

WESTERN WASHINGTON UNIVERSITY INTRAMURAL SPORTS

VOLLEYBALL RULES

All participants must read the Intramural Handbook and sign a Holds Harmless Agreement before participating. Both of these can be found on our website: www.wvu.edu/campusrec.

Current NFHS rules will govern play. Intramural Policies/Procedures, Eligibility rules and special game rule modifications will take precedent.

GAME TIME AND SCORING

1. A match will consist of best 2 out of 3 games.
2. The first two games are won by the team who first scores 25 points. If a third game is needed, the first team to 25 points is the winner. All games must be won by at least 2 points.
3. Rally scoring method will be used in every game, with a point scored on every service.
4. If the match is not complete when the forty (40) minute time limit expires, the following will govern play:
 - A) If in the second game, the team ahead is declared the winner of the game. If this ties the match at one (1) game each, the third (3) game will start immediately to seven (7) points.
 - B) If in the third game and one team is ahead, who has scored seven (7) or more points the match is over. If neither team has seven (7) or more points the game will continue to seven (7) points only.
5. A full team shall consist of six (6) players and substitutes. A team must start and finish the game with at least four (4) players.
6. If a team does not have four (4) players on the court at the scheduled game time, the team will forfeit the first game of the match. If the team is still not ready to play in ten (10) minutes, the team will forfeit the second game.
7. Before the match, the referee will conduct a coin toss. The team winning the toss may elect to serve, receive, or take choice of court for the first game. The team who did not have the serve in the first game will have first serve in the second. Teams will change sides after the first game.
 - a. If a third game is necessary a coin toss will decide which team has the option to serve.
8. Varsity/Club Sport Players: Only one (1) ex-Varsity and one (1) Sport Club member (current or former) can be on a team's roster. Varsity players must sit one full calendar year from the last time they were listed on the team's roster before they are eligible to participate in Intramural Sports.
9. Any player who is bleeding must be substituted for until the bleeding stops. An intramural staff member or game official has the authority to remove any player. If by removing the player the team falls below the minimum number necessary to play, the following will apply: The game clock will stop and a maximum of five (5) minutes will be allowed for the player to stop the bleeding. Either an intramural staff member or game official must approve the player to re-enter. If the bleeding is not stopped within the allotted five (5) minutes, the team will forfeit the match. **THE TIME ALLOWANCE IS ONLY FOR PLAYERS WHO ARE BLEEDING, AND THE TEAM CANNOT CONTINUE TO PLAY WITHOUT THEM.**
10. Equipment representing possible hazards to participants will not be permitted. No hats, jewelry, exposed metal or hard unyielding plastic on braces, casts, etc. will be allowed. **THIS INCLUDES ALL EARRINGS.**

2. TIME OUTS AND SUBSTITUTIONS

- a. There will be a one-minute intermission between games.
- b. There may be one time out per team per game. The referee will grant time outs only when the ball is dead. The length of a time out will not exceed 30 seconds.
- c. Substitutes must rotate in at the left front position. The player in the left back position must rotate out at this time.

*In Co-Rec, substitutions must be made for the same gender.
- d. When a team is playing with five (5) players, three (3) of them must be designated as front row players after each rotation. If the sixth (6) player arrives, they must check in and may enter the game on the next whistle.

3. PLAYER/TEAM CONDUCT AND PROTESTS

- a. Teams are responsible for knowing and understanding the team sportsmanship rating system. Behavior before, during or after an intramural contest will be included in the rating (refer to the IM Handbook).
- b. All protests must be "announced" to the opposing manager/captain and game officials at the time of the misinterpretation of the rule, or before the completion of the match if for player eligibility.

CO-REC ADAPTATIONS

1. A full team consists of six (6) players, three (3) men and three (3) women. A team may start and finish with at least four (4) players, two (2) men and two (2) women. Teams must have at least two (2) players of each gender on the court at all times.
2. Serving order and positions on the floor **MUST** be alternating (male-female), unless playing with five (5) players.
3. There are no restrictions for female/male contact with the ball.

4. OUT OF BOUNDS

A ball is out of bounds and becomes dead when:

- a. it touches a wall or objects on a wall
- b. it touches the floor or objects on the floor completely outside the court's boundary lines
- c. it touches the net antennas, the net outside the antennas or does not pass over the net entirely between the antennas
- d. it touches a non-player or the referee
- e. it touches the ceiling over the opponent's playing area
- f. it enters a non-playable area (adjacent courts)

The referee will stop play for ball out of bounds and will award a point and side out to the opponent.

