Intramural Volleyball plays under NCAA Volleyball Rules with the following modifications

**TEAM CAPTAINS:**
- Game Time is Forfeit Time.
- Team captains are responsible for informing their teammates of all Intramural Sports policies and procedures.
- Only the team captain may address an official on matters of rule interpretations, or to obtain essential information.
- Team captains are responsible for their team and fans behavior before, during, and after the game.
- Team captains are responsible for any equipment given to them, such as team jerseys and team balls. *(Team captains, you will be charged for the missing items)*

**PLAYERS & ELIGIBILITY:**
- 6 players on the court. Minimum number to start the game is 4. Right front, Center Front, Left Front, Right Back, Center Back, Left Back.
- Team rosters are frozen after the first game of the playoffs.
- **NO ID NO PLAY!** All participants must present their Sandollar ID to the Intramural Supervisor on duty, in order to be eligible to play.

**EQUIPMENT:**
- The Intramural Office will furnish game balls.
- The height of the net shall be:
  - For Women – 7ft. 4 ¾ inches
  - For Men – 8ft.
  - CoRec – 8ft.
- **No Jewelry, hats, caps or bandanas.** Participants may not cover up jewelry with tape, Band-Aids or other such items.
- No casts or splints (hard or soft) are permitted. Knee braces are permitted.
- Teams may wear their own jerseys. All jerseys must be of the same color and have numbers. Jerseys will be provided for each team if necessary. A shirt must be worn underneath the Intramural Sports jerseys (tank tops are allowed to be worn underneath the Intramural Sports jerseys).
- Intramural Sports have jerseys available to checkout.
- Shoes: Only tennis, court, or volleyball, or basketball shoes should be worn while participating.

**THE GAME:**
- The first two games will be rally scoring to 25 points and a team must win by 2 points. The third game will be rally scoring to 15 points and a team must win by 2 points.
- Before beginning the first game, the referee shall toss a coin for the two captains. The winner of the toss may choose to take either the first service during the game, or the choice of courts. The loser of the flip then takes the option available.
- Any player who damages equipment will be financially responsible for the repair of replacement of the damaged items(s).
• **Time-outs:** Each team shall be permitted three (1) one minute time-outs per set. No carry over to any set.

**SERVICE:**
- The order in which teams are to serve shall be called the serving order.
- Players must be in the correct serving order when the ball is served.
- A server shall continue to serve until there team commits a fault.
- If the serving team wins the rally it scores a point and continues to serve. If the receiving team wins the rally, it scores the point and gains the serve. Each time a team gains the serve it must rotate one position clockwise before serving. Failure to do so will result in side out if done intentionally.
- A server shall hit the ball with one hand, fist, or arm.
- A match shall include a let serve.

**POINT FOR:**
- Serve illegally.
- Fail to return the ball legally to opponents' court.
- Catch the ball.
- Hold the ball (scooping, lifting, and shoving shall be considered holding).
- Strike the ball more than once in succession.
- Be the fourth player to play the ball (except when there has been a simultaneous hit.)
- Touch the net with any part of the body at any time except when the ball is dead.
- Reach under the net and touch the ball or a player of the opposing team when the ball is in play on that side, or interfere with the play of the opposing team by entering the opponent's court, or touching the floor on the opposite side of the center line when the ball is in play. A centerline foot fault shall be called when a player’s whole foot or hand crosses the plane of the centerline.
- Make an illegal substitution.
- Persistently delay the game.
- Leave the court without permission from the referee except to retrieve the ball.
- Strike the ball while supported by any player or object.
- Throw the ball.
- Hold or push the ball against the net.

**GENERAL:**
- A player may go out-of-bounds to play a ball, but not beyond the centerline extended. If a player plays a ball that would have been out-of-bounds, it is considered good. A player may not enter a non-playable area to play the ball (i.e. bleachers or another court.)
- A foot fault occurs when the server steps on or over the line bounding the serving area during the act of serving. Part or all of server's body may be in the air over the lines.
- c. A double foul shall be called when players on opposing teams commit a rules infraction at the same instant. In case of a double foul, the point shall be replayed (i.e. both players are in the net at the same time).
- d. Blocking a ball, which is entirely on the opponent’s side of the net, is permitted when the opposing team has had an opportunity to complete their attack. The attack is considered complete when:
  - 1. The attacking team has had the opportunity to spike the ball or, in the official's judgment, intentionally directs the ball into the opponent’s court.
  - 2. The attacking team has completed their 3 allowable hits.
3. The ball is falling near the net and, in the official's judgment, no member of the attacking team could reasonably make a play on the ball

