Volleyball Rules

Play is governed by NFHS Volleyball rules with the following modifications:

GENERAL INFORMATION

1. All Intramural Sports participants are required to carry his/her UCR ID at all times and must bring the card to all games. Intramural Sports Staff will check all participant IDs with the printed team roster before any player will be allowed to enter the game.

2. Rosters must be turned in before the sports registration meeting, completed with a minimum of six and a maximum of 20 participants. Roster additions may occur up to the fourth week of play.

3. The Intramural Department does not take responsibility for injuries that are related to Intramural activities. It is suggested that all participants and spectators acquire health insurance before participating.

4. Team captains are responsible for their team members and fans. Obscene and/or abusive language will not be tolerated. Participants using obnoxious or foul language will be assessed a technical foul. Please control the fans for your team or you will be penalized for any negative behavior of your fans. Spectators can be issued yellow cards for inappropriate behavior during a game. Yellow cards of this type will count toward the team total.

5. Please refer to the Intramural Sports Policy Book for complete Intramural Sports requirements and policies.

EQUIPMENT

6. Players must wear basketball/athletic type shorts/pants. These shorts/pants must not have pouches, loops, belts, zips, zippers, clips, buckles, buttons, or snaps. Torn shorts/pants may not be worn during play.

7. Players may not participate with equipment that the Intramural Staff deems to be dangerous to other participants. Hard cast, metal or plastic braces, hats and jewelry of any type are examples of illegal equipment. ALL visible body piercing must be removed.

8. Jerseys/Shirts
   • In order to play teams MUST wear shirts of the SAME color. Teams who do not wear jerseys of same color will not play.
   • All shirts/jerseys must have legible numbers on at least one side (back or front of shirt)
and must be legible from a distance of 6 feet. Numbers must be permanent on the shirt in a non-fading medium such as marker or paint. Taped on numbers are not allowed.

- Team shirts/jerseys may not be white in color without approval from the Intramural Sports Director.
- No two teammates may have the same shirt/jersey number.
- If a player is #0 then that number must appear on the jersey.
- In the event two teams arrive wearing the same color and are unable to switch to a different color, pinnies will be made available.
- There are no shirts/jerseys available for check out.

9. Players may wear a knit or stocking cap (with or without ball/knot at top), headband, and hair bands. Hats with bills are prohibited.

**DELAY TIME & FORFEITS:**

10. Teams must start and end the game with at least four (4) players. A team with four players or more must play or the forfeit procedure will go into effect. During the course of the game, if a team drops below 4 players that team will receive the loss according to team misconduct scoring rules.

11. If a team does not have four players signed in at game time, that team will be given 10 minutes to have four players sign in before the game is declared a forfeit. If neither team has four players signed in, both teams will have 10 minutes to have four players sign in before the game is declared a double forfeit. This time will run off the game clock and delaying teams will receive a bad Sportsmanship grade. Once all teams are ready the regulation game start will commence.

12. If one team is signed in and ready to play with at least four players, that team will be awarded 3 points for every minute (rounded up) that the game is delayed up to the 10 minute mark. This procedure will be repeated for each game of the match. Examples:

   - One team ready to play: Team A has enough players at game time and Team B’s fourth player signs in 6:42 into delay time. Team A will start the game with a 15-0 lead.
   - Neither team ready to play: No points awarded

13. A forfeit will be recorded as a win for the team ready to play and any points accumulated will be the final score.
14. Any game forfeit for team misconduct will be scored as 20 points or the current point total over 20 for the winning team and zero points for the losing team. The match will be scored 2-0.

15. Teams receiving 3 yellow cards will forfeit the game.

GAME INFORMATION

16. THE MATCH: All games are self officiated this quarter with two linemen's.
   - The match shall be played between two teams of six players each.
   - A match shall consist of the best two out of three games. The first team to win two games to 25 shall be the match winner.

17. START OF GAME: Flip for service at the start of the match and if there is to be a third game. In addition, before the first game, referee must ask if any rules need to be clarified.

18. SUBSTITUTION: The substituting player may only enter the game at the server position and may re-enter as many times as possible.

