

Bellarmine University

Intramural Sports

INDOOR VOLLEYBALL RULES

ELIGIBILITY RULES

1. Bellarmine University Intramural Sports program participation is voluntary and individuals use facilities at their own risk. Participation in any physical activity involves inherent risk and even when safety precautions are utilized, injuries and accidents can occur. The Sport, Recreation, and Fitness (SuRF) Department would like to encourage each individual to consult their physician and obtain adequate personal health/accident insurance prior to participation in our programs.
2. You must have a Bellarmine University ID to participate. NO ID, NO PLAY...NO EXCEPTIONS!
3. No Person shall play on more than one team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
4. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly SuRF for a period of time determined by the Intramural Director.

THE GAME

1. There will be a "5 Minute Grace Period". At game time the clock will start and the team who is present will receive 3 points every minute. At the end of 5 minutes if the opposing team has not shown up the game will be declared a forfeit. The team that is present will win the game 18 – 0 (3 points at the start of the clock and 3 points each minute). If a team shows up during the grace period the contest will begin with the score that accumulated during the that 5 minute period (the team shows up 3 minutes late and will be down 12 – 0 with 9 minutes to go in the first half).
2. **Team:** A team shall consist of six players. However, a team must have at least four (4) players to start and/or continue a game.
3. **Substitution:** There will be unlimited substitution, but substitutions may only be made for the server. Exception: A substitution may be made in the event of an Injury.

PLAYING REGULATIONS

1. **Scoring:** A game will be played to 25 points (rally scoring) with the winner winning by a margin of at least two (2) points (up to 30 points). If a third game is needed, it will be played to 15 points, continuing with rally scoring.
2. **Match:** Two out of three games will determine the winner of a match.
3. **Start of Game:** A coin will be tossed to determine the serving team and the side of the court to be defended. Teams will change sides of the court after each game.
4. **Time Out:** Each team is allowed one time out per game.

5. **Side Out:** When side out is awarded, the team that won the serve will rotate one position clockwise.
6. **Serve:** The player serving the ball must be behind the rear boundary line, but may serve from anywhere along the line. The server must wait for the referee's signal and whistle before serving. There is a warning for the first violation. Each team is allowed to have one warning per team, per match.
 - a. When receiving the serve, a player may **not** attack the serve. This includes blocking.
 - b. Players are permitted to set a served ball.
 - c. Players are permitted to double hit a serve or any first contact.
 - d. The serve is playable off of the net. It is commonly referred to as a let serve.
7. **Number of Hits:** A team is allowed three contacts with the ball when attempting to return the ball to their opponent's court. A block does not count as a hit for the team. The block will be considered the zero hit.
8. **Flight of Ball:** The ball must pass over the net inside the boundary lines and antennas in order to be legal. The ceiling may be played if the ball remains on the playing team's side of the net/court and they have hits remaining.
9. **Boundary Lines:** A ball landing on any part of the boundary line is considered in bounds. Remember that the ball compresses as it hits the ground, it flattens, allowing it to come in contact with more surface area. A ball that hits or travels outside the antennae is illegal.

FOULS

1. **Hitting the Ball:** At all times the ball must be clearly hit, not thrown, lifted, tossed or held. The ball cannot at any time visibly come to rest in contact with a player. The ball can legally rebound off any part of the body above the waist. No use of feet.
2. **Double Hit:** No player may hit the ball twice without a teammate having made contact with the ball between the players first and second hits except when:
 - a. Two players on the same team hit the ball simultaneously; either player may play the ball as the team's second hit.
 - b. Two players on opposing team hit the ball simultaneously either player may play the ball as the team's first hit.
 - c. You may double hit the first ball.
3. **Back line players:** A player whose legal position at the time of the serve is in the back row may not play the ball above the height of the net if the player is in front of the ten-foot line. (attack line)
4. **Foot Fault:** The player serving the ball may not step onto the court (this includes the boundary line) until after he/she has contacted the ball.
5. **Positions:** All players on both teams except the server must be inside the boundaries at the time of the serve.
6. **Overlap:** A player may not overlap the player on either side of him/her or the player directly behind or in front of him/her.

7. **Net:** A player may not contact the net at any time unless the ball pushes the net into the player. Hair and clothing do not count.
8. **Center line:** A player may step on the center or over the line as long as it does not interfere with the play on the opposite side of the net.
9. **Illegal screening:** Players on the serving team may not group or stand in a position that blocks the view of the receiving team. Penalty is a point and side out, first warning. Second warning is treated as unsportsmanlike conduct/yellow card

CO-REC GAME

1. **Team:** Each team must begin with an equal number of men and women represented on the playing court. Teams must consist of 3 men and 3 women. A team may start the game with four (4) players and must be comprised of 2 males and 2 females or vice versa. Exceptions may be made by Intramural Staff members.
2. **Substitution:** There will be unlimited substitution, but substitutions may only be made for the server. Exception: A substitution may be made in the event of an Injury.
3. Men and women must alternate positions in the serving order.

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