CAMPUS RECREATION
INTRAMURAL SPORTS

6-on-6 VOLLEYBALL RULES

Updated: 06/16

1. GAMES AND ROSTERS

1.1 Rosters must contain a minimum of 6 players and a maximum of 18 (the 18 includes the captain and assistant captain). Teams can consist of any combination of males/females. On court combinations allowed are 3m 3w, 3m 2w, 2m 3w, and 2m 2w.

1.2 A team captain shall be designated and only he/she can communicate with officials. He/she must be present prior to the game for a coin toss. The winner of the coin toss will choose whether to (a) serve OR (b) defend the side of the net.

1.3 A team must have at least 4 players during a game in order to play.

2. THE GAME

2.1 Match: A match consists of the best 2 out of 3 games. A regular season match shall last no longer than one hour. If after an hour, the match has not been completed during the regular season, the team with the highest number of points shall win the game in progress.

2.2 Scoring: A game will be played to 25 points, using rally scoring (point can be scored by either side at the completion of the play). If a third game is to be played, teams will play up to 15 points. A team must win by two points. If the score of the game reaches 29 to 29, the next point will win (cap of 30).

2.3 Players: 4 players must start and continue a contest with at least 2 on the front row and 2 on the back row. Rotation is clock-wise. Players must rotate clockwise after each new service situation. Players must serve in alternating gender order.

2.4 Substitution: Substitutions may enter a game when the ball is dead and may enter the game in the serving spot only. Substitutions have no limit on how many times they enter the game; Penalty: point for the opposing team.

2.5 Time-outs: There will be 3, 30 second time-outs per match. There will be a one minute resting period between games while teams switch sides of the net.

2.6 Forfeit Time: Forfeit time is game time. Exception: If a team has less than the minimum number of players, the opposing captain has the option of taking the forfeit, or giving a five minute grace period. If a grace period is given, all players must be signed in and ready to play before the five minutes is up. Please arrive early in order to avoid a forfeit.

2.7 Block: Does not count as a hit in indoor volleyball. Has to occur after a hit from the opposing team to one or more team members who are vertical, with arm(s) straight in the air at or near the net. The returning team may reach over the net to block a ball that is being hit for the third time.

3. SERVING

3.1 LEGAL SERVE-- The server may:

a. Hit the ball directly off the holding hand .

b. Hit the ball after tossing it from the holding hand.

c. Hit the ball with one or both hands, open or closed.
d. Hit the ball with the arms.
e. A ball that hits the net but still goes over is a legal serve.

3.2 ILLEGAL SERVE:

a. When the ball is not given immediate return force upon contact.
b. When some part of the ball fails to pass over or within the markers on the net.
c. When the ball strikes an object or lands outside the playing court.

d. When the ball strikes an object over the playing court (i.e. rafters, lights)
e. When the server fails to be behind the end line and within 10 feet of an imaginary extension of the right line.
f. When a foot fault is made.

3.3 The server has 5 seconds to put the ball in play after the official signals the ball ready to play; Penalty: side out.

3.4 The returning team may not spike or block a serve; Penalty: point for serving team.

4. ILLEGAL PLAY OF THE BALL

4.1 A ball is played illegally:
a. When the ball is not returned within the opponent's court.
b. When the ball is not returned over or within the net markers.
c. When the ball is not returned with a legal hit.
d. When the ball is played more than once (consecutive hits) by any one player.
e. When the ball is contacted by a fourth player.
f . When the ball is contacted by any part of the player below the waist.
g. When the ball is played by one player while supported by another player or object.

4.2 A ball is played illegally at the net:
a. When the ball is held or pushed against the net.
b. When the net is touched by any part of the body (No foul is called when the ball is driven into the net with such force that the net contacts a player on the opposing team) .
c. When the player reaches over in an illegal manner. (A player can block with his/her hands over the net, and his/her follow through of arms can go over the net--But he/she cannot touch it).
d. When the player reaches under the net in an illegal manner (He/she may not touch the other side).
e. When there is a line violation at the center line. (entire foot or hand over the line, etc.)

5. MISCELLANEOUS

5.1 Spiking: Is allowed. A back line player may not spike the ball in front of the ten foot line.

5.2 Hands: Hands must remain cupped, or in a fist when hitting the ball—the ball may not come to rest in an open hand. Hands may be locked together when hitting the ball. The back of the hand may be used.

5.3 No jewelry may be worn on the hands or arms.

5.4 A ball on the boundary line is in.

5.5 Front line players only can switch positions (after the serve).

5.6 If a ball is hit, contacts the ceiling, and stays on that team's side, they may continue to hit it. If a ball is hit, contacts the ceiling, and goes over, it is considered out and the opposing teams' point.

5.7 Unsportsmanlike conduct is any (a) abusive or insulting language to other players and/or officials (b) any deliberate or flagrant act; Penalty: point or side out and disqualification from the current game and potential disqualification from future intramural games at the discretion of the Coordinator of Intramural Sports.