



VOLLEYBALL RULES

Policies and Procedures

1. All rules in the Intramural Policies and Procedures Handbook shall supersede the following rules should a conflict between the two arise. The Intramural Program Advisor will make the final determination on all rule interpretations. Campus Recreation reserves the right to add, delete, and revise rules periodically to insure fair play for all involved.
2. All rules not covered below shall be found in the NIRSA Volleyball Rules.
3. **Eligibility:** All participants are required to bring a valid WVU identification card to all contests. If a player does not have a WVU identification card, they will be allowed to play if they have a valid picture ID and a copy of the course schedule. Failure to do so will result in that player being unable to participate in that contest. Participants must meet all other eligibility requirements stated in the Policies and Procedures Handbook.
4. **Rosters:** All players who are expected to compete throughout the course of the game must have their name on the score sheet before the start of the game. Once the opening tap of the game has started, no players may be added to the score sheet. The captain is responsible for ensuring that all players that wish to compete are on the original roster or on the first non-forfeited game in order to play and compete in play-offs.
5. The officials' and supervisors' authority and jurisdiction will be in effect in and around the field of play.
6. **Captain's Ejection Policy:** Any captain, player or spectator ejected from a game for conduct reasons will be suspended for at least one game and must follow the ejection procedures listed in the Policies and Procedures Handbook. The captain's ejection policy shall be in effect for all contests. Any player or spectator ejected from a contest after their captain has received a warning to control his teams and/or spectator's actions should result in the captain also being ejected for the remainder of the contest. According to the captain's ejection policy, for each player ejected, the team must play a player shorthanded. The captain may be replaced on the field, unless he/she has been ejected for his/her own conduct, rather than those of his/her players and/or spectators. Any player ejected in the last league game or during play-offs, must meet with the program manager and program assistant director in order to determine result of the incident.
6. **Sportsmanship:** Sportsmanship is rated on a score of 1 to 5. 5 being the best and 1 being the worst. Teams are required to average a sportsmanship rating of 3 in the regular season in addition to having a sufficient won-loss record in order to qualify for the playoffs. Once in the playoffs, teams must finish each game with at least a 3 in sportsmanship rating to advance to the next round. Teams must earn a 3 sportsmanship rating in the championship game to win the championship. See the Policy and Procedures Handbook for more information.

7. **Attire:** All players must wear gym shoes or tennis shoes. Bare feet, sandals, and street shoes are not allowed. A mouthpiece, elbow pads and kneepads are suggested but not required.
8. **Equipment:** Teams may bring their own balls.
9. **Forfeit Time:** Game time is forfeit time. No extra time will be given for players or teams to arrive.
10. **Bench Clearing:** Any player that leaves the bench during a game to rush the field will be ejected from the game.

The Game

1. **Players:** *A team consists of six players.* No less than four players are required to start a game.
 - *For four-on-four volleyball:* A team consists of four players. No less than three players are required to start a game.
2. The officials will explain any ground rules before the match.
3. **Game Length:** Matches will consist of two out of three games to 21 points rally scoring; the winner must win by two.
4. **Pre-Game:** There will be a pre-match coin flip. The winner will have the following options: 1) serve to start the first game, 2) choose a side. The loser will choose a remaining option.
5. To begin second game, the teams will switch sides. The team that did not serve to begin the first game will serve to begin the second game.
6. To begin the third game, there will be a coin flip. The winner will have the following options: 1) serve to start the third game, 2) choose a side to start the third game. The loser will choose a remaining option. The teams will switch sides in the third game after one team scored eight points.
7. **Time-outs:** Each team will be granted two 60-second timeouts per game.
8. If a player is bleeding, the game must be stopped and the wound must be covered. All clothing covered in blood must be cleaned or removed. The player must sit out at least until the next dead ball after he/she leaves the game before being allowed back in. The same applies to an injured player if the game must be halted to attend to them.
9. If any part of the ball lands on a boundary line, the ball is considered in bounds.
10. **Scoring:** A team can only score points when that team is serving.
11. **Rotation:** The rotation for serving shall be clockwise with the serve rotating from the right forward to the right back position. The serving rotation may not be changed except when a new game is started.
12. **Substitutions:** A player may substitute on a dead ball, upon making the request of the referee. A team is allowed an unlimited number of substitutes on a player-for-player basis, as long as the starter and the substitute replace each other in the same locations during the game. When using open substitution, as a player reaches a certain position, he/she is replaced by a waiting teammate (this is usually done at the serving position).
13. **Serving**
 - Servers must wait for the referee's whistle before serving.

- Each server will continue to serve until there is a side out or until the game ends.
 - The server will have the entire length of the court to serve.
 - When a served ball touches the net, passes over the net outside the markers above the sidelines, touches any player, surface, or object before entering the opponents' court, it will be considered a side out.
14. **Volleying of the Serve:** the front row hitters may block a serve. The receiving team cannot set a serve or spike the serve. The served may be received with a one-handed closed fist pass, or an interlocked pass. Once the serve has been received, a player may set the ball.
 15. **Spike:** A spike is considered to be a return in which a player in front of the 10-foot red line at the time contact was made hits the ball with his arm in a forward and downward motion.
 16. **Block:** A block is considered a front row player (in front of the ten foot line) having hands and arms completely vertical when making contact with the ball. Hands may not break the plane of the net.
 17. **Back row Attack:** For six-on-six: A player may attack the ball from the back row, as long as they leave the ground before the ten-foot line. **Exception:** If a team is playing shorthanded with four or less players, everyone is eligible to spike in front of the 10-foot line except the server. In four-on-four, everyone is eligible to spike in front of the 10-foot line except the server.
 18. **Number of hits:** A team may not hit the ball more than three times before it crosses the net into the opponents' court.
 19. **Simultaneous contact:** Simultaneous contact by teammates is allowed and is considered one hit. Simultaneous contact by opponents will be replayed. A block is not considered a hit.
 20. The ball may be hit below the waist as long as the contact is unintentional. This call is to be made by the discretion of the official.
 21. A player may not break the plane of the net during play.
 22. **Contact with the net:** A player may not contact any part of the net or its supports while the ball is in play. This includes any follow-through motion.
 23. In returning or spiking a ball, a player may follow through over the net provided they first contact the ball on their own side of the net. **Exception:** Players in the act of blocking may reach across the net only if the opponents have hit the ball in such a manner that it would clearly have crossed the net had it not first been touched by a player.
 24. **Replaying the ball:** A double foul will be called when opponents commit a foul simultaneously. The play will be replayed.

 25. **Centerline:** A player can step on but not completely over the centerline. Should any body part completely cross the centerline, a violation will be called.

Co-Rec Rules

1. All rules for men's and women's contests will apply to co-rec contests except for the following:
 - **For six-on-six:** A team consists of three women and three men or four women and two men. A minimum of four players are needed to start a match. These four players must include two women and two men or three women and one man. If a team is playing shorthanded after the match begins, the team must have at least as many women as men on the court at all times.
 - **For four-on-four:** A team consists of two women and two men or three women and one man. A minimum of three players are needed to start a match. These three players must include two women and one man or one woman and two men. If a team is playing shorthanded after the match begins, all combinations are legal except for three men.
2. A female must make contact with the ball before it is volley to the opponent.
EXCEPTION: The only does a female does not have to make contact with the ball before it is returned to the opposing team is when a male immediately returns the ball to the opposing team, thus having only one hit before the ball goes over the net.