RULES OF THE GAME
FOR
INTRAMURAL VOLLEYBALL
2014-2015

OFFICE OF INTRAMURAL SPORTS
DEPARTMENT OF UNIVERSITY RECREATION
DIVISION OF STUDENT AFFAIRS
THE UNIVERSITY OF ALABAMA
Intramural Sports General Information

The Intramural Sports Office is located in the atrium of the Student Recreation Center. Office Hours: Monday - Friday 10:00 AM - 4:30 PM

Phone Numbers:
205-348-8055
205-348-3906
Rain Hotline: 205-348-2708

Website: http://urec.ua.edu/
Email address: imsports@bama.ua.edu

Table of Contents

Rule 1: The Game ....................................................................................................4
Rule 2: The Court ............................................................................................... 4 - 5
Rule 3: Player Equipment ....................................................................................... 5
Rule 4: Legal Uniform .............................................................................................5
Rule 5: Teams ..........................................................................................................6
Rule 6: During Play .................................................................................................6
Rule 7: Scoring ........................................................................................................7
Rule 8: Co-Rec .........................................................................................................7
Rule 9: Sportsmanship .............................................................................................7

The Rules of the Game for Intramural Volleyball
Rule 1: The Game

Section 1: Definition
Volleyball is a game played by two teams of six players each with an inflated ball on a rectangular court separated into two areas by a net. One team serves the ball over the net, and tries to make the ball land within the opponents’ playing area. The receiving team attempts to return the ball over the net into the opponents’ playing area.

Section 2: Match
A match consists of the best two out of three games. The first team to win two games is the winner of the match. The third game is not played unless it is necessary to determine the winner of the match.

Section 3: The Game
The first two games are to 25 points, and a team must win by two points. The third, and deciding game is to 15 points, and a team must win by two points.

Section 4: Time-Outs
Teams will be allowed one (1) thirty second time-out per game. The time out must be signaled to the referee while the ball is dead.

Section 5: Time Limit
There is a 45 Minute time limit for all volleyball games. Once the time limit has expired the game is considered over at that point.

Section 6: Overtime
If the game is tied at the end of the time limit, the teams will play one more serve to determine a winner.

Section 7: Forfeit Time
Game time is forfeit time. The Intramural Sports Supervisor has the correct game time. The Intramural Sports Department recommends that the team arrive at their field 15 minutes before game time. If Team A is present and ready for play while Team B is not, the following late arrival penalty administration will occur:

A. Team A will have the option to win by forfeit or to administer the 10 minute grace period for Team B.

IF THE GRACE PERIOD IS GIVEN, the following rules will be applied.

A. Team A will get to serve the ball first in all three games.
B. For every set of two (2) minutes that Team B is late, Team A will receive one point, for a maximum of 4 points.
C. If Team B does not arrive 10 minutes after game time, Team A wins by forfeit.
Rule 2: The Court

Section 1: Out of Bounds
A ball is out of bounds and becomes dead when it:
A. Touches a wall, objects mounted flush with a wall, or objects on the floor outside the court without interfering with a player’s legitimate effort to play the ball.
B. Touches the floor completely outside the court’s boundary lines.
C. Touches the net antennas above or within the net or does not pass over the net entirely between the net antennas.
D. Touches the net cables or net completely inside the antenna, net supports or referees platform.
E. Touches a non-player who is not interfering with a player’s legitimate effort to play the ball.
F. Touches the ceiling or overhead obstructions beyond the vertical plane of the net and its out of bounds extensions.
G. Touches or enters (from the direction of the court) a non-playable area beyond the legal reach of a player.
H. Touches any part of a backboard or its supports hanging in a vertical position over a playable area if it is a served ball or, in the judgment of the official, the ball would not have remained in play if the backboard had not been there.

\* Net height 2.43 m (7.97 ft) high for men, 2.24 m (7.35 ft) for women, and 2.13 m (7 ft) or lower for children.
Rule 3: Player Equipment

Section 1: Equipment
A guard, cast, or brace made of hard unyielding leather, plaster, pliable (soft) plastic, metal, or any other hard substance, even though padded, is not permitted on the finger, hand, wrist, or forearm. Supports/braces are permitted on other parts of the body (an elbow brace is not allowed to extend more than halfway down the forearm) if the device is approved by the Certified Athletic Trainer. Any equipment that in the judgment of the referee increases a player’s advantage is prohibited. Hair devices made of soft material may be worn, but may not exceed two inches in width.

