

Eligibility Guidelines

1. You must present your APSU ID card 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 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 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. **An individual must have a Foy Center membership for the duration of the league, paid at the service desk.**
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.

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 roster size of 8 players (Men's and Women's) and 10 players (Co-Rec). There may be no more than 6 players on the court at a time. A team may begin with as few as 4 players. Players are not allowed to check in more than ten minutes prior to their game starting.**
3. **The Game:** Matches shall be played in a best-of-three format using rally scoring (a point on every serve). The first two sets will be played to 25 points and a team must win by two points. No sets may exceed 30 points. The third set will be played to 15 points and a team must win by two points. The third set may not exceed 20 points. There will be a 45 minute time limit on each match.
4. **Substitutions:** All substitutions must meet the following guidelines:
 - Substitutes may enter only in the serving position.
 - All substitutes must check in with an official prior to entering the game.
5. **Equipment:** Hats, bandanas, metal cleats or spikes, 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 removed or 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 IM Sports.

Front Row

Front line players are designated as those who are in front of the 10 foot line at the time of the serve. All front players are permitted to block an attack from the other team.

Back Row

INDOOR VOLLEYBALL RULES: 2024-2025 INTRAMURAL SPORTS

University Recreation

Back line players are designated as those who are behind the 10 foot line at the time of the serve. 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. Any illegal contact by a back row player will result in the ball being declared dead immediately and a point will be awarded to the opposing team.

Serving

The server may serve from anywhere along the baseline. The serve must be received with either a forearm pass (dig) 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 does not pass over the net.
- The ball touches another member of the serving team.
- The server steps over the serving line (unless on a jump serve).

Serves that hit the net and go across are legal serves.

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

Overtime

Should a game go into a third set:

- A round of paper, rock, scissors will be played and the winner has the choice of serve or receive.

Ball Handling

If the ball contacts any part of the body, it is legal.

Each team is allowed three hits on their own side of the net. A legal block or simultaneous contact by the opponent is not counted on the 1st hit.

Over-Control vs Under-Control

- Over-Control: Ball visibly comes to rest or prolonged contact with the ball has been made. This results in an **illegal hit**.
- Under-Control: A **double hit** has likely occurred. A **double hit** is when a player consecutively contacts the ball (two separate attempts or one attempt from one part of the body to another part of the body), with the exception of the block or simultaneously contacted by the opponent.

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 after 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/feet is not a fault providing that some parts of the encroaching foot/feet remain on or above the center line.

Live Ball vs Dead Ball

A ball contacting the ceiling or overhead objects above playable areas shall remain in play (live) so long as the ball contacts 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 underneath or side facing of the track.
- Hits the curtain divider.
- Hits the wall.

Note: A point will be awarded to the team not committing the violation.

Conduct

INDOOR VOLLEYBALL RULES: 2024-2025 INTRAMURAL SPORTS

University Recreation

- **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 or declare a side-out/point. Players, substitutes, or spectators may be disqualified from a game or match for violating any of the violations 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 immediately be ejected and must leave the game and playing area immediately before the game can resume.

Co-Rec Modifications

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

- 3:3

Note: 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 is returned across on the first hit. Males may not block a female attack.

Revised: August 7, 2024