- If a ball is driven into the net with such force it causes the net to contact a player on the opposing team, no foul shall be called, and the ball shall continue to be in play.
- If the ball is contacted by two players simultaneously, it counts as one hit and either player may make the next hit.
- If two or more players from opposing teams hit the ball simultaneously, it shall NOT count as one of the three hits.
- A ball touching a boundary line is good.
- There is a spiking line 10 feet back from the net. A back row player may spike from behind this line. If the attacking player steps on or beyond the 10 foot line, when jumping, it is an illegal back row attack. The player may land in front of the line. If the player does not jump but makes contact in front of the line it is a legal hit.
- If only one player is attempting to block and in doing so, contacts the ball, he/she is permitted to contact it a second time. The second contact will be counted as the team's first contact.
- Interchange of positions during play is legal.
- Reaching over the net is permitted during:
  - A fake hit.
  - The follow-through on a hit made on the player's own side.
  - An attempt to hit.
  - A block or attempt to block.
- Multiple contacts of the ball are touches by a player during one play of the ball and are permitted:
  - When a ball rebounds from one part of a player's body to another in one attempt to save a hard driven spike not already touched by a teammate, it is a legal multiple contact and considered one hit.
  - When a ball rebounds from one part of a player's body to another in one attempt to block, it is a legal multiple contact and the team's next play is considered its first hit.
- Screening is an act, intentional or unintentional, which obstructs the opponent's view of the server or the flight of the ball from the server.
- A single player is screening if:
  - His/her arms are held clearly above the head fully extended and the player is standing upright and the ball passes directly over the player;
  - The player is making distracting movements such as waving the arms or jumping;
  - The player deliberately alters his/her position to move in front of an opponent after the referee has signaled for the serve.
- A grouping of players is screening if the ball passes directly over a member of the group who is in an upright position with arms clearly fully extended overhead.
- The penalty for screening is an awarded side out to the opponent.
- Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair, honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting. It includes:
  - 1. Disconcerting acts or words;
  - 2. Derogatory remarks to officials or opponents;
  - 3. Questioning or trying to influence officials' decisions;
  - 4. Showing disgust with officials' decisions;
  - 5. Using insulting gestures or baiting/taunting an opponent;
  - 6. Spitting other than into the proper receptacle.
• **Unsportsmanlike Conduct Violations.**
  - Warning: For a first minor offense, a yellow card is administered by the referee at the first dead ball. The warning shall be recorded on the score sheet. No penalty is assessed.
  - Penalty: For a second minor offense by a team or for a single serious offense a red card is administered at the first dead ball. A point/side-out is awarded the opponent, and the penalty is recorded on the score sheet.
  - Disqualification: For a second minor offense by same player or a single serious offense a red card is administered at the first dead ball, a point/side-out is awarded the opponent, the player is ejected and the penalty recorded on the scorecard.
  - 4. Forfeit: If a disqualified individual violates the conduct rule following ejection, the offender's team shall forfeit the match.

• Misconduct by those members on the bench when officials cannot determine specific offender(s): warning/penalty is issued to team manager or captain.

• If an intramural participant is ejected from any intramural contest, they are immediately ineligible for further competition, in any facility or intramural activity, until they are cleared by the Coordinator of Intramural Sports or his/her designee.

**DEFINITIONS**

• **Illegal Hit**: Occurs when the ball VISIBLY comes to rest or has prolonged contact with a player during contact.

• **Double Hit**: Occurs when a player illegally contacts the ball twice in succession. It can be either 2 attempts in succession or the ball rebounding from one part of the body to one or more other parts on a single attempt to play the ball.

• **Quick Set**: Approximately 1 foot above the net right next to the setter.

• **Low Set**: Set 2 to 3 feet above the net, either in front or behind the setter.

• **Normal Outside Set**: Set directed toward the sideline 8 to 15 feet above the net.

• **Shoot Set**: The set will travel quickly about 1 to 3 feet above the net.

• **Dump**: This skill is performed with the shoulders perpendicular to the net. Usually, the setter is trying to be deceptive by sending the ball across the net on the second hit instead of setting to the attacker for a third hit. It usually is kept very low so that after reacting to the surprise maneuver, little time will be left for the opponents to recover and make a strong offensive play.

• **Jump Set**: This skill is performed with the setter in the air. Depending on how it is used, it can be for the purpose of deception, for a "quick" set, for maneuvering a bad pass into a useful set (usually too close to the net), or it can be poor technique.

• **Spike**: This may be performed open or close-handed. The hand must contact the ball rapidly enough so the ball is hit, not thrown. A ball spiked with the top of the open hand (fingers) may be a miss hit rather than an illegal hit.

• **Block**: This is a rebounding skill. Make sure the blocker does not carry or have prolonged contact with the ball. Blocking techniques may involve use of wrist action. There is no forward motion of the arm in a one-hand block.

