



# ***INTRAMURAL SPORTS***

## ***Volleyball Rules***

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### **SECTION 1: The Team**

#### **A. Players**

1. A team shall consist of six (6) players. Co-Rec shall consist of 3 males/3 females.
2. A team must have 5 players to start or continue play. Any combination of 3/2 in co-rec.
3. Players **Must Have a valid Tarleton ID** in order to play or enter the Recreation Sports Center.
4. All players must sign a team waiver/roster form prior to participating in any intramural activity.

#### **B. Substitutes**

1. Substitution may be made during a team's rotation.
2. Substitutes will enter in the *serving position only*.
3. A disqualified player shall not re-enter the game. The player must confer with the supervisor and then leave the Recreation Sports Center. A player ejected from a game must meet with the Intramural Coordinator the following day, by appointment only.

#### **C. Managers**

1. Each team shall have a manager.
2. The manager is responsible for making sure all players' names appear on the score sheet prior to the game. He/she should sign for players who will arrive to the game late.
3. As the team manager it is your responsibility to notify all of your team members of all policies and procedures relating to 6 on 6 Volleyball.

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### **SECTION 2: Team Roster**

- A. Players must be listed on the roster in order to play. All rosters will be frozen after the final night of league play.
- B. Only TWO former athletes of the Tarleton Volleyball program may be on the same team. Only TWO members from the Club Volleyball program may be on the same team.
- C. Red-Shirt volleyball players are NOT eligible to play.
- D. A player may not change teams once he/she has played for a team.
- E. A student playing for more than one team will forfeit all eligibility to participate. The team will forfeit all games in which this individual participated.

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### **SECTION 3: Uniforms**

- A. Matching uniforms are not required.
- B. Black sole shoes or waffle-type sole of any color will not be permitted because they leave marks on the floor. Shoes must be worn.
- C. No jewelry, caps, or bandannas will be worn.

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### **SECTION 4: Blood Rule**

- A. Players who sustain injury causing an open wound will be required to leave the game. A player may not re-enter the contest until the flow of bodily fluids is stopped, the wound is covered, and all soiled articles of clothing are replaced.

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**SECTION 5: Timing the Game**

- A. Matches will be played every 45 minutes. Games will start promptly at the scheduled starting time and according to the Recreational Sports' Supervisors' watch. Teams will be playing on the league night they picked. The only reason for playing off of a league night will be make-up games or playoff games. Games will be played in a round robin format. The top 2 teams from any 4 or 5 team league and the top 3 teams from any 6 team league will advance to a single elimination post season tournament. Teams should be signed in and ready to play five minutes before the game time. **GAME TIME IS FORFEIT TIME.** A period of five minutes will be allowed for the team to show up with at least 5 players before the second game is forfeited.
- B. A game shall consist of a 15 minute running clock. There will be three minutes between games, and five minutes for injury time outs. The on-court manager or coach must request the time-out. Each team will receive one time out per game for a total of three per match. Each time out will last 30 seconds and the clock will be stopped during this time. **Time outs do not carry over from each game.**

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**SECTION 6: The Game**

- A. Rally Scoring will be used for all matches.
- B. For the first game of the match, one of the managers will call the toss of a coin. The winner takes the serve or chooses the playing area. The loser takes the remaining option. Teams shall change playing areas at the end of each game of the same match. At the beginning of a new game, players may rearrange their positions.
- C. A game shall be won by the team that has scored the most points:
  - 1. The first team to reach 30 points or,
  - 2. The team with the most points after 15 minutes has expired.
- D. If the teams are tied after 15 minutes, the team that reaches the next point will be declared the winner. **A team does not have to win by two points.**
- E. If teams must play a third game, the game will be won by:
  - 1. The first team to 25 points or,
  - 2. The team with the most points after 15 minutes has expired.
- F. A match will consist of the best two out of three games, and league standings will be determined on won-lost record of matches played (not games).

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**SECTION 7: Position of Players**

- A. The server shall serve at any point behind the end line. He/she must be behind the line at the instant the ball is contacted when hit for the serve. Part of the server's body may be in the air over or behind this line.
- B. A player must not serve out of turn. An out-of-order service may be called by the official or by the opponents before the out-of-order service is to occur. In either case players of the team in error shall regain their proper positions before another service begins by either team.
- C. The placement of players on the court must be as follows:
  - 1. The center forward must be between the left and right forward players.
  - 2. The center back must be between the left and right back players.

