

BIRMINGHAM-SOUTHERN COLLEGE
PHYSICAL FITNESS & RECREATION

INTRAMURAL VOLLEYBALL RULES

NCAA VOLLEYBALL RULES WILL GOVERN PLAY EXCEPT AS NOTED BELOW.

The Game

1. The game will be played between two teams of six players each. Four players are required to play and avoid a forfeit.
2. Game time is forfeit time. Both teams shall be warmed up and ready for play at the scheduled time.
3. Coin Toss - The Home Team captain shall call the toss and have the choice of serve, receive of serve, or side of court. The losing team of the first game shall serve first in the second game.
4. A match will be the best 2-out-of-3 games played to 30 points. If a 3rd game is needed, it will be played to 15 points. To start the 3rd game, the team captains will flip a coin again to decide who serves first in the 3rd game. The teams will change sides after one team reaches 8 points in the 3rd game.
5. Rally scoring will be used. In all games, a team must win by 2 points. In the case of a 29-all or a 14-all tie in the 3rd game, play will continue until one team has reached a 2 point advantage.
6. Each team will have two (2) 30-second time-outs to use in each game. There will be a 3-minute period in between games.
7. Players may not touch the net at any time. A ball may be played off of the net as long as a player does not touch the net and the team does not exceed the 3-touch limit.
8. Players may step on the centerline during play, but may not cross it.
9. Out of Bounds – The ball must be clearly out of bounds. If any portion of the ball hits the line, it will be considered good. A ball that hits an antenna at any time will be considered out.
10. Each team will have a maximum of 3 touches to play the ball on their side of the net. Players must clearly hit or bat the ball. Holding or scooping the ball is not allowed.
11. A player may contact the ball twice during the 3 touches, but not in a row. However, it is legal for a player to block a spike and then subsequently play the ball. In this case, the team still has two touches remaining to utilize.
12. Any ball that hits a player's body twice is illegal and will be considered a double hit. The exception to this is play as a result of a reaction to a hard drive or attack.

Serve, Rotation and Play

1. Each player must remain in their place in the rotation at the time of each serve. Each player must be clearly in the proper position prior to each serve.
2. Each player may be substituted for as many times as needed, but it must be by the same player each time. Substitutions will be allowed during dead-ball situations.
3. The server shall strike the ball while out of bounds beyond the court end-line. Jump serves are legal, but the ball must be contacted prior to the server touching the court from out of bounds.
4. The served ball may contact the net and will be considered a legal serve if it goes over the net and in-bounds. If the served ball hits the antenna, it is considered out.
5. Back line players may switch to the front line during play, but may not attack. They may pass, set, and block, as long as they do not jump to block. Players must wait until the ball is contacted on the serve to switch.
6. Back line players may spike the ball, but must do so from behind the 10-foot line. As with a serve, a back line player may jump from behind the 10-foot line to spike, but must make contact with the ball before touching the floor inside the 10-foot line.
7. A serve may be blocked, but only with arms that are straight up. No spiking of a serve will be allowed.
8. It is illegal to attempt to block a set attempt unless it is the team's third touch.

9. Players are allowed to run out of bounds to play a ball, provided the ball has not crossed the vertical plane of the net.
10. A team that hits a ball that strikes a light, goal support, rafter, etc., may continue play as long as that team has legal hits left to make on the ball and the ball does not cross the vertical plane of the net.

Safety

1. Participants must wear court-type shoes at all times.
2. No jewelry will be worn at any time. This includes, but is not limited to rings, earrings, watches, necklaces, and any form of body piercing.
3. No hard casts will be allowed at anytime. All hard braces (knee, elbow, etc.) will be evaluated prior to the start of the game.
4. No alcohol or tobacco products may be used by the participants prior to or during the match. These substances are not allowed in the Striplin Center at any time.