

# Indoor Volleyball Rules

## Playing Area

1.1 The ceiling, walls, and court dividers are out of play.

1.2 A player cannot enter an adjacent court to play the ball.

1.3 Low obstructions are out of play including anything perpendicular to the floor; however, anything horizontal to the floor is in play, as long as the ball does not cross the net after hitting the obstruction. Both are in the judgment of the officials.

## 2. Rights and Duties of Players and Teams

2.1 The floor captain is the only player who may address the referee and shall be the team's spokesperson.

2.2 The captain may make requests for time-outs when the ball is dead. Each team is allowed two 30-second time-outs per game.

2.3 The following mis-conducts are subject to sanction (red/yellow card): addressing the officials concerning their decisions or committing actions to influence their decisions. Making profane or vulgar remarks to officials, opponents, or spectators. Shouting, yelling, or crossing the vertical plane of the net in an attempt to distract an opponent who is playing or attempting to play the ball.

2.4 Offenses by players or other team members may result in warning, expulsion, or disqualification:

Warning:

A minor unsporting offense results in a yellow card;

Expulsion:

Extremely offensive conduct results in the red and yellow cards held together, expulsion from the remainder of the game. Expelled players must leave the gym until the start of the next game.

Disqualification:

A second expulsion during a match or any attempted/actual physical aggression towards others will result in the red and yellow cards held apart, disqualification for the remainder of the match. Disqualified players must leave the gym for the rest of the night and contact the Intramural Director prior to participating in another contest.

2.5 An improper request that does not affect play shall be rejected (whistled) without sanction. Any additional improper requests during the game will be sanctioned as a team delay. Examples are: Requesting a time-out or substitution after the referee's whistle for service; A request for time-out or substitution by other than the team captain; Request for an excess time-out.

2.6 A team delay is sanctioned with a warning (yellow card) on the first occasion and a penalty (red card - point or side out) on any further occasions during the same game, for any reason. Team delays include: A second improper request during the same game; Delay in completing a substitution; Delay in returning to play after a time-out; Delay in moving to positions after completion of a rally; Action by a player which creates unnecessary delay in the start of play; A player on the court wearing jewelry.

### **3. The Teams**

3.1 Players' Equipment: jewelry is not allowed, for safety reasons. Medical or religious medals must be removed from chains or taped/sewn under the uniform. Hair barrettes are permitted to secure hair.

3.2 Sweatbands or bandanas worn as sweatbands are permitted; however, hats and other bandanas are not permitted. A guard, cast, or brace made of hard and unyielding leather, plastic, or pliable plastic, metal or any other hard substance, even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm, or elbow.

3.3 Supports are permitted on other parts of the body as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least 1/2" of foam rubber (or 1/4" closed cell, slow recovery foam rubber).

#### **4. Team Composition**

Teams must be prepared to start a match at the scheduled match time or risk forfeit. A team shall consist of six players and have a minimum of four players to start.

If only four players are available, the person in the serving position is considered the only person in the back row.

**Co-Rec-** In the event of a Rally, a female player must be involved before going over the net. (Two guy Rule)

#### **5. Substitutions**

5.1 Player substitution may be made when the ball is dead, upon making the request to the referee.

5.2 A team is allowed an unlimited number of subs on a player-for-player basis, as long as the starter and the substitute replace each other in the same locations during the game.

5.3 When using an open substitution, as each player reaches a certain position, he/she is replaced by a waiting teammate (this is usually done at the serving position).

---

### **THE GAME**

1. Matches will consist of two out of three games to 25 points straight, must win by two.

2. This is a 6 player league, however, you may start or finish the game with 4 players. Co-Rec, you may have more women on the court than men only one more men than woman. One hit must be made by a female if there has been more than one hit on your side.

