RULES OF THE GAME
FOR
INTRAMURAL VOLLEYBALL
Revised July 10, 2013

OFFICE OF INTRAMURAL SPORTS
DEPARTMENT OF UNIVERSITY RECREATION
DIVISION OF STUDENT AFFAIRS
MISSISSIPPI STATE UNIVERSITY
Intramural Sports General Information

The Intramural Sports Office is located in the Joe Frank Sanderson Center.
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Rule 1: Players, Field, & Equipment

Section 1: Team
A. All players must check in with an Intramural Sports Supervisor and present their MSU Student Identification card to participate.
B. A maximum of six players will compete on a side; Right Front, Center Front, Left Front, Right Back, Center Back, and Left Back.
C. Co-Rec teams must start all games with no more male players than female players: 3 male and 3 female, 2 males and 2 females, etc.
D. A team may begin with 4 players, but if injury or disqualification reduces the number to few than 4, the game shall be forfeited.
E. Front and back row players must be designated to the officials when less than 6 players are used.
F. Before each game, the captain will designate his/her team’s service order to the umpire.

Section 2: The Court
The game is played indoors at the Sanderson Center in the Auxiliary Gym on the volleyball courts.

Section 3: Boundaries
A. During play, all players must remain on their side of the court.
B. The height of the net shall be:
   a. For women - 7 feet 4 1/4 inches
   b. For men - 8 feet
   c. For co-rec – 8 feet
C. A player shall not have any part of their body cross the net.

Section 4: Equipment
A. Teams may choose to provide their own volleyball or use one provided by the Intramural Department.
B. All players are required to wear jerseys of the same color with permanent numbers of contrasting color.
C. Participants may only wear tennis, court, volleyball, or basketball shoes with pliable synthetic or rubber soles. No marking black-soled shoes, boots, or running shoes will be allowed.
D. Participants must wear shirt and shorts/pants.
E. Players may not wear:
   a. guard, cast, or brace made of unyielding leather, plaster, pliable plastic, metal, or any other hard substance, on finger, hand, wrist, or forearm
   b. jewelry or hats
Rule 2: Game Play

Section 1: The Game

A. All players except the server shall be within the team's playing area and in correct serving order with no overlapping of adjacent players, front-to-back or side-to-side at the instant the ball is contacted for the serve. The center front shall not be as near the right side line as the right front nor as near the left sideline as the left front. The center back shall not be as near the right sideline as the right back nor as near the left sideline as the left back. No back line player shall be as near the centerline as the corresponding front line player. After the ball is contacted for the serve, players may move from their respective positions.

B. The order in which teams are to serve shall be called the serving order.

C. Players must be in the correct serving order when the ball is served.

D. A server shall continue to serve until there team commits a fault.

E. If the serving team wins the rally it scores a point and continues to serve. If the receiving team wins the rally, it scores the point and gains the serve. Each time a team gains the serve it must rotate one position clockwise before serving. Failure to do so will result in side out if done intentionally.

F. A server shall hit the ball with one hand, fist, or arm.

G. Teams will receive points for:
   a. Serve illegally.
   b. Fail to return the ball legally to opponents' court.
   c. Catch the ball.
   d. Hold the ball (scooping, lifting, and shoving shall be considered holding).
   e. Strike the ball more than once in succession.
   f. Be the fourth player to play the ball (except when there has been a simultaneous hit.)
   g. A player cannot intentionally touch a ball below the waste.
   h. Touch the net with any part of the body at any time except when the ball is dead.
   i. Reach under the net and touch the ball or a player of the opposing team when the ball is in play on that side, or interfere with the play of the opposing team by entering the opponent's court, or touching the floor on the opposite side of the center line when the ball is in play. A centerline foot fault shall be called when a player’s whole foot or hand crosses the plane of the centerline.
   j. Make an illegal substitution.
   k. Persistently delay the game.
   l. Leave the court without permission from the referee except to retrieve the ball.
   m. Strike the ball while supported by any player or object.
   n. Throw the ball.
o. Hold or push the ball against the net.
   i. Kick the ball. Bat the ball against ceiling, any object, or surface within the boundary line.
      **EXCEPTION:** If Team A causes the ball to hit the ceiling or any object above their playing court and the ball comes down on their side of the net they may continue to play the ball, provided it was a legal hit and not the third hit which caused the ball to strike the ceiling or object.
   ii. Block or attack a served ball.

