



## VOLLEYBALL RULES

# MEN'S, WOMEN'S AND OPEN LEAGUES GENERAL RULES

*Volleyball is a non-contact sport but injuries are still possible. The Campus Recreation Department and Intramural Sports assumes no responsibility for injuries; however, basic First Aid and CPR will be available.*

## RULE 0. SFASU RULES AND EXCEPTIONS

### SECTION 1. STARTING THE GAME

#### Article 1. Eligibility

Every player must meet the eligibility requirements set forth in the Intramural Sports Policies and Procedures manual. Any individual that participated with varsity volleyball is eligible to participate as long as they do not appear on a varsity roster during the current academic year. **Any participants who are or have played for professional or semi-professional teams in volleyball are not eligible to participate, no matter how long they have been removed.**

#### Article 1.1 Club Sport Athletes

Sport club athletes are provided with funding and/or organized practices. Therefore, it is assumed that they are at a level above the average Intramural participant. Sport Club participants are restricted only in sports that they are a club member; i.e. club soccer = IMS soccer, club basketball = IMS basketball, club volleyball = IMS volleyball, etc. Men's and Women's teams are allowed **2** club volleyball players on the roster. Corec teams are allowed **3** club volleyball players on the roster.

#### Article 2. Player Equipment

- **Jerseys** with an opening more than 4" below the armpit may not be worn during play. Shirts that have been ripped and tied together creating a large hole on the sides are **ILLEGAL**.
- **Jewelry:** Teams should check each other to make sure no one is wearing jewelry or hard/unyielding material on their bodies. Hats, do-rags, and sunglasses made of metal are not allowed.

#### Article 3. Court Rules

- Teams: Only officials, players, and one coach are permitted on the bench. All spectators are to remain on the opposite sideline.
- Teams are allowed one (1) non-playing coach in the designated team area.
- Use of electronic devices for coaching purposes is prohibited.
  - No use of cell phones to discuss game play with spectators across the field.
- **TOBACCO use is prohibited in the HPE Complex. Failure to comply with all intramural Rules and Regulations for the HPE Complex by any players or spectators will result in immediate expulsion of the individual(s) and possible forfeiture of the contest.**
- **No ALCOHOLIC BEVERAGES will be allowed inside the HPE Complex. Teams and fans are not allowed to bring glass or metal containers onto the fields. Violators will be removed and SFASU Police will be notified about such violations.**

#### Article 4. Blood Rule

If and when an official observes that a player is bleeding, has an open wound, or has excess blood on his/her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and excessively bloody clothing has been removed. The player must be removed from play and a substitute must enter the game. The clock will run as normal once the player is removed.

#### Article 5. Concussion

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

# **RULE 1. THE GAME, PLAYERS AND EQUIPMENT**

## **SECTION 1. GENERAL PROVISIONS**

### **Article 1. The Game – Men and Women**

The game shall be played between two (2) teams of six (6) players each. Four (4) players are required to start the game and avoid a forfeit.

### **Article 2. Roster Limits**

Volleyball roster limits each team to no more than ten (10) players. A coach can be used, but that coach takes a roster spot and the coach is required to sign in on the score sheet and is considered a non-playing member of the team. This coach status does not count towards your participation on another team.

## **SECTION 2. POLICIES**

### **Article 1. IMS Sports Equipment**

Equipment provided by Intramural Sports is very expensive; therefore, any unnecessary abuse will result in the person/team captain being charged replacement costs for new equipment and must be paid before the team may continue to play.

### **Article 2. HPE ID Policy**

All students entering the HPE must present a valid SFA ID to enter the building. The HPE staff will not let anyone enter without a valid ID.

### **Article 3. ID Policy**

Each participant in the HPE Complex must present a validated ID at the equipment desk and with the Game Supervisor to participate in a game.

### **Article 4. Floor Rules**

Only officials, players (including substitutes) and one coach per team wearing proper shoes are permitted on the main floor. TOBACCO USE IN the HPE Complex is PROHIBITED. Spitting on the floor will result in your removal from the gym. Food or drinks of any kind are NOT allowed in the HPE complex. Substitutes must be seated in their designated team areas and only one coach or player/coach may be standing in the team area. Substitutes must check in at the scorer's table prior to entering the game and may do so only when officials have beckoned them onto the court.