19. TIMEOUT: A team is allowed 1 timeout per game, each being 30 seconds (even the 3rd game).

20. PLAYING THE BALL: The ball may be played by any part of the body.

21. SCORING:
   - Rally scoring will be used.
   - A team may score on any play.
   - A team will serve upon winning a point.
   - The first two games will be played to 25 points. The final game shall be played to 15 points.
   - No game will have a point cap, except, the 3rd game will be cap at 25 points.
   - The final game shall be played to 15 points, win by 2 or to the cap which is 25 whichever team arrives there first. Example: a team can win in the third set 25-24.
   - The foot may leave the floor in order to save a ball or keep a hit live.
   - THE SERVE: The ball may be served anywhere behind the end line but between the sidelines.
   - The serve shall not be attacked, whether spiked or blocked, while the ball is above the top of the net.
• A served ball which contacts the net will not be ruled a dead ball if during the ball’s flight it crosses the net to the receiving team.

• A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor.

22. BLOCKING: After a block, the blocking team still has three touches. In addition, penetration is allowed, but only the front row can block.

23. DEAD BALL: A served ball is dead if before it contacts an opponent or the floor of the opponent’s area it:
   • Touches the floor of the server’s area or a teammate of the server
   • Passes under the net
   • Crosses the net entirely outside the antenna or is otherwise out of bounds
   • The ball touched the ceiling or the net

24. BACK ROW ATTACK: A back row player inside the 10 foot line returning the ball across the net must contact the ball from below the top level of the net. If the player does so behind the 10 foot line upon take off the restriction does not apply.

25. CONTACTING THE NET: It is a fault to touch any part of the net or the antennas, except for insignificant contact by a player not involved in the action of playing the ball.
   • Players directly playing the ball, attempting to fake an attack-hit, or attempting to block such a play, are considered involved in the action of playing the ball.
   • If the ball is driven into the net with such force that it causes the net or antennas to contact a player, such contact is not a fault.

26. REACHING OVER THE NET: A player is not allowed to initiate an attack-hit while the ball is completely on the opponent’s side of the net. If the ball is hit above the attacker’s side of the net and the follow through causes the attacker’s hand and arm to cross the net without contacting an opponent or the net, this action does not constitute a fault.

27. CROSSING THE CENTER:
   • Encroachment into the opponent’s court with the foot, feet or hand(s) is permitted, provided some part of the encroaching extremity remains in contact with or directly above the centerline, and there is no interference with opponents
   • Encroachment into the opponent’s court with any part(s) of the body is permitted, provided some body part remains either in contact with or directly above the centerline,
and there is no interference. In addition, completely crossing the centerline with the foot, feet or hands, or encroachment with other body parts cannot present a safety hazard to opponents.

- It is not a fault to cross the centerline after the ball is out of play.
- It is not a fault to cross the extension of the centerline outside the boundaries of the court and enter the opponent’s free zone, provided there is not interference with opponents.

28. PROTESTS:
- Referees’ judgment calls may not be protested.
- The officials and supervisors for that day shall make decisions on any points not covered in these rules or the rules in the NCAA rulebook.
- The supervisor can only be used for rule clarification and will not overturn calls made by the officials during or after the game.
- The team’s captain must make any protests regarding rule interpretation immediately. Protests may not be made once the ball has become live again.

29. Obscene and/or abusive language will not be tolerated. Participants using obnoxious or foul language will be assessed a yellow card. Fans/supports/bench personnel using obscene or abusive language will result in a yellow card assessed to the supported team.

30. PENALTIES/EJECTIONS
- Two Yellow Cards = One Red Card = Player ejection
- Players may be ejected without the issuing of a card if the player is deemed dangerous or is disrespectful.

31. REPLAY: The officials will determine whether or not a play is re-playable.

**COED VOLLEYBALL MODIFICATIONS**

32. A team may start with as few as 4 players (2 men and 2 women) but cannot continue with less that 4. Maximum number of players is 6.

33. A team may never have more men than women on the court at a time, but there may be more women than men on the court at a time.

34. Service order and positions on the floor must alternate male/ female. (Exception: there are more women then men on the floor. In this instance, no two men may serve in succession).

35. When the ball is played more than once by a team, a female player must make at least one
contact. There is no requirement for a male player to contact the ball regardless of the number of contacts by a team.

36. One back row player may also block when there is only one male player in the front line.