



INTRAMURAL SPORTS

Indoor Volleyball Rules

1. Players & Equipment

- 1.1. Each team will consist of (6) six players (3 men and 3 women for Co-Rec play). A minimum of 4 players must be present at game time to begin (2 men and 2 women for Co-Rec play). For safety reasons, no game will be played with fewer than (4) four players.
- 1.2. Players may NOT wear baseball-style caps. Knit and stocking caps are permitted. Players may wear a headband made of non-abrasive cloth, elastic, fiber, soft leather, or rubber. Bandanas and other headgear with knots are prohibited. Rubber or cloth elastic bands may be used to control hair.
- 1.3. No jewelry or any other item deemed dangerous by UTC Intramurals staff may be worn. Any player wearing exposed permanent jewelry (e.g., body piercings) will not be permitted to play.
- 1.4. All players must wear closed toe shoes.

2. Game Factors & Timing

- 2.1. Each game match will consist of a best two-of-three series. The first two games will be played to 21 points. A third game, if needed, will be played to 15 points. There will be no "win by two" rule in effect.
- 2.2. The game match will last 50 minutes. Whichever team is leading at the end of the 50 minutes will be declared the winner of the game. If there is a tie at the conclusion of the 50 minutes, the team to score the next point wins the game.
- 2.3. Teams will conduct their own coin toss, rock/scissors/paper, etc. prior to the matchup beginning, to determine which team will serve first. For the second game, the opposite team will serve first. If a third game is necessary, teams will conduct their own coin toss, rock/scissors/paper, etc. again.
- 2.4. Rally scoring will be used for all matchups. A point will be scored each time a team faults. If the serving team wins the rally, it scores a point and will continue to serve. If the receiving team wins the rally, it scores a point and gains serve.
- 2.5. Rotations: A team must rotate clockwise following a side-out resulting in that team regaining the serve.
- 2.6. Substitutions: Players may make a substitution when play is stopped following a fault resulting in that team gaining the serve.
 - 2.6.1. During a timeout, teams can make multiple substitutions.
- 2.7. Timeouts: Each team shall be permitted (1) one timeout per match. Timeouts will only be granted during a dead ball.
 - 2.7.1. Any team requesting a second time out will be charged with delay of game and will be penalized a point.
 - 2.7.2. Any player may request a timeout.

3. Service

- 3.1. If the serving team wins the rally, it scores a point and will continue to serve. If the receiving team wins the rally, it scores a point and gains serve.
- 3.2. The server must serve from behind the back line. Part of the server's body may be in the air over or beyond this line as long as contact does not occur until after the ball is served.

- 3.3. A serve that hits the net but still crosses the net is a live and playable serve.
- 3.4. The receiving team may not block or attack a serve.
- 3.5. At the time of the serve all players, both on the serving team and the receiving team, must stay in their respective positions. (For example, a player in the back-left position may not be standing in front of the player in the front-left position or to the right of the player in the back-right position.)
- 3.6. After the server makes contact with the ball, any player can move anywhere on the court.
- 3.7. A served ball is a service fault and becomes a dead ball when the ball:
 - 3.7.1. Does not legally cross the net;
 - 3.7.2. Passes under the net;
 - 3.7.3. Touches one of the server's teammates; or
 - 3.7.4. Touches the ceiling or any obstruction.
- 3.8. If, after releasing or tossing the ball for service, the server catches the ball or allows the ball to fall to the floor without being hit or contacted, the service effort shall be cancelled, and a re-serve shall be taken.
- 3.9. A player shall not serve out of turn. An out of turn service may be called by the official or by the opponent. If this is then verified by the official, any points scored on this service shall be cancelled and a side out awarded to the opponent.

4. Contacting the Ball

- 4.1. Each team is limited to a maximum of three touches on its side of the net before playing the ball across to the opposing team. No individual player may make successive hits on the ball. A block on the net is not considered a touch.
- 4.2. Legal contact is the touch of the ball by any part of the player's body that does not allow the ball to visibly come to rest and does not involve prolonged contact with a player's body.
- 4.3. If a ball is played out-of-bounds on their side of the court by a teammate, a player can still play that ball provided the team still has touches left.

5. Net Play

- 5.1. A player should not contact any part of the net (or its supports) while the ball is in play. This will result in a fault, and a point for the opposing team.
- 5.2. A ball may be played off of the net, provided the team still has at least one of its three hits remaining.
- 5.3. Blocking a ball completely on the opponent's side of the net (during a set) is not permitted. Blocking the ball completely on the opponent's side of the net – once attacked by the opponent – is permitted.
- 5.4. It is illegal to block a serve or spike a serve.
- 5.5. No part of any player should cross fully under the net at any time.

6. Co-Rec Modifications

- 6.1. Substitutions must be male for male and female for female.
- 6.2. The serving order and positions on the court shall alternate male and female.
- 6.3. If a team hits the ball more than once on its side of the net, the ball must be contacted by a female before it may legally be returned over the net or a penalty for illegal contact will be enforced.
 - 6.3.1. Illegal contact results in one point being awarded to the opponent.