

VOLLEYBALL RULES

All games will be governed by the 2009-2010 National Federation of State High School Associations Rules Book (NFHS) with the following CSU Intramural Sports modifications:

PLAYERS & EQUIPMENT

1. Each participant must present a current CSU student or faculty/staff ID card in order to be eligible to participate.
2. Each Men's, Women's, and Co-Rec team shall consist of six (6) players (3 men and 3 women for Co-Rec play). Each team must have a minimum of four (4) players (2 men and 2 women for Co-Rec play) in order to begin a game. For safety reasons, no game will be played with fewer than four players.
3. **Shoes:** Tennis shoes are the recommended footwear. Players may not play barefoot. No combat boots or hiking boots may be worn. Tennis shoes must be approved court shoes that have a non-marring sole.
4. **Jewelry:** No jewelry or any other item deemed dangerous by the Intramural Staff may be worn. Any player wearing exposed permanent jewelry (i.e. body piercing) will not be permitted to play.
5. Hats or caps with bills and bandanas that are tied with a knot are not permitted.
6. The height of the net will be 7'4-1/8" for Women's play and 7'11-5/8" for Men's and Co-Rec play.

GAME FORMAT

1. Each match will consist of the best 2 out of 3 games. The first team scoring twenty-five (25) points (win by 2 or a 27-point cap) will be declared the winner. If a third game of the match is necessary, the first team scoring fifteen (15) points (must win by 2, 17-point cap) will be declared the winner.
2. **Scoring:** A point shall be scored by the opponent each time a team commits a fault. 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.
3. Each match will have a time limit of 45 minutes. If the match is not complete when time expires, the team that is ahead at that time will be declared the winner of the match.
4. **Game time is forfeit time.** A team must have a minimum number of players to start a match. If there are an insufficient number of players, the opposing captain has the option of taking the win or waiting for the minimum number of players to show. In the event that he/she decides to wait, that decision is irreversible and the game clock will begin at the scheduled game time. If a team chooses to wait, it will be required to wait until the opposing team has the minimum number of players present or a **maximum of 10 minutes**. Play will start as soon as the opposing team has the minimum number of players present. The minimum number of players to start a game is **four (4)**.
5. Each team shall be permitted two (2) timeouts per game. Timeouts do not carry over from one game to the next. Timeouts will only be granted during a dead ball or before the referee's whistle for the serve. Note that the match clock does not stop during timeouts.
6. A coin toss at the beginning of the match will determine which team receives the choice of first serve or choice of side of court for the first game. The loser of the toss receives the remaining option. The team not serving first in the first game shall serve to start the second game. In the event of a third game of the match, a second coin toss will determine the choice of first serve or side.
7. The teams shall change sides of the court for the second game. Teams shall not change sides of the court in the middle of the third game.
8. **Delay of Game:** Unnecessary delays include, but are not limited to, the following:
 - A. A team requests a third timeout in a game after it has already used its allotted timeouts.
 - B. A team delays recovering a dead ball that has gone out of bounds.
 - C. A player fails to report to the umpire immediately for a substitution.**Penalty for Unnecessary Delay:** A timeout shall be assessed. If the team has already used its allotted timeouts, a point or side-out is awarded to the opponent, and the game is resumed immediately.

POSITIONS OF PLAYERS

1. Each time a team gains the serve, it must rotate one position clockwise before serving.
2. **Substitutions:** Players may make a substitution when play is stopped following a fault resulting in that team gaining the serve. A substitute must enter the serving rotation at the server's position.
3. **Server:** The server shall serve from within the serving area and shall not touch the lines bounding this area or the floor outside this area at the instant the ball is contacted during the serve. Part of the server's body may be in the air over or beyond these lines, as long as the contact with the line or floor comes after the contact of the ball being served.
4. **Position of Players at Service:** At the time the ball is contacted for the serve, all players (except the server) shall be within the team's playing area and may be in contact with the boundary lines but may not have any part of the body touching the floor outside those lines. The position of players on the court must conform to the service order recorded on the scoresheet. No player may be as near to the respective line as the appropriate adjacent player. After the ball is contacted for the serve, players may move from their respective positions.
5. **Screening:** The players of the serving team must not prevent the receiving players from seeing the contact of the serve or the path of the served ball. Screening is illegal and results in a point/loss of rally to the opponent.
6. **Back Line Spiking:** A back line 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 line player jumps from clearly behind the attack line and after contacting the ball, lands on or in front of the line. On any illegal back row attack (whether first, second, or third hit), the ball shall become dead and a fault called when the ball passes completely beyond the plane of the net or is contacted by the opponents.
7. **Front Line Blocking:** Blocking the ball is permitted by any or all of the players of the front line only.
8. **Serving Out of Turn:** A player shall not serve out of turn. An out-of-turn service may be called by the official or by the opponent's captain. If this is then verified by the official, any points scored on this service shall be canceled and a point/loss of rally awarded to the opponent. If the opponent serves before an out-of-turn service is called and verified, then there shall be no loss of points. In either case, players of the team in error shall regain their proper positions before the next serve by either team.

