

Volleyball

All standard Intramural Rules and NFHS volleyball rules apply except with the following changes/clarifications:

General Rules

- All teams must show up and be checked in by their designated game time.
- Grace period: 5 mins max. If a team has at least 1 participant signed in at game time, but not enough to play, the team will be given 5 mins to get enough players. If after 5 mins, the team is still short players, the game is a forfeit. If the teams gets enough to play before the 5 mins is up, the game will begin, and the other team will be awarded 3 points. The game clock will reflect the amount of time elapsed for the grace period. If no players are signed in at game time, there is no grace period, and the game is declared a forfeit. No exceptions.
- Players must show their Panther Card or a government issued photo ID to the Intramural Sports staff to sign-in for each game. Players without a valid form of ID will not be allowed to play
- Sportsmanship:
 - Two yellow cards or one red card will result in an ejection from the game.
 - A player may be ejected at any time by an official, scorekeeper, or supervisor.
 - If ejected, the player automatically must sit out at least the next scheduled game. The player and team are also subject to further suspension/discipline depending on the judgment of the Competitive Sports Coordinator. If a player is ejected from a game, that player must meet with the Competitive Sports Coordinator before being allowed to participate in further games. It is the player's responsibility to schedule the meeting with the Intramural Director. The meeting must take place in the Coordinator's office the next day at the earliest.
 - After each game, both teams will be given a SPORTSMANSHIP RATING by the officials, scorekeepers, and supervisors. (See the "Player Conduct & Sportsmanship" section on the Policies page for more information)

Teams

- A team shall consist of six (6) players and have a minimum of four (4) players to start. Roster limit is 20.
- If only four players are available, the person in the serving position is considered the only person in the back row.
- For the CoRec division, teams are composed of no more than three (3) of the same gender.

Equipment

- Only athletic non-marking shoes are allowed to be worn in the Omni Gym. No cleats of any kind are allowed.
- Athletic clothing is recommended. No clothing with exposed metal is allowed.
- All jewelry must be removed including watches, earrings, bracelets, etc.
- Players may wear soft, pliable knee pads on legs, knees and/or ankle.
- Hats/caps with bills and bandanas that are tied in a knot are not allowed.

Timing

- Each match shall consist of one set played to the best of 3 games.
- Scoring:
 - Rally scoring will be used; each time the ball is served a point is won for either the serving or receiving team.

- The first two games of the match will be played to 25 points, win by 2 or first to 30 points, whichever comes first
- The third game, if necessary will be played to 15 points. There will be no win by 2.
- Each team is allowed two 30-second time-outs per game.

Gameplay

- **Playing Area**
 - The court for play will be the white Volleyball court lines
 - The walls, basketball goals, and court dividers are out of play.
 - A player cannot enter an adjacent court to play the ball.
 - Any ball hitting the ceiling (or things near the ceiling) is in play, as long as the ball does not cross the net after hitting the obstruction, and the team has another hit remaining.
 - Men & CoRec leagues will play at a net height of 7 ft, 11 5/8 inches. The women's league will play at a height of 7 ft, 4 1/8 inches.
- A coin toss will determine who serves the first game of the match. The team captains will call the toss. The winner will choose: 1) first serve; 2) to receive the first serve; or 3) the choice of the court for the first game. The loser may choose from the other options.
- After each game, and at multiples of 10 points in the third game, the teams will switch sides.
- The server shall have five seconds after the referee's "ready to serve" whistle in which to contact the ball for service. If, after releasing or throwing the ball for service, the server allows the ball to fall to the floor without touching it, the service effort shall be cancelled and a reserve directed.
- There may be more than one reserve during any term of service, but not consecutively, nor to purposely delay play.
- The service is considered good if the ball passes over the net between the antenna and their definite extensions without touching any other objects other than the net. If a serve hits the net, and still goes over, the ball is live.
- The libero position is not used in our leagues.
- The players of the serving team must not screen their opponents from the server or the trajectory of the ball. Screening occurs when the serve passes over the player standing at the net with his/her hands over his/her head, or when the ball passes over two or more players standing at the net in close proximity to each other (3 feet).
- At the time that the ball is contacted for service, the placement of the players on the court must be in the proper service order (the server is exempt).
- **Playing the Ball**
 - 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 ball may be hit with any part of the body.
 - Players may have successive contacts of the ball during blocking and during a single attempt to make the first team contact (even if the ball is blocked) provided it is one attempt to play the ball, there is no finger action during the effort, and the ball is not held or thrown.
 - Players may not make contact with the ball, using either 1 or 2 hands, with open palm if the ball is below their shoulders or behind their head.
 - A player is not allowed to attack/block the ball on the opposite side of the net. Only when the ball breaks the vertical plane of the net may they attack/block the ball.

- Only the players who are in the front line at the time of service may legally block. Back-line players may not block or participate in a block, but may play the ball in any other position near and away from the block.
- Any player participating in a block shall have the right to make the next contact.
- Attacking/Blocking a serve is prohibited.
- A back-line player may attack in the air only from behind the attack line.
- Play at the Net
 - If a player's action causes the player to contact the net during play, whether accidentally or not, with any part of the player's body or uniform, it shall constitute a fault. Hair does not constitute of fault.
 - 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 part of the encroaching foot or feet remain on or above the centerline.
 - Either team may play a ball that has penetrated the vertical plane of the net.
- Rally scoring will be used. This means, each time the ball is served a point is won for either the serving or receiving team.
- Substitutions
 - Player substitution may be made when the ball is dead, upon making the request to the score table.
 - A team is allowed an unlimited number of subs on a player-for-player basis, as long as the starter and the substitute replace each other in the same locations during the game.