

# UT INTRAMURAL SPORTS PROGRAM

## VOLLEYBALL RULES – FALL 2009

---

*Participation in UT RecSports Programs is voluntary and individuals use facilities at their own risk. Participation in any physical activity involves inherent risk and even when safety precautions are utilized, injuries and accidents can occur. The RecSports Department would like to encourage each individual to consult their physician and obtain adequate personal health/accident insurance prior to participation in our programs. UT does not provide personal health or medical insurance coverage for participants.*

---

\*\*\*The following is an abridged version of the 2008-09 NFHS Volleyball Rules\*\*\*

### **GENERAL INFORMATION**

1. Participation is limited to currently enrolled, fee-paying UT students and faculty/staff members with RecSports Memberships.
2. Participants must present their VolCard or current RecSports Membership Card in order to participate. If the membership card does not have a picture, the participant will be required to show a government issued picture identification along with the membership card.
3. Team representatives including players, coaches, spectators, and other persons affiliated with the team are subject to these sport rules and all intramural policies.

### **TEAM COMPOSITION**

1. A team shall have no more than six (6) players on the court.
2. A team must have at least four (4) players to begin a match.
3. Participants can compete for only one single sex team, regardless of league classification.
4. Each team shall designate a team captain(s). If more than one player is designated, a speaking captain must be selected to make all decisions.

### **EQUIPMENT**

1. VOLLEYBALLS: Teams may furnish their own game ball or use the volleyball provided by the Intramural Sports Program. If a team wants to use their own game

ball, it must be approved by the opposing team. If teams are unable to agree, the volleyball provided by the Intramural Sports Program will be the official game ball.

2. **CLOTHING:** Matching teams jerseys are not required. A player's clothing must be presentable and appropriate for competition.
3. **SUPPORTS/BRACES:** A guard, cast or brace made of hard unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, even though padded, is not permitted on the finger, hand, wrist, or forearm. Supports/braces are permitted on other parts of the body (an elbow brace shall not extend more than halfway down the forearm).
4. **SHOES:** All players must wear gym appropriate footwear. Boots and sandals are strictly prohibited.
5. **JEWELRY:** No jewelry, including livestrong bracelets, may be worn. Jewelry must be removed before the participant will be allowed to participate. Medical alert bracelets are permitted but they must be taped down. **TAPING OF ALL OTHER JEWELRY IS NOT PERMITTED.**
6. Any equipment that in the judgment of the referee increases a player's advantage is prohibited.

## **THE MATCH**

1. **LENGH OF CONTEST:** A match will consist of a best two (2) out of three (3) game series, unless the time limit has expired. The first team to win two (2) games shall be declared the winner of the match. The third game shall not be played unless it is necessary to determine the winner of the match
2. **GAME:** The first two games is over when one team scores 25 points, win by two points (cap of 30 points). The third game is over when one team scores 15 points, win by two (cap of 20 points).
3. **RALLY SCORING:** If the serving team wins the rally, the team scores a point and continues to serve. If the receiving team wins the rally, the team scores a point and gains the serve.
4. **TIME LIMIT:** There will be a 45 minute time limit for all volleyball matches. Once the time limit has expired, the game shall be considered over at that point. If the game is tied at the end of the time limit, the teams will play one more serve to determine a winner.
5. **COIN TOSS:** A toss of a coin or odds/evens will determine which team shall have the choice for the first game and third game (if necessary). In the postseason, the

higher seeded team will have the choice for the first game and third game (if necessary). The winning team shall have the following options:

- A. To serve or receive service of the ball
- B. To select the side of the court on which to play

The loser of the toss will take the remaining alternative. Teams will change sides after each game.

6. **GRACE PERIOD:** Teams will be granted a five (5) minute grace period from the original game start time if at least one (1) participant is signed in at game time. If the team gets enough to play before the five (5) minutes are up, the game will begin and the other team will be awarded ten (10) points. The time limit will now be 40 minutes. The other team will also receive choice for the first game and third game. If no players are signed in at game time, there is no grace period and the game will be declared a forfeit.
7. **OPTIONAL GRACE PERIOD:** After the original five (5) minute grace period has expired, the opposing captain has the option of taking the win or waiting another five minutes. In the event the captain decides to wait, the decision is irreversible. If the team gets enough to play before this optional grace period expires, the game will begin and the other team will be awarded the first set (25-0). The time limit will now be 35 minutes. The late team will receive first possession for the second set and the other team will receive choice for the third game, if necessary.
8. **DEFAULTS:** A default is an un-played game that is recorded as a loss but is not considered a forfeit. In order to receive a default, teams must have one less than the minimum number of participants required to play for that sport at game time or they must notify the Intramural Office of their inability to field the required number of participants for the game no later than 2:00PM on the day of the contest (once the default has been requested, it cannot be overturned). No forfeit fee is assessed for defaults.
9. **FORFEITS:** If a team fails to appear for a scheduled game or match on time (or following the grace period) or does not have one less than the minimum number of participants required to start the game at game time (or following the grace period), a forfeit will be declared. If a team forfeits a contest, the captain's student account will be charged a \$20 forfeit fee, the team will be ineligible for postseason competition, and the team may be dropped from the league if there is a wait list team to replace them. A team with two forfeits will be automatically dropped from the league.