H. A player may go out-of-bounds to play a ball, but not beyond the centerline extended. If a player plays a ball that would have been out-of-bounds, it is considered good. A player may not enter a non-playable area to play the ball (i.e. bleachers or another court.)

I. A foot fault occurs when the server steps on or over the line bounding the serving area during the act of serving. Part or all of server's body may be in the air over the lines.

J. A double foul shall be called when players on opposing teams commit a rules infraction at the same instant. In case of a double foul, the point shall be replayed.

K. Blocking a ball, which is entirely on the opponent’s side of the net, is permitted when the opposing team has had an opportunity to complete their attack. The attack is considered complete when:
   a. The attacking team has had the opportunity to spike the ball or, in the official's judgment, intentionally directs the ball into the opponent's court.
   b. The attacking team has completed their 3 allowable hits.
   c. The ball is falling near the net and, in the official's judgment; no member of the attacking team could reasonably make a play on the ball.
   d. If a ball is driven into the net with such force it causes the net to contact a player on the opposing team, no foul shall be called, and the ball shall continue to be in play.
   e. If the ball is contacted by two players simultaneously, it counts as one hit and either player may make the next hit.
   f. If two or more players from opposing teams hit the ball simultaneously, it shall NOT count as one of the three hits.
   g. A ball touching a boundary line is good.
   h. There is a spiking line 10 feet back from the net. A back row player may spike from behind this line.
   i. If only one player is attempting to block and in doing so contacts the ball, he/she is permitted to contact it a second time.
   j. Interchange of positions during play is legal. However, in the men's and women's games, it is illegal if a back line player goes in front of the 10 foot spiking line to block or attempt to block.
      i. A back line player may not return a ball which is completely above the top of the net while positioned on or in front of the spiking line (or it’s out of bounds extension).
L. Reaching over the net is permitted during:
   a. A fake hit.
   b. The follow-through on a hit made on the player's own side.
   c. An attempt to hit.
   d. A block or attempt to block.
M. Multiple contacts of the ball are touches by a player during one play of the ball and are permitted:
   a. When a ball rebounds from one part of a player's body to another in one attempt to save a hard driven spike not already touched by a teammate, it is a legal multiple contact and considered one hit.
   b. When a ball rebounds from one part of a player's body to another in one attempt to block, it is a legal multiple contact and the team's next play is considered its first hit.
N. In playing the ball, a player may use any part of his body above and including the waist (note: it is illegal for the ball to come to rest).
O. Screening is an act, intentional or unintentional, which obstructs the opponent's view of the server or the flight of the ball from the server.
   a. A single player is screening if:
      i. His/her arms are held clearly above the head fully extended and the player is standing upright and the ball passes directly over the player;
      ii. The player is making distracting movements such as waving the arms or jumping;
      iii. The player deliberately alters his/her position to move in front of an opponent after the referee has signaled for the serve.
   b. A grouping of players is screening if the ball passes directly over a member of the group who is in an upright position with arms clearly fully extended overhead.
   c. The penalty for screening is an awarded side out to the opponent.

Section 2: Timing & substitutions

A. Substitutions shall be made only during a dead ball and without delay.
B. Before each game the referee will request of the captain which substitution manner will be used. Substitutions must be made in the following way:
   a. Substitute players may rotate into the center back position. This procedure, if used, must be used throughout the game with the exception of one-for-one being allowed in case of an injured/ill player. Once the injured/ill player has been replaced in a one for one manner, he/she may not return in that game.
   b. Substitution may be made in a one-for-one manner under the following conditions.
      i. Each team is permitted only one request for substitution during the same dead ball. Other requests by the same team will be denied.
ii. Teams may enter more than one substitute during the same dead ball but only one request may be made.

iii. The substitute should report his/her number and the number of the player being replaced to the umpire.

iv. Once the official has recognized the substitute each substitute shall move immediately into the game. Delaying substitution is illegal.

v. The position of the substitute shall be that of the player replaced without changing the serving order as recorded on the score sheet.

vi. Once a player has been replaced in a game that player may only reenter for the player that replaced him/her except for abnormal substitution situations (Rule 2g).

vii. If the one-for-one procedure is being used, this substitution procedure must be used throughout the entire game.

