

Indoor Volleyball Rules

Revised: July 2015



Any rule not specifically covered will be governed in accordance with the [2015-2015 National Federation of State High School Associations Volleyball Rule Book](#).

ASSUMPTION OF RISK STATEMENT

All Intramural Sports participants are responsible for their own medical expenses. Any participant unsure of his/her physical condition should check with their physician or the University Clinic before participating in an Intramural Sports contest.

CODE OF CONDUCT

Teams are responsible for keeping their spectators under control. Misconduct of participants, coaches or spectators can result in an unsportsmanlike penalty, ejection or forfeiture of the game. Team Captains will be held responsible for spectator, team and sideline misconduct. Two ejections from any contest will result in an automatic forfeiture.

RULE 1: ELIGIBILITY

- 1. PARTICIPATION:** Participation is limited to currently enrolled, fee-paying University of Southern Mississippi students, faculty/staff members with Recreational Sports Memberships, and significant others of eligible participants.
- 2. CHECKING IN TO AN EVENT:**
 - a. Participants who appear on the IMLeagues.com roster by noon of the day of their event may check into intramural activities with any form of a government picture ID.
 - b. Participants who wish to check in to an event but do not appear on the IMLeagues.com roster must present their Southern Miss ID or REC Card.
- 3. NUMBER OF TEAMS:** Players can compete for only one single sex team and one Co-Rec team, regardless of league classification (example: participants cannot play for a men's A team and a men's fraternity team).
- 4. AFTER CHECK IN:** Once a participant has signed in for a team, he/she may not transfer to another team.

RULE 2: TEAM COMPOSITION

1. **TEAMS:** Each team will consist of 6 players. A minimum of 4 players are required to start the game.
2. **CAPTAIN:** Each team shall designate a team captain to make all decisions. The team captain is responsible for the eligibility, conduct, and attendance of his/her team. He/she is responsible for the validity of the team score sheets after having the score audited by the opposing team's captain. Each captain will sign the score sheet after completion of play. Each team shall designate a team captain to make all decisions.
3. **PARTICIPANTS:** Team representatives including players, coaches, spectators, and other persons affiliated with the team are subject to these sport rules and all Intramural Sports policies.

RULE 3: DEFAULTS, FORFEITS AND PROTESTS

1. **FORFEITS:** If a team fails to appear with the required minimum number of players, ready to play, at the scheduled location at the scheduled start of the event, a member of the Intramural Sports staff will notify the team on time and will give them the option of taking a forfeit or waiting on opposing team. If team decides to wait the team will receive 1 point every minute that the team is not on the court prepared to play, there will be a cap at 10 minutes. After 10 minutes it will be declared a forfeit. Teams that forfeit will receive a 'C' for sportsmanship and will be required to pay \$15 to the Recreational Sports Office. The captain of the forfeiting team will be suspended from all intramural activity until that payment has been made. Teams are only allowed one forfeit per sport per season. If a team forfeits twice, it will be removed from the league for the remainder of the season.
- 2.
3. **DEFAULTS:** If a team knows that they will be unable to play a scheduled game, the team captain must contact the Intramural Sports office by e-mailing intramurals@usm.edu or calling 601-266-5405 by 12:00 PM the day of the contest to declare a default. The defaulting team will receive a loss and a 'B' for sportsmanship. Teams are allowed one default or forfeit per sport. Upon the second infraction that team will be dropped from the league.

- 4. PROTESTS:** Protests involving rule interpretations will be considered immediately following the incident in question. Play will be suspended until an Intramural Sports supervisor rules on the protest. If a team continues to play without calling the supervisor to the game site, then that team forfeits its right to a protest. Protests will not be honored after play has resumed. Judgment calls cannot be protested. If the protest is not approved, the protesting team is charged with a time out. If the protest is upheld, the delay shall count as an official's time out.