## **PLAYING RULES**

1. **BOUNDARY LINES:** A ball landing on any part of the boundary line is considered inbounds. A ball that hits or travels outside the antennae is out of bounds, no matter if it lands inbounds.
2. **FLIGHT OF THE BALL:** The ball must pass over the net inside the boundary lines and antennas in order to be legal. The ceiling may be played if the ball remains on the playing team's side of the net/court and they have hits remaining.
3. **LEGAL CONTACTS:** The ball must be clearly hit, not thrown, lifted, tossed or held. The ball cannot at any time visibly come to rest in contact with a player. The ball can legally rebound off any part of the body above the waist (NO USE OF THE FEET).
4. **TEAM CONTACTS:** Each team is entitled to a maximum of three contacts to return the ball to the opponents. A player may not contact the ball two times consecutively except during or after a block or at the team's first contact. Blocking does not constitute a team contact, and any player may make the first contact of the ball after the block.
5. **SIMULTANEOUS CONTACTS:** If two opponents simultaneously and instantaneously contact the ball over the net, the ball remains in play and the team receiving the ball is entitled to another three hits. If such a ball lands out of bounds, it is the fault of the team on the opposite side of the net from where the ball lands. A joust occurs when players of opposing teams cause the ball to come to rest above the net through simultaneous contact. A joust is not a fault and play continues as if the contact was instantaneous. If teammates simultaneously and instantaneously contact the ball, it will count as one contact and the involved players are eligible to participate in the next contact.
6. **ASSISTED HIT:** A player is not permitted to take support from a teammate or any object in order to reach the ball. However, a player who is about to commit a fault may be stopped or held back by a teammate.
7. **SERVING ROTATION:** The order of rotation specified by the starting lineup must be maintained throughout the game. At the beginning of a new game, the order may be rearranged.
8. **SERVING OUT OF ORDER:** If a player is discovered serving out of order, a side-out shall be called, any points made by the illegal server shall be lost, the serving order should then be corrected immediately, and the offending team shall lose that service turn.
9. **AUTHORIZATION OF SERVICE:** The server must wait for the referee's signal and whistle before serving. Once the authorization has occurred, the server will have five (5) seconds to contact the ball for service.

10. SERVICE AREA: The server may move freely behind the rear boundary line.
11. SERVICE ATTEMPT: If the server releases the ball for service but does not attempt to complete the service motion, a replay will be awarded. A player may only receive one such replay during anyone term of service.
12. FOOT FAULT: The server may not step onto the court (this includes the boundary line) until after he/she has contacted the ball.
13. NET SERVICE: A serve is legal if it hits the net, goes over the net, and proceeds to land in-bounds on the opponent's side of the court.
14. POSITIONING: All players on both teams except the server must be inside the boundaries at the time of the serve.
15. BACK LINE PLAYERS: A player whose legal position at the time of the serve is in the back row may not block, or attempt to block, nor may a back line player attack the ball above the height of the net in front of the ten-foot line.
16. SCREENING: Players on the serving team may not group or stand in a position that blocks the view of the receiving team.
17. BALL TOUCHING THE NET: The ball may touch the net while crossing the net at any time.
18. BALL IN THE NET: A ball driven into the net, other than a service, may be recovered within the limits of the three team contacts.
19. RECEIVING THE SERVE: A player may NOT attack the serve. Therefore, more than one receiving player must be involved in the return of a service.
20. REACHING OVER THE NET: If a player reaches over the net, a foul shall be called except in the following instances:
  - A. Player reaches over the net on a follow-through
  - B. Player, in an attempt to block, reaches over the net on a follow through, whether or not they touch the ball, provided some part of the ball has crossed the net on the blocker's side before the follow through occurs
  - C. During an attempt to block, the ball is hit against the net with such force that it causes the net to move under the fingers or hand of the blocker
21. 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.

22. CONTACT WITH THE NET: It is a foul when a player or a player's clothing 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 or the wind blows the net and causes the net to touch a player).
23. CENTER LINE: A player may touch the floor across the center line with one or both feet/hands 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.
24. 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.
25. 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 server.
26. 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.

## **COREC MODIFICATIONS**

### TEAM COMPOSITION

1. A team shall have no more than six (6) players on the court (3 males and 3 females).
2. A team must have at least four (4) players to begin a match (2 males and 2 females or 1 male and 3 females).
3. Teams with five (5) players can only have the following combination: 2 males and 3 females.
4. Participants can compete for only one corec team, regardless of league classification.

### PLAYING RULES

1. POSITIONING: In court positioning, men and women must alternate positions; therefore, they must also alternate serving (except when a team plays with more female athletes).

2. **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).
3. **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 server. All substitutions must be male-for-male or female-for-female.