RULES OF THE GAME
FOR
INTRAMURAL VOLLEYBALL
2016-2017
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COMPETITIVE SPORTS OFFICE
DEPARTMENT OF UNIVERSITY RECREATION
DIVISION OF STUDENT AFFAIRS
THE UNIVERSITY OF ALABAMA
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Competitive Sports General Information

The Competitive Sports Office is located in the atrium of the Student Recreation Center.
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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 Competitive Sports Supervisor has the correct game time. The Competitive Sports Department recommends that the team arrive at their court 15 minutes before game time. If Team A is present and ready for play while Team B is not, Team A will have the option to win by forfeit or to administer the 5 minute grace period to Team B.

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.

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**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.

The Rules of the Game for Intramural Volleyball
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.
   D. Jerseys of the same color

Rule 5: Teams

Section 1: Number of Players
A team consists of a minimum of four players to begin the first game of the match. If a team has three or fewer players to begin the match, the match is a forfeit. If a team is playing with four players and an injury occurs, taking one player out of the game, the team is allowed to continue playing with three, as long as they started with at least four players.

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 it crosses the net in between the antennas. No player can come in contact with the net at any time during play this will result in a violation. Player’s foot may not completely cross the centerline. If another part of their body crosses the centerline, or only part of their foot, it is the umpire’s judgement if it causes a potential dangerous situation (ie. could injure a player on the other team). If so, it is a violation.
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. A point is replayed if there is a double foul during a live ball. A point is also replayed if a player’s legitimate effort to legally play the ball, in the judgement of the official, is affected by the wall, ceiling obstacle or obstruction in the nonplayable area within six feet of the court (ie. basketball backboards).

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: CoRec Rules

Section 1: Number of Players
A CoRec 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
CoRec 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 will be graded on a 0 to 4 point scale after each contest. A team must average a minimum of 3.0 in order to be eligible for playoffs. Please refer to the participant handbook for detailed information on sportsmanship.

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 Competitive Sports (and employees thereof) assumes NO RESPONSIBILITY for injuries. Basic First-Aid will be available for participants.