

**Alice Lloyd College  
Intramural Athletics  
Official Co-Ed Volleyball Rules**

**The Game**

- A. A team must win 2 out of the 3 games to be declared the winner.
- B. The officials shall conduct a coin toss with the captains and go over any rules not covered in the rule book.
  - 1. The winner of the coin toss will have the option of side, serve/receive. If a team chooses to receive the other team shall have the choice of side and serve. In the deciding game the head official will conduct a coin toss and the winner will have the option of side, serve/receive. The first team to reach 8 points in the deciding game will then switch sides.
- C. Each team must provide a line judge for the entire game. (Panhellenic and IFC only)

**Players, Substitutions and Fans**

- A. Teams consist of 6 players.
- B. A team must have a minimum of 5 players to start a game.
- C. Any team with less than 5 players at the beginning or during the game will be given a loss.
- D. The “Ghost Rule” applies if a team is using 5 players. In the Ghost Rule, opponents shall receive a point and serve after the end of the first full rotation.
- E. Each team shall designate to the officials a captain. The captain shall address the officials on matters of interpretation or to obtain essential information.
- F. Free substitutions are allowed (on a rotating basis) as long as the player either subs for the same person or into/out of the same position.
- G. A team may use a Libero during the game.
  - 1. The Libero must be designated at the beginning of each game.
  - 2. The Libero will wear a colored jersey/tee shirt.
  - 3. The Libero may not block or attack a ball that is above the height of the net.
  - 4. A hitter may not attack a ball that is above the height of the net after a Libero set’s the ball with his/her fingers in front of the 10 foot line.
  - 5. The Libero may serve but only in one of every rotation of the lineup.
- H. Fans/spectators may not enter the court during the game. Fans/spectators will be asked to leave the premises if they fail to comply with the rules and policies stated by campus recreation.

## **Uniform, Equipment, Game Ball, and Court**

- A. Non- marking athletic shoes shall be worn by all players. Players wearing sandals or dress shoes will not be allowed to enter the game.
- B. If both teams cannot agree on a game ball the head referee will determine the official game ball.
- C. Teams using a Libero: The Libero must wear a top that clearly identifies him/her as the defensive specialist.
- D. Team uniforms are not mandatory.
- E. Boundary lines are in-bounds.
- F. Adjacent courts are considered “out-of-play” while other games are in progress.
- G. Any ball, which hits the ceiling, is only out-of-play if it crosses over to the opponent’s side of the net.
- H. Balls may not be played off the wall. When playing a ball near a wall, players may not use the wall to gain an advantage. (Both feet must remain on the floor).
- I. Ball hitting the basketball supports hanging in a horizontal position will be considered legal and play shall resume.
- J. The ball is out of bounds if it touches any part of the TRACK structure.
- K. The net will be at 7 feet and 11 5/8 inches for the men’s league and 7 feet, 4 1/8 inches for the women’s league.

## **Timeouts and Game Length**

- A. Each team is allowed one 60 second timeout.
- B. A timeout not used will not be carried over to the next game.
- C. Only players in the game can call a timeout.

## **Scoring and Mercy Rule**

- A. Rally scoring will be used throughout the entire match.
- B. The first 2 games will be played to 25. A team must win by two. There are no caps.

C. The third and deciding game will be played to 15. A team must win by 2 points. There are no caps.

D. When a team reaches 8 points in the third and deciding game both teams shall switch sides.

E. Sideout scoring will not be used when a team reaches game point.

### **Service**

A. The server may serve from any position behind the endline.

B. Let serve: A serve that hits the net and goes over. Play shall continue if a served ball hits the net and goes over.

C. If the ball is served before the referee's whistle, a reserve shall be given. Only one reserve is allowed. A "point" for the opposing team occurs for the following service faults:

1. Ball does not pass over net.
2. Ball touches teammate or any other object before crossing net.
3. Ball lands out-of-bounds
4. Ball touches wall or ceiling.

D. If a team serves out of order, their opponents shall receive a point and the serve. The team in violation will lose serve and any points scored while serving out of order. The players of the team at fault must take their correct positions.

