

TEXAS STATE[®]

INTRAMURAL SPORTS

VOLLEYBALL RULES

All intramural matches will be governed by the National Federation of High Schools rules with the following intramural modifications:

THE GAME, PLAYERS AND EQUIPMENT

- **The Game** - A match consists of winning two out of three games. **The game shall use the rally point system with a point awarded on each service or awarded side-out (new).** A game is won when a team scores 25 points and has at least a two-point advantage over the opponents. No game shall exceed 30 points. If the teams are tied at 29-29, the first team to score the 30th point shall be the winner. If a third game is needed winners are determined as the first to 15, win by 2, cap at 17. Playoffs and championship finals will follow this same scoring procedure unless teams are notified otherwise prior to the match.
- **Players** - A team consists of 6 players. A team must start if 4 players are present at game time. If the 5th and 6th player arrives late, they may enter the game in the empty spot when their team next serves. A team must begin and may continue with 4 players.
- **Forfeit** - Game time is forfeit time, if there are no players present from a team. However, if a team has at least one representative present an additional five minutes will be given. The team that loses by forfeit is not eligible for the play-offs and must pay a \$20 forfeit fee to continue the season.
- **Shoes and Headwear** - Shoes must be worn. **Shoes must be non-marking court shoes. Shoes such as turf shoes, cleats, running shoes, sandals and hard sole shoes will not be allowed.** Players may wear a one-piece elastic headband made of soft, pliable material. No baseball style caps or bandanas will be allowed.
- **Supports, Braces, and Bandages** - No casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal hinges or metal are required to cover it. Any player wearing illegal or dangerous equipment shall not be allowed to play. All equipment shall be subject to approval of the IM staff and their decisions shall be final.
- **Jewelry** - **NO JEWELRY** of any type may be worn. UNLESS it is a religious piece. Therefore the jewelry needs to be taped down. NO EXCEPTIONS!
- **Net** - The height of the net shall be 7'11" for men and 7'4" for women and 7'8" for co-rec.
- **SUBSTITUTION**
 - Players are listed on the scorecard in the order in which they will appear on the floor. A team is allowed a maximum of twelve team substitutions per game. A player shall not enter the game a fourth time. Starting the game does not count as an entry. Players starting the game may be replaced by a substitute and may subsequently re-enter the game twice. Each substitute may enter the game three times.
- **TIME-OUTS**
 - Teams may call two (2) 1-minute time-outs per game. Teams may call consecutive time-outs. If a team requests a third time out by mistake, the referee will warn the team and disregard the request. If, in the judgment of the referee, the team requests a third time-out to gain an advantage, a red card will be issued and a point or side-out will be awarded.
- **SERVICE**
 - The service area is the area behind the end line as deep as the court allows. The referee sounds the whistle and signals for service before each serve. Service may be overhead or underhand. Players are required to serve in the order they are listed on the scorecard. The winner of a coin toss has the choice of service or side of court. The

team not serving first in the first game shall serve first in the second game. Service for the third game will be determined by a coin toss. Teams change courts after each game. The team receiving the ball after a side-out shall rotate one position clockwise before serving, with exception of the first serve. Let serves are legal.

- **GENERAL RULES OF PLAY**

1. Any ball, **including the serve (let serve)**, which touches the net and goes over, **is still in play**.
2. A legal hit is contact with the ball by any part of a player's body except the foot, including the head, which does not allow the ball to come to rest even momentarily. The ball must be clearly hit: throwing, lifting, or shoving the ball are illegal.
3. A ball touching any part of the line is considered in bounds.
4. A team has three hits to return the ball over the net. One player may not hit the ball twice in succession.
Exception: A player may have successive contact (except in a setting motion) when making the first play on a serve or a hard driven spike.
5. Blocking: Allowed by any or all the players on the front line. Back line players shall not be allowed to block. A player participating in a block may play the ball again. A block is not counted as one of the team's three hits. Passing the hands over the net on a block is legal; however, passing the hands over and touching the ball before the opponent initiates contact is a foul. **Exception: If the opponent has no opportunity to play the ball, the block will then be legal.**
6. Simultaneous Contact:
 - a. Simultaneous contact by two or more non-blocking players on the same team is considered one play, and any player is eligible to play the ball again.
 - b. If two opponents simultaneously contact the ball over the net, the ball remains in play, and the team receiving the ball is entitled to another three hits. If the ball lands out of bounds, it is the fault of the team opposite the net from where the ball lands.
7. Spiking:
 - a. Passing hands over the net (without touching the net) after a spike is legal.
 - b. A back line player may not take off in front of the 10-foot line to spike. He/she may land in front of this line.
8. Blocking or attacking a serve is prohibited. Receiving a serve with an underhand pass is **strongly recommended** for all players; however the serve can be set.
9. **Net/Line Net:** Any part of the body or feet that touch the net or the line under the net the official will call a net violation. The point and ball will be awarded to the opposing team.
10. **Ghost Rule:** if you don't have 6 players on the court then those missing player becomes a ghost player. That means the opposing team will receive the ball and 1point on that ghost players serve.

INTRAMURAL VOLLEYBALL RULES - CO REC MODIFICATIONS

Intramural co rec volleyball matches shall be governed by the rules of the National Federation of High Schools, the Intramural Volleyball Rules, and the following modifications:

- **PLAYERS**

- Teams shall consist of three male and three females. Players must alternate male and female in the serving order. **There can be three (3) females and three (3) males or vice versa.** A team must start if 4 players are present at game time. If the 5th and 6th player arrives late, they may enter the game in the empty spot when their team next serves. A team must begin and may continue with 4 players, the team must consist of two (2) females and two (2) males. At any time there may be no more than three or less than 2 of any gender on the court at a time.

- **SUBSTITUTION**

- A male must be substituted for a male and a female must substitute for a female.

- **GENERAL PLAYING RULES**

1. If the ball is played more than once on a side, it must be hit at least once by a female. Blocking does not count as a hit. Males are not required to hit the ball.
2. Back line players cannot participate in a block. No back line player may contact the ball when any part of the ball is above the net when they are in front of the 10-foot line.