

# **INTRAMURAL VOLLEYBALL RULES**

## **General Regulations:**

- The teams must be ready to start (with six players) at the scheduled game time; failure to do so will result in a forfeit.
- Only players listed on team roster will be eligible to play with that team.
- The participation of an ineligible player will result in his/her team losing by default and incurring a fine.
- A game is won when either team has a two-point lead with fifteen or more points. The winner of two out of three games determines who wins the match. If there is not enough time to play a full third game, the referee may call an eleven-point game (or rally scoring).
- Service of the first game will be determined by a coin toss. The team that did not begin serving the first game shall begin serving the second game. If the match goes to three games, service for the third game will be decided by a coin toss.
- Each team may call one one-minute timeout per game.
- In B, C+ and C leagues, players may either substitute directly or rotate in extra players. In A and B+ leagues, players may only substitute directly.

## **Referee Duties:**

- Check the height of the net (7'10").
- Make sure that there are no obstructions on or around the court (including spectators).
- Meet with your second referee and go over his/her responsibilities:
  - ◆ Watch the net for violations
  - ◆ Watch for feet entirely over the centerline (i.e. no part of the foot on or above the line).
  - ◆ The second referee should blow their whistle only to call the above violations or to stop play if a ball from another court interferes with play. If the second referee sees a violation during the play, he/she should indicate this to the first referee without blowing the whistle. The second referee should mimic the calls made by the first referee when a violation is called.
  - ◆ Call the two captains together and flip a coin to determine which team will serve first and which side each team will be on.
  - ◆ Explain the ground rules to the captains before the match:
    - A player may not go into an adjacent court to play the ball if a match is being played on that court.
    - The ball is out of play if it contacts the ceiling or anything else above the court if it lands on the opposing teams side of the net. It can be played if it remains on your side of the net.
    - If the ball hits a basketball backboard within the playing area of the court, the point may be replayed at the referees' discretion.
  - ◆ When the match is over, fill in the score sheet and return it to the envelope located on the center column in Rockwell Cage. Be sure to include the date, time, and the team numbers.

## **General Recommendations:**

- The whistle should be held in the mouth during play. When the whistle is blown it should be with authority and at the moment of the infraction.
- Key plays to watch are: blocking and subsequent play, the course of a spiked ball, starting position of the players, serve reception, ball handling, and unsportsmanlike action.
- Blow the whistle for serve when both teams are ready. Place one hand on the net cable to be able to tell if the ball hits the nets on serve.
- Try to be as uniform as possible, calling both teams equally tightly for such things as carries and double hits for the entire match.
- Refrain from unnecessary talk with teams to help keep you as impartial as possible.

## **Rules of Play:**

1. The serving player shall not serve until signaled to do so by the referee. Service may be either underhand or overhand with either a closed or open hand. If a players serves before the whistle is blown, the serve shall be replayed.
2. Both feet must be completely behind the end line when the ball is served. A foot fault results in the loss of service.
3. A served ball must pass over the net within the out-of-bounds lines without contacting the net.
4. When a team is awarded the serve, the must rotate once in a clock-wise direction. Points can only be scored by the serving team (exception: rally scoring). The server will continue to serve until the referee calls a “side-out”.
5. If a player serves out of turn, side-out will be called and any points made on his/her serve previous to this discovery will be discounted.
6. A player may not block a serve at the net nor set the serve.
7. After the ball is hit for the service, the players may move from their starting positions. A back-row player may only spike the ball if he is behind or jumps from behind the ten-foot line. A back-row player may not block.
8. A team is allowed three contacts of the ball (not counting a hit on a block at the net).
9. A player may not hit the ball twice consecutively unless the first contact was a block.
10. The ball must be hit cleanly. When, in the opinion of the referee, the ball visibly comes to rest at contact; a carry will be called.
11. The ball may be hit by any part of the body above and including the waist (also may be played off the foot).
12. The ball is out-of-bounds when it touches any surface or object outside the court. A ball touching the boundary line is good.
13. A player may not go into an adjoining court to play the ball (if there is a game going on), if he/she does so, the ball will be considered out-of-bounds.
14. A ball may be played if it rebounds from the net within the out-of-bounds lines.
15. A player shall not contact any part of the net or its supports while the ball is in play. If the ball is driven into the net so that it causes the net to contact an opposing player, no foul shall be called.
16. A player may touch the center line, but only his/her foot may touch the floor on the opposite side of the center-line, as long as some part of that foot still touches the center-line (or can be projected down onto the line). Any part of the player’s body may be in the air below the net and beyond the centerline if it does not interfere with an opponent.
17. When spiking the ball, a player may follow through over the net provided that he/she first contacts the ball on his/her own side of the net.
18. When blocking the ball, a player may reach across the net, but may not contact the ball there until the opponent has hit the ball to return it.
19. If a foreign object enters the court during play, the referee may stop the play and call for a play-over.
20. Only the captain of a team may talk to the referee or request substitutions and time-outs.
21. The server can serve from anywhere behind the baseline. This does not affect the positions of the rest of the players.
22. All players must comply with the intramural standards for sportsmanlike conduct.