5. PLAYER POSITIONS

- a. The position of players shall be right back (server), right front, center front, left front, left back, center back.
- b. At the moment of serve all players, except the server, must be within the team's playing area, with no part of the body touching outside the boundary lines
- c. All players must be in the correct serving order. Each right side player must have at least part of one foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row (except the server and the center back player). Each left-side player must have at least part of one foot touching the floor closer to the left sideline than both feet of the center player in the corresponding row. Each front row player must have at least part of one foot touching the floor closer to the center line than both feet of the corresponding back row player.
- d. After the ball is contacted for the serve, players may move from their positions.
- e. When a side out is awarded to a team, that team will rotate clockwise one position.

PENALTY FOR ILLEGAL POSITIONING:

- a. Point and side out is awarded for overlapping or positioning (other than the server) outside of the boundary lines at the time of service.
- b. For an improper server a side out is awarded as soon as it is discovered and proper serving order is regained immediately. If the improper server is discovered prior to the contact of the first serve by the opposing team, all points scored by the improper server will be cancelled. If the improper server is not discovered until after the serve has alternated and been served, no points are cancelled and no penalty is assessed.

6. SCREENING

Players on the serving team cannot attempt to prevent receivers from seeing the contact of the serve or the path of the served ball. A potential screen exists when players on the serving team wave arms, jumps, or stands close to the server and the ball is served over that player. A potential screen exists when a group of two or more teammates stand close together and the ball is served over them.

PENALTY FOR SCREENING: point and side out awarded to opponent.

7. THE SERVE

- a. The ball must be hit with one hand, fist or arm while the ball is held or after it is released by the server.
- b. The server must serve from within the serving area, behind the end line and between the sidelines extended. The server must remain in this area until the ball is contacted.
- c. A team's term of service begins when a player assumes the right back position as the server and ends when a side out is awarded.
- d. A player may have one reserve during a team's term of service. A reserve will be called when the server releases the ball for service and catches it or drops it to the floor.

8. ILLEGAL SERVE

A serve is illegal and the ball remains dead if the server:

- a. Hits the ball illegally
- b. Is touching the end line
- c. Is out of serving order.
- d. Does not contact the ball within 5 seconds.
- e. Releases the ball for service and catches it or drops it to the floor more than once during a term of service.

PENALTY FOR ILLEGAL SERVE: Point and side out awarded to opposing team.

9. SERVICE FAULT

A served ball is a service fault and becomes dead when the ball:

- a. Touches the net, one of the server's teammates or passes under the net.
- b. Touches the ceiling, does not cross the net between the antennas or lands out of bounds.

PENALTY FOR SERVICE FAULT: point and side out awarded to opposing team.

When the receiving team is out of position on the serve and the ball is served illegally, the serving team is penalized.

When the receiving team is out of position on the serve and a service fault occurs, the receiving team is penalized.

10. LIVE AND DEAD BALLS

A live ball is in play from the moment of legal contact on the serve.

A live ball becomes dead when:

- a. The ball touches the net antennas, the net outside the antennas or does not pass entirely between the antennas.
- b. The ball lands out of bounds, passes under the net or touches the floor.
- c. The ball touches the ceiling or an overhead obstruction on the third hit or the ball is played over the net.
- d. A ball or a player breaks the plane of a non-playable area.
- e. A player commits a foul.

11. CONTACTING THE BALL

- a. A contact is any touch of the ball by a player (excluding a player's loose hair)
- b. A hit is a contact which is counted as one of the team's three allowable plays before the ball is returned to the opponents' side of the court. A block does not count as a team hit.
- c. A ball is considered to have crossed the net when it has passed beyond the vertical plane of the net, it is partially over the net and is contacted by an opponent or no part of the ball has crossed the net and it is legally blocked.
- d. **Legal contact is a touch of the ball by a player's body that does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.**
- e. A joust occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A joust is not a foul and play continues.