• **Forearm Pass**: This is a passing skill. It can be performed with arms together with hands clasped, hands separated with simultaneous contact, or with one hand or arm.

• **Receiving with the Overhead Pass**: Look carefully at a hard spiked or served ball received and converted by an overhead pass. This pass is very difficult and requires great strength on the part of the receiver to overcome that forceful momentum and turn it into a quick snappy pass. A held ball may result.
CO-REC MODIFICATIONS:

NET: The height of the net shall be 7 ft. 8 in:

PLAYERS: There shall be 6 players on a team, designated as follows: Right Front, Center Front, Left Front, Right Back, Center Back, and Left Back. 3 men and 3 women shall be placed in alternate positions on the floor. A team may begin with 4 players providing both genders are represented by at least one player. Front and back row players must be designated to the officials when less than 6 players are used. If injury or disqualification reduces the number to fewer than 4, the game shall be defaulted.

SUBSTITUTES: Men must substitute in for men and women for women. The actual substitution shall be made only during a dead ball and without delay.

GENERAL: If a ball is played by more than one player on a team, a woman must play either the second or third hit. If there is only one male player in the front row, no back row player, male or female, may help block at the net.

Sportsmanship Ratings:

In order to promote good sportsmanship the Intramural Program has adopted a sportsmanship policy. It is the responsibility of the team and players to make sure the game atmosphere is friendly and fun to both staff and fellow participants. The sportsmanship rating will be determined by game officials and will include behavior before, during and after each contest. Each team will receive a letter grade after each game. An unsportsmanlike/technical will be issued during contests to warn and/or eject individuals, teams or spectators. Ejections occur when an individual receives 2 minor unsportsmanlike/technical fouls or 1 major unsportsmanlike/technical fouls will result in the ejection of that individual. Please see “Mandatory Disciplinary Meetings” for ejected individuals.

Minor Unsportsmanlike/Technical fouls could include, but are not limited to:
- Verbal and non-verbal dissent towards officials
- Taunting opponents or staff
- Actions detrimental to the spirit of the game
- Unnecessary contact with opponent

Major Unsportsmanlike/Technical fouls could include, but are not limited to:
- Excessive verbal and non-verbal dissent towards officials
- Threats towards staff or opponents
- Fighting
- Second minor offense on same player

Sportsmanship ratings will be based on the following criteria:

5 = Excellent conduct and sportsmanship. Players cooperate with officials and team members. The captain calmly converses with officials and has full control of his/her team. (4 points)
4 = Acceptable conduct and sportsmanship. Team members show minor dissent that may or may not merit a warning. Teams that earn 1 minor unsportsmanlike/technical foul will receive no higher than a B rating. Team captain exhibits some control over his/her team. (3 points)

3 = Below average conduct and sportsmanship. Team shows verbal dissent towards officials or opposing team that may or may not merit a warning. Team captain exhibits minor control over his/her team. Teams that earn 2 minor unsportsmanlike/technical’s from separate participants or 1 major unsportsmanlike/technical foul resulting in ejection will receive no higher than a C rating. (2 points)

2 = Poor conduct and sportsmanship. Team constantly shows dissent. Multiple instances of poor sportsmanship that could include minor and major infractions toward officials and/or opposing team; actions from those inflame or provoke. Team captain has little control over his/her team. (1 point)

1 = Unacceptable conduct and sportsmanship. Team completely uncooperative. Team captain has no control over team. Any team earning 3 minor unsportsmanlike/technical’s on separate participants, any team earning 1 major unsportsmanlike/technical foul resulting in ejection combines with 1 minor unsportsmanlike/technical on a separate participant will receive an F rating. **Teams or team members using false identification will receive an F Rating.** Any team with players, or spectators, in possession or under the influence of alcohol will receive an F rating. (0 points)

Any team receiving an F rating will be suspended from further play until meeting with and being reinstated by the Intramural Coordinator.

**Playoff Eligibility**

In order for a team to be eligible for post-season play they must earn an average of a ‘3’ in the regular season.

Once in the playoffs teams must receive at least a 3 rating for each game played in order to advance.

Teams that wins by a “not ready to play “Forfeit will receive an ‘5’ rating. Teams losing by a “not ready to play” Forfeit will receive a ‘1’ rating. Teams losing by Default will receive a 3 rating.

**Protest and Protest Procedures:**

- Protests within Intramural Sports are allowed to correct the misinterpretation of the rules, the misinterpretation and application of penalties, and/or player eligibility, **THE JUDGMENT OF AN OFFICIAL IS NOT PROTESTABLE.** For the proper Protest procedures please refer to our Participant Handbook.