

# Truman State University

## Intramural Recreational Sports Indoor 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 online at NFHS.org. All Participants must follow guidelines stated in the Intramural Recreational Sport Handbook.*

### **SECTION 1: GENERAL RULES & REGULATIONS**

#### **TEAM REQUIREMENTS**

1. A team consists of six (6) players. A team may start with a minimum of four (4) players. All players must be checked in with the intramural supervisor before they are allowed to participate.
2. If a team has forfeited, the opposing team must have at least four (4) players checked in with the Intramural Supervisor to be credited with the win.
3. All games shall be played on the date and hour scheduled. GAME TIME IS FORFEIT TIME.

#### **EQUIPMENT & FACILITIES**

1. The playing area consists of the Volleyball courts in the Main Gym of the student Recreation Center, unless otherwise adjusted. The red lines on each court signify the boundaries.
2. Jewelry may not be worn. This includes all watches, earrings, bracelets, etc.
3. Casts and/or any other item deemed to be dangerous by the official may not be worn during the game.

### **SECTION 2: GAMEPLAY & RULES**

#### **THE GAME**

1. All matches will consist of the best two out of three games. All games will be rally scoring:
  - a. Rally scoring means a point is won on each serve, regardless of who served the ball.
  - b. 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.
  - c. In the third game, a game shall be won by the team which has earned 15 points. In the third game, the winner does not need to win by a two point advantage; First team to 15 points wins. Additionally, when a team reaches 8 points in game 3, the teams will switch sides.
  - d. There will be a maximum of 30 points for either team in games 1 and 2. If either team reaches this point total, they will win the game, regardless of whether or not they are winning by two points.
    - i. Exception: Playoffs
2. Rock/Paper/Scissors 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. Rock/Paper/Scissors will be conducted for the choice if there is a third game.
3. One time out will be given to each team per game.

4. Substitutions:
  - a. 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.
  - b. Substitutions may only occur during a dead ball situation with approval from the Official.

## PLAYING THE BALL

1. 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.
  - a. Exception: A block is not considered to be one of three contacts. If a player blocks and the ball comes down on their own side, they are allowed to hit it again as the first hit.
2. Contacted ball: A player who contacts the ball shall be considered as playing the ball.
  - a. Exception: If a player blocks the ball at the net, they are allowed to pay the ball again if it comes down on their side of the net.
3. 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.
4. 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 protested.** 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.
5. 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. Double hits result in a point for the opposing team at all times, including a double hit on a service return.
6. Simultaneous contact by the opponents:
  - a. 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.
  - b. If the ball is held simultaneously by two opposing players, it is a double fault and the official will direct a replay.
7. Net play: A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area.
  - a. Exception: A service hitting and not clearing the net results in a dead ball.
8. Net foul: A net foul results in a point to the opposing team and occurs while the ball is in play and:
  - a. 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. ANY contact of the net OR the tape other than the hair, regardless of its effect on the play will result in a net foul.
  - b. There is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball.
9. Screening: A screen is an intentional act, which obstructs the receiving player's view of the server or the flight of the ball from the server. Screening includes:
  - a. 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.
  - b. 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).
10. 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:
  - a. Attacking team has completed their three allowable hits.
  - b. 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.
  - c. Exception:
    - i. The ball may be blocked prior to a completed attack if the ball has entered the Neutral Zone (The neutral zone is considered the vertical plane of the net. If any part of the ball has crossed this neutral zone, either side is eligible to make a play on the ball.)

11. 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.
12. 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:
  - a. On or in front of the 10 foot line or its out-of-bounds extension.
  - b. In the air if they left the floor on or in front of the 10 foot line.

## **SERVICE OF THE BALL**

1. 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, meaning, they will turn the serve over to the other team.
2. 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.
3. 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.
4. 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 to the receiving team.
5. 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. If a swinging motion has been made, the server must allow the ball to hit the ground in order to be granted another opportunity to serve. The server is allowed only one re-serve per term of service.
6. 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. All players other than the server must begin the point with both feet inside the court. After the ball has left the server's hand, players may go anywhere on the court.
7. 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.

## **LIVE BALL & DEAD BALL**

1. The ball becomes live when it is legally contacted for the service.
2. The ball becomes dead when:
  - a. The ball touches the antennas or any part of the net outside the playing court.
  - b. The ball strikes the floor.
  - c. The ball contacts a permanent object (excluding the net) above or outside the playing court.
    - i. EXCEPTION: a ball striking the ceiling or an overhead obstruction such as a basketball hoop above the 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. If the ball contacts a vertical surface such as a wall, the track railing or the dividing curtain, the ball will be dead and a point will be awarded to the opposing team.
  - d. A player commits a fault
  - e. A served ball contacts and does not clear the net
  - f. The official blows the whistle for any reason.
3. The point shall be replayed if a ball from an adjacent court enters the playing area.

## **SECTION 3: GAME VARIATIONS**

### **CO-REC MODIFICATIONS**

1. 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.
2. Men and women must alternate positions.
3. 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.

### **PLAYOFFS**

1. Scoring Modifications:
  - a. Scoring is the same for playoff games with one exception: There is no point limit during the first two games as there is during the preseason. Games will still be played to 25 and will end when a team has a two point advantage.
  - b. If a third game is necessary after the first two games, it will be a game to 15 with no two point advantage, meaning, first team to 15 wins the game.

## **SECTION 4: MISCELLANEOUS INFORMATION**

### **PROTESTS**

1. Protests shall not be received or considered if they are based solely on a decision involving the accuracy of a judgment call. Only rule interpretations may be protested.
2. A protest must be made with the Supervisor immediately following the call in question or before the serve.
3. Protests involving ineligible players may be made any time before the game or upon the participant entering the game. All eligibility protests will be marked by Supervisor as being played under protest, but will complete the game. A written protest must be submitted to the Director by noon the following day in order for the protest to be heard. Protests that do not follow these guidelines will not be heard.

### **PLAYER/PARTICIPANT CONDUCT**

1. We will hold all participants and spectators to a high degree of sportsmanship. This includes respect to authority, other participants and other spectators. Intramural officials may cite any participant or spectator with acts of non-sportsman-like conduct, and we may link spectators to participants for the purposes of assessing penalties.
2. Intramural staff may eject participants and spectators from any contest and/or event facility for acts of non-sportsman-like conduct. Those ejected for any reason may not participate in any further intramural activities until arranging a meeting with the Director of Intramurals to discuss reinstatement.
3. The Intramural Department, in coordination with the Office of Citizenship and Community Standards, will potentially suspend any person ejected from competition two times during the academic year (in any sport or combination thereof) for the remainder of the academic year. If the ejection occurs in the last game of a school year, the penalty will carry over to the next school year, if warranted. These cases are reviewed before a suspension is assessed and handed down.
4. Fighting and malicious contact are strictly prohibited at intramural contests. Those who threaten or physically abuse intramural officials or other applicable authority will potentially be removed from Intramural participation permanently. These cases are reviewed on a situational basis in cooperation with the Office of Citizenship and Community Standards.
5. Participants are responsible for intentional or negligent damage to personal and public property, and the Intramural Department may penalize those involved in such acts as well.

*ALL Intramural rules posted in the handbook are applicable with this sport. Each participant is responsible for reviewing Student Recreation Center guidelines and Intramural guidelines available on the website before participating in any event.*

<http://www.truman.edu/recreation/intramural-sports/>