Intramural Volleyball Rules

ALL Participants must have a valid VCU Photo ID card when checking in!!! No VCU ID... No Play... NO EXCEPTIONS!!!

The Intramural Program staff will work hard to ensure that all participants have the safest experience, but guaranteeing absolute safety is not possible. Be aware that participation in intramural sports activities, including use of intramural facilities and equipment, is completely voluntary. There are risks and hazards, minor and serious, associated with participation in intramural sports activities. Participants voluntarily assume all responsibility and risk of loss, damage, illness, and/or injury to person or property associated with participation in intramural sport activities.

Virginia Commonwealth University and the Commonwealth of Virginia are not liable for any injuries, damages or other losses which individuals may incur while using recreational sports facilities or participating in the Intramural Program provided by the Office of Recreational Sports. Virginia Commonwealth University does not provide medical, health, or other insurance for participants. Medical expenses incurred such as ambulance, doctor bills and x-rays will be the responsibility of the participant. Purchasing adequate health/medical insurance prior to participation is strongly recommended.

Virginia Commonwealth University is committed to holding intramural sports and events in a safe environment free from bullying. Offensive language including profanity, derogatory remarks around a person’s race, ethnicity, culture, age, gender, sexual orientation, gender identity, ability, national origin, veteran status, social economic class, religion, professional status, or other intimidating actions directed at officials, event staff, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the competition site and from the league altogether.

The Virginia Commonwealth University Intramural Volleyball program follows the current National Federation of High School Associations Rule Book. The rules listed below do not represent the entire rulebook; rather they have been compiled as a guide. Some rules have been modified for the Intramural program.

I. Player Eligibility

a. All undergraduate & graduate students who have paid the recreation fee and are currently enrolled in any department or college of the University and current faculty and staff members shall be eligible to enjoy all intramural privileges and shall retain that status until they withdraw, graduate, take a leave of absence, or fail to comply with the eligibility rules or other guidelines.

b. Only players who are able to present their current VCU photo ID card to the Intramural Site Supervisor will be eligible to participate in intramural activities. There will be no exceptions to this rule.

c. For a full list of all eligibility requirements please refer to the Intramural Sports Handbook.

II. Team Composition

a. A team shall consist of six (6) players. Minimum of 4 players are required at all times
   a. If a team has fewer than 6 players, any combination of front and back row players is allowed, provided neither has more than 3 players

III. Equipment

a. All intramural volleyball games will be played on courts 3 and 4 in the Cary Street Game. Intramural participants will be expected to keep all used courts in pristine condition. Before
leaving intramural facilities participants will be required to throw away all garbage and collect all items such as clothing, personal equipment, etc. If any garbage or other items are left behind, both team’s sportsmanship ratings will be reduced by one half point.

b. Recreational Sports will furnish game balls. Teams should bring their own equipment for warm-ups.

c. Jewelry is absolutely prohibited. Jewelry that cannot be removed for religious reasons must be PRE-approved by the Intramural Sport Coordinator prior to the contest and taped to the body during any contest. Medical Alert bracelets and necklaces must be taped to the body. A yellow card for unsportsmanlike behavior will be issued is jewelry is not removed.

d. Participants must wear basketball or tennis shoes and gym clothes. Shoes that mark the floor will not be permitted. No open toed shoes will be permitted.

e. Participants are encouraged to carry in shoes to be worn during play. Snow, mud, and salt carried in on shoes can cause unnecessary floor damage. Players wearing any kind of shoe that causes marking problems on the floor including salt scratches, slush, water, etc. will be asked to leave the facility and clean or change their shoes.

f. Players may wear a knit hat or stocking cap. No baseball style hats or hats with rigid edges will be allowed. Tied bandanas with hard knots also will not be allowed. Rubber or cloth hair elastics may be worn to tie back hair. Hard or metal hair clasps may not be worn.

g. Under no circumstances will a player wearing a cast or a splint be permitted to play. Braces with exposed metal must be covered.

h. The Intramural Supervisor will have the final say on the legality of all equipment.

IV. Game Format

a. It is recommended that teams arrive 15-20 minutes prior to the start of the game to allow time to sign in and to confer with the officials if need be. If a team is not able to field a team at the time the game is scheduled to begin the game will be recorded as a forfeit. Game Time is Forfeit Time.

b. A match will consist of the best two out of three sets. Rally point scoring is in effect for the entire match.

   a. The first 2 games are played to 21, win by 2 or the first team to 25 points wins. If the third game is necessary, it will be played to 15 points; first team to 15 points wins, NOT win by 2. The first team to win two out of three games, or the team that is ahead at the 40-minute mark will win the match.

c. Each match shall have a 40-minute time limit.

   a. Should time expire in the first 2 sets, the team winning at the time shall win that set

      i. If this occurs, the match ends in a tie

   b. Should time expire after the first point in the 3rd set, only ONE more serve shall be played to determine a winner.