C. Time Outs
   a. Each team is allowed one time out per game.
   b. A time out may be requested by the coach or team captain at any time the ball is dead. It shall not exceed one minute.
   c. A time out may not be granted to the same team more than once during each game.
   d. The game shall be resumed after a time-out when the team calling the time-out is ready to play, including situations where less than 60 seconds are used.
   e. The rest period between games of a match shall be a maximum of three (3) minutes.

**Rule 3: Officials and Their Duties**

**Section 1: Court Monitors and Officials**
All matches will be supervised by an Intramural Supervisor.

A. Rules will be enforced primarily by the honor system. Players will be expected to rule whether or not a hit was legal or they were legally eliminated.

B. The Supervisor’s responsibility will be to rule on any situation in which teams cannot agree. A team may appeal to the Supervisor if they feel a player has violated any rule. THE SUPERVISOR’S DECISION IS FINAL.

C. Supervisors may warn players who display unsportsmanlike conduct. Any players receiving 2 warnings in a game will be ejected and suspended a minimum of one game. Suspensions will begin with their next scheduled game. Severe infractions or multiple technical may result in suspensions from matches or tournaments.

**NOTE:** A Supervisor is not required to warn a players before ending a game.
Section 2: Unsportsmanlike conduct
It may include, but is not limited to:

A. foul language
B. unnecessary roughness
C. arguing with officials, staff, participants, or fans
D. abuse of the honor system

Section 3: Protests
Protests will only be accepted in cases involving use of an ineligible player. Protests of judgment calls will not be accepted.

NOTE: A fee of $10 will assessed to every protest. If your protest is upheld, then you will get your money back.

Rule 4: Co-Rec Volleyball Modifications
National Federation and Men's and Women's Intramural Volleyball rules will apply with the following exceptions:

A. A team may have no more than two MSU Volleyball Sport Club Members on their team roster. Check the Intramurals web site for further eligibility.
B. Men must substitute in for men and women for women.
   NOTE: The actual substitution shall be made only during a dead ball and without delay.
C. If a ball is played by more than one player on a team, a woman must play it (the order is not relevant.)
D. When only one male player is in the front row at service, one male back row player may be forward of the attack line for the purpose of blocking. The remaining back row male and female players may not be forward of the attack line for the purpose of blocking. The male back row player is not allowed to attack or contact the ball above the net except when blocking.
E. If a male back row player is not participating in a block, there is no restriction on back row players being in the attack zone.

Rule 5: Code of Conduct

A. Understand, appreciate and abide by the rules of the game and the honor system.
B. Respect the integrity and judgment of game officials and Intramural Sports staff
C. Respect your opponent and congratulate them in a courteous manner following each match, whether in victory or defeat.
D. Be responsible for your actions and maintain self-control.
E. Do not taunt or bait opponents. Refrain from using foul or abusive language.
Rule 6: Sportsmanship

As in all intramural sports contests, if a participant is ejected from a contest, he/she is immediately ineligible for further access or competition in any Recreational Sport program or facility until cleared by the Coordinator of Intramural Sports or his/her designate. It is the participant's responsibility to schedule an appointment with the Coordinator of Intramural Sports to review his/her behavior and subsequent eligibility to continue in the Intramural Sports Program. Any unsportsmanlike conduct by players or fans may cause a team to be disqualified from further competition. In addition, players, coaches, and spectators may not harass the officials (verbally or physically) after the contest has ended. Offender(s) are subject to the same penalties and procedures as players being ejected from the contest.

Rule 7: Injury and Health Disclaimer

Participants should be aware that there is a risk of injury in participation in due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health. Play at your own risk!