

**Intramural Volleyball Rules**  
**Salisbury University**  
**Campus Recreation Department**  
**146 Maggs Gym**  
**410-548-3266**

The rules governing this intramural sport activity derived from rules used by the National Intramural-Recreational Sports Association (NIRSA), National Federation of State High School Associations (NFHS) Volleyball Rules, and rules unique to the SU Intramural Sports Program. This rules sheet is not meant to be all-inclusive; rather it is a summary of the more common rules, policies, and procedures used by the Intramural Sports Program. Important policy information can be found in the Intramural Sports Guidelines. All team managers and players are responsible for reading this document and understanding the rules, policies, and procedures prior to participating in this activity.

**General Eligibility:** See the IMS Guidelines for complete listing of eligibility.

**Club Volleyball Team Players:** Team Members are eligible to participate in intramural volleyball; however these players must play on a Highly Skilled League team and there may not be more than two (2) club players on a roster. ***Penalty: A team with more than two (2) club players on a roster will automatically forfeit every game in which the ineligible player(s) participated. During playoffs, use of an ineligible player will result from the team being removed from further competition.***

**Intramural Team Participation:** Individuals may only play on one co-rec team per volleyball season.

**Identification:** All players **MUST present a GULL Card** to the IMS Supervisor prior to each game.

**Team Rosters:** All participants must sign the roster/waiver form in order to participate in the tournament.

**Games:**

- 1st game starts at 6:00 pm
- Last game starts at 10:00 pm

**Players & Substitutions**

**Players:** Teams are comprised of six (6) players. Co-Rec teams must have three (3) males and (3) females on the court at all times. A minimum of four (4) players is required to start a match. For Co-Rec teams, there may NEVER be more than a one player difference between the sexes. The Co-Rec ratio must be maintained at all times. In the event that a player becomes injured or has to leave the game (other than ejection) the game shall continue until it is deemed a farce by the Supervisor.

**Substitutions:** Unlimited substitutions are allowed. All substitutions, with the exception of injury, will rotate in for the serve. Substitutes will wait out of bounds by the right front position until a side out occurs where they will be permitted to rotate into the game.

**Communication with IMS Staff:** Team managers are the only individuals permitted to speak with officials regarding substitutions, calls or questions. Team managers must give verbal confirmation that they would like to protest only rule interpretations or player eligibility (not judgment calls) before the start of the next whistle. If you lose a protest, you lose one (1) timeout.

## **Equipment**

**Footwear:** Non-marking soled shoes must be worn. Black-soled shoes, sandals, and boots are strictly prohibited.

**Jewelry:** All jewelry must be removed or taped. This includes, but is not limited to, necklaces, headgear, newly pierced earrings, facial piercings, bracelets and watches. Hats, including baseball caps and bandanas may not be worn during play.  
Tape will not be provided.

**Volleyballs:** The game ball will be provided by the Officials. Teams should bring their own ball(s) to warm-up with.

## **Duration of Game & Scoring**

**Scoring:** Games are played to twenty five (25) using rally scoring (teams can score on a side out as well as a point), win by two (2) with a twenty-seven (27) point cap. The third game will be played to fifteen (15) (with a 17 point cap – rally scoring).

**Game Length:** Games are limited to forty-five (45) minutes.

**Time Outs:** One (1) 1-minute time out per team per game. Unused time outs do not carry over.

**Rotation:** Teams must rotate clockwise every time they regain possession (including the first serve for that team, unless it is the first serve of the game).

**Game Time is Forfeit Time!** All intramural events are tightly scheduled based on facility availability to allow for maximum participation, so keeping the games on schedule is very important. Please have your team at the court checked-in and ready to play at least ten (10) minutes before your scheduled game time. If one team is late/is not present, the team's manager that is present and has the minimum number of participants required ready to play will be given two options (once a decision is made it cannot be changed):

- Take the forfeit immediately.
- Give the team five (5) minutes to show.
- If the team shows, the game must be played with only the remaining amount of time left. If the team still does not show, it will be a forfeit.

