



INTRAMURAL SPORTS

Intramural Volleyball Rules

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I. Governing Rules

1. All Intramural participants must present a valid Skyhawk ID card in order to participate. **No exceptions.**
2. All regulations regarding forfeits, defaults, protests, and rescheduling are outlined in the program handbook. These rules **must** be followed to the letter.
3. Intramural sports are offered to UT Martin students on a voluntary basis and each student participates at their own risk. Participants are responsible for ensuring that they are physically fit to participate in the selected sport(s), and are encouraged to check with their family physician or Student Health prior to participation.
4. The officiating will be done by referees who are in absolute control of the game. The official shall have the power to make decisions on any matters or questions not specifically covered in the rules.

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

I. The Game, Players, & Equipment

1. Starting Play

- A. Prior to the start of a game, the officials for the game will conduct a captain's meeting in which they will designate which captain shall call the "coin toss".
- B. The captain winning the toss will have the option of choosing first serve or which side of the court they'd like to start on. The captain not having first choice will exercise the remaining options.

2. Players

- A. A match shall be played by 2 teams of a maximum of 6 players. A team may start and continue a match with a minimum of 4 players.
- B. All players not in the game must remain 2 yards off the volleyball court.
- C. Only dressed players are allowed on the team's sideline. All spectators must remain in the stands.

3. Player Equipment-Required

Should there be any question regarding the legality of any equipment, the supervisor on duty will make the final ruling.

A. Jersey

- i. There is no requirement for teams to wear jerseys of distinguishing color.

B. Pants/Shorts

- i. There is no requirement for the type of pants/shorts players wear.

C. Footwear

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- i. Athletic shoes will be required.
 - ii. Street shoes, shoes with black rubber soles and turf shoes will not be allowed. Any player wearing a shoe that is considered to be inappropriate will not be allowed to participate.

4. Player Equipment-Optional

- A. Players will be allowed to wear a cloth headband, wristbands, etc.
- B. All types of headwear used for hair restraint will be legal.

5. Player Equipment-Illegal

- A. Jewelry must be removed prior to game start. **Penalty:** Side-Out. The offended team will receive the ball and 1 point.
- B. All hats will not be permitted during play.

II. Game Time is Forfeit Time

1. Forfeits

- A. If a team does not report to their designated field for their game at the scheduled time they will be assessed a forfeit.
- B. All forfeits will be assessed a \$20.00 Forfeit Fee that **must** be paid prior to the team's next game.
- C. Teams will only be allowed 1 forfeit per sport. After the second forfeit is assessed the team will be dropped from that sport and will still be required to pay the forfeit fee. If payment is not received the team could potentially be dropped from considered participation for future sports.
- D. After two forfeits a team will be removed from the league.

2. Defaults

- A. If a team knows ahead of time that they will not have enough players to play a legal game, then they may default.
- B. The team captain must notify the Coordinator of Intramurals of their team's default by 3:00pm the day of the game, or 5:00pm the Friday before a Sunday game.
- C. No fees will be assessed for defaults.
- D. After a team has received 1 default in one sport future defaults within that sport will be considered forfeits.

3. 10 Minute Rule

- A. If, at game time, a team does not have enough players to start a legal game the opposing team's captain will have the option of waiting an additional 10 minutes for the other team to obtain enough players to play a legal game.

- B. If the 10 Minute Rule goes into effect the game clock will start at the scheduled game time and play will commence once enough players from the offending team have arrived.
- C. If a team exercises their option to grant a 10-minute grace period for a late team, then 1 point per minute will be awarded to the team who granted grace.

4. Rescheduling

- A. If a team knows they will not be able to make it to their scheduled game but would like to reschedule the game they must contact the opposing team's captain and both captains must communicate with the Coordinator of Intramurals to find a time to reschedule.
- B. A game must be agreed upon and the Coordinator must be informed by 5:00 the day BEFORE the original scheduled game, or 5:00pm the Friday before a Sunday game.
- C. A game can only be rescheduled once. If a team attempts to reschedule a game that has already been rescheduled, if they are unable to play the game they will be assessed a forfeit.