### **Article 5. Spectators**

Spectators will be allowed to view games from designated spectator areas only. Any violation of those areas will result in removal from the venue. Spectators may be inside the boundary lines for their respective courts. IMS staff will work with spectators to keep them back from the sidelines, but continued/repeated violations will result in removal from the venue. If spectators create a hostile environment by harassing players, opponents, spectators or staff, all spectators will be removed from the venue and teams will be responsible for those actions and will face sanctions.

### **Article 6. Between Games**

Teams completing a game will be given a reasonable amount of time to clear out for the next game. We ask that teams leave the sideline area as quickly and clean as possible out of respect for the next teams playing. Teams loitering in the area after the completion of their game will be asked to leave. Continued problems with teams loitering will result in the lowering of that team's sportsmanship grade.

## **SECTION 3. GAME EQUIPMENT**

### **Article 1. The Ball**

Game balls will be provided by the Intramural Sports Program. A players owe ball may be used if agreed upon by both teams and officials.

## **SECTION 4. PLAYER EQUIPMENT – REQUIRED**

### **Article 1. Shirt/Jersey**

Shirts must be:

- Long enough to be tucked in the pants/shorts.
- Shirts with an opening more than 4" below the armpit may not be worn during play.
- Jerseys with numbers are allowed, but not required.

## **Article 2. Shorts**

Each player must wear pants or shorts. Pants or shorts with pockets are legal.

### **SECTION 5. PLAYER EQUIPMENT – OPTIONAL**

#### **Article 1. Head wear**

- Players may wear a headband no wider than 2” thick. The headband must be worn around the head only.
- Players may wear religious caps.

### **SECTION 6. PLAYER EQUIPMENT – ILLEGAL**

#### **Article 1. Illegal Equipment**

A player wearing illegal equipment shall not be permitted to play. This applies to any equipment, which in the opinion of the Official is dangerous or confusing. Types of equipment or substances, which shall always be declared illegal include:

- Headwear containing any hard, unyielding, stiff material, including billed hats or items containing knots.
- Jewelry of any kind (exception for medical alert bracelets).
- Shirts or jerseys, which do not remain tucked in.
- Tear-away pants.
- Barrettes and ribbons
- Leg braces made of hard unyielding material unless covered by at least ½ inch of closed cell, slow recovery rubber or other material of similar thickness and physical properties.
- Any slippery or sticky foreign substance on any equipment or exposed part of the body.
- Towels attached at the players waist.

## **RULE 2. TIMING, CONTACTING THE BALL, AND SPORTSMANSHIP**

### **SECTION 1. GAME TIME**

#### **Article 1. Match Format**

Each match will be the best two (2) out of three (3) games. The first two games will be played to twenty-five (25) points using rally scoring, must win by two (2) points with a cap at 30 points. The 3<sup>rd</sup> game will be played to fifteen (15) points and you **must win** by two points.

#### **Article 2. Time Limit**

A time limit of fifty (50) minutes for match will be used. If time expires before the end of game three, the team with more points in that game is declared the winner. If it is tied, one extra serve will be played to break the tie.

#### **Article 3. Grace Period**

As long as a team has a single representative present at game time, a ten (10) minute grace period will be implemented for all regular season games. For every minute a team is not fully present and ready to play, the team that is waiting will be awarded one (1) point. It is advised that the team show up 15 minutes prior to the scheduled time. **Official game time is used for the grace period.**

#### **Article 4. Forfeit**

If one team fails to show up, or does not have enough players after the 10 minute grace period, it will result in a forfeit and a final score of 10-0. The team who forfeits will be fined \$10 and must be paid before participating in another game.

#### **Article 5. Rally Scoring**

In rally scoring, a point is awarded upon the completion of every play. An Intramural Sports Official will keep the official score on the court. Each team may have an observer at the scorer’s table.

#### **Article 6. Time Outs**

Each team will be granted one time-out per game. Time-outs will be thirty seconds in duration. Teams must be ready to play immediately. Time-outs do not carry over to the next game.

### **Article 7. Substitutions**

Teams may substitute one (1) player when their team receives an alternating service. Substitution of players will be made when the ball is dead upon request of the team captain to the referee. Substitutions are unlimited; **however substitutes must only be substituted for one person. When a team rotates when receiving a new service, they may switch the old server for a new player.**

- **EXCEPTION:** If a player is injured, any player not on the court at the time may sub into that position.

