

## **2009-2010 INTRAMURAL VOLLEYBALL RULES** **(New Updated Rules)**

All intramural matches will be governed by the USA Volleyball rules with the following intramural modifications:

### **GENERAL INFORMATION**

1. All Intramural volleyball games are played at the ARC Building Located on Peabody Drive.
2. All participants must have their University of Illinois Student Identification Card (I-Card) with them at all times.
3. The captain must complete the scorecard roster prior to each game with first and last names of players.
4. All men's, women's and coed divisions play 6 on 6 volleyball. The minimum required to play is 5. See attached coed modifications for coed player policies.
5. Each team shall designate to the Referee the team captain or captains for the contest. The captain is required to sign the scorecard at the end of each game. The team captain is responsible for all information contained in the Intramural Volleyball Captain's Packet and Intramural Policies and Procedures Manual.
6. Teams should complete the scorecard with first and last names of all players, and be warmed up and ready to play as soon as the previous game ends on their court.

### **Players**

1. A team consists of 6 players. (3 men and 3 women for coed)
2. The minimum requirement is 5 players to field a team.
3. If a team has only 5 players, then they must play with a vacant spot for the sixth player. This spot is included in the regular rotation so that at one point the team will have two players on the front line. This vacancy is skipped in serving, so that a team does not lose a service.
4. If a 6th player arrives late, they may enter the game in the empty spot when their team next serves.
5. All coed teams must have at least one male player, but not more than 3, on the court.
6. No team shall have no more than 2 U of I Volleyball Sport Club Members on their team roster. Check the Intramural Handbook for further eligibility requirements.

### **No Show Procedure for 10 minute wait period**

1. If a team is not present and ready to play by **(5)** five minutes after scheduled game time, the 1st game will be a no show. The team ready to play at match time will have choice of service and side of court to start the 2nd game.
2. If a team is not present and ready to play by **(10)** minutes after the original scheduled match time, the entire match will be declared a no show. Teams no showing 2 matches will not be eligible for post-season.

## Equipment and Uniforms

1. All players are required to bring a valid UIUC I-Card to all Intramural Volleyball games.
2. All players are required to wear jerseys that the team must supply on their own. Numbers must be whole numbers (0-99) no fractions or decimals.
3. Only athletic type court or tennis shoes are allowed; they must be non-marking. All players must wear athletic shoes. No sandals, boots, or bare feet.
4. Players must wear athletic apparel with **no exposed metal**.
5. Baseball style hats, bandannas, and sunglasses are not permitted. No other headwear with knots or dangerous materials is allowed.
6. Players may not wear casts/splints under any circumstances at any time and all pads/braces must be above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it.
7. Players may wear kneepads, gloves, covered knee braces, headbands, and knit caps.
8. Absolutely no jewelry is allowed (rings, watches, including LIVESTRONG bands, etc). Necklaces and earrings or other jewelry should be removed for player safety.
9. All equipment is subject to the approval of the intramural staff on duty.

## Net Height

The height of the net shall be 8' for men, 7' 8" for co-rec, and 7' 4" for women.

## Starting the game

1. The winner of a coin toss has the choice of service or side of court.
2. The team not serving first in the first game shall serve first in the second game.
3. Service for the third game will be determined by a coin toss.
4. Teams change courts after each game. (In the championship finals matches, teams change sides in the middle of the third game, when one team reaches thirteen points).
5. The serving area is the entire area behind the end line between the sidelines and as deep as the court allows.
6. The referee sounds the whistle and signals for service before each serve. (Note: An individual will receive only one warning per game for serving before the whistle.)
7. Service may be underhand or overhand.
8. Players have 8 seconds to serve the ball.
9. Players are required to serve in the order they are listed on the line-up.

5	4	N	2	1	
6	3	E	3	6	
	1	2	T	4	5

NOTE: The team receiving the ball after "side-out" shall rotate one position clockwise before serving, with exception of the first serve.

## Scoring

1. A match consists of winning two out of three games scoring points using the Rally System.

2. A game is won when a team scores 25 points and is ahead by at least 2 points. No game shall exceed 30 points. If the teams are tied at 29-29, the first team to score the 30th point shall be the winner
3. Playoffs and championship finals will follow this same scoring system.

### **Substitutions**

1. No change will be made in the position of other players when substitutions are made.
2. There is no limit on the number of players permitted to substitute at one time.
3. There is no limit on the number of times a player may enter and re-enter the game, but they may only play and re-enter in the same serving spot.
4. Coed substitutions must be male for male and female for female only, unless it is to bring the ratio to 3 and 3.
5. If a player is injured and there are no remaining eligible substitutes, then the opposing team may be permitted to pick a substitute from the injured player's team to take that spot in the line-up. Bleeding players, or players with blood on their uniform, must be replaced.

### **Time-outs**

1. Each team may call one 30-second time-out per game.
2. A time-out may not be granted to the same team more than once during the game.
3. Each team shall receive the Full 30 seconds unless both teams are ready to play prior to the 30 seconds expiring.
4. Time between games shall not exceed 2 minutes.

### **Playing the Ball**

1. A legal hit is contact with the ball by any part of a player's body, including the head, which does not allow the ball to come to rest even momentarily.
2. The ball must be clearly hit: throwing, lifting, or shoving the ball are illegal.
3. Receiving the serve with an underhand bump is strongly recommended.
4. A team has three hits to return the ball over the net.
5. One player may not intentionally hit the ball twice in succession; however, the ball may unintentionally bounce off one player twice on a team's first hit.
6. Simultaneous contact by two or more players on the same team is considered one play, and any player is eligible to play the ball again.
7. If two opponents simultaneously contact the ball above the net, the ball remains in play, and the team receiving the ball is entitled to another three hits. If the ball lands out of bounds, it is the fault of the team opposite the net from where the ball lands.

### **Spiking the Ball**

1. Only front row players may attack the ball (spike).
2. A back row player may only attack the ball (spike) if they jump from BEHIND the 10-foot line.
3. Attacking a serve is prohibited.

### **Blocking the Ball**

1. All front row players are permitted to block.
2. Back row players are not permitted to participate in an attempt to block.

3. A block is not counted as one of a team's 3 hits.
4. A player participating in a block may play the ball again.
5. Passing the hands over the net on a block is legal.
6. Contacting the ball over the net on a block before the opponent's 3<sup>rd</sup> hit is not legal, unless the opponent has no opportunity to play the ball.

### **Co-Rec Modifications**

1) **In all coed games, if the ball is played more than once on a side, it must be hit at least ONCE by a female.**

2) When only one male player is in the front row at service, one male back row player may be forward of the attack line for the purpose of blocking. The remaining back row male and female players may not be forward of the attack line for the purpose of blocking. The male back row player is not allowed to attack or contact the ball above the net except when blocking.

3) If a male back row player is not participating in a block, there is no restriction on back row players being in the attack zone.

a) An attack is any action other than a block or a serve that directs the ball toward the opponent's court. Males may not perform an attack in front of the 10 ft. line in which the ball is directed in the downward direction (upward or parallel to the court is legal). Furthermore, when blocking, males may not reach completely over the plane of the vertical net extended. In other words, males must block straight up and cannot press across the net.