

**Western Carolina University
Campus Recreation & Wellness
Intramural Sports**

Indoor Volleyball Rules

I. General:

1. There shall be a maximum of six players per team on the court and a minimum of 4 players. No exceptions!
2. A match is won by the team that first wins 2 games out of 3. There shall be three 30 second time-outs per team per match. The clock will begin on the succeeding live ball play.
3. A game shall be won by the team that has scored the most points and is at least 2 points ahead: (a) when the team has scored 25 points, or (b) the first time the ball becomes dead after **10** minutes of play. If the leading team does not have a 2 point advantage, unlimited overtime shall be played until a winner is determined.
4. Substitutions are unlimited. However, a player must re-enter the game in his/her original position in relation to other teammates. No change shall be made in the rotation. A substitute must enter for the same person throughout the game .
5. After reporting to the scorer, a substitute has 5 seconds to enter the game. Each team is permitted only one substitution request during a dead ball.
6. All players must wear proper shoes (no sandals or boots). **No JEWELRY, or potential dangerous equipment is allowed.**

II. Volleyball Rules:

1. Rally scoring format ...a point will be awarded for each loss of rally.
2. Any ball contacting and crossing the net shall remain in play.
3. A serve may **NOT** be kicked, blocked or attacked.
4. All players, except the server, must be within the boundary lines and in correct position when the ball is served.
5. The server cannot step on or over the back line until the ball is contacted. After the officials whistle, the ball must be served within five seconds.
6. Teams may play the ball off of the rafters or ceiling providing the ball stays on their side of the net and it is not the third hit.
7. Only three contacts per side. If two players contact the ball simultaneously, this counts as one hit and either may contact the ball for the second hit.
8. All multiple contacts are permitted on any first team hit. Prolonged contact is illegal.

9. If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play. After an attempted block, teams still have an opportunity for three hits.
10. A back row player may not participate in a block and, when returning the ball to the opponent's side while in front of the attack line, must contact the ball when at least part of the ball is below the top of the net. A back row player, spiking from the back court, may land on or in front of the attack line provided takeoff was clearly behind it.
11. At the moment of service it is illegal for players of the serving team to raise their arms for the purpose of forming a screen with which to mask the server's action, or to jump, or form a group of two or more players for such purpose.
12. A player may not serve out of turn. An out of turn service may be called by the scorer or by the opponent's captain or coach. If this is then verified by the scorer or officials, the points made on this service shall be canceled and side out declared. If opponents serve before the out of turn service is called and verified, there shall be no loss of points. In either case, players of the team in error shall regain their proper positions.
13. A player shall not contact any part of the net or its supports while the ball is in play.
14. When only part of the ball crosses the net and is then contacted by an opponent, it is considered as having crossed the net. In returning the ball, a player may follow through over the net providing the first contact of the ball is on his own side of the net.
15. Blockers may reach across the net to block the ball which is entirely on the opponent's side of the net when the opposing team has had an opportunity to complete its attack or has directed the ball over the net.
16. A replay will be called and the point replayed when players on opposing teams commit fouls simultaneously.
17. The referee has the power to declare side out or point or disqualify for the game or match any player, coach, or manager who commits the following violations of sportsmanship: (a) persistently addresses the officials in regard to decisions, (b) makes derogatory remarks to the officials, (c) makes personal or derogatory remarks about or to their opponents.

III. Conduct:

The Intramural Sports programs promote positive sportsmanship at all contests and activities. Unsportsmanlike conduct includes actions, which are unbecoming to an ethical, fair, and honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting.

IV. Ejections:

Any player ejected from a game will be immediately suspended from participating in all Intramural Sports activities. The ejected player must then make an appointment with the Assistant Director of Intramural Sports to determine the length of suspension and any other sanctions. The following actions can result in ejections from Intramural Sports:

1. Use of Tobacco and/or Alcohol During Event
2. Unsporting conduct/Fighting
3. Improper language

CoEd Volleyball Modifications

I. General:

1. The maximum line up consists of 3 women and 3 men positioned in alternating order. Minimum line up consists of 2 men and 2 women. Teams may have 3 women and 2 men, but **cannot** have 3 men and 2 women.
2. When there are two hits or the maximum number of three offensive hits, alternate hits must be made on the first two hits (male/female or female/male) and the third hit can be made by either a male or female.
3. The following Ringer Rule will apply:
 - a. A team may have no more than 2 WCU club members.

(revised 7/10)