VOLLEYBALL RULES

All policies and procedures governing Intramural Sport programs at The University of Alabama are outlined in the Intramural Sports Handbook. All volleyball matches will follow the rules detailed in the 2017-18 NFHS Volleyball Rule Book.

PLAYERS AND EQUIPMENT

- **Number of Players:** The game shall be played between two teams of 6 players each. Four players are required to start the game.
- **All players must sign-in with the supervisor at the event site prior to the event to be eligible to participate.**
- **Jerseys:** Players of opposing teams must wear contrasting colored jerseys without pockets.
- **Shorts/Pants:** All players are required to wear either shorts or pants. There shall be NO belts, belt loops, zippers, buttons, or exposed drawstrings on the pants or shorts of the player. Players are not permitted to play in boxer shorts or any other form of undergarments.
- **Shoes:** Shoes must cover the entire foot and have a non-marking sole. 5-finger shoes are not allowed.
- **Guards and Braces:** A guard, cast, or brace made of hard and unyielding material may not be worn on the elbow, hand, finger, wrist, or forearm. All guards and braces must be approved by the Certified Athletic Trainer on staff.
- **Illegal Equipment:** A player wearing illegal equipment shall not be permitted to play. Types of equipment or substances which shall always be declared illegal include, but are not limited to:
  A. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots
  B. Jewelry
  C. Pads, Casts, or Braces worn above the waist
  D. Shirts or jerseys with names that may be deemed vulgar by the Intramural Sports Staff
  E. Pants or shorts with any belt(s), belt loop(s), zipper(s), or exposed drawstring(s)
  F. Any leg or knee brace deemed unsafe by the Certified Athletic Trainer on staff.
- **Medical Bracelets:** Any participant required to wear medical bracelets or medical medals will be permitted to do so. They must be taped to the body with medial data visible by the Athletic Trainer on site.

COURT AND FORMAT

- **Net Height:** Men’s matches will be played with a net height of 7 feet, 11⅝ inches. Women’s matches will be played with a net height of 7 feet, 4⅛ inches.
- **Match Format:** A match consists of the best two out of three games. The first two games are to 25 points, and a team must win by two points. If the teams are tied after two games, a third game will be played to 15 points, and a team must win by two points. Rally scoring will be used for all games.
- **Time Limit:** The regulation game shall have a time limit of 45 minutes. The match is over once time has expired. There will be no time limit for championship matches.
- **Forfeits:** Game time is forfeit time. If a team has one less than the minimum number required to play, they will be extended a five minute grace period. During the grace period, the game clock will run and play will begin once the opposing team has met the minimum requirements.
- **Timeouts:** Each team is entitled to one time-out during each game. Timeout requests must be made while the ball is dead.
- **Overtime:** If the game is tied when time expires, the teams will play one more serve to determine a winner.
- **Substitutions:** Substitutions may be made when the ball is dead. Substitutions are unlimited, but a player may only enter in his/her original position in relation to other teammates each game.

POSITIONING

- **Rotation:** A team must rotate clockwise after regaining the serve on a side-out.
- **Substitutions:** Substitutions may be made when the ball is dead. Substitutions are unlimited, but a player may only enter in his/her original position in relation to other teammates each game.
- **Serving Area:** The server must serve the ball from beyond the baseline in between the sidelines extended. The server may not touch the lines bounding this area.
- **Service Position:** All players should be within the boundary lines in the team’s playing area at the time the ball is contacted for the serve. The position of the players must conform to the correct rotation. After the serve, players may move from their respective positions.
- **Screening:** The players of the serving team may not prevent the receiving players from watching the server or the trajectory of the ball.

**SERVING AND PLAYING THE BALL**
- **Serve:** The service is the act of putting the ball into play by the player in the right back position who hits the ball with one hand (open or closed) or any part of one arm in an effort to direct the ball into the opponent’s area.
- **Server Limit:** The server shall have five seconds after the official’s ready whistle to release or toss the ball for service. If after releasing or tossing the ball for service, the server catches the ball or allows the ball to fall to the floor without being hit, the service effort shall be canceled and a re-serve directed. The server may cancel one service.
- **Serve Return:** It is illegal for the receiving team to block or spike a serve.
- **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. If any part of the ball contacts the boundary lines, the ball is considered in.
  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.
- **Number of Hits:** Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent’s area.
- **Blocking:** Blocking a ball that is completely on the opponent’s side of the net is permitted when the opposing team has had an opportunity to complete its attack. A legal block does not count towards the three hits allowed to return the ball to the opponent’s area.
- **Successive Touches:** A player shall not make two or more successive contacts of the ball unless there is simultaneous contact by teammates, simultaneous contact by opposing players, or successive contacts by a player whose first contact is a block.
- **Carry/Lift:** The ball must be hit in a manner that it rebounds cleanly after contact with a player. Holding, scooping, lifting, carrying, pushing, or allowing the ball to roll on the body is not permitted.
- **Net Violation:** A player shall not contact any part of the net or its supports while the ball is in play. It is not a violation if the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players. It is not a violation if a player’s hair contacts the net.
- **Center Line:** A player may touch the floor across the center line with one or both feet/hands provide that a part of the foot/feet or hand/hands remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.
- **Back Row Attack:** A back row player returning the ball to the opponent’s side while forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team’s area. The restriction does not apply if the back row player jumps from clearly behind the attack line and after contacting the ball, lands on or in front of the line.
- **Replaying Points:** The referee will direct a replay if players of opposing teams commit faults simultaneously or if it cannot be determined whether a ball landed in or out of bounds.

**CONDUCT**
- **Unsportsmanlike Conduct:** All players, substitutes, coaches, and team members are expected to exhibit good conduct while participating. Unsportsmanlike conduct includes, but is not limited to, the following actions:
  A. Disrespectfully addressing an official or staff member.
  B. Questioning the official’s judgment or decisions.
C. Use of disconcerting acts or words when an opponent is about to play the ball (i.e., shouting at an opposing player or making loud noises while he/she is serving)
D. Showing disgust with official’s decisions.
E. Using profane or insulting language or gestures toward an official or other player.
F. Baiting players of the opposing team.
G. Disrupting the game so that it may not be continued in an orderly fashion

- **Yellow Card:** A yellow card will be issued as a warning. A second yellow card, equivalent to one red card, will result in a loss of rally/point awarded to the opponent.
- **Red Card:** A red card issued for a single offense will result in a loss of rally/point awarded to the opponent. A red card issued with a yellow card or a second red card will result in an ejection for the offending player.

**CO-REC MODIFICATIONS**

- **Team Composition:** The game shall be played between two teams of 6 players each consisting of 3 men and 3 women. Four players, at least 2 men and 2 women, are required to start the game.
- **Net Height:** Co-rec matches will be played with a net height of 7 feet, 11⅝ inches.
- **Positioning:** Teams must position their players in a manner such that men and women alternate in the rotation. Substitutes may only replace players of the same sex.
- **Gameplay:** 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).

**PROTESTS**

- Protests must be made during the game immediately after the play in question has ended. A team must call a time-out and notify the official of the protest. Protests will only occur when there is a rules interpretation in question. No protests will be made on judgment calls made by the officials. Eligibility protests may be made after the game as long as the protest is in compliance with the Policies and Procedures of The University of Alabama Intramural Sports Department.

*Revised June 2017*