



Stevenson University Department of Campus Recreation  
Intramural Indoor Volleyball Rules

Stevenson University's Intramural Indoor Volleyball will follow the current rules of NFHS (National Federation of State High School Associations) and NIRSA (National Intramural and Recreational Association) unless modified to accommodate facility or program needs. Those who are subject to the rules are: team representatives (players, substitutes, coaches and spectators) and other persons affiliated with the team are subject to the rules of the game and shall be governed by the decisions of the Intramural Staff assigned to the game.

**Player Eligibility**

1. Participation is limited to all currently enrolled, fee-paying SU students, faculty members, and full-time staff.
2. In order to be eligible to participate, each eligible player MUST present his/her current, valid SU ID. Check-in takes place at designated sign-in locations at the facility, field or court (usually at the Scorekeeper's table). Individuals who are unable to provide a current, valid SU ID will not be permitted to participate. No other forms of identification will be accepted (email, class schedule, Driver's License, etc).
3. For additional information regarding player eligibility, team rosters and participant check-in refer to the SU Intramural Handbook available online at the SU Intramural Sports website and in the Intramural Sports office located in Garrison Hall North - Room 106.

**Team Composition and Substitutions**

1. Players can compete on only one team regardless of league classification. In addition, a player may compete for one Co-Rec team during the same season.
2. A minimum of six (6) players are required to register a team. All players must show their current, valid SU ID at the game site in order to be eligible to participate. (Coed = Minimum of 3 each gender)
3. A team must have four (4) players to start a game. Players who arrive late must check-in with the scorekeeper/s and must wait for a dead-ball situation in order to enter the game. (Coed = Minimum of 2 each gender)
4. Team rosters will be formed based on the players who compete in the team's first regular season game and every subsequent regular season game. No new players can be added after a team's last regular season game.

5. In order for a player to be eligible for playoffs, he/she must participate in at least one regular season game for that team. \*No player may participate on more than one team\*
6. Players may only substitute on dead ball situations. Substitutes must be from the serving team and enter into the rotation in the serving position only. The only exception to this rule is if the substitution is replacing an injured player. The substitute must enter the game before the serve. Once entering the game, the substitute must play through the entire rotation once before he/she can be removed from the game. There is no limit to the number of individual entries or team substitutions in one game.
7. If a player becomes injured and cannot immediately play, he/she must leave the court. If the team wants the injured player to remain in the game, and the player cannot continue immediately, the team must use a charged time-out. Any player who is injured or bleeding, has an open wound, or has an excessive amount of blood on the uniform must leave the game.

### **Equipment and Playing Field**

1. The game ball will be provided by the Intramural Sports Staff.
2. All players must wear shoes. Tennis shoes and soft-soled shoes are permitted. Shoes should have non-marking soles.
3. Jewelry is NOT allowed to be worn by any participant during the game. Jewelry consists of visible rings (wedding bands), watches, necklaces, earrings, studs (including tongue or lip rings), bracelets (metal or cloth) and any other such similar jewelry. Medical alert bracelets must be taped to the body or secured under clothing such as a sock to be worn during play. Taping of any other forms of jewelry, other than a medical bracelet, is prohibited. Players are subject to ejection for failure to remove jewelry.
4. The court shall be regulation size with a net height of 7' 11" for men's matches, 7' 8" for co-rec matches and 7' 4" for women's matches.
5. All additional players, coaches and spectators should be no less than 2 yards behind the sidelines.

### **Match Time, Length and Scoring**

1. Game time is forfeit time. Any team that forfeits a game can jeopardize any playoff potential due to a low sportsmanship rating. Teams who forfeit more than once will be dropped from the league.
2. All matches will be best 2 of 3 games. Each game will have a 15 minute time limit.
  - a. If the score is tied after 15 minutes have been played, the team scoring the next point will be declared the winner of that game.
3. The choice of serve or playing area is decided by a coin toss by the officials between the captains of each team before the first game. If more than one game is played, the team not serving first in the first game of the match shall serve first in the second game. If a third game is needed the officials will conduct an additional coin toss to determine who will serve.

4. All games will use the rally scoring system with a point awarded on each service regardless of which team served. Points are scored on side-outs with serve also changing sides.
  - a. In the first and second games, the game will be won when one team has scored 25 points and has at least a 2-point advantage over the opponent. No game shall exceed 28 points. If the teams are tied at 27-27, the next point scored will determine the winner.
  - b. The third and final game will be won when one team has scored 15 points and has at least a 2-point advantage over the opponent. There will be a cap of 18 points in the third game.
5. Each team will have one 30 second time out during each game. Unused time outs will not carry over into the next game. Time outs can only be requested when play is stop either in between games or in between points.

