

*Revised 8/4/2016*

## **Overview of Rules**

- Intramural Rules may differ from a player's previous experience with the game. NCAA Women's Rules apply where necessary. NCAA Women's Rules are in the back of this binder.
- A match consists of the best of three (3) games
- A Game is the first to twenty-five (25), using Rally Points
  - To win a game you must win by a margin of at least two (2) points
- There must be at least two (2) players on a team, on the court, to play
  - There can only be a maximum of six (6) players on the court
- If there is a sport offered as club and intramural, a maximum of four club players or approved ex-varsity players may play on an intramural team. Club and approved ex-varsity players may not play in an intramural Rec league. Violation will result in suspension of the offending player(s), and the team will forfeit any games in which the offending player(s) participated.
- Proper footwear must be worn at all times

## **Co-Ed League Rules**

- One girl has to be on the court at all time during play
  - If using a rotation substitution with only one female they do not sub off the court

## **Serving the Ball**

- A serve may be overhand, underhand or side arm
  - Only one arm can be used to hit the ball in a serve
  - Kicking the ball to serve is an illegal serve
- A serve can hit the net, as long as it goes over and stays in play
- Catching a toss-up during the service is a fault
  - The server must allow the ball to fall to the floor if it is an undesirable toss
  - The server can only reject a tossup once per service or it is a fault
- A service fault is a point for the opposing team
- A foot fault on the serve is when any part of the server's foot is touching or crossing the end line, sideline or service line.
  - A jumping serve is permitted as long as the ball is struck before the player hits the ground
    - During the jump they can land in front of the service line, so long as they start the jump behind the service line
    - Failing to do so is a fault
- All Players must be inbounds at the time of the serve
  - If a team fails to do this it is a point for the opposing team
- A fair service must go over the net and stay inside the boundaries of the court
  - It must also be inside the antennae/flags on the net
  - Failure to provide a fair service is a point for the opposing team

## Playing the Serve

- The receiving team may not block or attack the service

## Playing the Ball

- A Volley consists of three (3) hits per side before crossing over the net
  - Four (4) or more hits is a fault, and point for the opposing team
- A player may not double hit the ball
  - No two parts of the body can play the ball
  - To do so is a point for the opposing team
- A player may not carry the ball
  - Any lifted, thrown, held or scooped ball classifies as a carry
  - To do so is a point for the opposing team
- Any part of the body can be used to hit the ball
  - A foot may be used to play the ball but a kicking motion qualifies as a carry
  - A team cannot use their feet twice in a row during a volley
- Back line hits
  - If the ball is below the height of the net any player may play the ball over the net
  - If the ball is above the height of the net, and in front of the attack line, only the players in the front row can hit the ball over the net
  - If the ball is above the height of net and behind the attack line anyone can play the ball over the net
- A ball cannot be played off the walls or curtains
- A ball can be played off the ceiling if the ball stays on the same side it was played on
- The ball must be hit over the net to be fair

## Net Play

- A defensive player cannot block/reach over the net and interfere with the play of the ball
  - On the third hit the hands can block over the net
- After blocking a ball the players may play the ball on the next hit
  - A defensive block doesn't count as one of the hits of a volley
- Any player that contacts the net, unless the net is force into the player, has committed a fault

## Line Violations

- A ball that touches any part of the line is fair
- A player may not completely cross the center line
  - A player may land on the line or step on the center line as long as part of their body is on their side of play
    - If they interfere with or contact a player on the other team it is a fault
- A ball hit outside the antennae/flag is out of play regardless of where it lands

- A player may leave the court and play any ball that has not completely crossed the center line, as long as the ball is directed back to his/her side of the net

## Replays

- A replay may be called in any case where the outcome of a point cannot be resolved

## Rotation

- A rotation substitution may be used
- Direct substitution may also be used
  - Can only sub one player for another, has to remain the same two people switching
- A team must rotate each time it receives the serve
  - Including the first serve of the game
- A team must keep the rotation of players the same
  - If subbing in directly, they can only sub in and out for that player
- A libero may be used in direct substitution
  - They can sub in for at any time in the back row, but the rotation must remain the same otherwise
  - They can only play in the back row
  - There can only be one per team
- Failure to follow rotation substitution or direct substitution is a fault
- Every position must serve

## Scoring

- Rally scoring is applied
  - When a fault is committed it is a point to the opposing team
  - A fairly played ball that is not played by the opposing team is a point
- The first to twenty-five (25) points, and a two (2) point win margin wins the game
- A match is won by winning two (2) out of three (3) games

## Court Set Up

- The Poles and Height
  - The poles are found in Court 5 storage
  - The net is set at Men's Volleyball Height
    - 2.43 Meters or 7 feet and 11 5/8 inches
    - This is 43 setting on the poles
  - Each court needs one crank pole and one straight pole
  - Each pole needs to have matting around it for safety
- The Net
  - The Nets are found in Court 5 storage
  - Crank the top of the net first
    - Then tie and tighten the bottom of the net so it is tight
  - The net needs to be tied tautly at the top, middle and bottom of each net
- The antennae/ flags
  - The antennae/flags are found in Court 5 storage
  - Two antennae should be set up
  - They should be lined up with the boundary lines
  - They should be on opposite sides of the net
- Tables and Chairs
  - If there are two courts being used, set it up so the tables are touching
    - It is easier for Supervisors and other referees to conference this way
  - Can be found in intramural storage
- The referee stand should be set up
  - The stands are found in Court 5 storage
  - Opposite of the table
- If there are 3 referees
  - Two refs should be in diagonal corners
    - One of them should have the score board on a chair or the floor
    - The other should be keeping track of score and checking ids
  - One ref should be on the net opposite of the table at the center line
- If there are 2 referees
  - The refs should be on opposite sides of the net at the center line
- All debris should be removed from the court

## Court Clean Up

- The poles, referee stand and antenna should go back in the Court 5 storage in their designated spot
- The nets should be folded and hung properly
- The chairs and table go back to intramural storage