



## 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. For coed semi-competitive and coed competitive leagues, teams must maintain 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). Gender ratio rules do not apply coed recreational.

#### **Net Height:**

- In **women's matches** women's height will be used for the entire match.
- In **coed recreational and semi competitive** matches, women's height will be used for the entire match, alternating gender in the front row by match with the 3<sup>rd</sup> 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.
- No back row hits will be permitted. Hits from back court are permitted if the hitter has at least 1 foot on the ground.
- 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.