### **Serve and Rotation**

1. At the instant the ball is hit for service, the server may not be in contact with the endline, the court, or the floor outside the two lines marking the service area. The server may stand on or between the two lines or their extensions which mark the service area. The service area spans the entire endline. All other players must have both feet inside the court.
2. A served ball is dead if it is hit illegally or before the referee has signaled to begin service. The ball must be hit with one hand. An illegally hit serve results in loss of service. If the ball is served before the referee signals for service, a re-serve results, on the first infraction only.
3. A server is given 5 seconds to contact the ball for service after the referee's first whistle.
4. A server will be allowed one release and drop per service term.
5. A served ball is dead and a point is awarded if the ball crosses the net entirely outside the antenna, touches the antenna, touches the ceiling, or any obstruction, lands on the floor on the server's side of the net, passes under the net, or lands outside of the opponent's court. A serve that touches the net and continues over to the opponent's side of the court is a legal serve and the ball is in play.
6. The team which receives the ball for service after a sideout shall rotate clockwise before serving. (This includes a team's first service in a game after their opponent's first serve).
7. At the time the ball is served, the players of each team must be within their respective court positions.
  - a. No center position player may be nearer the sideline than that respective sideline player.
  - b. No backline player may be nearer the net than the corresponding front line player.
  - c. Center Back may completely overlap the right back when right back is serving as long as center back does not act as a screen.
  - d. All players except the server must be within the court as the ball is served. After the ball is hit for the serve, players may move from their respective positions. (The position of players is judged according to the position of their feet in contact with the floor at the time the ball is contacted for service.)
6. At the moment of service it is illegal for players of the serving team to wave their arms, jump, or form groups of two or more players for the purpose of forming a screen to conceal the action of the server. The referee will be the sole judge of this action which does not have to be deliberate to be a fault.

7. A player may not attack or block a serve. The action is illegal as soon as contact is made regardless of the player's position on the court or whether the ball is returned to the opponents.

### **Blocking and Attacking the Ball**

1. Only front row players may take part in a block.
2. A player may not reach over the net to attack the ball. A player may reach over the net during the follow through after a spike, or during a block on a team's attack or third team hit.
3. Back line players may not block, or attempt to block, nor may a back line player attack the ball above the height of the net in front of the 3-meter line.
4. If two teammates contact the ball simultaneously, this is considered one contact, and either of the players may make the next play on the ball. (This does not include action on block attempts.)
5. Players may have successive contacts of the ball during a single attempt to make the first team hit of the ball coming from their opponents (includes serves). Even if the ball is blocked, provided there is no finger action used during the effort and the ball is not held or thrown.
6. If two opposing players contact the ball simultaneously above the net, either may play the ball on the next hit for the first of their team's three hits. If the ball visibly comes to rest during simultaneous contacts by opposing players, the referee will direct a replay. The player on the side opposite the projected flight after a simultaneous contact is considered to have contacted it last.
7. The net may not be touched by a player while the ball is alive. If the ball is driven into the net with such force as to cause the net to contact an opponent, such contact shall not be considered a fault. Inadvertent contact of the net by the hair may be overlooked by the official.
8. The lines are considered part of the court; thus any part of the ball hitting a line is inbounds.
9. A player may be on the centerline and over the line as long as some part of their encroaching foot remains in contact with the line. Contact with any other part of a player's body with the opponent's side of the court during play constitutes a fault.
10. A player may go outside the court and may cross the extension of the centerline, but if playing the ball, the ball must not be completely across the centerline extension. Players may not enter another court that is being used to play a ball.
11. Any attempt to distract a player by yelling, stomping the feet, or distracting action will result in unsportsmanlike conduct and that player will be disqualified.
12. A ball is dead if:
  - a. It touches the floor.
  - b. It hits the antenna.
  - c. The ball becomes lodged or momentarily comes to rest on any obstruction over the court.
  - d. It is whistled dead by an official for any reason.

13. Any ball that has been caused by your team to strike the ceiling or ceiling fixtures on your half of the court may be played again by your team provided that the third hit has not already occurred. The hit on the ceiling does not count as one of your team's three allowed contacts.
14. A ball may not be held, lifted, pushed, thrown, or carried at any time. Using an open hand to contact the ball in an underhand motion or to direct the ball forward from behind the head with an open hand usually constitutes a lift or carry.
15. A double foul occurs when players on opposing teams commit rule infractions at the same instant. The ball will be re-served by the serving team.

### **CO-REC RULE MODIFICATIONS**

1. A team is composed of six (6) players, three (3) men and three (3) women. Play may start with no less than four (4) players, two (2) men and two (2) women. A team may also play with 5 players. At no time may there be more than three (3) players of a gender on the court for a team. Therefore, the only legal combinations are 3 males + 3 females, 3 males + 2 females, 2 males + 3 females, and 2 males + 2 females. Substitutions may only take place as a male for male or female for female.
2. In court positioning, men and women must alternate positions; therefore, they must also alternate serving. On the serve, any legal technique may be used.

### **Sportsmanship**

1. The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the intramural sports league and playoff seasons. Behavior before, during, and after an intramural sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.
2. A team is responsible for the actions of the individual team members, coaches, and spectators related to it. Only the team captain are encourage speak to the officials regarding administrative matters (ejections, disqualifications, etc). Furthermore, the team captain's efforts in assisting Intramural Staff to calm difficult situations and to restrain troubled teammates are key to controlling team conduct.
3. Sportsmanship is vital to the conduct of every Intramural contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize or eject players or teams for poor sportsmanship. These decisions are final. The Intramural Sports administrative staff will rule on further penalties as a result of unsportsmanlike conduct.
4. Each participant should choose his or her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the Intramural Sports staff against that team for violation of the intramural rules and sportsmanship guidelines. Protests or appeals of sportsmanship ratings will not be recognized. The Intramural Sports administrative staff reserves the right to review any rating given to a team.

5. Additional information regarding team and participant sportsmanship including the rating method, factors, and scale is available in the Intramural Sports Handbook, available online at the SU Campus Recreation web site.