

Volleyball Rules Fall 2018

Registration Period: May 21st – August 29th
League Dates: September 3rd – September 27th
 Teams will be scheduled 1-2 games a week, Monday through Thursday, games starting on the hour from 6:00 PM – 11:00 PM.

Intramural Sports Handbook

- All participants are required to adhere to the policies of Recreation and Wellness. Our policies are located online [here](#).
- In the Intramural Sports Handbook, you will find information regarding:

Team Information	Participant Information
• Registration	• Eligibility
• Forfeit procedures	• Valid ID's
• Team jerseys	• Participant conduct
• Sportsmanship rating	• Safety
• Protest procedures	• Alcohol and drug policy

Courts

- Games will be played on the RecPlex courts.

Players and Rosters

- Six players are allowed on the court at a time.
 - A minimum of four players is necessary to begin play.
 - **Co-Rec:** One gender may not exceed more than 3 participants on the court.
- **Substitutions:** Substitutions may occur at any time throughout the match. Substitutions are unlimited. Once a player substitutes into the rotation, they may only sub in and out of that specific spot in the rotation for the remainder of the set.
- Liberos are not used.
- **Eligibility:** All participants must be either NSU students or faculty/staff, with an active RecWell membership.
- All participants must bring their valid NSU ID to play.
- Players must have signed the participation waiver to be eligible to participate in any contest.

Equipment

- The intramural department will provide nets and volleyballs.
- Net placement is set at 8ft for Open and Co-Rec games.
- Players must wear athletic/tennis shoes.

Timing

- A match consist of the best of three games using rally scoring.
 - The first two games will be played to 25. The third game, if necessary, will be played to 15.
 - All games will use a win-by-two format. No cap.

- Teams will be allowed one 30-second timeout per set. Unused timeouts do not carry over to the next set.

USAV rules will prevail, with the following specifics and modifications

Start of Game Procedures

- **RPS:** Before the start of the game, the referee will conduct a captain's meeting during which rock, paper, scissors will determine first choice of:
 - Playing side
 - Serve/Receive
- **Co-Rec:** Before the serve, males and females must be positioned in alternate positions on the floor.

Game Play

- Teams are allowed up to three plays on the ball before it has to cross the net to enter the opponent's playing area.
- A point is scored once the ball becomes dead. A ball is dead if it:
 - Completely passes under the net.
 - Touches the floor.
 - Lands out-of-bounds. Boundary lines are considered in.
 - Contacts the ceiling or overhead obstruction and is not legally played by the offending team.
 - Contacts the ceiling or overhead obstruction and lands on the opposing side.
 - Is whistled dead by the official for any reason.
 - Contacts the net outside of the antennas.
 - Is an illegal serve
- No pursuit rule.

Serves

- Servers can only serve after the official gives his/her signal to serve.
- Servers are allowed to serve underhand or overhand.
- The server cannot touch the back end line until the ball leaves his/her hand.
- A served ball is dead if it:
 - Passes under the net or touches the floor on the server's side of the net.
 - Touches one of the server's teammates.
 - Touches the antennas or any part of the net outside of the antennas.
 - Touches the ceiling or any obstruction.
 - Is hit illegally or before the referee has signaled to begin service.
 - The server steps on or over the end line during the serve.
- The ball is live if it contacts the net and passes over (let serve).
- If the server does not hit the toss of the service, he/she may let the ball drop to the floor and toss it again. The second toss is only allowed once per serve attempt.
- It is illegal to spike or block an opponent's serve.

Net Play

- Balls are still considered live when it makes contact with the net.
- Contacting the in-bounds part of the net and/or antennas during play is not permitted, unless the contact with the net does not interfere with play.

- Reaching over the net is not permitted, unless it occurs during the team's third contact.
- A player may touch the center line, but cannot have an entire foot or both feet over the line.

Violations

- A player may not hit the ball twice in a row without it making contact with another player or going over the net to their opponent's side first.
 - A blocked ball does not count as a player or a team's first hit.
- Four hits occurs when a team contacts the ball more than three times before the ball is returned over the net to its opponents' playing area.
- Players who are initially positioned in the back row are not allowed to attack or block the ball in front of the attack line.
- Players may not throw or make prolonged contact with the ball.

Please read the Intramural Handbook. It contains written descriptions of all regulations and policies that govern participation in NSU Intramural Sports, no matter which sport or activity you play. It's imperative to the continuity of the Intramural program that all participants abide by the regulations detailed in the Handbook by the Office of Recreation and Wellness.

Sportsmanship Guidelines

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

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

C: Team members consistently complain to the official(s) or supervisor(s). Team displays poor sportsmanship and understanding of the rules. A team or team member receives a yellow card for an unsportsmanlike conduct penalty.

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

F: Team members participate with unacceptable sportsmanship. A team receives three or more yellow cards or 2 red cards for unsportsmanlike conduct penalties.



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