- f. Multiple contacts** are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted and counted as one hit only when the first ball over the net rebounds from one part of a player's body to other parts in one attempt to block or on any first team hit, whether or not the ball is touched by the block, *provided there is no finger action*.
- g. Simultaneous contact** is more than one contact of the ball made at the same instant. When a player contacts the ball with one or more parts of the body at the same instant, it is considered one hit. When teammates contact the ball at the same instant it is considered one hit and any player may make the next hit. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player who touched the ball last.
- h. Successive contacts** of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player. A player shall not have successive contacts unless there is simultaneous contact or successive contacts by a player whose first contact is a block.

PENALTIES FOR ILLEGAL CONTACT: Point and side out awarded to the opponent.

12. PLAYER ACTION

- a. An attack is any action other than a block or a serve that directs the ball towards the opponent's court. A team's third hit is always considered an attack.
- b. A block is a play approximately arm's length from the net, in which a player whose hand(s) is raised above the head, contacts the ball near the top of the net in an attempt to prevent the ball from crossing the net or return the ball immediately. A block may involve wrist action provided there is no prolonged contact.

13. FRONT ROW PLAYERS

Front row players may contact the ball from anywhere on the court provided the ball has not completely crossed the vertical plane of the net or the net extended.

14. BACK ROW PLAYERS

- a. Back row players, while positioned behind the attack line, may contact the ball from any position on the court above or below the top of the net.
- b. When a back row player, on or in front of the attack line, contacts the ball which is completely above the height of the net on a team's first or second hit and an opponent legally contacts the ball before it completely crosses the vertical plane of the net, play continues even if the ball is hit back into the back row player. If the ball completely crosses the vertical plane of the net untouched it is a back row player foul.
- c. A back row player may not participate in a block/attempt to block, or attack a ball which is completely above the height of the net after having jumped from on or in front of the attack line. A back row player foul is not called until the ball has crossed the net.

PENALTIES FOR BACK ROW PLAYER FOULS: Point or side out for the opponent.

15. NET PLAY

- a. A ball contacting and crossing the net, other than when served, will remain in play provided contact is entirely within net antennas.
- b. A player can recover a ball hit into the net.
- c. A player may not contact a ball that is completely on the opponent's side of the net unless that contact is a legal block.
- d. A player may touch the floor across the centerline with one or both feet/hands provided a part of the foot/feet or hand remains on or above the centerline. Contacting the floor across the centerline with any other part of the body is considered illegal.
- e. A net foul occurs when the ball is in play and a player contacts any part of the net, including net cables and antennas. It is not a foul when a player's hair touches the net or the force of the ball pushes the net into a player. It is also a net foul when a player contacts an opponent and interferes with their effort to play the ball.

PENALTIES FOR ILLEGAL NET PLAY: Point and side out awarded to the opponent.

16. BLOCKING

- a. Blocking the ball that is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the opposing team has had three hits, the attacking team has had the opportunity to spike the ball or directs the ball with the intention of returning it to the opponent, or the ball is falling near the net and in the official's judgment, no member of the attacking team could play the ball.
- b. Blocking a serve is not permitted.
- c. A ball may be attacked, excluding a served ball, when it has partially crossed the net.

PENALTIES FOR ILLEGAL NET PLAY: Point and side out awarded to the opponent.

17. FOULS

- a. A foul is a failure to play as permitted by the rules.
- b. A double foul occurs when opposing players commit rule violations at the same time.
- c. A double hit occurs when a player's successive or multiple contacts are illegal.
- d. A foot fault occurs when a player violates the serving area or centerline restrictions.

PENALTIES FOR FOULS: For a single foul (double hit, foot fault, etc.) point and side out is awarded to the opponent. For a double foul during a live ball play, a replay is called. For a double foul during a dead ball, the penalty is assessed to both teams, with both teams rotating.

18. REPLAY

A replay is the act of putting the ball in play without awarding a point or side out or rotating for the serve. A replay is awarded when:

- a. An official's mistaken whistle interrupts play.
- b. A player unintentionally serves prior to the referee's signal to serve.
- c. There is a double foul during a live ball.
- d. There are conflicting calls which the referee cannot resolve.
- e. A player's legitimate effort to play the ball is affected by a nonplayer in a playable area or by the ball becoming motionless in the net inside the net antennas or on an overhead obstruction over a playable area.
- f. Play is interrupted because a foreign object enters the proximity of the playing area, or a player is injured.
- g. The ball contacts a backboard or its supports hanging in a vertical position over a playable area and in the judgment of the official the ball would have remained in play had the backboard not been there.