



Campus Recreation

Office for Student Success

Volleyball Rules

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Any rule not specifically covered will be governed in accordance with the NFHS Volleyball rules.

Modifications have been made to suit Campus Recreation Intramural Sports at the University of Kentucky.

Rule 1: Eligibility

The following people are eligible to participate in Intramural Sports Programming with a current Campus Recreation membership. Participants with a “MoveWell Only” membership are NOT eligible to participate in Intramural Sports. View all Campus Recreation membership options and purchase a membership on the [Campus Recreation website](#).

- **Undergraduate Students:** Undergraduate students who are currently enrolled in the University for one (1) or more in-person credit hours, are automatically paying the student recreation fee and are therefore eligible to participate in Intramural Sports.
 - Note: If an undergraduate student drops all classes at any point, they will lose their Campus Recreation membership and therefore be ineligible to participate in Intramural Sports.
- **Online ONLY Students:** Online only students who are enrolled in the University for one (1) or more credit hours are eligible to participate in Intramural Sports after purchasing a Campus Recreation Membership for the semester they intend to participate.
- **Graduate Students:** Graduate students who are enrolled in the University for one (1) or more credit hours are eligible to participate in Intramurals Sports with a current Campus Recreation Membership. Graduate Students who did not pay the Campus Recreation fee may become eligible by purchasing a Campus Recreation Membership for the semester they intend to participate.
- **UK Employees:** UK Employees who have a current Campus Recreation Membership are eligible to participate in Intramural Sports.

- **Spouses/Domestic Partners:** student, faculty and staff spouses/domestic partners who have a current Campus Recreation Membership are eligible to participate in Intramural Sports only when on the same team roster as their eligible spouse/domestic partner.

Assumed Names

No player may compete in an intramural event under any name other than their own and may not present picture identification other than their own. Presenting false identification will be considered the same as using a false name. Players in violation will immediately be intermittently suspended from all intramural activity while the incident is reviewed by Campus Recreation Professional Staff and Student Conduct. If there is a physical UKID present and the person it belongs to is not present, the UKID will be confiscated and returned to the Wildcard Office.

Professional Athletes

Any athlete who would be ineligible for varsity or extramural competition because of professionalism on any level is prohibited from competing in that sport (or a related sport) for a period of five calendar years from their last professional competition.

Division I Intercollegiate Athletes

An individual is considered an intercollegiate athlete if they appear on the roster of an NCAA Division 1 institution. This includes the rosters of the varsity, junior varsity, or reserve teams and any other way they may be listed by the Department of Intercollegiate Athletics at a Division 1 institution. Any player whose name appears on the athletic roster after the first intercollegiate game for that sport is considered to be on the roster for the entire academic year. These individuals are ineligible to compete in any **related** intramural sports until they no longer fit into any of the qualifications listed.

Sport Club Athletes

No Intramural team shall have more than two (2) sport club members, in their **related** sport, on its roster. A person who is considered a Sport Club member will be considered a member for the entire academic year. A Sport Club member is any player who is on the active roster. In addition to the active roster, a Sport Club member is a player who has appeared on any away trip roster, home roster or regional/national championship roster for that Sport Club throughout the given academic year. If either or both scenarios apply to an athlete, they are considered Sport Club members and shall participate in Intramural Sports as such.

Rule 2: Sportsmanship

Intramural Sports strive to create a game atmosphere that is friendly and fun for both staff and participants. To promote good sportsmanship, Intramural Sports has adopted the following sportsmanship policy based on minor and major infractions occurred during an intramural contest.

Minor infractions include, but are not limited to:

- Inappropriate Verbal and non-verbal dissent towards officials
- Taunting opponents or staff
- Actions detrimental to the spirit of the game
- Unnecessary contact with an opponent

Major infractions include, but are not limited to:

- Excessive inappropriate verbal and non-verbal dissent towards officials
- Threats towards opponents or staff

- Fighting or inciting a fight
- Second minor infraction on the same player

During a singular Intramural game...