RULE 4: PLAYING AREA AND EQUIPMENT

- 1. PLAYING AREA:** All matches will be played in the Payne Center gymnasium.
- 2. BALLS:** Balls will be provided by the Intramural Sports Program.
- 3. SHOES:** Athletic, closed-toed shoes are required.
- 4. JERSEYS/SHIRTS:** Teams are encouraged to furnish their own like-colored jerseys.
- 5. ATTIRE:** Players must wear athletic attire.
- 6. HEADWEAR:** Players may not wear baseball style caps, bandannas with knots, or other rigid headwear. Knit and stocking caps are permitted.
- 7. JEWELRY:** No jewelry may be worn. Jewelry must be removed before participating in Intramural Sports. Medical alert bracelets are permitted but they must be taped down. Taping of all other jewelry is not permitted.
- 8. BLOOD RULE:** When a player is bleeding, has an open wound, or an excessive amount of blood on his/her uniform the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the wound is covered, and the bloody uniform is changed.
- 9. ILLEGAL EQUIPMENT:** The Intramural Sports Staff has the right to deem certain equipment unsafe or illegal.

RULE 5: LENGTH OF THE GAME AND TIMING

- 1. LENGTH OF THE GAME:** The first team to win 2 out of 3 sets will be declared the winner. The first 2 sets will be played to 25 points and teams must win by 2 points. Scoring in the first two sets will be capped at 30 points. If necessary, a third set will be played to 15 points and a team must win by 2 points. A point cap of 20 will be used in the 3rd set.

RULE 6: PLAYING THE GAME

- 1. START OF THE GAME:** 3 minutes prior to the start of the game, the referee will conduct a coin toss between each team's captains. The winner of the toss will choose to serve or receive. The team not serving first in set 1 will serve first in set 2. If a 3rd set is played, there will be another coin toss to determine which team will serve or receive. Teams will switch courts after each game.
- 2. SCORING:** Rally scoring will be used during all matches.
- 3. SERVING:** The ball may be served from any point behind the end lines and between the outside edges of the sidelines. The server cannot step on the end line at the time of service. The players must be within the court in a motionless position at the time of the serve.
- 4. SERVING ROTATION:** The order of rotation specified by the starting line-up must be maintained throughout the game. At the beginning of a new game, the order may be rearranged.
- 5. SERVING OUT OF ORDER:** If a player is discovered serving out of order, a side-out shall be called and any points made by the illegal server shall be lost. The serving order should then be corrected immediately.
- 6. AUTHORIZATION OF SERVICE:** The server must wait for the referee's signal and whistle before serving. Once authorization has occurred, the server will have 5 seconds to contact the ball for service.
- 7. SERVICE AREA:** The server may move freely behind the rear boundary line.
- 8. SERVICE ATTEMPT:** If the server releases the ball for service but does not attempt to complete the service motion, the ball must be allowed to return to the floor, and a replay will be awarded. A player may only receive one reserve attempt during each individual service attempt.
- 9. FOOT FAULT:** The server may not step onto the court (this includes the boundary line) until after he/she has contacted the ball.
- 10. NET SERVICE:** A serve is legal if it hits the net, goes over the net, and proceeds to land inbounds on the opponent's side of the court.
- 11. CONTACTING THE BALL:** A contact is any touch of the ball by a player (excluding a player's loose hair). A team shall not have more than 3 hits before the ball crosses the net into the opponent's playing area or is touched by the opponent. Legal contact is a touch of the ball by any part of a player's body which does not allow the ball to visibly come to rest or

involve prolonged contact with a player's body. A player may not contact the ball twice in succession (a legal block does not count as a contact).

12. BALL IN THE NET: A ball driven into the net, may be recovered within the limits of the three team contacts.

13. ILLEGAL ATTACK: A receiving player may not attack the serve.

14. NET PLAY (BLOCKING): Blocking a ball which is entirely on the opponents' side of the net is permitted when the opposing team has had an opportunity to complete its attack. An attack is complete when the:

- a. Attacking team has completed its three allowable hits
- b. Attacking team has had the opportunity to complete the attack or, in the referee's judgement, directs the ball toward the opponent's court
- c. Ball is falling near the net and, in the referee judgement, no legal member of the attacking team could make a play on the ball.