E. Any attempt to screen the receiving team from seeing the trajectory of the serve is a point to the receiving team. This includes two or more players standing together or one player with his hands above his head, as the serve passes over the player(s).

F. At the time the ball is contacted for the serve, the players on the court must be in their proper order.

G. The player receiving a served ball may not spike or block a serve above the height of the net.

H. A setting action which resulted in a double contact is permitted during a served ball.

### **Playing the Game**

A. Each team is allowed three successive contacts of the ball in order to return it.

B. A double contact is allowed on every first ball and the contact is made with only one attempt.

C. The ball may be hit with any part of the body. A volleyball can be kicked.

D. The first contact can contact any part of the body provided that such contacts are simultaneous (except for the first ball over) and that the ball rebounds immediately and without and holding or carrying involved.

E. Touching a ball above the height of the net in an attempt to block does not count as one of the three hits allowed; the same player may make the first contact during that play.

F. When the ball visibly comes to rest momentarily in the hands and arms of a player, it is considered as having been held. Scooping, lifting, pushing, or carrying the ball are forms of holding.

G. If, after simultaneous contact by opponents, the ball falls out-of-bounds, the team on the same side shall be deemed as having caused it to go out-of-bounds.

H. When two players of the same team simultaneously contact a ball, it is considered one contact and either player may make the next contact.

I. A player is not allowed to attack the ball on the opponent's side of the net.

J. No player shall assist a teammate by holding him/her while they are playing the ball. It is legal to hold a player not playing the ball in order to prevent a fault.

K. A back row player may not cause a ball, which is completely above the height of the net to cross over to the opponent's side unless he/she is either on the ground completely behind the 3-meter line or is in the air, having jumped from behind the line. If the player touches any part of the line it is a violation.

L. A ball must break the plane of the net before an opponent may contact it or if no play by the attacking team can be made.

### **Blocking**

A. A block is considered legal when a player's hand is above the height of the net and touches or deflects the ball while it is above the height of the net. A player's hand below the height of the net is not considered a block but is considered the first hit and the team has 2 remaining hits left.

B. Blocking may be legally accomplished by only players who are in the front row at the time of service. Back row players may not participate in a single block or team block. (A team block is when two or more players are blocking simultaneously.)

C. The team that has participated in a block shall have three additional contacts after the block.

D. Any player participating in a block shall have the right to make the next contact, such contact counting as the first team hit.

E. Multiple contacts of the ball by a player participating in a block shall be legal provided it is during one attempt to intercept the ball.

F. Multiple contacts of the ball during a block shall be considered a single contact, even though the ball may make multiple (2 or more) contacts with one or more players of the block.

G. Blocking a served ball is prohibited.

H. It is legal to block a ball on the opponent's side of the net provided, in the opinion of the official, the trajectory of the ball would have caused it to break the plane of the net.

I. A blocked ball is considered to have crossed the net.

### **Play at the Net**

A. If a player's action causes him/her to contact the net during play, accidental or not, with any part of body or clothes, that player shall be charged with a fault.

B. If the ball is driven into the net with such force that it causes the net to contact a player, such contact shall not be considered a fault.

C. If opponents contact the net simultaneously, it shall constitute a double fault and the a replay shall be awarded.

D. If a player accidentally contacts any part of the net supports, such contact should not be counted as a fault provided that it has no effect on sequence of play. Intentional contact or grabbing of such objects shall be penalized as a fault.

E. Crossing over the centerline and contacting the opponent's playing area with any part of the body is a fault. The whole foot must be completely over the centerline in order to be a violation.

F. If the ball, in any way, makes contact with the antenna, it is out. If the ball sails outside of the antenna, it is out.

### **Violations**

A. A violation will result in a point.

B. A violation shall be declared when:

1. the ball touches the floor
2. the ball is held, thrown, or pushed
3. a team has played the ball more than three times consecutively or a player touches the ball twice consecutively
4. a team is out of position at serve
5. a player touches any part of the net

6. a player crosses the centerline and contacts the opponent's playing area
7. a player attacks the ball above the opponent's playing area
8. a backrow player while in the attack area hits the ball into the opponent's court from above the height of the net
9. a ball lands outside the court or touches any object outside the court
10. a player reaches under the net and touches the ball or an opponent while the ball is being played by the opposite team
11. the game is delayed persistently
12. illegally served ball or service fault
13. the ball touches or sails outside the antennae
14. a player intentionally hits the ball while the ball is on the other side of the net

C. It's not a violation if:

1. During a hard driven spike a defensively player double contacts the ball. It will be in the judgment of the official who will determine the intensity of the spike.