**Reserve Clause:** the IM Staff reserves the right to make time adjustments to accommodate scheduling conflicts.

## **Fundamentals**

There are five fundamental skills– serving, passing, spiking, digging, and blocking.

**Serving:** The server is the back right player. The server may serve anywhere behind the end line (both feet must be behind the end line when the ball is contacted). The server may strike the ball in any manner (underhanded, side-arm, or overhand). The serve is allowed to touch the net on a serve as long as it goes over without a teammate touching it. Only one (1) serve attempt is allowed (no re-serving).

**Passing:** The team receiving the serve must attempt to return the ball over the net within three (3) touches. The 1st touch is usually called the pass. There are two (2) general methods of passing the ball – the overhead pass and the bump pass.

- **Overhead Pass (set):** The rule states that the ball must be clearly struck at all times. The set is accomplished with the pads of the fingers and thumbs. It is incorrect to use the palms of the hands. Both hands must contact and release the ball simultaneously; otherwise it is considered a double hit and illegal. If the ball rests on the hands it is considered a lift and is illegal.
- **Bump Pass:** This skill is accomplished by clasping the hands together. Straightening and rotating the elbows to form a flat surface with the forearms. \*The team receiving the serve may use either type of pass to play the ball.

**Spiking:** There are usually two (2) types of spikes: the hard spike and the dink.

- **Hard Spike:** When attempting a hard spike, the ball should be contacted with the palm of the hand, with a cupped hand, or with the fist. The ball may not be thrown or carried.
- **Dink:** A hand pass using the pads and thumbs or fist. The ball should not come to rest on the finger pads and thumbs.

**Digging:** An attempt to receive or recover a hard spiked ball. It is similar to the bump pass, but the player is usually more extended and often uses only one hand. Multiple contacts are allowed on the 1<sup>st</sup> return of the hard driven spike or serve.

**Blocking:** An attempt to intercept a ball that has been attacked by an opponent. The blockers may reach over the net to block when the opposition has completed their attack. A block is not considered to be a hit and may be played again by the same player.

## **Playing the Ball**

When playing the ball, the ball must be clearly contacted and not lifted, carried, or thrown at any time during the course of play. The ball cannot be contacted by any part of the body below the waist and cannot be contacted twice in succession by one player except in the following cases:

- When participating in a block.
- Simultaneous contacts by teammates shall constitute one contact and either player shall be eligible to play the ball.
- Multiple contacts are allowed on the 1<sup>st</sup> return hit of a spike or serve.

The ball must pass between or over the side boundary lines as it crosses the net. Teams will have three (3) hits per side to cross the ball to the other side of the net.

The ball may hit any part of the body on or above the knee. Players may not kick the ball.

When a ball touches a boundary line it is considered in the court. It is permissible to run out of bounds to play a ball on your own side of the court.

Any ball that contacts the ceiling or basketball backboards will be considered out of play and a point and/or side out be will be awarded.

A ball hit into the net, other than a serve, may be recovered provided a player does not make contact with the net or cross the center line.

The center line shall be considered common territory. A player may land on the center line, but no part of his/her body may land over it. If a player steps on the center line, a foul will be called only if the entire part of the foot touching the ground is across (not touching) the line. If a part of the player's body extends under the net but does not touch the floor, no foul should be called provided the player does not interfere in any manner with the opponents' play.

## **Positioning**

At the instance of the serve, all players other than the server must be within their playing area in serving order. Each of the three (3) forward players must be in front of his respective back row player and to the proper side of the player next to him/her (any part of a player's feet touching the floor shall not overlap any part of an adjacent player's feet touching the floor).

Players may switch positions on the court after the ball is put into play, but a back row player is not allowed to block or spike at the net.

A back row player in front of the 10 foot line may return the ball across the net, provided the contact with the ball is below the level of the net; however, should he/she be behind

the 10 foot line or take off to jump from behind this line, the restriction would not apply. Each player must remain in position within the boundary lines of the court until the ball has been contacted by the server.

The team's players rotate in a clockwise manner. If a substitution is to be made, the right front player rotates off and the substitute rotates into the service position. Teams rotate every serve (unless it is the first serve of the game).