15. REACHING UNDER THE NET: A player may not reach under the net and touch the ball or a player on the opposing team when the ball is in play on the opponent's side of the court.

16. CONTACT WITH THE NET: It is a foul when a player touches any part of the net.
(Exceptions: incidental contact of the net by a player's hair or glasses; a ball is driven into the net and causes the net to touch the player.)

17. CENTER LINE: A player may touch the floor across the center line with one or both feet/hand provided a part of the foot/feet or hand(s) remains on or above the center line. Contact with any other part of a player's body with the opponent's side of the court during play constitutes a fault.

18. EXTENSION OF THE CENTER LINE: A player may cross the extension of the center line outside the court at any time provided he/she does not interfere with play by the opposing team. While across the center line extension outside the court, any player may play a ball that has not completely crossed the vertical plane of the net extended.

19. SUBSTITUTIONS: Substitutes will replace of the upcoming server.

20. UNSPORTSMANLIKE CONDUCT: Any attempt to distract a player by yelling, stomping the feet, or distracting action will result in unsportsmanlike conduct and a point given to the opposing team.

Rule 7: Sportsmanship

1. **RATING:** Each team will begin the contest with a 3 sportsmanship rating and shall be rated by the officials at the end of the contest. The authority of the officials' ratings exists prior to, during, and following all contests to which that official is assigned, and extends to all persons on, at, or near the playing site. Sportsmanship ratings for a match will be available on IMLeagues.com the day after the match was scheduled.
 - A. **(4.0) – Excellent Sportsmanship:** Players cooperate fully with the intramural sports staff and opposing team members. If necessary, the captain converses calmly with officials about rule interpretations and calls.
 - B. **(3.0) - Good Sportsmanship:** Team members verbally complain about some decisions made by the intramural sports staff and/or show minor dissent which may or may not merit a conduct warning (unsportsmanlike penalty / technical foul / yellow cards / etc.). Teams that receive one conduct warning will receive no higher than a "B" rating.
 - C. **(2.0) - Mediocre Sportsmanship:** Team constantly comments to the intramural sports staff or the opposing team. The team captain exhibits little or no control over teammates or him/herself. Teams that receive one ejection or two conduct warnings (unsportsmanlike penalty / technical foul / yellow cards / etc.) will receive no higher than a "C" rating.
 - D. **(1.0) - Below Average Sportsmanship:** Team constantly comments to the intramural sports staff or the opposing team. The team captain exhibits little or no control over teammates or him/herself. Teams that receive one ejection and one conduct warning or a combination of three conduct warnings (unsportsmanlike penalty / technical foul / yellow cards / etc.) will receive no higher than a "D" rating and the game will be forfeited.
 - F. **(0) - Unacceptable Sportsmanship:** Team is completely uncooperative. Captain has no control over teammates and/or him/herself. Any team that receives two ejections or four conduct warnings (unsportsmanlike penalty / technical foul / yellow cards / etc.) will receive a "F" rating and the game and season will be forfeited.

Rule 8: Co-Rec Clarifications

1. **TEAM COMPOSITION:** Each team will consist of 6 players on the court. A minimum of 4 players are required to start the game. Teams are allowed to have a maximum of 3 players each sex and are required a minimum of 1 player of each sex. Any combination of males and females within these guidelines is allowed.

2. **POSITIONING:** In court positioning, men and women must alternate positions; therefore, they must also alternate serving (except when a team is playing with an equal gender ratio).
3. **TEAM CONTACT:** When the ball is contacted more than once by a team, it must be contacted by a member of each gender (block does not count as a contact).
4. **SUBSTITUTIONS:** There are unlimited substitutions as long as one player does not occupy more than one position in the service order during a single game. Substitutions can only be made for the upcoming server. All substitutions must be male-for-male or female-for-female.