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 All-Card, which must be presented before the start of each game.
   1.2 A team shall consist of no more than four (4) nor less than two (2) players of the same sex. A late player may enter the game immediately in the first spot in the serving order.
   1.3 Coed Modifications:
      a. In all matches, a team shall be composed of two (2) men and two (2) women. Each team must have at least 4 players on the court at all times. The number of male participants on the court is not to exceed the number of female participants at any time (i.e. a team may play with 3 females and 1 male; however a team may not play with 3 males and 1 females).
      b. If more than one legal hit is used to get the ball over the net, a female MUST have had at least 1 of the hits (i.e. a female must hit the ball).

2. **Equipment and Facilities**
   2.1 Volleyballs will be provided by the XU Intramural Department.
   2.2 All jewelry must be removed before participating.
   2.3 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.
   2.4 The Court:
      a. The lines are part of the court (i.e. lines are in)

3. **Start of Game and Timing**
   3.1 Game time is forfeit time. If a team does not have two players by game time the team is assessed a forfeit. Team will then have to buy their way back in if they wish to continue playing.
   3.2 Each match shall begin with a coin toss 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 coin toss will determine the service and side.
   3.3 The game is won when either team scores twenty-one (21) points rally score or twelve (12) minutes of running time has elapsed. Must win by two (2) points. A MATCH CONSISTS OF THREE (3) GAMES. NOTE: The 3rd game will be played to fifteen (15) points or eight (8) minutes.
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 A substitute can only enter the game in the server’s position (back right). They can enter by or after the serve, **but it must stay consistent**.

4. **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 (except on a block). 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. *Coed: When the ball is played more than once by a team, at least one of the contacts must be made by a woman before it goes over. Penalty: side-out or point*.
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 in play.
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. However, one cannot kick a ball.
4.12 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 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.
4.13 A player may reach over, but not touch the net during the follow through of a spike or block. This shall be up to the official’s discretion. A player may not reach over the net to attack the ball.

4.14 A player **may not** block, set (a set is allowed if it is clean, judgment is at the discretion of the official), or spike a serve.

4.15 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

4.16 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.

4.17 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 (foot fault)
      1. a serve is considered a foot fault if the server’s foot comes in contact with the serving line
      2. upon the first occurrence of the game, both teams shall be issued a warning.
         Only one warning will be given, any ensuing foot faults will count as a side out a point
   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.