

Arkansas State University

Intramural Sports

Volleyball Rules

**Game format:**

1. Each match will consist of the best 2 out of 3 games. The first team scoring twenty one (21) points (win by 2 or a 25-point cap) will be declared the winner. If a third game of the match is necessary, rally scoring to fifteen (15) points (do not have to win by 2) will determine the winner. Rally scoring will be used for all games.
2. Game time is forfeit time. If a team has the minimum amount of players to begin a game (5 for 6v6 and 3 for 4v4) & their opponent does not AT GAME TIME the game shall be forfeited.
3. A rock/paper/scissor contest at the beginning of the match will determine which team receives the choice of first serve or choice of side of the court for the first game. The loser receives the remaining option. In the event of a third game of the match, a second contest will determine the choice of the first serve or side.
4. The teams shall change sides of the court for the second game. Teams shall not change sides of the court in the middle of the third game.
5. Timeouts: Teams have one (1) timeout per game. Clock will stop for ALL timeouts.
6. Delay of Game: Unnecessary delays include, but are limited to the following:
   1. A team requests a third timeout in a game after they have used allotted timeouts.
   2. A team delays recovering a dead ball which has gone out of bounds.
   3. A player fails to report to the umpire immediately for a substitution.
7. Penalty for Unnecessary Delay: A timeout shall be assessed. If the team has already used its allotted timeouts, a point is awarded to the opponent, and the game is resumed immediately.

**CoRec Modifications:**

1. Note: All ASU Intramural volleyball rules will be in effect except for the following modifications.
2. Game Format:
   1. A team will consist of (4 or 6) players. The minimum to start the game is (3 or 5)
      1. 3 players-1 man and 2 women OR 2 men and 1 woman
      2. 4 players-2 Women & 2 Men
      3. 5 players-2 men and 3 women OR 3 men and 2 women
      4. 6 players- 3 men and 3 women
   2. Men and women must alternate positions around the court.
   3. A loss of service will be declared when a team fails to alternate male/female players into the serving position.
   4. For CoRec, the ball may not be hit 3 times by the same gender. The ball being hit by 3 men or women in succession shall constitute a violation. The ball shall be called dead and a fault called.
   5. No men may attack-spike from the front zone. At take off the feet must neither have touched nor crossed over the attack line or its imaginary extension. After the attack-hit, the player may land within the front zone.

**Positions of players:**

1. A team must rotate clockwise followed by a team receiving the serve for a successful rally point.
2. Substitutions: Players may make a substitution when play is stopped or the ball is dead. A substitute must report to the umpire and be recognized by the referee before he/she may enter the playing area. The position of the substitute will be the same as the player being replaced without changing the serving order. A team is limited to ten (10) substitutions per game.
3. Server: The server shall serve from within the serving area and shall not touch the lines bounding this area or the floor outside this area at the instant the ball is contacted during the serve. Part of the server’s body may be in the air over or beyond these lines, as long as the contact with the line or floor comes after the contact of the ball being served.
4. Position of Players at Service: At the time the ball is contacted for the serve, all players (except the server) shall be within the team’s playing area and may be in contact with the boundary lines but may not have any part of the body touching the floor outside those lines. The position of players on the court must conform to the service order recorded on the score sheet. No player may be as near to the respective line as the appropriate adjacent player. After the ball is contacted for the serve, players may move from their respective positions.
5. Screening: The players of the serving team must not prevent the receiving players from watching the server or the trajectory of the ball. Screening is illegal and results in a point for the opponent.
6. Back Attack: A back line player returning the ball to the opponent’s side while forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team’s area. The restriction does not apply if the back line player jumps from clearly behind the attack line and after contacting the ball, lands on or in front of the line. On any illegal back row attack (whether first, second, or third hit), the ball shall become dead and a fault called when the ball passes completely beyond the plane of the net or is contacted by the opponents.
7. Front Line Blocking: Blocking the ball is permitted by any or all of the players of the front line only. Back row players MAY NOT block at the net.
8. Serving Out of Turn: A player shall not serve out of turn. An out-of-turn service may be called by the official or by the opponent’s captain. If this is then verified by the official, any points scored on this service shall be canceled and a point will be awarded to the opponent. If the opponent serves before an out-of-turn service is called and verified, then there shall be no loss of points. In either case, players of the team in error shall regain their proper positions before the next serve by either team.

