IM Volleyball Rules and Information

Current National Federation (High School) Volleyball Rules will govern play except for the following modifications.

I. PLAYER ELIGIBILITY

1. Participation is limited to currently-enrolled, fee-paying students, Emory University faculty/staff members, spouses, and Alumni.

2. All players must have an Emory University ID or Government Issued photo ID (i.e. Driver’s License) at each game to sign-in. **ID Cards will be checked EVERY GAME.**

3. All players MUST be listed on the printed scoresheets and cannot be written in at gametime.

4. Varsity players are not eligible to participate in similar intramural sports. Each team can have up to two club players in a similar sport. Teams who violate this policy will receive a forfeit loss for each game the violation has taken place and will be ineligible for the playoffs.

II. TEAM COMPOSITION & SUBSTITUTIONS

1. **GAME TIME IS FORFEIT TIME.** You must have the required number of players at game time in order to avoid a forfeit.

2. Players can compete on only one men’s or one women’s team, regardless of division. Participation in the men’s or women’s league and Co-Rec league is permitted.

3. Six (6) players constitute a team. The following player combinations are permitted for Co-Rec play:
   
   - 6 players: 3 men, 3 women; 2 men, 4 women
   - 5 players: 2 men, 3 women
   - 4 players: 2 men, 2 women

4. A team must have four (4) players to start a game. At least two (2) females are required in Co-Rec.

5. Substitutions may only take place during a dead ball. A substitute must enter the game before the serve. There is no limit to the number of individual entries or team substitutions in any one game.

III. EQUIPMENT & PLAYING AREA

1. All players must wear shoes. Tennis shoes and soft-soled shoes are permitted. Shoes should have non-marking soles.

2. No player may wear jewelry including, but not limited to watches, bracelets, necklaces, earrings, and various body rings. Jewelry worn for medical and/or religious reasons must be taped down. Baseball caps, hats, bandanas, and any other headwear that has a brim or knot are not permitted. Knit stocking caps and mesh head bands are allowed.

3. Volleyballs will be provided.
4. The court shall be regulation size.

IV. MATCH TIME, LENGTH, & SCORING

1. All matches will be best 2 of 3 games.

2. All games will use the rally scoring system with a point awarded on each service regardless of which team served. Points are scored on side-outs with serve also changing sides.
   A. In the first and second games, the game will be won when one team has scored 25 points and is winning by at least 2 points. The game will be capped at 31 if a winner has not been decided.
   B. The third and final game will be won when one team has scored 15 points and has at least a 2-point advantage over the opponent. There will be no cap on points in the third game.

3. The choice of serve or playing area shall be decided by coin toss or rock-paper-scissors between the designated captains of each team before the first game. The team not serving first in the first game of the match shall serve first in the second game. A coin toss or rock-paper-scissors is played again if a third and deciding game is needed. Teams will switch sides when one team reaches 8 points in the third game.

4. Two 30-second time-outs will be allowed per team per game. The time-outs may be used consecutively, if needed.

V. SERVE & ROTATION

1. At the instant the ball is hit for service, the server may not be in contact with the endline or the court. The service area spans the entire endline. All other players must have both feet inside the court.

2. A served ball is dead if it is hit illegally or before the referee has signaled to begin service. The ball must be hit with one hand. An illegally hit serve results in loss of service. If the ball is served before the referee signals for service, a re-serve results, on the first infraction only.

3. A server is given 10 seconds to contact the ball for service after the referee's first whistle.

4. A server will be allowed one release and drop per service term.

5. A served ball is dead and a point is awarded if the ball touches the ceiling or any obstruction, lands on the floor on the server's side of the net, passes under the net, or lands outside of the opponent's court. A serve that touches the net and continues over to the opponent's side of the court is a legal serve and the ball is in play.

6. The team which receives the ball for service after a sideout shall rotate clockwise before serving.

7. At the time the ball is served, the players of each team must be within their respective court positions. All players except the server must be within the court as the ball is served. After the ball is hit for the serve, players may move from their respective positions. (The position of players is judged according to the position of their feet in contact with the floor at the time the ball is contacted for service.)

8. At the moment of service it is illegal for players of the serving team to wave their arms, jump, or form groups of two or more players for the purpose of forming a screen to conceal the action of the server. The referee will be the sole judge of this action which does not have to be deliberate to be a fault.

9. A player may not attack or block a serve. The action is illegal as soon as contact is made regardless of the player's position on the court or whether the ball is returned to the opponents.
VI. LIVE BALL PLAY

1. The 10 foot/back line rule: A player in the back row may not participate in a block. A back line player must leave the ground behind the 10 foot line. Players may interchange positions, but all rules regarding the back line deal with positions at time of service. Players must return to their original position when the ball is called dead.

2. A blocker may contact the ball beyond the plane of the net inside the antennas, provided the blocker does not interfere with the opponent’s play. A player making an attack hit may pass hands beyond the net, provided the ball was contacted within his/her playing area or within the plane of the net.

3. If two teammates contact the ball simultaneously, this is considered one contact, and either of the players may make the next play on the ball.

4. If two opposing players contact the ball simultaneously above the net, either may play the ball on the next hit for the first of their team's three hits. If the ball visibly comes to rest during simultaneous contacts by opposing players, the referee will direct a replay.

5. The net may not be touched by a player while the ball is alive. If the ball is driven into the net with such force as to cause the net to contact an opponent, such contact shall not be considered a fault. Inadvertent contact of the net by the hair may be overlooked by the official.

6. The lines are considered part of the court; thus any part of the ball hitting a line is inbounds.

7. No part of the player’s body (ex. Hand, knee, foot) may touch the opposing team’s side of the court; however, it is not a fault if the player’s foot is still in contact with the center line.

8. A player may go outside the court and may cross the extension of the centerline, but if playing the ball, the ball must not be completely across the centerline extension.

9. Any attempt to distract a player by yelling, stomping the feet, or distracting action will result in unsportsmanlike conduct and a point given.

10. A ball is dead if:
   A. It touches the floor.
   B. The ball becomes lodged or momentarily comes to rest on any obstruction over the court.
   C. It is whistled dead by an official for any reason.

11. Fouls:
   A. The server is out of the service area at the time of contact
   B. The serving team serves out of line-up order
   C. The server hits the ball into the net or out of bounds
   D. A player plays the ball consecutively (Exception: After a block)
   E. A team hits the ball more than 3 times. Co-Rec: If the ball is hit more than once on a side, then both sexes must touch the ball.
   F. A player touches or reaches over the net, or crosses the center line while the ball is in play.

12. A ball may not be held, lifted, pushed, thrown, or carried at any time. Using an open hand to contact the ball in an underhand motion or to direct the ball forward from behind the head with an open hand usually constitutes a lift or carry.
13. The ball may be played using a players hand, foot, head or any body part so long as a lift/carry infraction has not occurred.

14. A double foul occurs when players on opposing teams commit rule infractions at the same instant. The ball will be re-served by the serving team.

15. Any ball that has been caused by your team to strike the ceiling or ceiling fixtures on your half of the court may be played again by your team provided that the third hit has not already occurred. The hit on the ceiling does not count as one of your team's three allowed contacts.