- The accumulation of ONE (1) major infraction or TWO (2) minor infractions will result in the ejection of the individual from the game.
- The accumulation of TWO (2) major infractions, FOUR (4) minor infractions or ONE (1) major infraction and TWO (2) minor infractions in a game on a single team will result in the forfeiture of the contest.

During an Intramural season...

- The accumulation of TWO (2) major infractions (or equivalent i.e. 2 minor infractions = 1 major infraction) on a single player throughout the season (playoffs included) will result in the dismissal of the individual from the activity for the remainder of the season.
- The accumulation of THREE (3) major infractions (or equivalent i.e. 2 minor infractions = 1 major infraction) on a single team throughout the season (playoffs included) will result in the dismissal of the team from the activity for the remainder of the season.

The accumulation of minor and/or major infractions will be reviewed by Campus Recreation Professional Staff and Student Conduct if deemed necessary.

Rule 3: Player Equipment

- Knee and ankle braces which are unaltered from the manufacturer's original design/production are permitted and do not require any additional padding or covering.
- A guard, cast or brace made of a hard and unyielding substance, such as, but not limited to, leather, plaster, plastic, or metal shall not be worn even if covered with soft padding.
- Walking boots or walking casts shall not be worn even if covered with soft padding.
- Players must remove all jewelry and/or clothing accessories that are deemed dangerous prior to competing.

The request to remove jewelry or clothing accessory is at the discretion of the Intramural Sports Staff.

- Jewelry is defined as a decorative item worn or attached to the body or clothes for personal adornment, such as watches (including fitness & smart watches), bracelets, earrings, necklaces, pendants, and rings.

Rule 4: Team Captain Responsibilities

Each team must have at least one team captain. The method by which the captain is selected is entirely up to the team. The captain serves as a liaison between their team and the Intramural Sports Staff. Some duties of the captain include:

- Take responsibility for all forfeit payments incurred by their team and understand that they are ineligible to play any Intramural Sport until the forfeit fee is paid.
- Be familiar with the rules for the sport and all the information in the Intramural Participant Handbook.
- Ensure their team members follow all eligibility requirements.
- Responsible for communicating game time, location and ID policy to teammates.
- Represent the team and be the primary communicator with the Intramural Sports Staff, including officials.
- Ensure good sportsmanship among teammates and from spectators.
- Cooperate with the Intramural Sports Staff concerning any protests, incidents, or accidents that occur.
- May designate **ONE** coach per team that must also be on the team roster.

Rule 5: General Play

General Rules:

- Net Height:
 - Men's and Co-ed: 7Ft. 11' 5/8 inches
 - Women's: 7' 4 1/8 inches
- Pregame- the winner of a coin toss or a single round of rock, paper, scissors will decide to serve or receive the starting point attempt.
- Minimum of 4 players, max of 6 to play
- 3 back row positions are stationed behind the 10' line
- One timeout per set. No carry over.
- No limit on subs- can only sub into the serving position
- There is a 45-minute time limit on the match. If the 45 minute time limit is reached and the game is tied, the next point scored will win the game.

Match and point system:

- A match consists of the best 2 out of 3 sets
- Rally scoring will be used
- Set 1 and 2 are played to 21 win by 2 cap at 25
- Set 3 is played to 15 win by 2 cap at 17
- The match itself will end when a team wins 2 sets.
- Point- ball legally lands inside the other teams bounds

Serving:

- Starts on the official's whistle
- The back right position is the "serving" position
- Rotation occurs after both teams have completed a service (clockwise rotation)
- Legal serves: the server...
 - May hit the ball directly off the holding hand
 - May hit the ball after tossing it from the holding hand
 - Must serve within 5 seconds
 - Must serve within the serving area behind the back line.
- Serving out of turn:
 - Will result in any points during the service being cancelled
 - The serving order shall be corrected immediately

Play Procedures:

- Simultaneous contact is considered one play/contact
- The ball is considered dead:
 - After an official's decision, which temporarily suspends play, due to an infringement of a rule.
 - When the ball strikes the floor within the boundary lines of the playing court.
 - When the ball strikes the floor or an object outside the playing court, including the walls, basketball hoops, chairs, etc.
- Ball crossing the net:
 - A ball striking the net and going over is still considered in play.
 - The ball may be played when any part of it has crossed the top of the net. It is not essential for the entire ball to be on a player's side of the net before it is played.

