

Indoor Volleyball Rules

Villanova Intramurals

Sport Type: Season + Playoffs
Cost: \$40 per team
Location(s): Nevin

GAME TIME IS FORFEIT TIME!

All decisions on forfeit times are at the sole discretion of the on-site Intramural supervisor.

Rules

Eligibility

- A player can play on one (1) men's or one (1) women's team, and one (1) all-gender team.
- Current Varsity Volleyball players are ineligible to play intramural volleyball in the same academic year in which they appeared on the varsity roster.
- No more than two (2) club players per intramural team. Club players are not permitted to participate in City 6.
- Champions move on to play in the Philadelphia City 6 Extramural Tournament. See <http://www.phillycity6.com/> for rules.

The Team

- There is a six (6) player maximum and four (4) player minimum on the court.

Match Length/Scoring

- Best 2-out-of-3 matches.
- First two sets up to 25 with "rally" scoring – point on every serve. Team winning point serves next point.
- If it gets to the 3rd match, the deciding set is up to 15 with "rally" scoring.
- Each set must be decided with a 2-point advantage, with a cap of 30 points (MUST WIN BY 2 POINTS).
- If the allotted time per match is running out, the supervisor may put into effect the following (will be announced before the set):
 - Set 3 played to 11 based on remaining time and supervisors' discretion.
 - Set 3 played to 7 based on remaining time and supervisors' discretion.
 - Set 3 played to 5 based on remaining time and supervisors' discretion.

Starting Play

- Rock-paper-scissors determines first serve or side of the court. Winner has the option to choose serve (serve or defer), OR side of the court to start, other team chooses the leftover option.
- Sides are switched and the opposing team serves first in the 2nd set. If a 3rd set is played, rock-paper-scissors will determine first serve or side of the court.
- Sides will be swapped during the 3rd set once one team passes the half mark of the 3rd set.
 - Half mark of a 3rd set to 15 is 8, to 11 is 6, etc.

Boundaries

- Boundaries will be marked with rubber markers.
- A ball that hits the boundary lines is in-bounds.
- A ball may not be played if it goes onto another court that has play in progress.
 - It may be played if there is not a game in progress.
- Ceiling/Wall/Baskets
 - A ball hitting the ceiling on the opposite side of the net is out-of-bounds.
 - A ball hitting the ceiling above the team's playing court may be played by that team only.
 - A ball hitting the wall, hanging object, or ledge is a dead ball.
 - A ball hitting the wall of basketball basket/backboard is a dead ball.

Hits

- A player cannot hit the ball twice in succession (unless there are simultaneous contacts by teammates or opponents).
- A team cannot hit the ball more than three times before sending it over the net. If the first contact is a block, then the next play on the ball is considered the first hit.
- All underhand, open-handed hits contacted below the shoulders are illegal. It is recommended that all players try to bump serves to prevent violations such as double hits or illegal hits.
- A block does not constitute a hit.
- Kicking or heading the ball is allowed.
- It is illegal to reach over the net to block or spike at a set attempt (the ball must break the plane of the net first).
- If back row players (those that are not part of the 3 in front) come to the front row during play, they may not hit the ball down into the opponents' court nor may they participate in a block.
 - A back row player who has switched to the front row may not leave their feet while playing the front line UNLESS they jumped from behind the 10-foot line. This will automatically be a point for the other team from a rotation violation.
- Front row players may contact the ball from any position inside or outside the court (except crossing the center line and its out-of-bounds extension).

Rotation and Serving

- On a side-out, teams rotate clockwise; subs may enter the server's position, replacing the player in the front right position.
- Players must serve from the service area: from the end line to six feet back. The server has five seconds to serve the ball after the referee's signal to serve.
- The server cannot step on the service line to serve, or step over the service line until the ball has been contacted. Both feet must be behind the service line.
 - If the server serves the ball before the whistle by the official, it is automatically a side-out. Serves may be underhand or overhand.
- All players must remain in their position (in rotating order) until the ball is served (see Back Row Hitters under Hits).
- Serves cannot be blocked or spiked.
- Let serves that contact the net and fall in play are in play.

Centerline

- A player's feet may touch the center line as long as their foot does not completely cross the line. All other body parts may not touch the opposing side's court.
 - This does not apply to the center line extended past the poles, players can attempt to save the ball outside of the net boundary.

Around the Net

- Players may NOT reach over the net in an attempt to block or follow through on a hit/spike. Hitting the net during this process is also prohibited.
- Any player who is in the net or under the net will be called by the referees.
- Any net violation results in that team losing the point and the other team will serve the next point.

Time Outs

- Each team receives one (1) time out per set (three per match). If a time out is not used in a set, it does not carry over. It is one-minute in length.

Substitutions

- There may be an unlimited number of substitutions; however, the sub must replace the server. Exceptions may be made for injuries.
- Substitutions can occur anywhere during timeouts

All-Gender Indoor Volleyball Rules**Player Gender Combinations**

- Teams must follow:
 - Minimum 4 players on the court.
 - Maximum 3 men at one time. Maximum of 2 men when 4 or 5 total players are on the court
- Any other combination of players is allowed.

The Net

- The All-Gender Net will be set to men's height for safety reasons.