All games will be governed by the 2013-2014 National Federation of High Schools rules with the following Intramural Sports modifications. The Intramural Sports program reserves the right to put into immediate effect any new sport rule changes or modifications based on eligibility, league and tournament structure, or participant safety.

I. Roster
   A. **Catcards are required. NO I.D. = NO PLAY! No exceptions!**
   B. Each team shall consist of three players. Minimum of two players are needed to avoid a forfeit. Any combination of males and females
   C. Teams checking in players after a game starts must use a timeout.
   D. **Maximum roster size is 5**
   E. **Restricted players:** must compete at the highest level of play (Competitive)
      i. Club Players – Teams are only allowed one club player. Check with Assistant Director regarding club sport status and eligibility
      ii. Varsity Athletes - Teams are only allowed one varsity athlete (non volleyball)
         Check with Assistant Director regarding varsity status and eligibility
   F. **Substitutions:** Unlimited substitutions are allowed as long as one player does not occupy more than one position in the service order during a single set. Abnormal substitutions may be allowed in case of injury.

II. Equipment
    A. Intramural Sports will provide a game ball for each scheduled contest. Teams may opt to play with a different ball if both teams agree
    B. All players must wear proper athletic attire.
    C. Hats, visors, sunglasses are allowed
    D. **Jewelry:** No metal, hoops, bars, rings or necklaces. Studs and bracelets must be taped down or taken off. The IM Staff will not provide tape. All equipment and jewelry decisions are at the discretion of the supervisor

III. Game Format
    A. Game time is forfeit time.
    B. Tournament structure and scoring will be determined at tournament time
    C. The supervisor has all discretion to adjust game length and scoring
    D. **Time outs:** Each team shall be permitted 1 timeout per set. Timeouts do not carry over from one game to the next. Time-outs shall be no longer than 30 seconds.
    E. **Option:** A coin toss at the beginning of the match will determine which team receives the choice of serve/receive or choice of side for the first set. The loser of the toss receives the remaining option. In the 2nd game, the losing team has first option.
F. **Court Switches:** Teams switch after every 7 points for 21 point sets and every 5 points for 15 point sets. During court switches the teams must change immediately without delay.

IV. **Serve and Rotation**
   A. Teams must establish a service order and maintain it throughout each game.
   B. A serve can take place anywhere behind the back line.
   C. The server has five (5) seconds to serve the ball after announcing the score. The server must release the ball out of his/her hands before contacting it on the serve.
   D. The server cannot step on the service line to serve, or step over the service line until the ball has been contacted.
   E. A serve that hits the net is a live ball
   F. Blocking or attacking a serve is illegal. If the ball has passed the vertical plane of the net, a serve may not be contacted above the height of the net.
   G. There is no player rotation and players may play in any position on the court.

V. **Playing the Ball**
   A. **Number of Contacts with the Ball:** Up to three successive contacts with the ball are allowed each team in order to play the ball over the net and into the opponent’s court. Contacting the ball with any part of the body is legal as long as it is not lifted
   B. **Player Contact:** A player may touch the ball with any part of the body.
   C. **Dinks/Tips:** One handed placement or redirection of the ball with the fingers is a fault. When contacting the ball with one hand, other than for setting the ball toward a teammate, the ball must be cleanly hit with the heel or palm of the hand (a “roll shot”), with straight, locked fingertips (a “cobra”), knurled fingers (a “camel toe”) or with the back of the hand from the wrist to the knuckles
   D. **Blocks:** In blocking, the player may place his/her hands and arms beyond the net provided that action does not interfere with the opponent’s play. The player is not permitted to touch the ball beyond the net until the opponent has made an attack-hit. A block does not count as a hit
   E. **Multiple Contact by Blockers:** A blocker who makes only one attempt to play the ball during the block may make multiple contacts with the ball during such play. This applies to a block attempted by more than one player, as well. Following a block, the same player may participate in the next play. This second play on the ball will count as the first of three hits allowed to a team
   F. **Successive Contacts:** A player may not contact the ball consecutively except during or after blocking or at the team’s first contact.
   G. **Simultaneous Contact by Teammates:** When two non blocking teammates touch the ball simultaneously, it is considered one contact and any player may make the next contact. When two blocking teammates touch the ball simultaneously, it is not counted as a contact and any player may make the next contact.
   H. **Simultaneous Contact by Opponents:** If two opponents simultaneously and instantaneously contact the ball over the net, the ball remains in play and the team receiving the ball is entitled to another three hits. If such a ball lands “out”, it is the fault of the team on the opposite side of the net from where the ball lands.
I. **Multiple Contacts of First Play of the Ball:** Multiple contact of the ball will be legal on any play that meets all of the following criteria:
   
   i. It counts as the first of three hits.
   
   ii. There is a single attempt to play the ball.
   
   iii. A player may legally double-hit a serve reception, the dig of a spike, a retrieval of a block (whether blocked by an opponent or a teammate), or even a “free ball”. The speed of the ball is of no consequence. Lifts, carries, held balls and balls which visibly come to rest are still illegal.

J. **Holding the Ball:** If a player holds, scoops, lifts, pushes or carries the ball momentarily, holding will be called. A ball is good when hit cleanly from underneath with one or both hands.

K. **Definition of a Set:** A contact of the ball using the fingers of one hand or both hands to direct the ball toward a teammate. A player may set the ball in any direction toward his/her team’s court.

VI. **Boundaries and Net Play**

A. If any part of the ball contacts the boundary lines, the ball is considered in.

B. No antennas are used; the posts act as the antennas for all purposes.

C. The ball may touch the net while crossing the net.

D. Players may not touch the net at any point. Incidental contact from hair or shirt does not constitute touching the net. If the ball is hit into the net and pushes the net into a player, the player is not in the net.

E. Players may partially or completely cross the centerline below the net or outside the poles, before, during or after a legal play of the ball, provided that they do not interfere with the opponent’s play.

F. Recovering the ball that is hit into or out of the net is legal.

G. All players may attack the net. No back row players need to be designated. **NOTE:** it is important to keep your team in the correct service order.

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