V. The Court

a. A ball striking an overhead obstruction above a playable area shall remain in play, provided the ball contacts said obstruction on the side of the net that is occupied by the team that last player the ball, and the ball is legally played again by the same team.

b. Players may not go onto another court to play the ball. Sidelines are extended to the walls, meaning players cannot play a ball behind another court.

c. When a ball touches a boundary line, it is considered in-bounds.

d. Out-of-bounds includes

   a. The wall, benches, bleachers, court dividers, or officials on the floor outside the court
b. The ceiling or overhead obstructions beyond the vertical plane of the net and its out-of-bounds extension

c. The net outside the vertical tape markers, net antennas, net supports, or referee’s platform

e. Net Heights:
   a. All leagues: 8ft

VI. The Serve

a. A coin toss will determine serve and side of play. Teams will change serves and playing areas for subsequent games.
b. The server shall stand at the back of the end line and may serve from any spot behind that line. The server has five seconds after the referee’s signal to initiate the serve. The server cannot step on the service line when serving. The server must finish contacting the ball before touching the court
c. Jump-serves are illegal
d. A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The serve is considered cancelled and the server gets one more attempt before a side out for the opposite team
e. A re-serve is considered part of a single attempt to serve. Therefore, after the referee’s signal for service, no requests for time-out or substitution may be recognized until after the ball has been served. Exception: If the wrong server is going to serve but the team corrects before the 5 seconds, the substitution is legal, but the next server only has one serving attempt.
f. Players on the serving team shall not perform actions which intentionally screen or obstruct their opponent’s view of the server
g. A served ball that hits the net and passes over the net is a legal serve.

VII. Contacting the Ball

a. Legal contact is a touch of the ball by any part of the player’s body that does not allow the ball to visibly come to rest or involve prolonged contact with a player’s body. (lift)
b. A block is not considered one of three legal hits
c. Multiple contacts (double hit) are more than one contact from forearm to forearm by a player during one attempt to play the ball. Players are allowed to have multiple contacts on the first ball over including a serve, a tip, or a hard-driven spike provided there is no finger action.
d. Simultaneous contact is more than one contact of the ball made at the same instant:
   a. 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).
   b. 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.

VIII. Illegal Hits

a. A back-row player shall not:
   a. Participate in a block or an attempt to block;
   b. Attack a ball which is completely above the height of the net while positioned on or in front of the attack line.

b. Blocking, spiking, and/or attacking a serve are all considered illegal
c. A set must never change direction while touching the player. It must be in one direction, and in fluid movement. A set may not ‘roll’ off the fingertips.

IX. Net Play

a. 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.

b. Blocking a ball, which is entirely 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 the:
   a. Attacking team has completed its three allowable hits
   b. 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.
   c. 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.

c. A player may touch the floor across the centerline or its out-of-bounds extension with one or both feet/hands provided a part of them remains on or above the centerline. Contacting the floor across the centerline or its out-of-bounds extension with any other part of the body is illegal.

d. Contacting the net or any part of it, INCLUDING net supports or the net antennas, while the ball is in play is prohibited, except by a player’s hair, or unless the force of the ball by an opponent pushes the net or its supports into a player.

X. Substitutions

a. Scorekeeper and Officials must be notified for a substitution. ALL SUBSTITUTIONS WILL BE MADE IN THE BACK-CENTER POSITION. All substitutions must make one complete rotation. Players arriving late may only enter at the center back position when his/her team has the serve.
   a. If a player is substituted for injury, the substitution fills in their position and the injured player may only return through the center back position.
   b. There is no limit to the number of substitutions allowed.

XI. Conduct

a. A yellow/red card system for sportsmanship conduct will be in place. Officials may issue a yellow card (warning) or a red card (ejection) for the following offense:
   a. Showing dissent by word or action
   b. Verbally abusing another player, teammate, or spectator
   c. Unsporting behavior (jewelry on players after a warning to remove has been issued)

b. If the officials give two yellow cards or one red card to the same person whether it be a player, substitute, coach or fan, that person will be ejected for the remained of the night. The person must also meet with the Recreational Sports Coordinator to be reinstated.

IX. Sportsmanship

a. After every game, participating teams will be given a sportsmanship rating of 0-4.00, in accordance with the Intramural Sports Handbook.

b. Teams must have a 3.00 average (on a 5.00 scale) to be eligible to participate in the playoff tournament.

c. Any team which receives a 2.00 or less sportsmanship rating may be dismissed from play and may face further disciplinary action.
d. The Office of Recreational Sports will review any team which averages less than a 2.0 during the playoffs for future eligibility in intramural play.

e. Appeals: Teams may inquire with the Head Official at the game site to view their sportsmanship ratings following a game. A team captain may appeal his or her team’s sportsmanship rating by submitting an appeal to the Intramural Sports Coordinator by 12:00 pm of the next business day following the game or match. ANY APPEALS SUBMITTED AFTER THIS TIME WILL NOT BE ACCEPTED.

f. For a complete understanding of all Intramural sportsmanship policies, please refer to the Intramural Sports Handbook.

VIII. Forfeits & Defaults

a. A forfeit is recorded when a team failed to show up for their scheduled contest or displayed unsportsmanlike behavior which resulted in the early dismissal of a game.

b. If a forfeit is issued to a team who did not show up for a scheduled contest the team will be subject to a $25 fine, a second forfeit will result in another $25 fine AND removal from the league.

c. A default is an un-played game that is recorded as a loss rather than a forfeit. This results when the defaulting team captain notifies the Office of Recreational Sports that they will not show up to play a contest by 3pm on the BUSINESS DAY (Monday through Friday) preceding the scheduled game. Teams are allowed two defaults in the season before a team will no longer be scheduled to play.