3. Rock, Paper, Scissors winner may elect to serve, serve receive, or side.
4. The server has 5 seconds to serve, or team loses the serve.
5. Substitutions may occur when the ball is dead. Time-outs are not required for substitutions.
6. You cannot block a serve.
7. Players may interchange positions to pass or block, only after the serve.
8. All passes must be clearly hit, not thrown, lifted, or change of direction allowed by a double hit.
9. A back line player may spike providing that he/she jumps and remains behind the 10 foot line.
10. No player may reach over or touch the net, or step over the center line (A player's foot may land on the center line provided it is not entirely over the line. Also, while playing the ball in his/her court, a player is allowed to reach under the net, but must not touch the floor over the center line.
11. Successive contacts may be made only after blocking a spike attempt.
12. Opponents simultaneously hitting the ball directly over the net may play the ball again if it falls into their court.
13. Each team is allowed one 30 second time out per game.
14. **All competitive games will be officiated.** Score keepers will only assist in making calls
15. **Recreational Rules that differ, NO SPIKING...**
16. The Intramural supervisor will have the ability to make final decisions.

#### **ADDITIONAL RULES AND CLARIFICATIONS**

The official United States Volleyball Association rules govern all play with the following intramural modifications and specifications.

## **1. LEGAL SERVE**

Each serve must be put into play by hitting the ball underhand or overhand over the net into the opponent's court by a player in the serving area. The player serving must not step on or over the end line until after the ball is contacted on the serve. (Foot fault: penalty-side out). Players must stay in serving order. Players may switch positions after service provided they return to their original positions after each point. PENALTY: side out or point awarded. Exception: a player from the back line may not spike the ball or block a spike within 10 feet of the net.

## **2. SERVING OUT OF TURN**

- A. Discovered while server still serving: side out called, mistaken points subtracted, serving order corrected.
- B. Discovered in interval between change of serve: opponent serves, mistaken points subtracted, and serving order corrected.
- C. Discovered after opponents begin serving: no loss of points, serving order corrected, on next dead ball.

## **3. LEGAL HIT**

A contact of the ball to be legal must be made with any part of the body. The ball may be played below the waist. A legal hit must be a "clean" hit. The ball may not be carried on the follow through.

## **4. ILLEGAL HITS**

An illegal hit is: 1) slapping the ball, 2) bumping the ball with two separated hands (hands must be together), 3) carrying the ball, 4) palming the ball, 5) directing the ball.

\*NOTE: in order to not be a illegal hit, the ball must leave players hand immediately upon contact of the ball.

## **5. PLAYING THE BALL**

A ball may be played three times on one side providing the same player does not touch the ball twice in succession.

**EXCEPTIONS:**

A. A ball hit simultaneously by two team mates is considered as one hit, and either player may contact the ball a second time.

B. When simultaneous contacts by opposing players occur, either player may contact the ball again if it falls on his side of the net. This contact will constitute the first of three attempts.

C. A blocker may recover from his own block and make a second play on the ball. This play will constitute the first of three attempts.

D. A serve may be received with a bump or with hands up. **WARNING:** by receiving serve with hands up, it is difficult to avoid being called for a carry

**6. NET AND LINE PLAY**

A. Players are not permitted to have any part of their body touch the net or step over the center line while the ball is in play, although stepping on the center line is permitted. **EXCEPTION:** ball hits net with such force it causes net to hit opponent, the ball is still in play.

B. A spiker may have his hand(s) or arm(s) follow through over the net as long as the ball is contacted on his own side of the net.

C. Players may reach over the net and block the ball, provided the opposing team has completed their attempt to return the ball over the net.

D. The ball is considered to have crossed the net when any part of the ball is extended over the net.

E. A player may go outside of the court to play a ball as long as the ball is contacted on that player's side of the court, and it will only be considered a legal return as long as it crosses the net and antennas within the boundaries of the court as extended.

## **6. Team Area, Duration of Matches, and Interruptions of Play**

6.1 All matches shall consist of the best 2 of 3 games.

6.2 Rock, Paper, Scissors; will determine who serves the first game of the match. The winner will choose: 1) first serve; 2) to receive the first serve; or 3) the choice of the court for the first game. The loser may choose from the other options.