3. No back line player may be as near the net as the corresponding front line player.
4. After the ball is hit for the serve, players may move from their respective positions.

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### **SECTION 8: Playing the Ball**

- A. A team shall continue to serve until that team commits a foul or fails to return the ball.
- B. When serving, if the team commits a foul, a side-out is declared, and the other team receives a point, if the ball:
  1. Touches the floor of the serving area, a teammate.
  2. Passes under the net or crosses the net entirely outside the side boundaries.
  3. Touches the ceiling or any obstructions or objects before contacting an opponent or the floor of the opponents' area.
  4. Lands out of bounds.
  5. A foot fault is committed.
- C. Playing the ball: A ball other than the serve may strike one or more times on the ceiling and fixtures which intrudes upon the height of the court or the surrounding play area. However, no such rebounding ball may legally strike about the opponent's side of the net nor may it fall to the opponent's court. In touching obstruction should a ball come to rest or be wedged, the ball will be declared dead.
- D. It is permissible to run out-of-bounds to play a ball on the return to the opponent's court as long as the ball passes over the net with in the side boundaries. A player may not run across the imaginary centerline, thus crossing in to the opponent's area. A player must stay on his/her side of the court.
- E. The ball may be contacted a total of three times by a team before it is sent over the net.
- F. A contacted ball is one that touched or is touched by any part of the player's body or clothing. It is foul if the ball contacts the body below the waist. A side out or point is awarded.
- G. The ball must be clearly hit. When, in the opinion of the official, the ball visibly comes to rest at contact, the player shall have committed a foul.

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### **SECTION 9: Net Play**

- A. The ball may hit the net on the serve.
- B. A player shall not contact any part of the net or its supports while the ball is in play. When the ball is driven into the net so that it causes the net to contact an opposing player, this is not a foul; the player did not actually contact the net by his/her own accord.
- C. In returning the ball, a player may follow through over the net, providing he/she first contacts the ball on his/her own side of the net. Players in the act of blocking may reach across the net but may not contact the ball until the opponent has hit the ball to return it.
- D. As long as any part of the player's foot is touching the centerline, he/she is not considered to have committed a foul, provided that he/she does not interfere with the opposing team.
- E. A ball may be played from the net provided the player avoids contact with the net and does not catch or hold the ball. A player may reach under the net in an attempt to keep the ball in play for his/her team, if they have remaining hits.
- F. When only part of the ball crosses the net, and is then contacted by an opponent, it is considered as having crossed the net. Any ball blocked across the net may be considered to have legally crossed the net.
- G. A player shall not make successive contacts with the ball except when a player is attempting to block and is contacted by the ball; the player is eligible to participate in the next play, which should be considered the first contact for the team.

- H. If two opponents simultaneously hit the ball above the net, the player behind the direction of the ball is considered as having touched it last; the team upon whose side of the net the ball falls is allowed three plays of the ball. If the ball is simultaneously held by two opposing players, it's a double foul and play over.
- I. Blocking is permitted by any or all of the players on the front line only. **A serve may not be blocked at any time.**
- J. A back row player may not spike the ball unless he/she is behind the ten-foot line.

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#### **SECTION 10: Co-Rec Rules**

Co-Rec is to be played with the same rules as Men's and Women's volleyball; however, the following exception will be noted:

- A. The line up must have three men and three women, in alternating positions.
- B. A woman must substitute for a woman and a man subs for a man.
- C. When the ball is played more than once by a team, **a female player must make one of the contacts.** Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball, regardless of the number of contacts made by a team.
- D. When only one male player is in the front line at service, one male back line player may be forward of the attack line for the purpose of blocking. The same rule applies to women. If there is only one female in the front line at service, one female back line player may be forward of the attack line for the purpose of blocking.

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#### **SECTION 9: ACCIDENTS AND INJURIES**

- 1. *Participation in the Intramural program is voluntary and at the participants own risk. Tarleton State University and the Recreation Sports Department do not assume financial responsibility for any injuries. It is strongly recommended that each participant be certain he/she has some form of insurance which would cover claims resulting from accidental injury during Intramural participation. The participants or their insurance companies are responsible for any expenses, due to injuries occurring while participating in the program. Each person must sign a team roster prior to participation in any intramural event.*
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