**Playing the ball:**

1. Service: The service is the act of putting the ball into play by the player in the right back position who hits the ball with one hand (open or closed) or any part of one arm in an effort to direct the ball into the opponent’s area. The serving area will be any point behind the end line (excluding the end line) between the two sidelines.
   1. The server shall have 5 seconds after the official’s ready for play whistle is sounded in which to release or toss the ball for service.
   2. If after releasing or tossing the ball for service, the server catches the ball or allows the ball to fall to the floor without being hit or contacted, the service effort shall be cancelled and a reserve directed. However, the official will not allow the game to be delayed in this manner more than once during a service attempt.
   3. If the ball is served before the official’s whistle and signal, the serve shall be canceled and a reserve directed. The official will not allow a player to delay the game in this manner more than once during a service attempt.
2. A team shall continue a serve until a point is awarded to the opponent or the game ends.
3. The serve alternates to the opponent when a point is awarded to the opponent.
4. A served ball is a service fault and becomes a dead ball when:
   1. The ball does not cross the net.
   2. The ball passes under the net.
   3. The ball touches one of the server’s teammate.
   4. The ball touches the floor on the server’s side of the net.
   5. The ball does not cross the net entirely between the net antennas or lands out of bounds.
   6. The ball touches the ceiling or any obstruction.
5. If a served ball hits the net & cross over inbounds it is considered a legal serve.
6. It is illegal to block a serve or spike a serve.
7. \*1st Contact Rule: Overhead sets are allowed on the first contact.
8. Each team is limited to a maximum of three (3) hits on its side of the net to get the ball successfully over the net. Lifting, carrying the ball, and underhand slapping of the ball are illegal hits and shall result in a point. When the team’s first contact is simultaneous contact by opponents or an action to block, the next contact is considered the team’s first hit.
9. If any part of the ball contacts the boundary lines, it is considered in.
10. Legal contact is a touch of the ball by a player’s body above and including the waist that does not allow the ball to visibly come to rest or involve prolonged contact with a player’s body. *Kicking IS allowed if foot is in contact with the ground. There should be no swinging motion of the leg/foot.*
11. Simultaneous Contacts: This involves more than one contact of the ball made at the same instant:
    1. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
    2. When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit). Any player may make the next hit.
    3. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
12. The ball will be out-of-bounds if it touches any part of the walls. A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play, provided that the ball contacts the ceiling or obstruction on the side of the net that is occupied by the team that last played the ball and the ball is legally played by the same team.

**Play at the net:**

1. A player shall not contact any part of the net or its supports while the ball is in play. If a player inadvertently touches the official’s platform or net supports (other than the rope cable) it is not a foul. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players, it is not a foul if the opposing player(s) did not contact the net by their own impetus.
2. A ball may be played from the net provided that a team still has at least one of its three hits remaining.
3. When returning the ball to the opponent’s side of the net. A player shall not contact a ball which is completely on the opponent’s side of the net unless the contact is a legal block.
4. Blocking a ball which is completely on the opponent’s side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
   1. The attacking team has completed its three allowable hits.
   2. The attacking team has had the opportunity to spike the ball, or in the official’s judgment, directs the ball with intent to return it to the opponent’s court.
   3. The ball is falling near the net and, in the official’s judgment; no member of the attacking team could make a play on the ball.
5. A ball (other than a serve) may touch the next within the side line markers when crossing the net to enter the opponent’s playing area.
6. A ball may be attacked, excluding a served ball, when it has partially crossed the net.
7. Center Line. A player may touch the floor across the center line with one or both feet/hands provide that a part of the foot/feet of hand/hands remain on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.
8. There is interference by a player who makes:
   1. Contact with an opponent which interferes with the opponent’s legitimate effort to play the ball.
   2. Intentional contact with a ball which the opponent has caused to pass partially under the net and the opponent is attempting to play it again.
9. Successive Contacts: Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not make successive contacts of the ball unless there is:
   1. Simultaneous contact by teammates.
   2. Simultaneous contact by opposing players.
   3. Successive contacts by a player whose first contact is a block (then the second contact shall count as the first hit by the player’s team).
10. Multiple Contacts. Multiple contacts of the ball more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:
    1. When the ball rebounds from one part of the player’s body to one or more other legal parts in one attempt to block.
    2. On any first team hit, whether or not the ball is touched by the block, provided there is no finger action.