### **Article 6. Captain's Meeting**

The captains shall rock/paper/scissor for court side or service. The winner of the toss may choose either to take the first service of game 1 or choice of courts. If a 3<sup>rd</sup> game is required, call a captains meeting and have captains play rock/paper/scissors again.

### **Article 7. Starting The Game**

At the beginning of the game, the ball shall be put in play by the player in the "right back" position, who may serve from anywhere along the service line.

### **Article 8. Positioning Of Players**

At the beginning of the game, players will start in their respective positions according to the serving order given to the scorer. The line-up may be changed for each new game. Players on the serving team shall be numbered as follows: #1) right back (server), #2) right forward, #3) center forward, #4) left forward, #5) left back, #6) center back. The receiving team shall have the right forward as #1, center forward #2, etc. since they must rotate before their first service.

### **Article 8. Captains**

Only the captain may speak with the officials and only if done so in a sportsmanlike manner. The captain will speak for the team in all dealings with the officials.

### **Article 9. Protests**

Protests pertaining to rules must be solved at the time they occur. Official's decisions based on judgment are final. No protests will be accepted or honored after the next service has been played except those based on the use of ineligible players. Eligibility protests must be made prior to or immediately after the completion of the game (within 5 minutes).

## **SECTION 2. PLAYING THE GAME**

### **Article 1. Service**

Prior to the serve all players must be in their proper positions. After the ball is served, each player may cover any section. ***A SERVE CANNOT BE BLOCKED OR ATTACKED BY THE RECEIVING TEAM.***

### **Article 2. Service Faults:**

The ball will be declared dead and the service changed to the other team when:

- The ball passes under the net.
- The ball does not pass over the net above the playing area.
- The ball touches a player of the serving team before entering the opponent's playing area.
- The ball lands outside the limits of the opponent's playing area.
- The server does not serve within 5 seconds
- The server is out of serving order
- The server's foot steps on any part of the service line
  - Exception: On jump serves if the server's foot touches the service line AFTER jumping and coming into contact with the ball, the serve is still legal.

### **Article 3. The Server**

Each server shall continue to serve until the referee calls "side out".

### **Article 4. Alternating Service**

Service shall alternate when "side out" is called.

### Article 5. Rotations

The team receiving the ball for service shall immediately rotate one position clockwise.

- **EXCEPTION:** For the first serve of each game for each team.

### Article 6. Playing the Ball

A player may leave the court to play the ball. A ball hitting a sideline or an end line is in. If the ball touches an antenna, it is out of bounds and will be side out.

### Article 7. Net Serve

If the ball is served, makes contact with the net, and then lands on the receiving team's side, the ball is in play.

### Article 8. Touching the Ball

The ball may be touched only three (3) times by one team before being returned over the net. NOTE: Partially blocking the ball does NOT count as a touch. However if the ball then goes out of bounds the person who blocked it shall be the one considered to have caused it to go out of bounds.

### Article 9. Play At The Net

- **Fault:** It is a fault to touch any part of the net or the antennas except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball. A player may touch a post, rope, or any other object outside the total length of the net provided this contact does not interfere with play. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players, this is not a foul if the player(s) did not contact the net by their own impetus.
- **Reaching Over Net:** In returning the ball, a player may follow through over the net, providing he first contacts the ball on his own side of the net, but may not contact the ball until an opponent has hit the ball to return it.
- **Crossing the 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 or feet is not a fault providing that some part of the encroaching foot or feet remain on or above the center line. (Continually reaching under the net and creating a safety hazard for the opposing players will result in a yellow card caution or a red card ejection.)
- **Recovering Ball from Net:** A ball may be played from the net.
- **Ball Contacting and Crossing the Net:** A ball (other than served) may touch the net within the side line markers when crossing it to enter the opponent's playing area.
- **Part of Ball Crossing Net:** When any part of the ball crosses the net and is then contacted by an opponent, it is considered as to have crossed the net.
- **Successive Contacts:** A player shall not make successive contacts of the ball except as covered by rules 28H and 28J.
- **Multiple Contacts on First Play of Ball:** A player may legally double-hit a serve reception, the dig of a spike, a retrieval of a block (whether blocked by an opponent or a teammate), or even a "free ball". The speed of the ball is of no consequence. Lifts, carries, held balls and balls that visibly come to rest are still illegal. Multiple contact of the ball will be legal on any play that meet all of the following criteria.
  - It counts as the first of three hits.
  - There is a single attempt to play the ball.
- **Simultaneous Contact by Teammates:** If two or more teammates touch the ball simultaneously, it is considered one contact, and any player may play the ball next if the simultaneous contact is not the third team contact.
- **Successive Contact by Blockers:** When a player participates in blocking and makes one attempt to play the ball during the block, he/she may make successive contact with the ball during such plays, even though it was not a hard spiked ball. Player(s) participating in this play may participate in the next play, and this second hit will count as the first of the three allowed the team.
- **Simultaneous Contact by Opponents:** If the ball visibly comes to rest between two opposing players, it is a double fault and the referee will direct a play-over. If the ball is contacted simultaneously by opponents and does not visibly come to rest, play will continue. After simultaneous contact by opponents, the team on whose side the ball falls will have the right to play the ball three times. If, after simultaneous contact by opponents, the ball falls out of bounds, the team on the opposite side shall be deemed as having provided the impetus necessary to cause the ball to be out of bounds.
- **Ball on top of the net:** If the ball rides the net or comes to rest on the net, either team can play the ball as long as:
  - The team playing the ball has not used their three legal hits.
  - They do not contact the net or violate any other net play rules.

