Intramural Indoor Volleyball Rules

Intramural Sports Handbook
- All participants are required to adhere to the policies of Campus Recreation. Our policies are located online at http://www.rec.nova.edu/intramurals/.
- In the Intramural Sports Handbook, you will find important information regarding:

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Courts
All games will be played in the multipurpose gymnasium on the second floor of the Recplex located in the University Center.

Timing
- Matches will consist of a best-of-three game series (25, 25, 15).
- All games will use a win-by-two format. The first two games will cap at 30 and the third game (if necessary) will cap at 20 during the regular season.
- Each team will be granted one 60-second timeout per game. Unused timeouts do not carry over from game-to-game.

Play
- Six players per team are allowed on the court at a time. A minimum of four players is necessary to begin and continue play.
- All games will use rally-point scoring.
- Blocking or attacking a serve is illegal.
- Let serve is in play.
- Substitutions
  - Substitutions may only occur during dead balls.
  - Teams may elect to rotate all players in one at a time through the server’s position or may substitute player for player.
  - The team must indicate which method will be used at the start of each match.
  - The libero position will not be used.
- Lines
  - Any ball landing on the line is good.
  - The server must stand entirely behind the end line until they strike the ball.
  - A player’s foot/hand may land on the center line provided it is not entirely over the line.
- CoRec Modifications
  - Neither gender may outnumber the opposite gender by more than one player on the court.
  - The service order and positions on the court must alternate between male and female players.
Sportsmanship Guidelines

**A:** Team members participate with excellent sportsmanship within the established rules.

**B:** Team members occasionally complain to the official or supervisor about rule interpretations. Sportsmanship and understanding of the rules is acceptable, but could be better.

**C:** Team members consistently complain to the staff about rule interpretations. Sportsmanship and understanding of the rules is below expectations. A team or team member receives a yellow card for unsportsmanlike conduct.

**D:** A team receives two yellow cards or a team member receives a red card for unsportsmanlike conduct.

**F:** Sportsmanship and understanding of the rules is unacceptable. A team receives three or more yellow cards.

*Please see the Intramural Sports Handbook for detailed information regarding sportsmanship.*

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**All rules not specifically covered in this document will be enforced as NFHS Volleyball Rules.**

**All rules are subject to change by the Assistant Director for Recreation.**