

TRUMAN STATE UNIVERSITY INTRAMURAL RECREATIONAL SPORTS

VOLLEYBALL RULES

Truman State University Intramural Volleyball will follow National Federation High School Volleyball Rules. The following is a listing of the more common rules applying to Intramural play along with Intramural Recreational Sports Modifications. The complete National Federation High School Volleyball rulebook is available for viewing in the Intramural Recreational Sports Office. All Participants must follow guidelines stated in the Intramural Recreational Sport Handbook.

1) Team Requirements and Equipment

- a) A team shall consist of 6 players. A team may start with a minimum of 4 players. All players must be checked in with the intramural supervisor before they are allowed to participate.
- b) All players must wear non-marking rubber-soled athletic shoes.
- c) Jewelry may not be worn.
- d) Casts and/or any other item deemed to be dangerous by the official may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inch of slow recovery rubber or similar material will be allowed.

2) The Game

- a) All matches will consist of the best two out of three games. All games will be rally scoring: Rally scoring means a point is won on each serve, no matter whether the team who won the point served the ball or not. In the first two games a game shall be won by the team which has earned 25 points and a two point advantage. If the score is tied 24-24, then the first team to gain a two point advantage is the winner. In the third game team which achieves 15 points first is declared the winner. If the score is 14-14, then the first team to gain two points in a row will be declared the winner.
- b) A coin toss at the beginning of the match will determine the choice of court or service. The team which does not serve first in game one will serve first in game two. Teams must switch sides between the first two games. A coin toss will be conducted for the choice if there is a third game.
- c) **Three time outs will be given to each team per match.**
- d) **Substitution:** Player for player or Rotation For example: Bill is subbing for Ryan at the FR (front right) position. They can sub unlimited amount of times with in the set, but they must keep the same rotation. No one else can sub for Ryan nor Bill, unless of an injury. Each serve, there should be rotation of players from the CB (center back) position,

3) Playing the Ball

- a) Maximum of three team contacts: 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 only exception to this rule is that a block is not considered to be one of the three contacts.
- b) Contacted ball: A player who contacts the ball shall be considered as playing the ball.
- c) Contact of the ball with the body: The ball may be hit with any part of the body, but cannot come to rest visibly on the body.
- d) Illegal hit: An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. **This is a judgment call by the official and cannot be questioned by anyone.** Holding, catching, throwing, lifting, and pushing are illegal hits because of prolonged contact with the ball. Rolling is considered an illegal hit because there is continued and steady contact between the ball and the player's body.

- e) Double hit: A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball.
- f) Simultaneous contact by the opponents:
 - i) If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times.
 - ii) If the ball is held simultaneously by two opposing players, it is a double fault and the official will direct a replay.
- g) Net play: A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area. Exception: A service hitting and not clearing the net results in a dead ball.
- h) Net foul: A net foul occurs while the ball is in play and:
 - i) a player contacts any part of the net including the cable attachments. It is not a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or net cables into the player.
 - ii) there is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball.
- i) Screening: A screen is an intentional act, which obstructs the receiving players view of the server or the flight of the ball from the server. Screening includes:
 - i) the server being hidden behind a group of two or more teammates who are standing in an erect position and the ball is served over a member of the group.
 - ii) a player with hands extended clearly above the height of the head or with arms extended sideways at the moment of service if the serve passes over the player(s).
- j) Blocking the ball: A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack. (Note: The serve may NOT be blocked)

The attack is considered complete when the:

 - i) attacking team has completed their three allowable hits.
 - ii) attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with the intent to return it to the opponent's court.
 - iii) ball is falling near the net on the attacking teams side and in the official's judgment, no member of the attacking team could make a play on the ball.
- k) Front line players may contact the ball from any position inside or outside the court (except crossing the center line and its out-of-bounds extension). A player may cross the center line or its out-of-bounds extension with one or both feet/hands, provided a part of the foot/feet or hand/hands remains on or above the center. Contacting the floor across the center line with any other part of the body is illegal.
- l) Back-line player attack: A back-line player may attack the ball only if he/she leaves the floor from behind the 10 foot line and its imaginary extension. If any part of the player's foot touches the 10 foot line at the time of contact; a foul shall be called. Back-line players may not attempt to block the ball in front of the 10 foot line. A back-line player shall not return a ball which is completely above the height of the net while:
 - i) on or in front of the 10 foot line or its out-of-bounds extension.
 - ii) in the air, they left the floor on or in front of the 10 foot line.

4) **Service**

- a) The server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted. If the ball is served before the official's beckon, a re-serve shall be directed. During a team's term of service if the ball is served a second time before the official's beckon, then it is a side-out. If the serve hits the net and still falls inside the non-serving team's court, then the ball is ruled in play. If a serve hits the net and does not fall inside the non-serving team's court, then it is considered to be illegal and a point will be awarded to the non-serving team. The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for

the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from the serving area.

- b) A good serve must land on the line or inside the court. If any part of the ball touches the line, then the ball is considered to be "good". If the ball lands out and is not touched by any player on the receiving team before it hits the ground, then a point is awarded.
- c) The server has five seconds to make a legal serve. The server may toss and catch a bad toss as long as no swinging motion has been made to attempt the serve. The server is allowed only one re-serve per term of service.
- d) Positions of players at service: The positions of players at the moment of service must be in proper alignment. This means that no player on the court may be closer to a sideline, end line, or centerline, than an adjacent player on the court. Front-line players may not overlap with any back-row player, and vice-versa. Players in the front-line may not overlap with one another, and the same is true for players in the back-row. After the ball has left the server's hand, players may go anywhere on the court.
- e) Front-row players: A team can have no more than 3 front-row players on the court, during a particular rotation, regardless of the total number of players (4, 5 or 6) on the court.

