

Intramural Volleyball Rules

General-

- A UW-S ID or WITC/LSC HWC Membership ID is required for an individual to play or \$1 with an ID waiver form from the supervisor.
- 5 minutes after the scheduled game time is a forfeit.
- A team consists of 6 players (minimum of four to start)
- The girl/guy ratio must be within one to start the game.
 - 4 girls/2 guys, 3 guys/3 girls, 3 girls/1 guy, 2 girls/2 guys
- The participation of an ineligible player will result in his/her team losing by forfeit.
 - **Ineligible:** not a current UW-S, a WITC student without a membership, an LSC without a membership and not living in the halls
 - A varsity volleyball player, from any college/university, that is on the roster for the current academic year.
- Games are played up to 25 points with rally scoring. There is a 30 point maximum for each game in which the final score does not have to be within 2 points (30-29). The third game will be played to 25, win by 2 or with a maximum of 30.
- Games begin with rock/paper/scissors between the captains of the two teams. The winning team decides if they want to serve or receive. The opposing team decides what side they wish to begin on. Serve and sides alternate between game one and two. The third game will begin with another rock/paper/scissors game between captains.
- Each team may call one one-minute timeout per game.
- Substitutions take place during a dead-ball situation.
 - ie: the ball must not be in play to substitute
 - ie: once an individual has started serving, they cannot be substituted for unless they cannot continue. Server substitutes must be made before they serve.
- **Advanced –**
 - Nets will be at Men's height for all Advanced League games. (10 notches)
 - No guy/girl hit rule
- **Recreational –**
 - Nets will be at an intermediate height. (7 notches)
 - If there is more than one hit on a side – a female must touch the ball before it is returned.
 - Underhand serve only. **NO OVERHAND SERVE!!!**

Play-

1. The serving player shall not serve until signaled to do so by the referee. Service may be either underhand or overhand (ONLY IN ADV) with either a closed or open hand. If a player serves before the whistle is blown, the serve shall be replayed. The ball must be thrown up and hit before it touches the ground.

2. Both feet must be completely behind the end line when the ball is served. A foot fault results in the loss of service and a point will be awarded to the other team.
3. A served ball must pass over the net within the out-of-bounds lines. The ball **may** touch the net during the serve.
4. When a team is awarded the serve, they must rotate once in a clock-wise direction. A rally point system is in effect. The server will continue to serve until the referee calls a "side-out".
5. If a player serves out of turn, side-out will be called and any points made on his/her serve previous to the infraction will be discounted. After the ball is hit for the service, the players may move from their starting positions. To be considered a front row player you must have at least one foot closer to the center line than both feet of the back row players upon the serve.
A back-row player may not attack or block at the net. They may only spike the ball if he/she is behind or jumps from behind the ten-foot line.
7. A team is allowed three contacts of the ball (not counting a hit on a block at the net). In rec league if more than one hit is used to return the ball over the net a female must hit the ball at least once. There is no gender rule in advanced league.
8. A player may not hit the ball twice consecutively unless the first contact was a block.
9. The ball must be hit cleanly. When, in the opinion of the referee, the ball visibly comes to rest at contact; a carry will be called. Any under hand hits with a open hand will be called a lift.
10. The ball may be hit by any part of the body above and including the waist. The ball may be played off the foot when the foot is clearly planted on the ground. **NO INTENTIONAL KICKS!!!**
11. A player may not go into an adjoining court to play the ball (if there is a game going on), if he/she does so, the ball will be considered out-of-bounds.
12. A ball may be played if it rebounds from the net within the out-of-bounds lines.
13. A player shall not contact any part of the net or its supports while the ball is in play. If the ball is driven into the net so that it causes the net to contact an opposing player, no foul shall be called.
14. A player may touch the center line, but only his/her foot may touch the floor on the opposite side of the center-line, as long as some part of that foot still touches the center-line (or can be projected down onto the line). Any part of the player's body may be in the air below the net and beyond the centerline if it does not interfere with an opponent.

15. When spiking the ball, a player may follow through over the net provided that he/she first contacts the ball on his/her own side of the net.

16. When blocking the ball, a player may reach across the net, but may not contact the ball there until the opponent has hit the ball to return it.

17. If a foreign object enters the court during play, the referee will stop the play and call for a play-over.

18. If a player hits the ball to the ceiling or it hits other ceiling objects on their side of the net, then the play will be live when the ball comes down, if on their side.

- If the ball hits their ceiling, but lands on the other side, it is dead and one point and the serve will be given to the opposing team.
- If a player hits the ball to the ceiling of the opposing side, the play is dead, a point will be awarded to the opposing team and the ball.