PLAYING THE BALL

1. **Service:** 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. The serving area will be any point behind the end line (excluding the end line) between the two sidelines.
 - A. The server shall have 5 seconds after the official's ready-whistle in which to release or toss the ball for service.
 - B. 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 or contacted, the service effort shall be canceled and a re-serve directed. However, the official will not allow the game to be delayed in this manner more than once during a service attempt.
 - C. If the ball is served before the official's whistle and signal, the serve shall be canceled and a re-serve directed. The official will not allow a player to delay the game in this manner more than once during a service attempt.
2. A team shall continue to serve until a loss of rally is awarded to the opponent or the game ends.
3. The serve alternates to the opponent when a point/loss of rally is awarded to the opponent.
4. A served ball is a service fault and becomes a dead ball when:
 - A. The ball does not legally cross the net.
 - B. The ball passes under the net.
 - C. The ball touches one of the server's teammates.
 - D. The ball touches the floor on the server's side of the net.
 - E. The ball does not cross the net entirely between the net antennas or lands out of bounds.
 - F. The ball touches the ceiling or any obstruction.
5. **Let Serve:** A served ball that hits the net without touching the antenna and continues across the net into the opponent's court is a playable live ball.
6. ***It is illegal to block a serve or attack (spike) a serve. The first player on the receiving team to make a play on the served ball may contact the ball with a closed fist(s) or a setting action.***
7. Each team is limited to a maximum of three (3) hits on its side of the net to get the ball successfully over the net.

Lifting, carrying the ball, and underhand slapping of the ball are illegal hits and shall result in a point/loss of rally. When the team's first contact is simultaneous contact by opponents or an action to block, the next contact is considered the team's first hit.

8. If any part of the ball contacts the boundary lines, it is considered in.
9. Legal contact is a touch of the ball by a player's body above and including the waist that does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
10. **Simultaneous Contacts:** This involves more than one contact of the ball made at the same instant.
 - A. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
 - B. When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit). Any player may make the next hit.
11. A "joust" occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A joust is not a foul, and play continues as if the contact was instantaneous.
12. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
13. The ball will be out-of-bounds if it touches any part of the walls or track. A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play, provided that the ball contacts the ceiling or obstruction on the side of the net that is occupied by the team that last played the ball and the ball is legally played next by the same team.

PLAY AT THE NET

1. A player shall not contact any part of the net or its supports while the ball is in play. If a player inadvertently touches the official's platform or net supports (other than rope cable) it is not a foul. When 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 foul if the opposing player(s) did not contact the net by their own impetus.
2. A ball may be played from the net provided that a team still has at least one of its three hits remaining.
3. When returning the ball to the opponent's side of the net, a player may follow through over the net, providing he/she first contacts the ball on his/her own side of the net. A player shall not contact a ball that is completely on the opponent's side of the net unless the contact is a legal block.
4. 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. The attack is considered complete when:
 - A. The attacking team has completed its three allowable hits.
 - B. The attacking team has had the opportunity to complete the attack, or in the official's judgment, directs the ball with intent to return it to the opponent's court.
 - C. The ball is falling near the net and, in the official's judgment; no member of the attacking team could make a play on the ball.
5. A ball may touch the net within the sideline markers when crossing the net to enter the opponent's playing area.
6. A ball may be attacked, excluding a served ball, when it has partially crossed the net. Blocking a served ball is not permitted.
7. **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.
8. There is interference by a player who makes:
 - A. Contact with an opponent that interferes with the opponent's legitimate effort to play the ball.
 - B. Intentional contact with a ball that the opponent has caused to pass partially under the net and the opponent is attempting to play it again.
9. **Penalty for Illegal Net Play:** A point/loss of rally is awarded to the opponent.
10. **Successive Contacts:** Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not make successive contacts of the ball unless there is:
 - A. Simultaneous contact by teammates.
 - B. Simultaneous contact by opposing players.

- C. Successive contacts by a player whose first contact is a block (then the second contact shall count as the first hit by the player's team).
11. **Multiple Contacts:** Multiple contacts of the ball are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:
- A. When the ball rebounds from one part of the player's body to one or more other legal parts in one attempt to block.
 - B. On any first team hit, whether or not the ball is touched by the block, provided there is no finger action.

TEAM CONDUCT

- 1. The official(s) shall have the authority to warn, penalize, or disqualify any player(s), substitute, or coach for violations of sportsmanship including, but not limited to, the following:
 - 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.
 - 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.
- 2. Coaches, players, and spectators conducting themselves in an unsportsmanlike manner shall be assessed penalties in the following manner:
 - A. A yellow card will be issued as a warning.
 - B. A second yellow card will result in a point/loss of rally awarded to the opponent. This is equivalent to a red card.
 - C. A red card issued alone for a single offense will result in a point/loss of rally to the opponent. A red card will also result in an ejection for the offending player from the remainder of the match.

CO-REC RULES

- 1. Each team shall consist of six (6) players comprised of 3 men and 3 women. A team must have a minimum of four (4) players (2 men and 2 women) to begin a match. At no time may the difference between the number of males and females be greater than one.
- 2. Substitutions must be male-for-male and female-for-female.
- 3. The serving order and positions on the court shall alternate male and female (**Exception:** A team playing with 5 players).
- 4. There are no restrictions on males or females at the net.
- 5. If a team hits the ball more than once on its side of the net, the ball must be contacted by both genders before it may be legally returned over the net.

Penalty for Illegal Contact: A point/loss of rally awarded to the opponent.