



## INTRAMURAL SPORTS/RECREATION VOLLEYBALL RULES



### WEARING APPAREL

Gym shoes must be worn. Shorts, cutoffs or sweatpants may be worn. No street pants, jeans, or cargo bottoms will be allowed in accordance with Beeghly dress regulation. Athletic wear must be worn at all times. The player who doesn't have athletic wear on will not be allowed to play.

### NET HEIGHT

Men 8'; Women 7'4 1/4"; Co-Rec 7'8".

### RULES

1. An Official team consists of six players, but can be played by five or else it is a forfeit. Five minutes late forfeits the game, ten minutes late forfeits the match.
2. Individuals may only play for one men's or women's team and for one co-ed team during the entire season and playoffs. The first team that an individual plays for is the team that he/she is committed for the duration of the season and playoffs.
3. For co-rec play only: The forfeit rule still applies. The co-rec team has to have a minimum of 5 players ready to start when it's 10 minutes after the start time and they still have to have a minimum of 2 females included in the 5 players needed to start the game.
4. All players must present a current YSU ID at all contests.
5. IDs have to be collected by the team's captain and given to the referee at least 10 minutes before the start of the game. If a player comes late, the ID has to be given to the referee and then written down before that player is allowed to play.
6. Only the captain from each team is allowed to talk to the referees during play or at halftime. If a player other than the captain complains to the referees, a warning will be given to that team's captain. If it happens a second time during the same game, then that player will be ejected from the game.
7. In the case of an ejection, the player not only must leave the premises, but also needs to meet with the Assistant Director of Intramural Sports before she/he may participate in the next activity.
8. **THE INTRAMURAL STAFF HAS THE RIGHT TO STOP A CONTEST IF THEY DEEM IT NECESSARY.**

9. Any rules not covered in this rule sheet will be subject to interpretation by the Assistant Director for Intramural sports.
10. No tobacco chewing on the court areas.
11. Ball hitting on the boundary line is in-bounds.
12. Ball hitting any overhead obstacles or baskets or basket supports is out-of-bounds.
13. Team serving first yields the starting service in the next match.
14. When serving, a player must stand anywhere behind the end line.
15. A serve striking the net and going over is a good serve.
16. A ball striking the net is in play and the ball may be played from the net.
17. Teams must rotate immediately upon receiving the serve. A maximum three contacts are allowed to get the ball over the net.
18. The ball must always be a “clear” hit and never palmed, lifted, pushed or carried. It is a violation to hit the ball twice in succession, but multiple contacts are permitted by the same player on receiving a hard driven spike.
19. In returning the ball, a player may follow through over the net, providing he/she first contacts the ball on his own side of the net, but may not contact the ball there until opponent has hit the ball to return it.
20. A player may step on the line dividing the courts, but not cross completely over that line.
21. Touching the net at any time is a violation with the exception of a hard driven ball forcing the net into a player while he/she is on his or her own side of the court.
22. A substitution may be made at any time while the ball is not in play, but only his/her original lineup position. Total team substitution is 12.
23. Back row players are not permitted to jump in front of the 10’ restraining line to block or spike. They may spike a ball from behind the 10-foot restraining line from the net.
24. Teams shall change courts at the end of each game. In the case of a third game, the change is made following the completion of the eighth point accumulated by one team.
25. When the ball is served, players must be in their rotation order; shifts may be made in either front or back lines, but not between the lines.

26. Rally point scoring for all games. A game is won when a team has scored twenty-five (25) points and has a two-point advantage. The third game is to 15 points.
27. A team is permitted only two time-outs of thirty seconds per game.
28. The ball may be hit by any part of the body and including the feet.
29. Simultaneous contacts of the ball by more than one player of the same team are allowed and are considered as one play. Players participating in such play may participate in the next play.
30. Simultaneous contacts by opponents also permit the players involved to participate in the next play.
31. When a player commits a foul (striking the net) and a player on opposing teams makes an error (hitting ball out-of-bounds) on the same play, the first violation will be penalized.
32. Only the captains of the participating teams will be allowed to talk with the referee or umpire, and then only in a respectful manner.
33. All serves must be received and played. NO BLOCKING OF A SERVED BALL.