### **Net Play**

A player may reach over the net during the course of play, but the player may not contact the ball over the net until the completion of the opponent's attack. A player's hand may pass over the net in a follow through after the player has completed the attack. When the ball crosses the center plane above the net it is considered as having crossed the net.

**Net Violation:** Contact with the net on a spike or blocking attempt is a net violation. It is not a violation if the ball is driven into the net, causing it to contact an opposing player.

**Simultaneous Hits Above the Net:** If two (2) opponents simultaneously hit the ball above the net, the player behind the direction of the ball is considered as having touched it last. The team upon whose side of the net the ball lands is allowed three (3) plays of the ball. If after the simultaneous touch by two (2) opponents, the ball falls and touches within the court area, the team on that side is at fault. If the ball lands out of bounds on same side of the court, then the other team is at fault.

### **Fouls**

The following fouls are penalized by a point for the opposition or by a side out and loss of the ball:

#### **Players out of position fouls:**

- A player is out of rotation order when the ball is contacted by the server.
- Players of the serving team attempt to block, or screen, the view of the receiving team during the serve.
- A back row player leaves (jumps) the floor within the front court spiking area to attack the ball.
- A back row player attempts to block at the net.
- A player serves out of rotation.

#### **Fouls related to the act of serving:**

- Serving out of bounds, in the net, under the net, or outside or directly above the net antennae.
- Unnecessary delay of game.
- Not striking the ball with the hand, fist, or arm for the serve.
- Stepping on/beyond the end line during the serve.
- Serving before the official's whistle (2<sup>nd</sup> offense).

**Fouls involving net play:**

- Player contacts any part of the net or its supports while the ball is in play.
- Player reaches over the net and contacts the ball before the completion of the opponent's attack.
- Player's entire foot (or portion in contact with ground) or any part of the body touches the floor on the opposite side of the center line while the ball is in play.
- Player interferes with the opponent's play underneath the net by touching the ball or an opposing player.

**Fouls committed during other play:**

- Not cleanly hitting the ball (the ball may not visibly come to rest when it is contacted).
- Hitting the ball out of bounds.
- Making successive contacts with the ball (exception – when simultaneous contacts are made by two or more players, or a contact made during a block. In both cases, the player may contact the ball again).
- Playing the ball more than three (3) times before it crosses the net.
- Playing the ball outside the court across the center line when extended.
- Hitting the ball over the net outside or directly above the antennae.

## **Salisbury University Team Sportsmanship Rating Explanations:**

**5** will be given to an organization which demonstrates qualities of extremely good sportsmanship both in regard to the other team and to the officials. It will be given where there is an attitude of complete cooperation by all the members of the team and its spectators throughout the entire game.

**4** will be given to an organization if there is not an incident of poor sportsmanship.

**3** will be given to an organization as an average grade where unsportsmanlike conduct is not present in the game except for rare minor infractions, but where the conduct is such that the game progresses without undue problems.

**2** will be given to an organization when a team has to be warned about unnecessary roughness in a game. This rating will be given if players other than the captain persist in questioning the officials or if any player repeatedly argues with the officials. If the spectators clearly related to a team fail to conduct themselves in an orderly fashion or if a team fails to cooperate with the officials to keep the game running in an orderly manner, an organization will be given a “D” rating. A “2” will also be given when 2 or more players are ejected by an official for abusive remarks or when such remarks are made repeatedly by player or spectators toward an official or opponent.

**1** will be given to an organization which disregards repeated warnings of unnecessary roughness or where a team is so antagonistic to an official that the game cannot be played with proper order and control (this is also grounds for discontinuation of the game). This rating will be given if a player is ejected for striking or shoving an official or opponent. A “1” rating will be given for disorderly conduct by spectators clearly related to a team whereby such conduct involves violation of university regulations or where a team displays general roughness whereby the safety of the participants is jeopardized (this shall include action by any player where the intent is to bring about physical harm to another player). A “1” rating will also be given to an action of a team showing disregard for the rules or policies of the intramural program.