

Volleyball Rules

Intramural Sports

Recreation and Wellness Services

University of Akron

Participation in any and all activities within this facility and/or sponsored by The University of Akron is voluntary. All participants understand and agree that use of this facility and/or participation in an activity sponsored by the university is at their own risk and that the university is not responsible for any incidents, injuries or loss of property that may occur.

Volleyball rules will be conducted under the National Federation High School with the following additions, exceptions, and clarifications. If you would like to review or borrow a copy of the National Federation High School Volleyball Rulebook, or have any questions, please contact the Manager of Intramural Sports.

GENERAL INFORMATION:

- All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Participants Handbook. All participants must present a valid U of A ID.
- Each team should start the game with 4 players; a minimum of 2 is needed to avoid a forfeit.
- A player may play on only one team per sport.
- Each team shall designate to the Referee a player as the field captain. This person is the only player who can communicate with the officials. The captain is responsible for any information contained in the Intramural Volleyball Rules, Intramural Sport Participants Handbook, and Sportsmanship Policy.

GAME INFORMATION

- All matches will consist of the best two out of three games.
- All games will be rally scoring: Rally scoring means a point is won on each serve, no matter whether the team who won the point served the ball or not. In the first two games, a game shall be won by the team which has earned 25 points and a two point advantage. If the score is tied 24-24, then the first team to gain a two-point advantage is the winner. In the third game, the team which achieves 15 points first is declared the winner. If the score is 14-14, then the first team to gain two points in a row will be declared the winner. There is a cap at 17 points in the third game.
- A coin toss at the beginning of the match will determine the choice of court or service. The team which does not serve first in game one will serve first in

game two. Teams must switch sides between the first two games. A coin toss will be conducted for the choice if there is a third game.

- One time-out will be given to each team per game; an additional time out for each team is awarded if the score reaches 24-24.

PLAY ON THE BALL

- Maximum of Three Contacts: Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. *Exception: a block is not considered to be one of the three contacts.*
- Contacted Ball: A player who contacts the ball shall be considered as playing the ball.
- Contact of the Ball with the Body: The ball may be hit with any part of the body on or above the waist, but cannot come to rest visibly on the body. If the ball hits below the waist, it shall become dead.
- Illegal Hit: An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. This is a judgment call by the official and cannot be questioned by anyone. Holding, catching, throwing, lifting, rolling, and pushing are illegal hits because of prolonged contact with the ball.
- Double Hit: A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball. *Exception: A hard driven spike.*
- Simultaneous Contact by the Opponents: If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times. Also, if the ball is held simultaneously, by two opposing players, it is a double fault and the official will direct a replay.
- Net Play: A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area. *Exception: A service hitting and not clearing the net results in a dead ball and sideout.*
- Net Foul: A net foul occurs while the ball is in play and a player contacts any part of the net (including the cable attachments). It is not a foul when a player's hair touches the net or the force of the ball hit by an opponent pushes the net or net cables into the player. Also a net foul occurs when there is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball.
- Screening: A screen is an intentional act, which obstructs the receiving players' view of the server or flight of the ball from the server. Screening includes the server being hidden behind a group of two or more teammates who are standing in an erect position and the ball is being served over a member of the group. A screen also includes a player with hands extended clearly above the height of the head or with arms extended sideways at the moment of service if the serve passes over the player(s).
- Blocking the Ball: A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack. (The serve may not be blocked). The attack is considered

complete when the attacking team has completed their three hits, the attacking team has had the opportunity to spike the ball or no member of the attacking team is making an attempt to play the ball.

- **Front Line Players:** Front line players may contact the ball from any position inside or outside the court (except crossing the center line and its out-of-bounds extension). A player may cross the center line or its out-of-bounds extension with one or both feet/hands, provided a part of the foot/feet or hand/hands remains on or above the center. Contacting the floor across the center line with any other part of the body is illegal.
- **Back-Line Player Attack:** A back-line player may attack the ball only if he/she leaves the floor from behind the 10-foot line and its imaginary extension. If any part of the player's foot touches the 10-foot line at the time of contact; a foul shall be called. Back-line players may not attempt to block the ball in front of the 10-foot line. A back-line player shall not return a ball which is completely above the height of the net while on or in front of the 10-foot line or its out-of-bounds extension or while in the air if they left the floor on or in front of the 10-foot line.

SERVICE OF THE BALL

- The server must wait for the official to blow the whistle and motion prior before the serve may be attempted. If the ball is served before the beckon, a re-serve shall be called.
- During a team's term of service, if the ball is served twice before the official beckons, a side-out shall be called, no points shall be given.
- If the serve hits the net and falls inside the non-serving team's court, then the ball is ruled in play. If the serve hits the net and does not fall inside the non-serving team's court, then it is considered to be illegal and a point will be awarded to the non-serving team.
- The server shall serve from within the serving area and shall not touch the end line or the floor outside the line marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from the serving area.
- A "good" serve must land on the line or inside the court. If any part of the ball touches the line, then the ball is considered to be "good". If the ball lands out and is not touched by any player on the receiving team before it hits the ground, then a point is awarded.
- The server has 5 seconds to make a legal serve. The server may toss and catch a bad toss as long as no swinging motion had been made to attempt to serve. The server is allowed only one re-serve per term of service.
- **Player Position:** The positions of the players at the moment of service must be in proper alignment. This means that no player on the court may be closer to a sideline, end line, or centerline, than an adjacent player on the court. Front-line players may not overlap with any back-row player, and vice-versa. Players may not overlap with one another within the back-line or front-line.

CoRec Modifications

NOTE: All standard Intramural Volleyball rules will be govern Co-Rec play, with the following modifications:

1. A team must be comprised of two men and two women. At no time may more men than women may be on the floor. A team may, through substitution, be altered in such a way as to have 3 women and one man on the court at one time.
2. A game may be started with as few as 3 women and 1 man. Failure to meet this requirement will result in a forfeit.
3. A substitute shall take the position of the player whom they are replacing. (A man may not substitute for a woman unless she substituted for him first.) No change shall be made in the relative positions of other players when a substitution is made. If a player re-enters the game, they must enter in their original position in relation to their teammates.
*Except as in Section E of Substitutions in Standard Rules.
4. If more than one hit is used to hit the ball over the net, a female must be involved in the play or a side-out will result.