

Nevada Intramural Sports
Volleyball League Rules

THE COURT

- All volleyball league season and post-season games will be held in the Lombardi Recreation Gymnasium.

PLAYERS

- Games are played with six players on the court.
- Games may begin with only four players to start a match, if there aren't enough players present at game time.
- In order for Co-Ed games to begin with four players they must have at least 2 female participants on the court.

EQUIPMENT

- Court shoes are only allowed on the gymnasium floor.
- Volleyballs will be provided by Intramural Sports program.

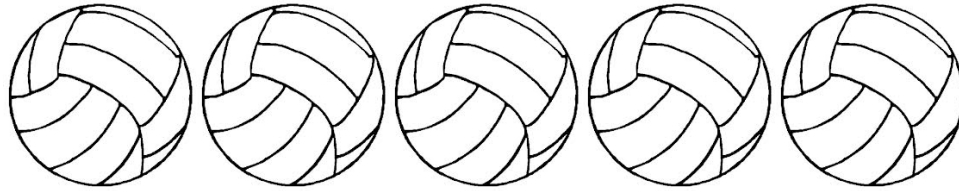
GAME PLAY

Pregame

- A coin flip or the game assigned officials orders will decide first possession.
- Before the first game of a match, team captains flip a coin for choice of sides of service; the winner of the toss has first choice.

Playing Positions

- On the serve, all players (other than the server) must be standing on the court in



serving order with each forward player in front of his corresponding back player.

- After the serve, players may switch positions under the following circumstances:
 - The backs cannot spike the ball unless they take off from behind the player's spiking line.
 - No more than three players can take a position in front of the spiking line at any one time.

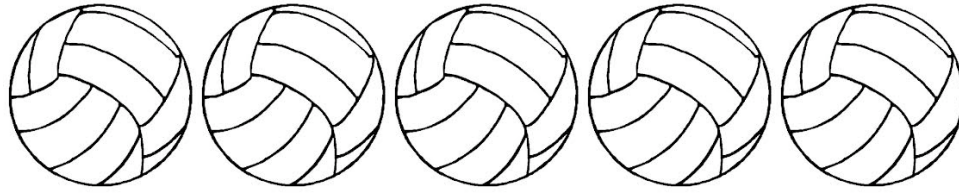
TIME REGULATIONS

- Each match will have a 50-minute time limit.
- Playing time starts when the ball is struck on the serve and stops when the ball is dead or if an official sounds their whistle.
- The rest period between games is two minutes.
- Each team will receive ONE, thirty-second time-out per game.
- Injury time-outs are not counted as part of the allotted team time-outs.

GAME PLAY & SCORING

Scoring

- All matches will consist of best two-out-of-three games.
- All games of a match will be played using "Rally Scoring."
- **Rally Scoring:** Scoring method where points can be won by the serving or receiving team.
- There will be NO side-out scoring.
- During the first two games a game is complete when one team has scored 30 points.
 - **A team must win by a two-point margin.**
- The third game of a match will be played to 15 points.
 - **A team must win by a two-point margin.**

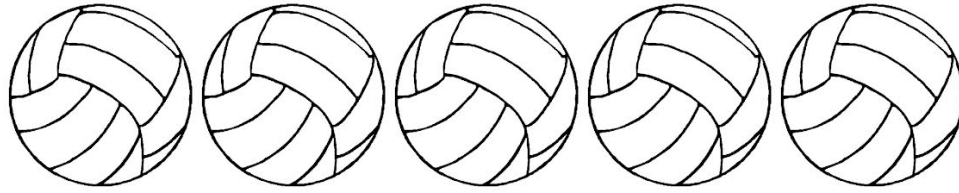


Serving

- The first serve for each game alternates between the teams.
- The first serve in each game is made by the player in the right back position; from then on, the receiving team must rotate one position upon being awarded the serve so that the right forward moves to the right back position, then serves.
- On the serve, the server must stand behind the end line and between the two serving area lines.
- He/she cannot step on the end line or into the court until he/she has made contact with the ball.
- If the serve hits the top of the net and continues unassisted into the receiving team's side of the court, it will be called a "let serve" and ***will*** stay in play.
- A player continues to serve until a game is complete or their team makes a foul.
- When a player serves out of turn and the mistake is discovered before the other team serves, all points scored on that service are cancelled.
 - However, when a player serves out of turn and the mistake is not discovered before the other team serves, all points scored on the incorrect service are counted.
- When players are not in their correct serving order, the mistake must be corrected as soon as it is discovered.
- **The correct rotation is: right back, to center back, to left back, to left forward, to center forward, to right forward, to right back.**
- A server's teammates cannot obstruct the receiving team's view of the serve by placing their arm above their heads, jumping, forming groups, or any other similar activity.
- After the whistle is blown to start play, the serve cannot be delayed.

