VOLLEYBALL

I. GENERAL
   A. Rosters
      1. Players may play for only one men’s or women’s team and one co-rec team.
      2. A team consists of 6 players. A minimum of 4 players is needed to start the game.
         a. Acceptable combinations of males and females for co-rec included: 3M & 2W, 2M & 3W, 2M & 2W.
      3. Team rosters are frozen at 5:00pm the last day of the regular season.
      4. There is no limit to players on the roster. Please note the maximum number of t-shirts awarded to a team will be two (2) times the number of required players for a game.
   B. Roster Restrictions
      1. No current varsity volleyball player may play in intramural sports volleyball.

II. Equipment
   A. Volleyballs can be checked out at the desk by showing your PAC student ID card.
   B. Game balls are provided by Intramural Sports.
   C. All participants must wear proper athletic attire as per Campus Recreation Center policy in order to participate. This includes non-marking court shoes.
   D. Prohibited Equipment
      1. Participants may not wear jewelry.
         a. Participants may not cover up jewelry with tape, Band-Aids or other such items.
      2. Participants may not wear hats, caps or bandanas.
      3. Cast or splints (hard or soft) are not permitted.

III. Timing
   A. Each match has a time limit of 45 minutes.
      1. At the conclusion of the 45 minutes, if the match has not been decided, a tie will be called.

IV. Regulations
   A. The Game
      1. Net height:
         a. Men’s: Pole marker 43 (7ft. 11-5/8in.)
         b. Women’s: Pole marker 24/25 (7ft. 4-1/8in.)
         c. Co-Rec: Pole marker 38 (7ft. 9-3/4in.)
      2. A coin toss shall begin the game.
         a. The options given to the winning team are to side or service
      3. The team receiving the serve first will serve in the 2nd game. If needed, a coin toss will determine service in the 3rd game.
      4. Teams will switch sides after the first game. If a 3rd game is needed, teams will switch sides when one team reaches 8 points.
      5. Scoring
         a. Best two out of three games
b. First two games are played rally scoring to 21
   i. Team must win by 2
   ii. Cap of 26

c. If necessary, third game is played to 15
   i. Team must win by 2
   ii. Cap of 20

6. Teams will have unlimited substitutions
   a. Players may only sub at the server position

7. Forfeits
   a. Forfeit Procedure: Any team not ready to play at game time shall be penalized in the following manner. For every minute the team is late to start, the opposing team receives 2 points.
   b. 5 minutes after game time – the game is forfeited, 10-0, to the team ready to play.

B. Rule Clarifications

1. The Serve
   a. The server may stand anywhere behind (not on) the rear boundary line to serve the ball.
   b. The server has 5 seconds after the referee signals to serve.
   c. A “let” serve that touches the net is legal as long as it crosses over the net and lands inbounds.
   d. Each member of a team must serve in turn, rotating clockwise 1 position.
      i. Each player must stay in their order that they serve in. Any illegal rotations/out-of-order serves will be a violation resulting in a point for the other team.
   e. Players must not be overlapping or outside the court at the time of the serve.
   f. Players on the serving team are not allowed to wave their hands, jump, form groups or perform any actions which intentionally screen or obstruct their opponent’s view of the serve.
   g. Blocking or attacking a serve or a “let” serve is illegal.

