



VOLLEYBALL

Intramural Volleyball shall be governed by the current F.I.V.B. Rule Book with the following exceptions:

Getting Starting

Players & Ratios:

Each team will play with 6 players, with a gender ratio of 3:3. If a team cannot meet their 3:3 gender ratio they may play with a 3:2 ratio but must play with 5 players (1 player deficit).

Net Height:

- In **women's matches** women's height will be used for the entire match.
- In **coed recreational** matches, women's height will be used for the entire match, alternating gender in the front row by match with the 3rd match switched at 8pts.
- In **coed competitive** matches, one set will be played on men's height, the other game will be played on women's height. If a third game is required teams will switch at 8 points (once first team gets to 8).
 - On men's height net: 3 men will play front line against 3 men with women playing back court positions.
 - On women's height 3 women will play front line against 3 women with the men playing back court positions.

Playing Regulations

Positions & Rotations:

- Players may have fixed positions and rotations are not required.
- Players must serve in sequence.
- Players may switch positions and/or make any substitutions at any break in play. All switches must be completed before the official has signaled for service.

Serving:

The service results in a side-out when the server:

- Does not take the proper position before serving, or is the wrong server.
- Commits a foot fault.
- Hits the ball into the net.
- Hits the ball so it crosses outside of the net antennas as it passes over the net.
- Hits the ball into any post or overhead structure.
- Does not serve within 5 seconds.
- Serves before the official whistles play to begin.

Contacting the Ball:

The following rules apply when playing the ball:

- The ball must be contacted cleanly (not caught or held).
- Simultaneous contact by team-mates is considered one contact.
- A player cannot make successive contact of the ball.
- A player may go outside of the court to play the ball if they do not cross the center line or contact any walls or obstructions.
- If two opposing players contact the ball simultaneously directly above the net, either player may play the ball again on the next hit.
- The ball is dead if it crosses the net outside the net antennas, touches the ceiling, posts holding the net or lands out of bounds.
- A return may be played in any direction and the player may use any part of their body.

Attacking:

- In **coed recreational**, front row jump attacks are not permitted. While you may attack from the front row, one foot must remain on the ground.
- Back row attacks are allowed (back row attack is when a player jumps from behind the attack line and makes an offensive contact with the ball over the net while in the air).
- Proper ball contact on sets (double hits, carries) will be called by officials unless play is consistently interrupted by these calls. This will be up to the discretion of officials.

Faults:

- A player may not touch the net while the ball is in play.
- A player may step on but not over the center-court line during play.
- A player may not play the ball twice in succession, unless there is simultaneous contact by two players (a player may hit the ball on the first and third hits)
- The ball may be played a maximum of 3 times by each team (excluding a block), before it is returned over the net

Scoring:

- A ball contacting the boundary line is considered in the court of play.
- The ball must pass inside the net antennas as it crosses the net to be legal.

Timeouts:

- Time-outs shall not exceed 30 seconds.
- 1 time-out is allowed per team in each set.
- Time-out for injury is at the discretion of the referee.

Winning

- Matches are best 2 of 3 sets
- Sets are played to 25 rally point (cap of 30) for sets 1 and 2. The third set, if necessary, will be to 15 points (cap of 20). A team must win by two points.
- If limited in time, the official has the right to make the call to eliminate the 2-point advantage win rule to ensure the games finish on time. Teams will be notified prior to the set starting.
- Teams have the full time limit allowed to play (50 minutes). If the game is not completed within 50 minutes, the team leading wins the match.