1. Six players constitute a team. Each team must have at least 4 players to begin a game.

2. A coin flip will decide which team gets the choice of service or court. Service and court will switch for the second game and if necessary, a coin flip will determine service and court for the third game.

3. Matches are rally-point scoring. The first two games will consist of 21 points, winning by two points. The third game will consist of 15 points winning by two points. Best of three games wins the match. There is a 45-minute time limit. If time ends during the third game, the team ahead at the expiration of time will win the match.

4. Scorecards and waivers must be completed prior to the scheduled game time. Game time is forfeit time.

5. Each team is allowed one-30 second time out per game to be taken during dead-ball intervals.

6. Only the team captain may address the referee during the match and shall be the spokesperson for the players. After a warning, a point and/or side-out will be given for this violation.

7. All players must be inbounds, except the server, when the ball is being served. When serving, the player must remain behind the base line and wait until the official gives him/her the signal to serve. (Re-service for 1st team violation, point for 2nd team violation).

8. If a server steps on or crosses the base line before the ball has left his/her hand, a “foot fault” shall be called and a point shall be awarded to the other team.

9. It is unsportsmanlike conduct and subject to penalty to distract an opponent, or to form a screen to conceal the action of the server.

10. It is illegal to perform an attack hit on a served ball.

11. Free substitutions may occur while the ball is out of play and prior to the whistle for service, as long as the down official allows it. The substitute will enter into the service position in the same spot of the rotation.

12. A ball may be hit only three times by one side. A player cannot hit the ball twice in succession. A blocked ball does not constitute one of the three legal hits.

13. If a serve hits the net and goes over, the ball is IN PLAY.

14. The ball may be hit with any part of the body above and including the waist.
15. A ball that comes to rest momentarily in the hands or arms of a player is considered a lifted ball and a point and/or side out will be awarded.

16. When two players of the same team contact the ball simultaneously it is considered one contact and either player is eligible for the next contact.

17. Any backline player leaving his/her feet must do so from behind the ten-foot line. Violation results in an awarded point and/or side out.

18. **Net Play:** There is an imaginary plane extending infinitely above the net.
   
   A. It is a violation to touch the net. It is not a violation if a player has hit the ball into the net causing the net to touch a player on the other side.
   
   B. It is illegal to be on your opponent’s side of the imaginary plane while striking the ball. However, once the ball has been contacted from your side of the imaginary plane it is legal for your hand or arm to penetrate the plane on the follow through.
   
   C. It is legal to penetrate the imaginary plane on your opponent’s side when attempting to block a hit provided there is no downward thrust of your hand or arm.
   
   D. A player may touch or step on the centerline beneath the net, but he/she may not cross over on the floor to the other side of the net.

19. If any part of the ball touches a boundary line, the ball is considered in bounds. All balls must be returned above the net and completely between the antennas.

20. If the ball enters the boundaries of another court, whether or not it interferes with play, time will be called, and the serve will be replayed.

21. Serves must be played as a two-handed passed ball. Attack hits on the serve are illegal.

22. Basketball goals are out of bounds regardless of where the ball lands.

23. If the ball hits the ceiling and falls to the attacking team’s side of the court, the ball may be played if there is a legal hit remaining. If the ball falls to the opponent’s side of the court, the ball will be ruled out of bounds.

24. **BLOOD RULE:** If and when an official observes that a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and excessively bloody uniform is changed.

25. **UNSPORTSMANLIKE CONDUCT:** Any unsportsmanlike conduct including, but not limited to, arguments with officials (the captain is the only player permitted to talk with the officials) by any coach, manager or spectator, flagrant fouling, fighting, etc. will result in expulsion of that individual and/or team from further participation in that scheduled volleyball game.
26. **DISQUALIFIED PLAYERS:** A player disqualified from the game for unsportsmanlike conduct must leave the main gym floor IMMEDIATELY, and will be declared ineligible for play in any intramural sports activity until he/she has met with an intramural sports director or graduate assistant. The player shall be suspended for no less than one game. Failure to leave may result in disqualification of the captain, or forfeiture of the game. Any second occurrence of unsportsmanlike conduct by a team may result in that team being eliminated for the remainder of the season.

27. Two yellow cards or 1 red card will result in a disqualification. A disqualified player will not be substituted for. His/her team will play short-handed for the remainder of the game. Three yellow cards on a team ends the match and a forfeit will be awarded.

28. **Co-Recreational Modifications:**

A. Each team consists of 6 players, 3 men and 3 women. You must have a minimum of 4 players to start, 2 men and 2 women. A team with 5 players may only play 2 men and 3 women or 3 men and 2 women.

B. When the ball is played more than once by a team, at least one of the contacts shall be made by a female player. Contact of the ball during blocking shall not constitute playing the ball.