6.3 A new Rock, Paper, Scissors is performed before the third game, if necessary.

6.4 After each game, and at 13 points in the deciding game, the teams will switch sides.

6.5 Any act, in the judgment of the referee, unnecessarily delays the match may be sanctioned.

## **7. Commencement of Play and Service**

7.1 The server shall have five seconds after the referee's "ready to serve" whistle in which to contact the ball for service. If, after releasing or throwing the ball for service, the server allows the ball to fall to the floor without touching it, the service effort shall be cancelled and a reserve directed.

7.2 There may be more than one reserve during any term of service, but not consecutively, nor to purposely delay play.

7.3 The service is considered good if the ball passes over the net between the antenna or their definite extensions.

7.4 The team not serving first in the game shall serve first in the second game.

7.5 The team that receives the ball first in a game shall rotate once before serving.

7.6 The players of the serving team must not screen their opponents from the server or the trajectory of the ball. Screening occurs when the serve passes over the player standing at the net with his/her hands over his/her head, or when the ball passes over two or more players standing at the net in close proximity to each other (3 feet).

7.7 At the time that the ball is contacted for service, the placement of the players on the court must be in the proper service order (the server is exempt).

## **8. Playing the Ball**

8.1 Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area.

8.2 The ball may be hit with any part of the body on or above the knee.

8.3 Players may have successive contacts of the ball during blocking and during a single attempt to make the first team contact (even if the ball is blocked) provided it is one attempt to play the ball, there is no finger action during the effort, and the ball is not held or thrown.

8.4 When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered a form of holding. A ball clearly hit with one or both hands from a position below the ball is considered a good play.

8.5 A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker's side of the net and the follow-through causes the spiker's hand and arm to cross the net without touching an opponent or the net, it is not a fault.

8.6 Only the players who are in the front line at the time of service may legally accomplish blocking.

8.7 Any player participating in a block shall have the right to make the next contact.

8.8 Back-line players may not block or participate in a block, but may play the ball in any other position near and away from the block.

8.9 Blocking a serve is prohibited.



8.10 Blocking the ball across the net above the opponent's court shall be legal provided that such a block is:

After a player of the attacking team has spiked the ball;

In the referee's judgment, has directed the ball into his/her opponent's court;

After the opponents have completed their three allowable hits;

After the opponents have hit the ball so that, in the referee's judgment, the ball would clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball; If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

8.11 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 of the net over the attacking team's area.

## **9. Play at the Net**

9.1 If a player's action causes the player to contact the net during play, whether accidentally or not, with any part of the player's body or uniform, it shall constitute a fault. Hair does not constitute of fault.

9.2 Contacting the opponent's playing area with any part of the ball except the feet is a fault. Touching the opponent's area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remain on or above the centerline.

9.3 Either team may play a ball that has penetrated the vertical plane of the net.

## **10. Team and Player Faults**

10.1 A double fault occurs when players of opposing teams simultaneously commit faults. The referee would direct a replay.

10.2 If faults by opponents occur at approximately the same time, the referee shall determine which fault occurred first, and penalize that fault; if this cannot be done, a double fault shall be declared.

10.3 If the serving team, or a player on the serving team, commits a fault, a side-out shall be declared. If the receiving team, or a player on the receiving team, commits a fault, the serving team shall be awarded a point.

10.4 During rally scoring in the third game of the match, a point will be scored on every play.

## **11. Scoring and Results of the Game**

11.1 All scoring is rally point. Matches are played best 2 out of 3 games.

11.2 A non-deciding game (games 1 and 2) is won when a team reaches 25 points and has at least a two-point advantage over its opponents. A third game will be played to 15pts winning by 2.

## **CONDUCT OF PLAYERS, COACHES, AND SPECTATORS**

A. The McDowell Family Intramural Sports Program is for your benefit and enjoyment. You are expected to control your behavior and conduct yourself in a responsible and respectful manner with your peers. Good sportsmanship is vital to the conduct of every activity and unsportsmanlike conduct will not be permitted. Any participant that repeatedly exhibits a poor attitude and lack of sportsmanship and makes any physical and/or verbal against an intramural official or staff member may result in permanent banishment from the program.

### **Reporting Scores**

All matches need to be reported to the Intramural office, via email, text, or on site Intramural staff.

Email:david.gardner@okbu.edu

text 405-250-7828