- b. The ball may touch the net while crossing the net including during the service. A serve that touches the net is NOT a fault.
- c. A ball driven into the net may be recovered within the limits of the three team contacts.

7. Player at the Net

- a. While blocking, a player may touch the ball beyond the net, provided they do not interfere with the opponent's play, before or during the attack-hit. A player is permitted to pass his/her hand(s) beyond the net after an attack-hit, provided that the contact was made within his/her team's playing space.
- b. Players may partially or completely cross the center line below the net or outside the poles, either before, during or after a legal play of the ball, provided that this does not interfere with the opponent's play.

- c. It is a fault for a player or a player's clothing to touch any part of the net.

8. Service

- a. The service (or serve) is the act of putting the ball into play by the serving player in the service zone.
- b. If the serving team wins the rally or a replay is directed, the player who served the previous rally serves again. If the serving team loses the rally, the next server on the receiving team serves the ball. (2) If a player is discovered serving out of order the opposing team will be awarded the ball and a point.
- c. The server may move freely behind the end line. At the moment of the service or take-off for service, the server must not touch the ground outside the service zone. The player's foot may not go under a boundary line. After the service contact, the player may land on the court or outside the service zone. The server contacts the ball with one hand or any part of the arm after clearly tossing or releasing the ball and before the ball touches the playing surface.
- d. If the server releases the ball for service but does not attempt to complete the service motion, the referee will cancel the rally and direct a replay. A player may only receive one such replay during anyone term of service.
- e. The server's teammates must not prevent the opponents, through screening, from seeing the server or the path of the ball. On an opponent's request, a player must move sideways, bend over or bend down.

9. Attack Hit

- a. All actions to direct the ball towards the opponent's playing area, except in the act of serving and blocking, are considered to be attack-hits. An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker. A player may contact an attack-hit at any height, provided that contact with the ball is made within the player's own playing space.
- b. It is a fault when a player completes an attack-hit on the opponent's service, if the ball is entirely above the height of the net

10. Block

- a. Blocking is the action of a player(s) close to the net to deflect the ball coming from the opponent by reaching above the height of the net.
- b. The first hit after the block may be executed by any player, including the player who touched the ball at the block.
- c. In blocking, the player may place his/her hands and arms beyond the net provided that action does not interfere with the opponent's play. The player is not permitted to touch the ball beyond the net until the opponent has made an attack-hit.

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.

Revised: August 7, 2024