

XAVIER

INTRAMURALS

VOLLEYBALL RULES

National Federation Volleyball Rules will govern play, with the following modifications:

1. Team Requirements

- 1.1 All eligible players must have a valid XU All-Card, which must be presented before the start of each game.
- 1.2 A team shall consist of no more than six (6) nor less than four (4) players. A late player may enter the game immediately in the sixth spot in the serving order.
- 1.3 Coed Modifications:
 - a. In all matches, a team shall be composed of three (3) men and three (3) women. Each team must have at least 4 players on the court at all times. A maximum of 3 per gender may be on the court at 1 time.
 - b. If three (3) legal hits are used to get the ball over the net, a female MUST have had at least 1 of the hits (i.e. a female must touch/pass/hit the ball).
 - c. Players must line up in gender alternating order while on the court and when time to serve

2. Equipment and Facilities

- 2.1 All players must wear non-marking athletic shoes. Open toed shoes, and boots are not allowed.
- 2.2 Volleyballs will be provided by the XU Intramural Department.
- 2.3 All jewelry must be removed before participating.
- 2.4 Equipment such as helmets, pads or braces worn above the waist, leg and knee braces made of hard, unyielding substances, or casts is strictly prohibited. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inch of slow recovery rubber or similar material will be allowed.
- 2.5 The Court:
 - a. The lines are part of the court (i.e. lines are in)

3. Start of Game and Timing

- 3.1 Games should start on time. There will be a five-minute grace period for any team not ready. Each minute that the game starts late due to one team, a point will be given to the opposing team
- 3.2 Each match shall begin with rock-paper-scissors to determine choice of serve or side. Teams shall alternate service and side from first to second game. If a third game is necessary, a rock-paper-scissors will determine the service and side.
- 3.3 Best 2 of 3 games
 - Set 1 = to 21 points or 15 minutes, win by 2
 - Set 2 = to 21 points or 15 minutes, win by 2
 - Set 3 = to 15 points straight or 40-minute time MAX per match
- 3.4 The ball shall be put in play by the player in the "right back position".
- 3.5 After the ball is served, each player may cover any section. Prior to serve all players must be in their proper positions (i.e. no overlapping).

- 3.6 **Teams must rotate subs in at the server's spot.** Teams must remain in the same rotation order throughout an entire set. The libero position is not utilized in Intramural Volleyball. In the event of an injury, teams may sub for an injured participant during the dead ball.
- 3.7 Each team has 2 timeouts per match

Game Rules

- 4.1 Any type of serve is permitted (over-hand or under-hand) as long as it clears the net.
- 4.2 When a served ball passes under the net or touches any player, surface or object (beside the top of the net) before entering the opponent's court, A POINT WILL BE AWARDED TO THE OPPONENT.
- 4.3 Each server shall continue to serve until A POINT IS AWARDED TO THE OTHER TEAM.
- 4.4 The Team receiving the ball for service shall immediately rotate one position.
- 4.5 A team is allowed three (3) successive contacts with the ball in order to return the ball to the opponent's area. An individual cannot contact the ball twice in succession. If two or more teammates touch the ball simultaneously, it is considered one contact, and any player may play the ball next if the simultaneous contact is not the third team contact.
- 4.6 A player may leave the court to play a ball. A ball hitting the side or an end line is good.
- 4.7 A ball touching the top of the net and going over into the opponent's court is still live.
- 4.8 Contacting the net or any part of it, including its supports, while the ball is in play or while a player is completing a play, is prohibited unless the force of the ball by an opponent pushes the net or supports into a player.
- 4.9 A player may cross the center line with his/her foot/feet as long as a part of the foot/feet remain(s) on or above the center line and the player does not interfere with the play of an opponent.
- 4.10 Failure of the receiving team to return the ball legally over the net into the opponent's court shall score one point for the team serving.
- 4.11 The ball may legally be hit by any part of the body, providing multiple contacts are simultaneous and the ball rebounds immediately and clearly after contact.
No kicking is allowed
- 4.12 Back line play:
- a. A back line player who is in front of the 10 front line may NOT play the ball directly into the opponent's area, unless at the moment of contact, some part of the ball is below the level of the top of the net. Back line can not spike in front of the 10- foot line.
 - b. There are no restrictions on a back line player while behind the 10-foot line.
INTERPRETATION: if a back line player jumps from behind the 10 foot line and contacts the ball before returning to the floor, he/she is assumed to be behind the 10 foot line.
- 4.13 Blocking: Blocking is the action close to the net which intercepts the ball coming from the opponent's side by making contact with the ball before, as, or immediately after it has crossed the net. A ball may be legally blocked after the opposing team has, in the referee's judgment, intentionally directed the ball into the blocking team's court.
- a. Only the players who are in the front line at the time of service may attempt blocking.
 - b. Multiple contacts of the ball by a player(s) participating in a block shall be legal provided it is during one attempt to block the ball.
 - c. Any player participating in a block shall have the right to make the next contact, such contact counting as the first of three (3) hits allowed the team.
 - d. The team, which conducted a block, shall have the right to three (3) additional contacts after the block in order to return the ball to the opponent's area.
- 4.14 A player may reach over, but not touch, the net during a block or follow-through after a spike. A player may not reach over the net to attack the ball.
- 4.15 A player **may not** block or spike a serve.

- 4.16 A ball is dead if it:
- a. Crosses the net outside the vertical line playing area (note: any part of the ball that crosses the vertical plane is considered out of bounds)
 - b. Lands out-of-bounds
 - c. Becomes lodged or momentarily comes to a rest on any other obstruction over the court.
 - d. Touches the floor within the playing area.
 - e. Is whistled dead by an official for any reason
- 4.17 A double foul occurs when players on opposing teams commit rule infractions at the same time. A replay is called and the ball will be served over by the serving team.
- 4.18 The following are either "side out" or point depending on who made the service:
- a. catch or hold the ball
 - b. dribble
 - c. touch the net with any part of the body while the ball is in play
 - d. serve out of turn
 - e. illegal serve
 - f. illegal volley

5. Other Rules

- 5.1 In all instances not covered by the above rules, National Federation Volleyball Rules shall be invoked. The officials shall have full discretionary power to enforce the rules as he shall see fit in order to conduct a proper game.

SPORTSMANSHIP

Sportsmanship is vital to the success of each and every program we offer to the university community. In order to encourage proper conduct before, during and after a scheduled contest, the Intramural Sports Department has developed a rating system. The rating procedure is as follows:

Acceptable Rating (3)

The team exhibits respect and cooperation and sporting behavior towards all sport programs staff, teammates, and opponents. The team has no issues or minor disagreements with the judgement of the officials. Captain demonstrates control over spectators, teammates, and him/herself.

Average Rating (2)

The team exhibits some respect and cooperation towards all sports programs staff, teammates, and opponents. The team has several minor disagreements with the judgement of the officials. Captain demonstrates mild or little control over spectators, teammates, and him/herself. Teams receiving one unsportsmanlike penalty fall into this category as well.

Unacceptable Rating (1)

The team does not exhibit respect and cooperation with unsporting behavior towards any sport programs staff, teammates, and opponents. The team displays issues and disagreements with officials. Captain demonstrates no control over spectators, teammates, and him/herself. Teams receiving more than one unsportsmanlike penalty fall into this category as well.

If a team receives two unacceptable ratings in a season, the team will be removed from the league and have to meet with the Sports Programs Office. Teams may face additional suspension and sanctions for one unacceptable rating depending on the situation and severity of the incident.