## **X. Coed Rules**

A. Two females must be on the court to start the game and at all times.

B. At no time during the game, males may exceed females by more than one.

C. Ghost rule will be used for teams using 5 players during the game.

D. It's a violation and a point is awarded to the opponents if the ball has crossed the plane of the net when two or more hits were made by males. A female must play the ball if there are more than two touches.

E. Each server must be alternating genders.

## **Sportsmanship, Fighting, and Trash Talking**

A. Intramural Staff/Officials do not have to give warnings before an ejection. Intramural Staff reserves the right to deny participation to anyone (player or spectator) that fails to demonstrate proper sportsmanship.

B. Players who are involved in a fight will automatically be ejected from the game and will be suspended at their next game.

C. All players/ fans ejected for physically assaulting another player, IM Official, or Intramural Staff will be charged by Pippa Passes Police with physical assault. The case will be turned to the Dean of Students and intramurals privileges will be suspended.

D. If a fight occurs during the game, all players and their fans on the sideline are to remain in their team bench. If a player enters the court/field to observe, separate participants, become

involved in the fight, etc., he/she will be disqualified. If a fan enters the court/field during a scuffle and is involved in an altercation (physical contact, pushing, shoving, making threats to the opponents, the fan will be given a 3 game suspension. During the fan's suspension he/she will not be allowed anywhere in the athletic facility during the teams' game.

E. If both teams enter the court/field during a fight the game will automatically be called by the officials. Both teams will receive a double forfeit no matter what the score is.

F. If players or their spectators are threatening an opponent or is involved in a scuffle prior to or after the game, the offending team will be disqualified from the next game.

G. Any team who has players ejected more than once will be removed from the league.

H. During playoffs a team must receive a 3.0 or better in their sportsmanship rating to continue in the playoffs.

I. Any team in the playoffs that does not meet the 3.0 sportsmanship rating requirement will be disqualified and their opponent will continue in the playoffs.

J. Any player(s) ejected in the playoffs because of a fight will be suspended for the first 3 weeks of all intramural events.

K. Campus Police will remove players and fans who fail to comply with the IM Officials, Supervisors and ALC Intramurals staff.

L. "Any protest or player ejection ruling will be reviewed by the Intramural Sportsmanship Advisory Board." The Intramural Director will make the final ruling on these issues and matters not covered in the ALC Intramural Rules.

### **Rescheduling Procedure**

A. A team wanting to reschedule a game must contact the IM Director and the opposing team a week prior to their original game date/time.

B. A list of available dates and times will be given.

C. Both teams must agree on the rescheduled date and time.

D. The team requesting to reschedule must pay a \$20.00 rescheduling fee 24 hours prior the original game date. (Check with IM Director to see if this rule applies.)

E. Once the payment has been made a confirmation from the IM Director will be sent to both teams via email. A team is allowed a maximum of 3 reschedules per season per sport but is only allowed one reschedule with the same team.

F. If both teams cannot agree with any of the available dates and times the game will not be rescheduled and the game will be played on the original date and time.

G. When playoffs start teams are allowed to reschedule without paying the rescheduling fee. Make note that the rescheduling fee is not refundable after the payment has been made.

### **Playoff Requirements**

A. Your team wins half the games (.500 record or better).

B. An average sportsmanship rating of 3.0 or better at the end of the season.

C. Maintain a 3.0 in the sportsmanship rating or better during every playoff game. If the rating reaches below a 3.0 the team is automatically dropped from playoffs. Their opponents, even with a loss, will advance to the next round if that team meets the playoff requirements.

D. No forfeits.

E. A player must have played in a regular season game to be eligible for playoffs.

F. Teams with illegal players will forfeit those games he/she played in and will be recorded as a loss and count towards their win/loss record.