

Intramural Volleyball Rules

USAVolleyball rules are used with some variations (as stated below). For the complete rules for both indoor and outdoor volleyball, visit the USAVolleyball web site:

<http://www.usavolleyball.org/RulesOfficials/>

❖ Rules for both Indoor and Sand Volleyball:

- Participants must behave respectfully and courteously in the spirit of fair play.
- Participants must refrain from actions or attitudes aimed at influencing the decisions of the official or covering up faults committed by their team.
- Participants must refrain from actions aimed at delaying the game.
- D. The team captain represents the team during the coin toss before the match and before the tie-breaker game.
 - The official shall toss a coin (or use fingers behind his/her back) with the captains.
 - The winner of the coin toss chooses either:
 - to select to serve or receive service of the first ball or
 - the side of the court on which to start the first game.
- If a tie-breaker game is needed (third game), the official will flip a coin again to decide the same two choices.
- The team captain is the only player on or off of the court who is allowed to ask the official for an explanation of the application or interpretation of the rules.
- Playing the ball:
 - Each team may hit the ball up to three hits (not counting blocking) to return the ball to the opponents.
 - Team hits include both intentional and unintentional contacts with the ball.
 - A player may not contact the ball with two separate and consecutive motions.
 - Two or more players may touch the ball at the same moment (counted as one hit).
 - If two opponents simultaneously contact the ball and it remains in play, the team receiving the ball is entitled to another three hits.
- The ball may touch any part of the body.
 - The ball must be hit, not caught or thrown.
 - During the first hit of the team (other than blocking), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.
 - Faults include: four or more hits per side, assisted hit, catch, double contact (a player contacts the ball twice in succession, or the ball contacts various parts of the body successively, and illegal hit (hitting the ball in a non-playing area).
- Reaching beyond the net:
 - In blocking, a blocker may contact the ball beyond the plane of the net inside the antennas (or polls if antennas are not used), provided the blocker does not interfere with the opponent's play.
 - A player making an attack-hit is permitted to pass hand(s) beyond the net after the attack-hit, provided the ball is contacted within his/her own playing space or within the plane of the net.
 - A player is permitted to pass hand(s) beyond the net and contact the ball over the opponent's court on his or her team's first or second hit, provided the ball has not completely crossed the vertical plane or the net and is directed back into the player's own playing space.

- H. Contact with the net:
 - It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball.
 - A player may touch a post, rope or any other object outside the total length of the net, provided this contact does not interfere with play.
- Service: The service is the act of putting the ball into play by the right back-row player who hits the ball with one hand or arm from the service zone (anywhere beyond the back line and within the two sidelines).
 - Authorization of the service must be given to the server from the official before the serve may be hit. If the server does serve the ball before the official blows his/her whistle and gives the signal, the ball is dead and will be re-served.
 - Service screening: The players of the serving team must not screen the opponents from seeing the contact for service or the path of the ball. This would include a player waving arms, jumping up and down, or moving sideways at the time of the serve. The serving team is also prohibited from making a collective screen when the server is hidden behind two or more teammates and the ball is served over them.
- Attack-Hits:
 - All actions directing the ball toward the opponent, except a serve or block, are attack-hits.
 - During an attack-hit, tipping is permitted if the contact is brief and the ball is not caught or thrown.
 - An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker.
 - Restrictions to a back-row player:
 - A back-row player may complete an attack-hit at any height from behind the front zone (player must take off from behind the 10' line).
 - A back-row player may also carry out an attack-hit from the front zone if at the moment of the contact any part of the ball is below the top of the net (as long as it is not a spike).
- When antennas are not used, the posts shall act as the antennas in all cases except those involving player contact.
- Matches will consist of the best of three games (or sets as they are referred to by USA-VB).
 - Games (or sets): The first two games will be won by the team which **first** scores 25 points (using rally scoring)
 - The tie breaker (if needed) will be won by the team which first scores 15 points (using rally scoring).
- Blocking the serve is illegal. The served ball must pass completely past the plane of the net vertically and must break the plane of the net horizontally before being hit to the other side.
- Teams may have a maximum of one time-out per game (one minute in length).

❖ **Rules for Indoor Volleyball:**

- **Both Gender Specific and Co-Rec Play:**
 - The ball shall remain in play if it contacts the ceiling or other overhead objects which are 20 feet or more above the playing area on the side of the team which made the hit. If the ball hits the ceiling or other overhead objects which are 20 feet or more above the playing area and travels to the opponent's side of the court, the ball will be declared out of play. A ball is dead and a replay directed if it contacts overhead objects or basket supports less than 20 feet above the playing area (baskets that are only half way retracted) and would have remained playable if the object had not been present. A ball is out of play if it contacts the

ceiling or overhead object over non-playing areas.

- Each team shall play with no more than six (6) players at a time.
- At the moment the ball is contacted by the server, each team must be completely within its own team court (except server) in two rows of three players. These rows may be staggered.
- Each front-row player must have at least a part of a foot closer to the center line than both feet of the corresponding back-row player.
- Each right (left) -side player must have at least a part of a foot closer to the right (left) -sideline than both feet of the middle player in their row.
- Once that ball has been served, the players may move to any position on their playing area.

❖ **Rule Modifications for Co-Rec Indoor Play:**

- The number of players for each team on the court at any one time:
 - Ideal number: 3 men and 3 women,
 - Allowable number: 4 to 6 players - *Teams must have at least 4 players on the court to start, or continue a match, but not more than 6.*
 - Teams may never have more men on the court than women. *Legal number of players would include: 3 men & 3 women, 2 men and 3 women, and 2 men & 2 women.*
- The serving order must alternate men and women. *Exception: in the case of 3 women and 2 men on the court, two women may serve back-to-back. Two men may never serve back-to-back.*
- Whenever the ball is played more than twice on a side, at least one play must be made by a female team member. Contact of the ball during a block shall not constitute a play of the ball.

❖ **Rules for Sand Volleyball Only:**

- When contacting the ball with one hand, other than for setting the ball toward a teammate, the ball must be cleanly hit with the heel or palm of the hand, with straight, locked fingertips, knurled fingers, or with the back of the hand from the wrist to the knuckles. One-handed placement or redirection of the ball with the fingers (a dink or open-handed tip) is a fault.
- Players must rotate service, but after a service is made, players may move to any position on the court.
- Players may cross the center line below the net or outside the middle pole, either before, during, or after a legal play of the ball, provided this does not interfere with the opponent's play. If a player crosses the center line and interferes with an opponent during play, it is a fault.
- It is a fault for a player or a player's clothing to touch any part of the net.
- Teams should switch sides of the court each time the total number of points scored is a multiple of five.
- Legal number of players per side for Co-Rec Sand VB:
 - When team have enough players, they should play with four on a side (two male and two female),
 - When team are short on players, they may play according to the following limitations:
 - Teams may play with 3 girls and one guy on the court at a time,
 - Teams may play with 2 girls and one guy on the court at a time,
 - Teams may play with one girl and one guy on the court at a time,
 - Teams must have at least one girl and one guy on the court at all times,
 - Team can never have more than two guys on the court at a time