



# ***INTRAMURAL SPORTS***

## ***Volleyball Rules***

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### **SECTION 1: The Team**

#### **A. Players**

1. A team shall consist of a minimum of three (3) players for a men's/women's team. A Co-Rec team shall consist of a minimum of 2 males/2 females.
2. Players **Must Have a valid Tarleton ID** in order to play.

#### **B. Substitutes**

1. Substitution may be made during a dead-ball.
2. A disqualified player shall not re-enter the game. The player must confer with the supervisor and then leave the premise. A player ejected from a game must meet with the coordinator (Garthon Heath) before next schedule game.

#### **C. Participation**

1. Players are only allowed to compete on 1 Men's/Women's and 1 Co-Rec team per season. However, players who are members of a sorority may also compete on 1 Greek Woman's team in addition to their regular Women's and Co-Rec teams.
2. Any player who plays on more than one team within the same division will be declared ineligible for all intramural sports for the remainder of the academic year. Any games in which the ineligible player participated with be declared forfeits.

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### **SECTION 2: Team Roster**

- A. Players must be listed on the roster in order to play. All rosters will be frozen after the final night of league play.
- B. Only TWO former and/or current members of a Collegiate Volleyball or Club Volleyball program (Coach, Player, Officer) may be on the same team.
- C. Current members – players or coaches listed on the Tarleton Athletics Volleyball roster are NOT eligible to play.
- D. Red-Shirt volleyball players are NOT eligible to play.
- E. A player may not change teams once he/she has played for a team.

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### **SECTION 3: Uniforms**

- A. No jewelry, caps, or bandannas will be allowed to be worn.
  - B. If player has on jewelry, it must be taped or removed before game time starts
  - C. If requested, jerseys will be given to the libero.
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#### SECTION 4: Blood Rule

- A. Players who sustain injury causing an open wound will be required to leave the game. A player may not re-enter the contest until the flow of bodily fluids is stopped, the wound is covered, and all soiled articles of clothing are replaced.

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#### SECTION 5: Timing the Game

- A. Matches will be played every hour. Games will start promptly at the scheduled starting time and according to the Campus Rec Supervisor watch. Games will be played in a round robin format. **GAME TIME IS FORFEIT TIME.**
- B. **Game Time is Forfeit Time:** If a team does not have the minimum number of players necessary to start the game that team must forfeit the game... *No Excuses!*
  - a. *Forfeit Fee: A team that does not show up or have the minimum number of players necessary to play the game will be charged a \$20 forfeit fee. Forfeit Fees are to be paid in the Recreational Sports office (between 8AM and 5PM, M-F) prior to the teams next regularly scheduled game. Two (2) forfeits back-to-back will result in a team being dropped from the league.*
- C. A game shall consist of a 20-minute running clock on the first 2 sets and 15-minute running clock on set #3. Each team will receive one time out per set for a total of three per game. Each time out will last 30 seconds and the clock will be stopped during this time. **Time outs do not carry over from each set.**

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#### SECTION 6: The Game

- A. Rally Scoring will be used for all matches.
- B. For the first game of the match, the team representative will call the rock paper scissors. The winner has the option to choose between serve, receive, or side. The loser takes the remaining option. Teams shall change playing sides at the end of each set of the same match. At the beginning of a new set, players may rearrange their positions.
- C. A game shall be won by the team that has scored the most points:
  - 1. The first team to reach 25 points win by 2 or 30 points win by 1.
  - 2. The team with the most points after 20 minutes has expired. *\*If it is a 2-score set\*.*
- D. If the teams are tied after 20 minutes, win by 2 points is still in effect; unless either team reaches 30, then it is a win by 1 situation.
- E. If teams must play a third set, the set will be won by:
  - 1. The first team to 15 points wins by 2 or 20 points wins by 1.
  - 2. The team with the most points after 15 minutes has expired. *\*If it is a 2-score set\*.*
- F. A match will consist of the best two out of three sets, and league standings will be determined on won-lost record of matches played.