Section 2: Jewelry
Players are not allowed to wear jewelry. Medical alert bracelets are not considered jewelry. A medical-alert medal must be taped and must be visible.

Rule 4: Legal Uniform

Section 1: Players Uniforms
All players on a team must wear:

A. A uniform that is free of hard, unyielding items.
B. Shoes that are non-marking and cover the entire foot.
C. Shorts or Pants with NO pockets.
D. Jerseys of the same color with legal numbers (Legal numbers are defined as whole numbers 0-99).

Rule 5: Teams

Section 1: Number of Players
A team consists of four players to begin the first game of the match. If a team has fewer than three players to begin the match, the match is a forfeit. If a team has fewer than four eligible players, due to injury or other cause, after the start of the match, play is allowed to continue.

Section 2: Participation
Participation is limited to currently-enrolled, fee-paying U of A students, faculty members, and full-time staff. All participants must have a valid Action Card to participate in the competition.

Section 3: The Captain
A playing captain shall be designated by each team; this is the only player who may communicate with the officials.
Rule 6: During Play

Section 1: Team Benches
All non-playing team members must be seated on the designated team bench during the game.

Section 2: Net Play
A ball contacting and crossing the net will remain in play provided contact is entirely within the net antennas. No player can come in contact with the net at any time during play this will result in a violation. Player may not completely cross the centerline with any part of their body.

Section 3: Legal Attacks
A legal attack on the ball must be performed by a player located on the front row or a player on the back row who begins his/her attack from behind the 10 foot line. If a serve is attacked or blocked play will be stopped immediately, and a point will be awarded to the serving team.

Section 4: Legal Serve
A legal serve must be contacted within the service area. The ball must cross over the net without the assistance of another team member. The server must immediately re-enter the playing area after the serve. Although unlimited substitutions are allowed, the same player may not serve in two consecutive serving positions.

Section 5: Rotations
Each time a team is awarded a serve the team will rotate one time in a clockwise motion. If this does not occur a violation will be called and the opposing team will be awarded a point and serve.

Section 6: Substitutions
Substitutions may be made on any dead ball. Substitutes may replace any player on the court provided that they remain in the correct position in the rotation.

Section 6: Replays
If it cannot be determined whether a ball landed in or out of bounds the point will be replayed.

Section 7: Legal Touch
A legal touch is a touch of a ball by any part of a player’s body that does not allow the ball to hit the floor.
Rule 7: Scoring

Section 1: Points
A point is scored by the opponent each time a team commits a fault or violation.

Section 2: Rally Scoring
If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve.

Rule 8: Co-Rec Rules

Section 1: Number of Players
A Co-Rec team consists of 3 men and 3 women. The amount of one gender must be the same as the other gender. The minimum amount of players to start a game is 4.
Example: 2 men and 2 women or 3 men and 3 women.

Section 2: Positioning
Co-Rec teams must position their teams in a manner such that a male and female alternate on the court (i.e. male, female, male, female).

Section 3: Hits
If more than one attempt is made to return the ball to the other side of the net, a female and a male must participate in one of the return hits (i.e. a female passes the ball and the male must hit it over, OR a female passes the ball, a male sets it, and either a male or female can hit the ball).

Rule 9: Sportsmanship

Sportsmanship is an important part of intramural sports. Any player who uses foul language, violently protests a call, or curses an official or staff member, will be removed from the game and will automatically be suspended from his/her team's next game. In addition, he/she will have to meet with the Coordinator of Intramural Sports during office hours (Monday through Friday, 10:00 a.m. to 4:30 p.m.) before he/she is eligible to participate again. Any player who touches an official or staff member will be placed on suspension from all Intramural activities for a minimum period of one calendar year from the time of the incident.

University Recreation makes every effort to protect all participants, however volleyball is a sport and injuries are a possibility. The University of Alabama, the Division of Student Affairs, University Recreation, and Intramural Sports (and employees thereof) assumes NO RESPONSIBILITY for injuries. Basic First-Aid will be available for participants.