



**UNIVERSITY**  
**RECREATION**

## INDOOR VOLLEYBALL

*University Recreation does not provide accident insurance coverage for injuries received by Recreational Sports participants. Each participant should make sure they have their own coverage prior to participating. Injuries are a possibility. UREC Recreational Sports assumes no responsibility for injuries. However, basic First Aid will be available.*

### PROGRAM RULES:

**ANY player that is disqualified must meet with the GA before they are allowed to play ANY IM sport. If a player is disqualified, he/she may NOT be replaced and the team will play short 1 player.**

1. All participants must have their current valid UWG ID card with them and a 917 number in order to participate. No player will be allowed to play without his or her own valid UWG ID and 917 number.
2. Jewelry is not allowed.
3. All participants must wear full t-shirt. No cut-offs allowed.
4. Teams are required to wear same colored jerseys/shirts. Teams without their own jerseys will be required to check out jerseys from the I.M. checkout table. The captain's I.D. must be given to check out the bag of jerseys. Players must have a jersey before he/she can check in.
5. A player may play for ONE men's or women's team, and ONE coed team.
6. The following equipment may NOT be worn: hard hats, billed hats or visors, cleats, hooded sweatshirts, medical braces with exposed metal, any headgear with knots of any kind, or sunglasses.

### TEAM COMPOSITION:

1. A full team consists of 6 players
2. Teams must have a minimum of 4 players to avoid a forfeit.
3. CoRec games will be made up of 3 men and 3 women. Coed Combinations: 3w/3m, 3w/2m, 2w/3m, 2w/2m (These are the only acceptable combinations)

### EQUIPMENT:

The intramural staff will provide a volleyball.

### TIMING AND SCORING:

1. Matches will be the best 2 out of 3 games, rally scoring.
  - a. Set 1 & 2 to 21 cap at 25, Set 3 to 15 straight up
2. Each team will be allotted one (1) 30-second time-out per match.
3. Substitutions can only be by rotation

## GAME RULES:

1. Maximum of three team contacts: Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area.
  - a. The only exception to this rule is that a block is not counted as one of the three contacts.
2. The ball may be hit with any part of the body, but cannot come to rest visibly on the body.
3. A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball.
  - a. Exception: A player who blocks an opponent's hit may hit the ball once after the block.
4. Simultaneous contact by the opponents:
  - a. If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times
  - b. If two opposing players hold the ball simultaneously, it is a double fault and the official will direct a replay.
5. Net play: A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area.
  - a. Exception: A service hitting and not clearing the net results in a dead ball.
6. Net foul: A net foul occurs while the ball is in play and:
  - a. A player contacts any part of the net including the cable attachments
    - i. It is not a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or net cables into the player
  - b. There is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball
7. Blocking the ball: A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack
  - a. Note: The serve may NOT be blocked
8. The attack is considered complete when the:
  - a. Attacking team has completed their three allowable hits
  - b. Attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with the intent to return it to the opponent's court
  - c. Ball is falling near the net on the attacking team's side and in the official's judgment; No member of the attacking team could make a play on the ball.
9. Front line players may contact the ball from any position inside or outside the court
  - a. Exception: completely crossing the centerline is illegal
10. A player may cross the centerline and it's out of bounds extension with one, or both, feet/hands provided a part of the feet/hands remains on, or above the center line or it's out of bounds extension.
11. Back-line player attack: A back-line player may attack the ball only if he/she leaves the floor from behind the 10-foot line and its imaginary extension.
  - a. If any part of the player's foot touches the 10 foot line at the time of contact; a foul shall be called.
  - b. Backline players may not attempt to block the ball in front of the 10-foot line.
  - c. A backline player shall not return a ball which is completely above the height of the net while:
    - i. On or in front of the 10 foot line

Serving:

1. The server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted.
  - a. If the ball is served before the official's beckon, a reserve shall be directed.
  - b. During a team's term of service if the ball is served a second time before the official's beckon, then it is a side out.
2. The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve.
3. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from the serving area.
4. If the serve hits the net and still falls inside the non-serving team's court, then the ball is ruled in play
5. If a service hits the net and does not fall inside the non-serving team's court, then it is to be considered illegal and a point will be awarded to the non-serving team.
6. The server may toss and catch a bad toss as long as no swinging motion has been made to attempt the serve.
7. The server is allowed only one reserve per term of service
  - a. If the server attempts two re-serves, the result will be a side out and a point for the opponent

Out of Bounds:

1. The ball is out of bounds if it comes into contact with the net antennas, or floor/wall beyond the boundaries of the court.
2. The ball is in play if it comes into contact with the ceiling, if and only if, the ball remains on the side of the team who hit the ball, and the following hit will not exceed the maximum of 3 hits per side.
3. You may not play a ball that is out of bounds and then proceed to call the ball "out", expecting to benefit from the side out.
4. Once a ball is touched by the receiving side it is considered "in"

## SPORTSMANSHIP POLICY AND RATINGS:

The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the regular season and the playoffs. Behavior before, during, and after an Intramural Sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system. Furthermore, the team is responsible for the actions of the individual team members and spectators related to it.

At the conclusion of each contest, the Intramural Sports Staff present will assign each team a Sportsmanship rating based on a grading scale of "1-4".

**4 pts Good Conduct and Sportsmanship:** Players cooperate fully with the officials and Intramural Sports staff. The captain is the only player to converse about rule interpretations and calls and does so in a polite and respectful manner. The captain also has full control of their teammates. Team is respectful to their

opponents, officials, scorekeepers, spectators and Intramural Sports staff. \*Teams who default will receive a 4-sportsmanship rating

**3 pts Average Conduct and Sportsmanship:** Team members complain about decisions made by the Officials and/or show minor dissent. Team members show minor disrespect to someone involved in the contest.

**2 pts Below Average Conduct and Sportsmanship:** Team shows verbal dissent towards officials And/or the opposing team. Captain exhibits minor self-control and little or no control over their team.  
\*one unsportsmanlike infraction was given to a team

**1 pts Poor Conduct and Sportsmanship:** Players constantly comment to the officials and/or opposing Team from the playing area or sidelines. Team captain has no self-control and no control over their team's actions.

\*two unsportsmanlike infractions given to a team.

**0 pts Very Poor Conduct and Sportsmanship:** Team is completely uncooperative. Captain has no Control over teammates and/or themselves. \*Teams who no show \*3 Unsportsmanlike infractions or game forfeiture.