



6 Person Volleyball Rules

These rules are representative of current National Intramural-Recreational Sports Association rules and the following Intramural emphases and modifications.

Prior to Game time:

- All players must have signed the Waiver of Consent for Emergency Treatment on the team entry form.
- All players must have paid their individual \$8.90 entry fee.
- All players must show their valid polar express card (with an active SRC membership) to the game supervisor. If players do not have their polar express card, they must show their state or government issued photo I.D.
- All players must be listed on the team roster via IMLeagues.com – Team captains can make changes to team rosters, 24 hours in advance. Roster additions are allowed until the last week of play.
- Brimmed hats and jewelry cannot be worn.
- Players must wear indoor, non-marking shoes. No loose clothing that could interfere with game play is allowed.

Game Time:

- Game time is start time. If a team doesn't meet the minimum requirement for players, there is a 10 (10) minute buffer. After ten (10) minutes, the game will be a forfeit.
- If a player shows up late, then they may join the team on the next serve.
- Sets consist of rally scoring to twenty-five (25) points for the first two sets and fifteen (15) points for the final set if necessary or 15 minutes, whichever comes first. (A team must win by two (2) points.)
- The match consists of the best two (2) out of three (3) sets.
- Each team is allowed one (1) time-out sixty (60) seconds in length per game.
- Teams will consist of six (6) players. Teams may start with as few as four (4) players.

If for some reason during the game a team drops below the minimum required players, they may still play. They need to start the match with the minimum.

- Expect games to be self-officiated, unless determined otherwise by the UAF Intramural Supervisor Staff or the Wellness Coordinator. If both teams cannot agree on a call, they may ask the designated score keeper (who is not an official referee) for their take on the call; if an agreement regarding a call still fails to be agreed upon or the score keeper did not see the play, the point must be replayed. If there is an official referee for the game, they have final say regarding the call.
- Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before that player can continue.

Alternating Point/Side Out:

- If any member of the receiving team commits an infraction, one (1) point is awarded to the opposing team; if the infraction is made by the serving team, a *side out* is called and a point is awarded.

Service:

- The team listed as the home team as the first serve. Serves will alternate for each following set of the match.
- The serve must be announced by the serving player prior to the player making contact with the ball.
- A served ball can hit the top of the net.
- Members of the serving team cannot not distract the opposing team or form a screen during service.
- Players may not block or attack a serve.
- The ball must be received with a legal pass off the serve.

Playing the Ball:

- On a hard driven ball, a defensive player may use any part of his/her body above the waist to play the ball. The ball may also be played after making contact with a player's foot, but only if the foot is planted in its position on the floor.
- A ball that passes over the net between the sidelines (red and white posts) is in play.
- A return may be recovered from the net provided the player avoids contact with the net.
- After once contacting the ball, a player cannot touch it again until it has been touched by the other player. If a player touches a ball twice in a row, the infraction is called, possession alternated, and one (1) point is given to the opposing team. (Exception: a block touch does not count as a hit).
- No double hits are allowed.
- The ball may not be thrown.
- The ball cannot be hit with two open hands (behind the head, below the waist, or underhand). The ball may never rest in the palms of the receiver.

Other Infractions:

- Serving illegally or out of turn.
- Catching or holding the ball and failing to make a legal return.
- Touching the ball twice in succession.
- Contacting the net (netting) or reaching over it while the ball is in play. A player is not considered to have contacted the net if a hard driven ball causes it to touch a player. (**NOTE:** should two opponents contact the net simultaneously, neither is penalized; the point shall be replayed)
- Reaching under the net and touching the ball or opponent while the ball is in the opponent's court.
- Reaching over the net and touching the ball or opponent while the ball is in the opponent's court.
- Touching the ball when it has already been touched three times on your side.

Protests:

- Based on rule interpretations - must be made **AT THE TIME OF THE INCIDENT** and before action continues. The team representatives of their respective teams are responsible for notifying the game official/supervisor at the time of the dispute that a protest is being filed, and that all necessary information concerning the dispute be recorded by the official/supervisor on the official scorecard. It shall be announced that the game is being played under protest.
- Based on eligibility - must be announced prior to the game or before the game ends. The team protesting must submit their protest in writing within 24 hours of the contest to the Wellness Coordinator or Intramural Supervisors. This written document must include the name of the player(s) whose eligibility is in question.