

# SAMFORD

## CAMPUS RECREATION

### Intramural Volleyball Rules

The following is a summary of rules and regulations for Volleyball. It is not the complete set of rules but includes those rules most frequently in question. All rules adopted by the National Federation of State High School Associations will be in effect except for the modifications listed on these rules.

#### Questions

Please feel free to contact Campus REC office with any questions or concerns that you may have. All reschedules, defaults, forfeits and additions/deletions must be made at the Campus REC office.

#### GAME GUIDELINES

1. Teams will consist of 6 players. Teams may start with as few as 4 players. A match will have a maximum time limit of 40 minutes.
2. **Scoring:**
  - Rally scoring will be used in all games played.
  - Each game will consist of 21 points and the winner must win by two (2) points (cap of 25)
  - Each match will consist of three (3) games. A winner will be awarded after winning two (2) out of three (3) games.
  - The third game will be played to 15 points straight.
1. **Beginning Play:**
  - Rock, Paper, Scissor or coin toss to determine first serve or side. Loser will have the other option.
  - The teams will change sides after each game.
2. **Service:**
  - The server must stand behind the rear boundary line and may serve anywhere along the end line.
  - The referee will blow the whistle then you may serve. Penalty: one (1) warning, then loss of serve.
  - If a player serves out of order, the serving team loses the service and any points gained during such out of order service. The players of the team at fault must immediately resume their correct positions.
  - If the ball touches the net on the service and goes to the other side of the net then the ball is still in play.
  - Foot faults will be declared if any part of the server's foot touches the back line.
  - Players may NOT block or attack the serve.
3. **Ball contact during play:**
  - Each team will be allowed a maximum of three (3) contacts per side before returning the ball to the opponent's area.
  - No player may hit the ball twice in succession (see blocking for exception)
  - A "carry" or held ball is defined as when the ball rests momentarily in the hands or arms of a player. The ball must be cleanly hit. Scooping, lifting, pushing, or carrying the ball should be considered as holding. A ball cleanly hit from below the waist is considered a good play
  - If the ball hits an object (backboard, ceiling, curtain, etc.) and comes back on own team's side, they may play it as long as they have another hit. If it goes to the opponent's side, or there are no contacts left, it is dead.
4. **Play at Net:**
  - A serve that hits the net and still goes over is still good.
  - A player may not spike a ball that is on the opponent's side of the net.
  - A player may not cross the vertical plane above or below the net while the ball is in play (a foot may not cross the line below the net). A player may break this vertical plane above the net only if s/he begins contact with the ball on his/her side of the court and the subsequent follow-through carries the arm across this plane.
  - If the ball is driven into the net with such force as to cause the net to contact a member of the opponent's team, no penalty will be issued to either team and play will continue until point is normally over.
  - No player may, at any time, touch the net.
5. **Back Line Players:**
  - A back line player returning the ball to the opponent's side while forward of the attack line must contact the ball when at least part of the ball is below the level of the top net. If the player is behind the attack line when returning the ball, the restriction does not apply. Nor does the restriction apply if the back line player jumps

from behind the attack line and after contacting the ball lands on or in front of the line, providing the takeoff was clearly from behind the line.

- Back line players may not participate in the action of blocking.

6. **Simultaneous Hitting:**

- If two (2) or more players of the same team contact the ball simultaneously, it is considered as only one (1) contact. However, neither one of the players involved may participate in the next play (contact).
- If one (1) or more players are attempting to block a shot and have contact with the ball, the/these player(s) is/are eligible to participate in the next contact. The block will not count as a contact for his/her team.
- If two (2) or more players of opposing teams contact the ball simultaneously above the net, any one of the players involved are eligible to participate in the next play.

7. **Substitutions:**

- Subs should come in at the serving position unless injured. If injured, the sub must go to the injured player's position and the injured player must sit out the rest of the set.
- Either team (serving or receiving) may substitute at a dead ball.
- The incoming player must take the position and place in serving order of the player being replaced.

8. **Rotation:**

- The team earning the serve will rotate clockwise before the new serve, except on the first serve.

9. **Time Outs:**

- Each team is allowed one (1) time out per game. The length of each timeout is 30 seconds.

### **CO-REC RULES**

1. All above rules apply.
2. The male/female maximums on a court at one time are 3 males and 3 females. If you have an odd number you must have more female than male. You could have 2 male/3 female or 2 male/2 female.
3. Must have at least 4 people on the court at one time - 2 males and 2 females in the contest at all times.
4. Male players may not make three consecutive hits to play the ball over.
5. Lineups will be M/F/M/F/M/F. If there are an odd number of players it should be M/F/M/F/M (meaning there will be two males side by side at one part of the court).
6. When 3 hits are used, a female must be involved with one of the three touches.

### **SPORTSMANSHIP**

Sportsmanship is vital to the success of each and every program we offer to the university community. In order to encourage proper conduct before, during and after a scheduled contest, the Intramural Sports Department has developed a rating system. The rating procedure is as follows:

#### Acceptable Rating (3)

The team exhibits respect and cooperation and sporting behavior towards all sport programs staff, teammates, and opponents. The team has no issues or minor disagreements with the judgement of the officials. Captain demonstrates control over spectators, teammates, and him/herself.

#### Average Rating (2)

The team exhibits some respect and cooperation towards all sports programs staff, teammates, and opponents. The team has several minor disagreements with the judgement of the officials. Captain demonstrates mild or little control over spectators, teammates, and him/herself. Teams receiving one unsportsmanlike penalty fall into this category as well.

#### Unacceptable Rating (1)

The team does not exhibit respect and cooperation with unsporting behavior towards any sport programs staff, teammates, and opponents. The team displays issues and disagreements with officials. Captain demonstrates no control over spectators, teammates, and him/herself. Teams receiving more than one unsportsmanlike penalty fall into this category as well.

If a team receives two unacceptable ratings in a season, the team will be removed from the league and have to meet with the Sports Programs Office. Teams may face additional suspension and sanctions for one unacceptable rating depending on the situation and severity of the incident