- A defensive player may not break the plane of the net unless the ball has crossed the plane of the net onto the defensive player's side.
- Defensive players may not reach over and block the ball when an offensive player is setting the ball, or when the opposing team is making a play on the ball
- If a ball lands on a boundary line, it is good.

Penalties and Rules:

- A player may not hit the ball twice in succession, except when blocking (offensive hit and a defensive hit)
- No carries, lifts, or throws will be permitted
- A team shall not have more than 3 hits before the ball crosses the net into the opponent's playing area.
 - If the team's first contact is simultaneously contacted by the opponents, or an action block, the next contact will be considered that team's first hit.
- If the ball strikes the ceiling and comes back onto that same team's side and there are remaining touches left, that team is still able to play the ball. If it hits the ceiling and crosses over the net, the ball is dead, and a point will be awarded to the team who did not hit the ceiling.
- Any contact, intentional, or unintentional with the net regardless of offense or defense is illegal and will result in the other team's point.
- Fully crossing the center line with any body part will result in a fault.
- Multiple Contacts – hitting two parts of the body in succession. This is only permitted on the first contact after the ball has crossed the net, on the first team hit, or on the second team hit if the ball is next contacted by a teammate.
- Screening is illegal – intentional, or unintentional, obstruction of the server or ball's path of flight. This includes, but is not limited to the following:
 - The server is hidden behind a group of 2 or more and the ball is served over a member of the group.
 - Players with hands extended clearly above the height of their heads or with arms extended sideways at the moment of serve and the served ball passes over their player.
- Back row players shall not:
 - participate in a block/attempt to block
 - Attack/direct a ball while positioned:
 - On/ in front of the attack line or its out-of-bounds extension
 - In the air, having left the floor on or in front of the attack line or its out-of-bounds extension.

Rule 6: Co-Ed Modifications

- The maximum number of active players is 6 (3 men/3 women).
- A minimum of 4 players to start the game (2 men/2 women).
- Teams with five players shall be 3 men and 2 women or 3 women and 2 men.

Rule 7: Playoffs

To participate in the playoffs for any team, an individual must meet all intramural eligibility requirements and must be a member of the team on IMLeagues.

- It is the duty of the team captain to check the roster and bring forth any questions or concerns to the Intramural Sports Staff.
- Participants may be added to team rosters until a determined date or round in the playoffs.
- Regular season and playoff schedules will not be amended for players on multiple teams. Players must decide on which team to play for if there is a scheduling conflict.

- All questions concerning playoff rosters should be cleared with the Intramural Sports Staff during business hours prior to the contest being held.

Playoff Draw

For sports offered in the Wildcat Series, a playoff draw will occur at the completion of the regular season. The team's captain will have the ability to pick their spot in the team's respective playoff bracket via IMLeagues.

- All information on the playoff draw will be communicated to Teams via IMLeagues at the conclusion of the regular season.
- The playoff draw selection order will be based on the team's league rank. The rankings are based on the following criteria: Winning Percentage, Head-to-Head Record, Point Differential
- Once the playoff draw begins, teams will have up to 5 minutes to choose their team's spot in their respective bracket. After the 5 minutes have passed, the next team may start their selection.
 - If a team misses their 5-minute window, they may still select a spot in the bracket up until the deadline. However, teams will continue to pick, so limited spots may be available.
- At the deadline for the playoff draw, teams that have not picked a spot in the playoff bracket will be placed, at random, in any remaining spots.
- If a team wishes to change the spot they selected, they may contact the Intramural Sports Staff during normal business hours. Change is not guaranteed and is dependent on any remaining open spots.