

## University of Virginia Intramural Sports Volleyball

Each player must present a valid UVA student ID or current Recreation Membership Card and photo ID before each contest to be eligible to participate - No Exceptions. All players must have checked in with an Intramural Supervisor and be recorded on the game sheet before they are allowed to participate.

All Intramural participants are responsible for their own medical expenses. Any participant unsure of his/her physical condition should check with their family physician or the Elson Student Health Center before participating in an Intramural Sports contest.

Game time is forfeit time! Teams that do not have the minimum number of players needed to start a game at game time will be assessed a forfeit. The forfeit will result in expulsion of that team from the remainder of league play.

The officiating will be done by Intramural Officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of participants, coaches, or spectators can result in assessment of an unsportsmanlike penalty, ejection or forfeiture of the game. Two ejections will result in an automatic forfeiture. Spectators must also remain in the area designated by the Intramural Officials. The Intramural Officials and Intramural Supervisors shall have the power to make decisions on any matters or questions not specifically covered in the rules. The winner of a coin toss between both captains prior to the game will determine who will serve.

The National Federation High School Volleyball rules will govern play for any rules not mentioned in the following Intramural rules:

### 1. Team Requirements

1.1 A team shall consist of 6 players, but may play with a minimum of **3 players**. Co-Rec teams are composed of any of the following combinations: 3m/3w, 3m/2w, 2m/3w, 2m/2w, 2m/1w, 1m/2w.

### 2. Equipment

2.1 All players must wear court shoes.

2.2 All jewelry is prohibited. *Penalty: point for opposing team.*

2.3 Casts and/or any other item deemed to be dangerous by the Intramural Supervisor may not be worn.

### 3. Substitutions

3.1 Following a change of service, teams must rotate in a clockwise direction.

3.2 Substitutions take place during a dead ball or a time-out. Substitutes must take the position of the player that they have replaced.

### 4. The Game and Timing

4.1 All matches will consist of the best 2-out-of-3 games. In the first two games, the first team to earn **25 points** will win a game. If the score is tied 24-24, then the first team to gain a two-point advantage is the winner. If a third game is necessary, the first team to score **15 points** will win, regardless of the point differential.

4.2 **Rally scoring will be used in all games.** Rally scoring means that a point is won on each serve, no matter whether the team who won the point served the ball or not.

4.3 Before the start of the game, the Officials will conduct a captain's meeting in which they will designate which team will serve first. The captain winning the toss will choose either to serve or receive first. The team which does not serve first in Game 1 will serve first in Game 2. If a third game is necessary, another coin toss will decide which team will serve first.

4.4 Teams must switch sides after each game.

4.5 Each team will receive two time-outs per game. An additional time-out is awarded if the score reaches 24-24.

## 5. Rule Clarifications

5.1 *Maximum of three team contacts:* Each team is allowed a maximum of 3 successive contacts of the ball in order to return the ball to the opponent's area. Exception - a block is not considered to be 1 of the 3 contacts.

5.2 *Contacted ball:* A player who contacts the ball shall be considered as playing the ball.

5.3 *Contact of the ball with the body:* The ball may be hit with any part of the body on or above the waist, but cannot come to rest visibly on the body. If the ball hits below the waist, it shall become dead.

5.4 *In or out:* A ball that lands on a line or inside the court is considered to be *good*. If the ball lands outside the court and is not touched by any player on the receiving team before it hits the ground, then a point will be awarded to the receiving team.

5.5 *Illegal hit:* An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. This is a judgement call by the Official and cannot be questioned by anyone. Holding, catching, throwing, lifting, rolling, and pushing are illegal hits because of prolonged contact with the ball.

5.6 *Double hit:* A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one body part to another on an attempt to play the ball. Exception - a double hit is *legal* following a hard driven spike or **on the first team contact during a rally**.

5.7 *Simultaneous contact by opponents occurs:* If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times.

5.8 *Net Play:* Any ball that contacts the net (**including a serve**) and enters the opponents side of the court shall remain in play provided contact was entirely within the playing area of the net.

5.9 *Net Foul:* A player may cross the centerline or its out-of-bounds extension with one or both feet/hands, provided a part of the foot/feet or hand/hands remains on or above the centerline. Contacting the floor across the centerline with any other part of the body is illegal. A net foul occurs while the ball is in play and:

- a) a player contacts any part of the net including the cable attachments. It is not a foul when a player's hair touches the net, or the force of the ball hit by a player pushes the net or net cables into him/herself or another player.
- b) a player makes contact with an opponent who is making a legitimate effort to play the ball.

5.10 *Screening:* Screening the server is illegal and will result in a point for the receiving team. A screen is an intentional act that obstructs the receiving players' view of the server or the flight of the ball from the server.

5.11 *Blocking the ball:* A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack. A serve MAY be blocked, but MAY NOT be spiked. The attack is considered complete when the:

- a) attacking team has completed their three allowable hits.
- b) attacking team has had the opportunity to spike the ball, or, in the Official's judgement, directs the ball with the intent to return it to the opponent's court.
- c) ball is falling near the net on the attacking team's side and in the Official's judgement, no member of the attacking team could make a play on the ball.

5.12 *Front line players:* Front-line players may contact the ball from any position on the court.

5.13 *Back-line players:* Back-line players may not attempt to attack the ball (block or spike) in front of the 10 foot line. A back-line player may return a ball that is completely above the height of the net if they are:

- a) behind the 10 foot line or its out-of-bounds extension.
- b) in the air, provided they left the floor from behind the 10 foot line.

## 6. Service

- 6.1 The server must wait for the official to beckon before a serve may be attempted. If the ball is served before the official's beckon, a re-serve shall be directed. During a serve, the server's foot shall not touch the endline. During a jump serve, the server must have left the floor from the area behind the endline.
- 6.2 If a serve hits the net and enters the opponent's side of the court, the ball **shall remain in play** provided contact was entirely within the playing area of the net.
- 6.3 The server has five seconds to make a legal serve. The server may elect to not hit a bad toss as long as the server lets the ball hit the ground and no swinging motion has been made to attempt the serve.
- 6.4 All players must be in proper alignment at the moment of service. This means that no player on the court (with the exception of the server) may be closer to a sideline, endline, or centerline, than an adjacent player on the court. After the service, players may go anywhere on the court.
- 6.5 A serve MAY be blocked, bumped, or set. However, a serve MAY NOT be spiked.

## 7. Live Ball vs Dead Ball

- 7.1 The ball becomes live when it is legally contacted for the service.
- 7.2 The ball becomes dead when:
  - a) the ball touches any part of the net outside the playing court or the ball strikes the floor.
  - b) the ball contacts a permanent object (excluding the net) outside the playing court.
  - c) a player commits a fault.
- 7.3 The point shall be replayed if a ball from another court enters the playing area.
- 7.4 **If the ball hits the ceiling or lights on your side and the ball comes down on your side it is live. If the ball hits the ceiling or lights and goes over the net, the ball is dead and the opponent is awarded a point. If the ball hits the track area the ball is considered dead/out of play.**

## 8. Co-Rec Clarifications

- 8.1 Males and females must alternate positions.
- 8.2 A ball may be returned by a male or a female. If the ball is contacted more than once on a team's side, **both a male and a female must contact the ball**. Failure to do so will result in a point for the opposing team.