5) Live ball/Dead ball

- a) The ball becomes live when it is legally contacted for the service.
- b) The ball becomes dead when:
 - i) the ball touches the antennas or any part of the net outside the playing court.
 - ii) the ball strikes the floor.
 - iii) the ball contacts a permanent object (excluding the net) above or outside the playing court. EXCEPTION: a ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.
 - (1) A player commits a fault.
 - (2) a served ball contacts and does not clear the net.
 - (3) the official blows the whistle for any reason.
 - iv) The point shall be replayed if a ball from an adjacent court enters the playing area.

6) Co-Rec Rules

- a) A team consists of six individuals but may play with four individuals. Only the following combinations are acceptable; 3 men and 3 women, 3 men and 2 women, 2 men and 3 women, or 2 men and 2 women.
- b) Men and women must alternate positions.
- c) A female must hit the ball at least once if the ball is contacted two or more times before being returned over the net. Failure to do so will result in a point and a side-out.

7) Forfeits

- a) GAME TIME IS FORFEIT TIME, THERE WILL BE NO GRACE PERIOD
- b) If a team is scheduled to play at 7pm, they must be signed in, and ready to BEGIN playing at 7pm or a forfeit will be declared. It is recommended that teams arrive at least fifteen (15)-minutes prior to the start time to ensure they are ready to play on time.
- c) In team sports, a Forfeit Fee of \$20.00 will be charged for any forfeited contest.

8) Protest

- a) The team captain must file all protests with the IM sports Supervisor/official at the time a question occurs.
- b) Only protests that concern rule interpretations, policy and procedure, or player eligibility will be considered.
- c) Rule interpretation protests:
 - i) PROTESTS THAT CHALLENGE THE ACCURACY OF A JUDGEMENT CALL BY AN OFFICIAL/SUPERVISOR WILL NOT BE ACCEPTED.
- d) Player eligibility protests
 - i) Eligibility protests will be decided at the time the question is raised whenever possible.
 - ii) Players found to be ineligible after the contest will result in that contest being forfeited and/or that player being suspended.

9) Officials and Their Responsibilities

Corps of Officials and Procedures

10) Composition:

- a) The corps of officials for a match is composed of a first referee, a second referee, and a scorekeeper.

11) Procedures:

- a) The first referee gives the signal for service to begin a rally.
- b) The first or second referee may signal the end of the rally.
- c) The first or second referee may blow the whistle when the ball is out of play to acknowledge a team request.
- d) Immediately after a referee blows the whistle to signal the end of a rally, that referee indicates with the official hand signals:
 - i) If the fault is whistled by the first referee, he or she will indicate:
 - (1) The team to serve.
 - (2) The nature of the fault, and
 - (3) The player at fault, if necessary.
 - (4) The second referee will follow the first referee's hand signals by repeating them.
 - ii) If the fault is whistled by the second referee, he or she will indicate:
 - (1) The nature of the fault.
 - (2) The player at fault, if necessary, and
 - (3) Following the first referee's hand signals, the team to serve.
 - (4) In this case, the first referee will not show the nature of the fault or player at fault.
 - iii) In the case of a double fault, either referee must indicate:
 - (1) The nature of the fault.
 - (2) The players at fault, if necessary, and
 - (3) The team to serve as shown by the referee's first hand signals repeated by the second referee.

First Referee

12) Location:

- a) The first referee carries out his or her functions standing on the referee's stand located at one end of the net.

13) Authority:

- a) The first referee has authority over all other officials and participants. The first referee may overrule the second referee if he or she is certain that the second referee has made an error in judgment.

14) Responsibilities:

- a) During the match, only the first referee is authorized to:
 - i) Sanction misconduct and delays.
 - ii) Decide upon service faults and the positions of the serving team, including screening.
 - iii) Decide faults in playing the ball.

Second Referee:

15) Location:

- a) The second referee performs functions standing near the post outside the playing area opposite and facing the first referee.

16) Authority:

- a) The second referee authorizes game interruptions and controls their durations.

17) Responsibilities:

- a) During changes of courts, the second referee ensures that players remain in their proper positions.
- b) During the match, the second referee decides, whistles, and signals:
 - i) Position faults of the receiving team.
 - ii) Contact of a player with a net or antenna.
 - iii) Penetration into the opponent's court.
 - iv) Attack hits or blocking faults of back-row players.
 - v) When a ball crosses the net outside the crossing space or touches the antenna on his or her end.
 - vi) When a ball contacts an outside object that is out of play.
 - vii) When a foreign object enters the playing area and presents a hindrance to safe play.
- c) Serves as the scorekeeper
 - i) The scorekeeper controls the score sheet and roster
 - ii) Records points scored and ensure that the visual score is correct.
 - iii) Controls the serving order of each team, reporting any errors to the first referee.
 - iv) Records team timeouts.
 - v) Records team and individual sanctions.
 - vi) Signals to the referees the ends of games and the scoring of the eighth point during a deciding game.