III. Periods, Time Factors, & Substitutions

1. Game Length

- A. Matches will consist of the best of 3 games. The first team to win 2 games will win.
- B. The first 2 games will be played to 25 points via rally scoring. Teams must win by 2 with a 27 point cap.
- C. Teams will change sides of the court after each game.
- D. If, after 2 games have been played, a winner has not been declared the officials will meet with the captains and determine who will attain first serve for a 3rd game. The 3rd game will be played to 15 via rally scoring. Teams must win by 2 with a 17 point cap. Teams swap sides of the court when a team reaches 8 points.

2. Time-Outs

- A. Teams will be given two 30 second Time-Outs per match.

3. Substitutions

- A. Substitutions will only be allowed during dead balls and following the official's approval. The libero position **will not** be recognized in Intramural Volleyball.
- B. A player that substitutes for another player may only substitute for that same player for the remainder of that individual game. Substitutions reset at the end of each game.
- C. If an injury occurs, any player that has not been used as a substitute will replace the injured player. If all players have been used as a substitute any player may substitute for the injured player.
- D. An unlimited number of substitutions will be allowed.

IV. Starting Play

1. Service

- A. The server is required to wait for the referee to sound their whistle before serving the ball. **Penalty:** Side-Out, no point will be awarded.
- B. The server will have 5 second to serve the ball after the official has sounded their whistle. **Penalty:** Side-Out, no point will be awarded.
- C. A player will continue to serve until a fault occurs by the serving team and the service is lost to the other team.
- D. If a team serves out of order the team will lose the service and any points gained during that service. The players involved in the fault must correct their position and play will continue.
- E. Serves that contact the net and cross over the net will be considered live.
- F. The ball must be rolled under the net in between serves.
- G. A serve may not be blocked or attacked at the net. A player can make an attempt to set the ball off a serve.

V. Playing the Ball

1. Out of Bounds

- A. A ball touching any part of the boundary line is considered inbounds.
- B. If at any time the ball comes into contact with the net antenna the ball will be declared out.

2. General Play

- A. The ball may be hit a maximum of 3 times by a team before it must be sent over the net.
- B. A player who intentionally or unintentionally contacts the ball is considered to have played the ball.
- C. A player may not contact the ball twice in succession. **Exception:** If a player makes an attempt to block the ball and the ball makes contact with their body they will be eligible to contact the ball again.
- D. The ball may hit any part of a player's body and remain live. Unintentional hits will count as 1 of the team's 3 allotted hits.
- E. The ball may not be held, thrown, or pushed. **Penalty:** Side-Out, illegal hit. Point awarded.
- F. If 2 or more players of the same team simultaneously contact the ball, it is considered one hit, either player will be eligible to contact the ball next.

3. Play in the Net

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- A. A player may not at anytime come into contact with the net. **Penalty:** Side-Out, point awarded.
 - B. If, at anytime, the ball comes into contact with the net and crosses over the net it will be considered live, **including during serves.**
 - C. A player may not reach over the net at anytime, however, if a player's follow-thru causes their hand/arm to cross the net without interfering with an opponent's attempt to play the ball the action will be considered legal.
 - D. The ball may be played out of the net.

VI. Points

- 1. A point will be awarded when:
 - A. The ball touches the floor
 - B. The ball is held, thrown, or pushed
 - C. A team plays the ball more than 3 times successively
 - D. A player touches the ball twice consecutively
 - E. A team is out of position at service
 - F. A player touches the net
 - G. A player completely crosses the midline
 - H. A backline player, while in their attack area, hits a ball which is above the height of the net, into the opponents playing area
 - I. A ball lands outside the court or touches an object outside the court
 - J. A player receives a personal penalty
 - K. A player reaches under the net and touches or interferes with an opponent
 - L. A team intentionally delays the progress of the game
 - M. Illegal blocking
 - N. Teams do not follow Co-Rec modifications

VII. Co-Rec Modifications

- 1. 3 men and 3 women will constitute a full team. A game cannot start or continue with fewer than 4 players. At no point during a match can the number of one gender be greater than the number of the other gender by more than 1.
- 2. Player positions must alternate by gender.
- 3. Substitute players must enter or re-enter for a player of the same gender.