Receiving a Serve

- **A player receiving a serve from the opposing team may legally set the serve.**
- Any *first* team touch (serve, block, spike) that is an incidental double touch is considered



legal.

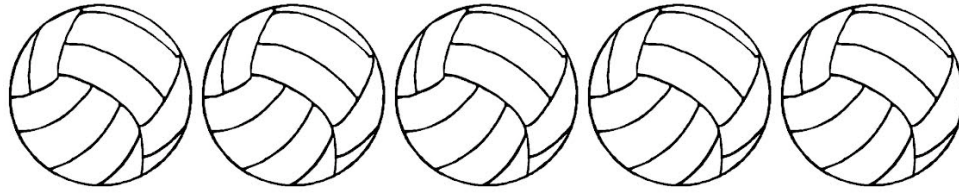
- No prolonged contact (i.e. catch and throw).
- If a double touch occurs on the second team touch a double touch will be called.
- As long as a person receiving a serve makes a legitimate attempt to return a ball, the ball can be bumped from the arm and bounce off the head or another body part and it ***will not*** be considered a "double hit."

Net Play

- A player cannot touch the net or its supports while the ball is in play.
- A player can reach under the net as long as he/she does not step over the centerline to interfere with the opponent's play.
- When players on opposing teams contact the ball at the same time, it does not count as one of the three contacts for either team. If the ball lands out of bounds, the point will be replayed (play-over).
- **A player can reach over the net at the end of an offensive play.** A defensive player cannot touch the ball until after the offensive team has completed their attack.

Other Play

- When opposing players commits a foul simultaneous on the same play, the point is replayed (play-over).
- A team cannot make contact more than three times on any return.
- When teammates contact the ball simultaneously, offensive or defensive, any of the players involved can make a second contact with the ball.
- **The ball may not be played off walls, including gym curtain, ceiling, and the basketball mechanism.**
- **The ball can be played off the leg or foot, but may not be intentionally kneed or kicked.**
- A player can step on, but not over, the centerline.



Blood Rule

- A player with a bloody injury or blood on his/her uniform must leave the game.
- The player may not return to the game until the wound is no longer bleeding, the wound is covered and/or the uniform is changed.

Substitutions

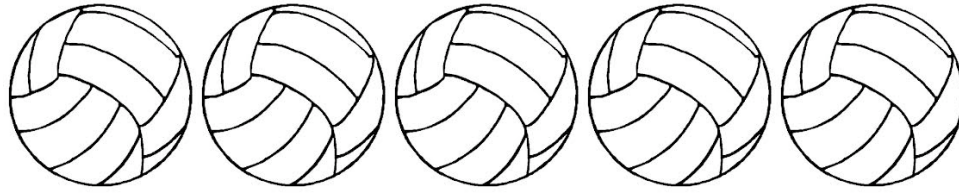
- Substitution will be allowed on a player-for-player basis for up to 6 substitutions in any one game/set.
- After 6 substitutions, players may be replaced only in the event of an injury. If this occurs, the injured individual will not be permitted to return to play until the next game/set.
- All players wishing to enter the game must first check-in with the floor official.

Tie Game

- If a match is in the third game of a 1-1 tie at the time limit, the winner of the third game will be given to the team leading. **The win by two-point rule does not apply.**
- If two teams are still in the second game of a match at the time limit, the winner will be declared by combining each team's scores from game one and game two. The team with the highest point total will be declared the winner of the match.

CO-ED PLAY RULES

- All volleyball league rules and penalties apply to co-ed volleyball league play. These are the added modifications for co-ed play.
- Co-Ed net height will be used.
- Whenever possible men and women must rotate serve.



Female Play Rules

- Teams must have at least two women on the court at all times if they are playing with 4 players; if they are playing with 5 or more they must have at least 3 women on the court at all times.
- A team can have more women than men on the court at any time during co-ed play.
- If a ball is contacted more than two times on a side; **a female must contact it before it is sent back over the net.** Failure to do so will result in a "side-out."

Male Play Rules

- **Men are allowed to spike the ball as long as they take-off from behind the 10 ft (3M) line.**
- When blocking, males may not reach completely over the plane of the vertical net extended. Males must block straight up and cannot press across the net.

INFRACTIONS / SPORTSMANSHIP VIOLATIONS

A Yellow/Red card system will be used to control rule violations, control unsportsmanlike conduct, and improper behavior.

Yellow Card Infractions

- Offending team will lose its' serve and the other team will receive a point and the serve.
- If during a Yellow Card infraction the offending team scores a point they get the point but lose serve and the other team gets a point and the serve.

Red Card Infractions

- Offending player removed from the game.