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#### SECTION 7: Position of Players

- A. The server shall serve at the whistle behind the end line. His/her feet must be behind the line at the time that contact is made with the ball. Part of the server's body may be in the air over or behind this line.
- B. A player must not serve out of turn. An out-of-order service will be called by the official and a change of possession will occur.
- C. The placement of players on the court must be as follows:
  - 1. After the ball is hit for the serve, players may move from their respective positions.
  - 2. Libero and Setter rules will be in effect.
  - 3. Players must return to their respective position before the next serve.

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## SECTION 8: Playing the Ball

- A. A team shall continue to serve until that team commits a foul or fails to return the ball.
- B. Playing the ball: A ball other than the serve may strike one or more times on the ceiling and fixtures which intrudes upon the height of the court or the surrounding play area. However, no such rebounding ball may legally strike about the opponent's side of the net nor may it fall to the opponent's court. In touching obstruction should a ball come to rest or be wedged; the ball will be declared dead.
- C. It is permissible to run out-of-bounds to play a ball on the return to the opponent's court as long as the ball passes over the net with in the side boundaries. A player may not run across the imaginary centerline, thus crossing in to the opponent's area
- D. The ball may be contacted a total of three times by a team before it is sent over the net.
- E. A contacted ball is one that touched or is touched by any part of the player's body.
- F. The ball must be clearly hit. When, in the opinion of the official, the ball visibly comes to rest at contact, the player shall have committed a foul.
- G. A double violation will be called when an individual comes in contact with the ball two times in a row.
- H. A lift violation will be called when the official has deemed that the individual has a palmed the ball and proceeds to move their arm in an upward motion.

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## SECTION 9: Net Play

- A. The ball may hit the net on the serve.
- B. A player shall not contact any part of the net or its supports while the ball is in play. When the ball is driven into the net so that it causes the net to contact an opposing player, this is not a foul; the player did not actually contact the net by his/her own accord.
- C. Players in the act of blocking may reach across the net but may not contact the ball until the opponent has hit the ball to return it.
- D. As long as any part of the player's foot is touching the centerline, he/she is not considered to have committed a foul, provided that he/she does not interfere with the opposing team.
- E. A ball may be played from the net provided the player avoids contact with the net and does not catch or hold the ball. A player may reach under the net in an attempt to keep the ball in play for his/her team, if they have remaining hits.
- F. When only part of the ball crosses the net, and is then contacted by an opponent, it is considered as having crossed the net. Any ball blocked across the net may be considered to have legally crossed the net.
- G. A player shall not make successive contacts with the ball except when a player is attempting to block and is contacted by the ball; the player is eligible to participate in the next play, which should be considered the first contact for the team.
- H. If two 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 falls is allowed three plays of the ball. Blocking is permitted by any or all of the players on the front line only. **A serve may not be attacked or blocked at any time.**
- I. A back-row player may not spike the ball unless he/she jumps from behind or is behind the ten-foot line.

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## SECTION 10: Co-Rec Rules

Co-Rec is to be played with the same rules as Men's and Women's volleyball; however, the following exception will be noted:

- A. The line up must have three men and three women, in any position as long as there is not more than 2 of the same sex consecutively next to each other. (Ex. male in the 1 and 2 spots, female in the 3 spots, male in the 4 spot and female in the 5 and 6 spots as shown in the table.)

4Male	3Female	2Male
5Female	6Female	1Male

- B. A woman must substitute for a woman and a man sub for a man.
- C. When the ball is played more than once by a team, **a female player must make one of the contacts.** Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball, regardless of the number of contacts made by a team.

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## SECTION 11: ACCIDENTS AND INJURIES

1. *Participation in the Intramural program is voluntary and at the participants own risk. Tarleton State University and the Recreation Sports Department do not assume financial responsibility for any injuries. It is strongly recommended that each participant be certain he/she has some form of insurance which would cover claims resulting from accidental injury during Intramural participation. The participants or their insurance companies are responsible for any expenses, due to injuries occurring while participating in the program. Each person must sign a team roster prior to participation in any intramural event.*

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### **Tarleton State University Intramural Staff Contact Information**

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