

**Volleyball Rules**

**Intramural Sports Policies and Procedures Manual**

* All participants are required to adhere to the Policies of the Colorado Mesa Intramural Program. This information, along with eligibility, sportsmanship, and forfeit policies, can be found at http://goo.gl/rhbv9i
* **All participants must present a valid Colorado Mesa ID card at every game. Failure to present a valid Colorado Mesa ID will result in not being allowed to participate. NO EXCEPTIONS!**
* Changes to the rules from last season will be highlighted in grey.

All games will be held at the Mav Center Gym.

**Rule 1: Equipment**

1. No jewelry allowed (watches, earrings, facial piercings, necklaces, etc.)

**Exception: Medical alert tags are not considered jewelry and may be worn, provided all of the chain, necklace, band, etc., is taped to the body with the tag visible.**

1. Sweatbands and soft caps on the head are allowed. No hats with a hard bill, bandanas, or other headgear are allowed.
2. Players must wear closed toe athletic shoes with non-marking soles.
3. Players are allowed to wear braces, soft casts, and protective coverings provided they are covered with ½ inch high density padding or wrapped with similar material.
4. Volleyballs will be provided.

**Exception: Teams may decide to use their own volleyball, provided that both captains agree to its use.**

1. **Due to concerns with player safety, all participants will be required to have their ears completely uncovered for the duration of the contest.**
2. **Intramural staff reserves the right to rule on any equipment issue.**

**Rule 2: Timing**

* 1. All games shall consist of best 2 out of 3 games, to 25 points, win by 2.
  2. Each team is allowed two thirty-second timeouts per game.

**Rule 3: Scoring**

1. Rally scoring shall be used; each serve will result in a point scored.
2. Let serves are legal.

**Rule 3: Players**

1. Teams will consist of six players. A minimum of four players is necessary to begin and continue play.
2. In the event a team has more than six players, substitutes may enter the game by rotating in at the **serving position** during a dead ball. Players must rotate into the game in the same order throughout each game.

**Exception:** The player who will be the next substitute may substitute out of order for an injured player; the injured player may not return in that game.

**Rule 4: Start of Play**

* 1. Games will begin with a coin toss (or rock, paper, scissors) during the captains meeting. The winning team will have their choice of serving first or which side they will play on first. The team losing the toss will chose the remaining option.
  2. Teams will switch courts after each game.
  3. Teams will alternate side and first service for the second game.
  4. When restarting play after a stoppage, such as ball rolling from another court onto the court of play, a replay will occur.
  5. If a third game is required, a coin toss will determine which team serves first. The visiting team will call the coin toss. Teams will remain on the same side of the court as they were on at the end of the second game.

**Rule 5: General playing rules**

* + - * 1. A ball, other than a served ball, is out of play and a play over directed if it contacts overhead object(s) or the supports (e.g., basketball backboard) fewer than 4.6 m (15’) above the playing area and would have remained play- able if the object had not been present.
        2. A player may use any part of the body when playing the ball.
        3. No player may touch the ball twice in succession

**Exception**: Multiple contacts are permitted only when the first ball over the net rebounds from one part of a person’s body to one or more legal parts.

* + - * 1. Back row players may not attack a ball if they are on or in front of the 10-foot line. No player may attack a ball that is completely on the opponent's side of the net. It is illegal to attack the serve.
        2. Only front row players may block. A block does not count as a hit. Blockers may play the ball on the opponents' side of the net only after the opposing team has completed its attack or the ball breaks the plane of the net. It is illegal to block a serve.
        3. The Center Line: A Player may cross the center line with his/her foot/feet as long as a part of the foot/feet remain(s) on or above the center line and the player does not interfere with the play of an opponent.

**Note: Being ejected from a game will result in a meeting with the Manager of Intramural Sports to determine your continued participation in the program.**

**All rules not specifically discussed in this document will be enforced as NFHS Volleyball Rules. All rules are subject to change by the intramural sports staff.**