

IM Volleyball Rules

Checklist:

Arrival:

- Gather equipment from the closet (volleyball, net, volleyball poles, turn on scoreboard, etc.)
 - Net height: Men/co-rec → 8' Women → 7'42.5"
- Check in players with IDs
- Call for captains to do a coin toss (winner receives choice of side or serve)
- Check for illegal equipment (jewelry, etc.)
- Confirm all players are wearing athletic shoes
- Set the clock to count down (50 minutes, clock does NOT stop)
 - 1 minute intermission between sets
 - If game is tied at the end of 50 minutes, 1 point overtime will be played

General rules:

- **Team set-up**
 - An official team consists of six players
 - Four players need to be present to start the game
 - Co-rec modifications: six players
 - Maximum of three girls and three guys, minimum of one player of each gender to start the game
- **Rally scoring**
 - First two sets played to 25 sets, third to 15
 - Need to win by two (game 1-2 capped at 30, game 3 does not have a cap)
 - **Points scored on every volley**
- **Timeouts**
 - One timeout per set, 30 seconds each (official timeouts or injury timeouts)
- **Substitutions**
 - Can only substitute for the server position, only when your team gets the serve back
 - Substitution must occur **before** the person coming out has served
 - Women substitute for women, men substitute for men
- **Positioning**
 - All players (without server) must be within the boundaries, maintain serving order
- **Serving**
 - Within 10 seconds of the refs whistle
 - Cannot touch the end line or any area outside service area
 - Ball can hit the net
 - Ball cannot be hit with two hands, must be released from holding hand before it is hit
 - Receiving team cannot block or attack a serve

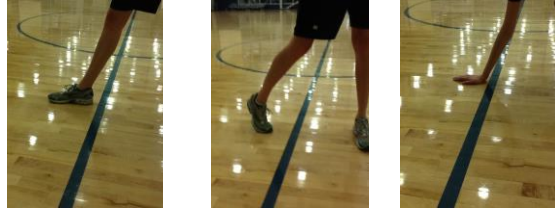
- Re-serve: may occur once per service rotation as long as it hit the ground after the toss
- **A live ball becomes dead when...**
 - Touches or passes outside the antenna
 - Hits the walls or dividing curtain
 - Hits the ceiling or an extension of the ceiling
- **Contacting the ball:**
 - Three hits per side
 - A block does not count as the teams first hit
 - May be played off the head or foot if it is stationary and remains in contact with the ground (ex. Bounces off stationary foot)
 - No double hits
 - No scooping, lifting, pushing, carrying
- **Net play:**
 - A ball may be played out of the net
 - A blocker may reach over the net, but cannot block a ball unless the other team has a chance to attack
 - Players are not allowed to cross the center line.
 - Players cannot touch the net at any time
- **Protests**
 - Participants have the right to protest
 - Can only protest rule interpretations, not judgment calls
 - Captain must call a timeout immediately after questionable call and say "I want to protest"
- If the ball hits the line... it is IN!!

Violations/Penalties:

- No double hits- 3 hits per side
- No lifting, scooping, pushing, or carrying the ball
- Players can NOT touch the net (hands, body parts, etc.)
- Players feet cannot completely cross the line under the net
- Back row players cannot block or attack in front of the 10' line
- Net play
 - Legal moves:



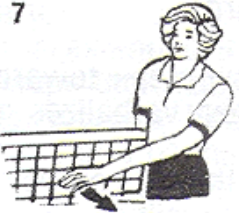
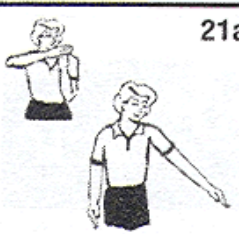
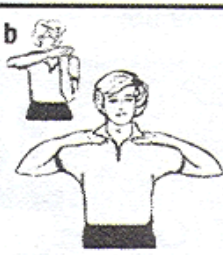
- Illegal moves:



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- Serving violations
 - Foot can not step on or over the line onto the court until after they hit the ball
- Yellow card- use as a warning
 - Ex: arguing with your judgment call
- Red card- point and serve to the other team or ejection
 - Must stop the game, get supervisors help and complete paperwork

Hand signals:

- Important/common hand signals to know:
 - Motion to the team that gets a point
 - Sweeping motion towards a player when they are allowed to substitute in
 - Whistle is blown to indicate both teams are ready to serve and the server can start
 - Whistle will also be blown immediately before pointing to which team got the point to stop the play and indicate that the score board should be changed

1  Illegal Alignment/ Improper Server	2 Line Violation 	3 Illegal Hit 	4 Delay of Service 	5  Over-the-Net
6 Net Foul or Net Serve 	7  Legal Back Row Attack	8  Illegal Attack of Serve/ Back Row Attack	9  Illegal Block/Screening	10  Ball Touched
11 Four Hits 	12 Double Hit 	13 Ball Lands In-Bounds 	14  Out-of-Bounds/ Antenna Violation	15  Begin Serve
16  Authorization to Enter	17  Point	18  Replay/Re-serve	19  Substitution	20  Illegal Substitution
21a  Team Time-Out	21b  Officials Time-Out	22  Unnecessary Delay	23  End of Game	24  Change of Courts