**Article 10. Ball Contacts Ceiling**

A ball contacting the ceiling or other objects above the playable area on the side of the team that has originally hit the ball can be played as long as the team has not already used their three hits.

**Article 11. Violations**

- Catching or holding the ball
- Prolonged contact with the ball
- Touching the net with any part of the body while the ball is in play (besides hair)
- Serving out of turn
- Illegal serve
- Illegal volley

**Article 12. Back Row Player Restrictions**

Players who are in the back row positions at the time of the serve are not allowed to attack the ball inside the 14-foot line. They may leave the back area and attack the ball as long as their feet left the playing surface behind the 10-foot line. Back row players **are** allowed to move to the front row and attempt to block shots at the net.

**Article 13. Starting the Next Game**

The team who did not receive first serve in the first set will receive the first serve in the second set. The teams shall change sides after each game. The time between games shall not exceed one minute.

**SECTION 3. SPORTSMANSHIP****Article 1. Unsportsmanlike Conduct**

Any unsportsmanlike conduct including, but not limited to, arguments with officials (the captain is the only player permitted to talk with the officials) by any coach, manager or spectator, flagrant fouling, fighting, etc. will result in expulsion of that individual and/or team from further participation in that scheduled volleyball game.

**Article 2. Yellow/Red Cards**

A team which receives three (3) yellow cards in a game will automatically forfeit the game to their opponents. A player receiving two (2) yellow cards, one (1) red card or one (1) yellow and one (1) red card for sportsmanship related issues is disqualified from the contest and will be subject to a minimum one game suspension and must attend a MANDATORY disciplinary meeting with the IMS Office prior to their reinstatement.

**Article 3. Disqualified Players:**

A player disqualified from the game for unsportsmanlike conduct must leave the main gym floor IMMEDIATELY, and will be declared ineligible for play in all intramural sports activity until he/she has met with the Assistant Director – Intramural Sports. The player shall be suspended for no less than one game. Failure to leave may result in disqualification of the captain or forfeiture of the game.

**Article 4. Delay of Game**

Following a point or a side out, the server must retrieve the ball in an expeditious manner and serve immediately following the whistle. Any attempt, in the eyes of the official, to delay the game will result in a side out or a point being awarded to the non-offending team.

## **RULE 3. CO-REC MODIFICATIONS**

All of the above GENERAL VOLLEYBALL RULES apply with one exception:

### **Article 1. Teams**

In all matches, a team shall be composed of three (3) men and three (3) women in alternate positions on the court at the same time. These players must be assigned to a position, which cannot be changed during a game. You can play the game with three (3) men and two (2) women or vice versa.

### **Article 2. Order of Service**

Serving order and position on the floor will alternate male and female or vice versa. If a team is playing with four (4) players, there are no service penalties. If a team is playing with five (5) players, the empty spot will result in an automatic side out and point awarded to the opposing team. The team with 5 must rotate as normal but the opponent will receive the serve back for that empty spot.

### **Article 3. Legal Return**

When the ball is played more than once by a team, it must be contacted by FEMALE member of the team prior to going over the net.