2. Playing the Ball
   a. A legal hit is contact with the ball anywhere off of a player’s body, which does not allow the ball to visibly come to rest even momentarily or roll off the body. Legal hits include blocks, passes, sets and spikes.
   b. There are a maximum of 3 hits by a team before the ball crosses the net. The same player cannot touch the ball twice consecutively, unless the first hit was a block.
   c. Simultaneous contact by two players is considered one hit and either player may contact the ball next. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
   d. The ball is dead when it comes into contact with any gym structures, walls, basketball backboards, ceiling, etc.
   e. Back row players may not leave their feet to make a play at the net. The ten-foot line is the restraining line, so that back row players may jump to spike the ball, as long as they leave the ground from behind the line.
3. **Play at the Net**
   a. A player shall not contact any part of the net or its supports while the ball is in play; if a player does make contact with the net or ropes then it is a violation.
   b. If a player inadvertently touches the official’s platform or net supports/poles (other than rope cable) it is not a foul.
   c. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players, it is not a foul if the opposing player(s) did not contact the net by their own impetus.
   d. A ball may be played from the net provided that a team still has at least one of its three hits remaining.
   e. When returning the ball to the opponent’s side of the net, a player may follow through over the net, providing he/she first contacts the ball on his/her own side of the net or directly over the net. A player shall not contact a ball that is completely on the opponent’s side of the net unless the contact is a legal block.
   f. Any time a player blocks the ball it is not considered a hit.
      i. If a player blocks the ball and the ball proceeds to his/her side of the net then that same player may make a consecutive play on the ball
   g. Blocking a ball which is completely on the opponent’s side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
      i. The attacking team has completed its three allowable hits.
      ii. The attacking team has had the opportunity to spike the ball, or in the official’s judgment, directs the ball with intent to return it to the opponent’s court.
      iii. The ball is falling near the net and, in the official’s judgment; no member of the attacking team could make a play on the ball.
   h. A ball may touch the net within the side line markers when crossing the net to enter the opponent’s playing area.
   i. A ball may be attacked, excluding a served ball, when it has partially crossed the net.
   j. **Center Line:** A player may touch the floor across the center line with one or both feet/hands provide that a part of the foot/feet or hand/hands remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.
   k. There is interference by a player who makes:
      i. Contact with an opponent which interferes with the opponent’s legitimate effort to play the ball.
      ii. Intentional contact with a ball which the opponent has caused to pass partially under the net and the opponent is attempting to play it again.
      iii. Penalty for Illegal Net Play: A point or side-out awarded to the opponent.

C. **Co-Rec Modifications**
1. The serving order and positions on the court shall alternate male and female.
2. **Men CANNOT** attack (spike) from in front of or on the 10’ line. They may jump from behind the 10’ line.
   a. If a male attacks the ball in front of the 10 foot line the play will be blown dead and a point will be awarded to the opposing team.
   b. A male may however start an attack from behind the 10 foot line and land in front of the 10 foot line after making contact with the ball.
3. If a team has 2 or more hits on their side, one of those hits must be from a female.
   a. In other words if two males play the ball on one side of the net then a female must make a play on the ball before the ball is returned to the other side of the net
   b. Two females, however, may hit the ball on one side of the net and return it to the other side without a male making a play on the ball.
4. If a team only uses 1 hit to hit the ball over, anyone may hit the ball over the net.
D. Penalties and Sanctions
1. A Yellow Card - will be issued for rude behavior, a second minor offense or other serious offenses. A Yellow Card Penalty results in loss of serve and a point awarded to other team.
2. A Red Card will be issued for extremely offensive conduct, and will result in ejection from the game, loss of serve and a point awarded to other team.
3. Teams will be charged a time out for delays caused by illegal substitutions, wearing jewelry or not returning to play when official indicates ready for play.

V. SPORTSMANSHIP
A. Ratings
1. PAC Campus Recreation’s sportsmanship rating policy has been developed to protect the safety of all participants and those affiliated with supervising our events. The Intramural staff reserves the right to end any intramural contest at any point.
   a. The Team Sportsmanship Rating is an objective means for assessing the behavior of teams through an Intramural Sport season.
   b. The Intramural staff on duty will grade all teams on their display of sportsmanship before, during, and after each game. Failure by the Intramural Staff to give a grade will result in an “A”.
   c. Participating in Intramural Sports is NOT a right, it is a privilege. Therefore, the Intramural Sports program reserves the right to take away that privilege from any team or individual that does not abide by the governing rules and regulations, as well as does not exhibit good sportsmanship and fair play.
   d. Two unsportsmanlike penalties on the same player will result in disqualification from the game. The third unsportsmanlike foul by the same team results in forfeiture of the game. (Example: 2 technical fouls on one player in basketball results in a player ejection, 3 technical fouls on a team results in a forfeit)
   e. Any player that is ejected for any reason must come in to speak to the Program Supervisor before their next game. That player or team is not eligible to play until doing so. Team will forfeit their ensuing game if the ejected player does not meet with the Program Supervisor. All ejections will warrant a minimum 1 game suspension!