



## INTRAMURAL INDOOR VOLLEYBALL RULES

1. The Game:
  - a. Game time is forfeit time. If the minimum amount of players is not present at game time, the entire match will be forfeited. All players should be checked in with the ASI Intramural Sports Supervisor or officials with current POLYID by game time. Please refer to the ASI Intramural Sports Handbook for the forfeit policy description.
  - b. The Players
    - i. Teams shall consist of six players, however, a minimum of four players are necessary to start at game time, for co-rec games two players of each gender are required
  - c. Manager Meeting
    - i. Prior to the start of the match, a meeting between the two team captains and the official will take place. They will discuss rules and regulations which the captain must relay back to the team. Captains will play rock-paper-scissors to determine who gets first choice of options. The winner has two options: choice of service or choose a side. The other manager then receives the leftover option. For example, if manager number one chooses a side, manager number two will get to serve.
    - ii. If a third game is required, captains will play rock-paper-scissors again to determine choice of service or choose a side
  - d. Team Spokesman
    - i. The team manager is the only person who may address the official and is the spokesperson for the team
  - e. The Court
    - i. In order to ensure the safety of ASI Intramural Sports participants and staff, teams may be limited on the number of participants they may have in the Main and South Gyms of the Recreation Center
  - f. Player Restrictions
    - i. Participants may only play on one team per gender league (i.e. one men's/women's league and one co-rec league). If a gender league folds due to an insufficient amount of teams or is not offered, the participant will be allowed to play on two co-rec teams in separate divisions. This is the only time a player may play in multiple divisions within a sport (i.e. Men's D2 and Men's D3, or Co-Rec D2 and Co-Rec D3).
    - ii. If an IFC Division is offered, men may play in either the IFC or men's division, but not both. If a Panhellenic league is offered, women may play in either the Panhellenic or women's division, but not both.
    - iii. Club sport players are only allowed to play in Division 1, unless the highest division offered is Division 2. There may only be two club players on the court at a time, but there is no limit to the number of club players on a team.
    - iv. Intercollegiate athletes may not participate in an ASI Intramural Sport similar to their Cal Poly sport until a minimum of three academic quarters (not including summer) after they have been on their Cal Poly sport's active roster. They are, however, eligible to play an ASI Intramural Sport dissimilar to the sport they play for Cal Poly.
2. Volleyball Rules

- a. Game Length
  - i. A team must win two out of three games, each to 25 points by rally scoring to win a match
  - ii. A game is won when a team scores 25 points and has a two-point advantage. The first two games will be capped at 30 points. If a third game is necessary, it will consist of rally scoring to 15 points, capped at 19 points.
- b. Substitutions
  - i. Substitution of players may be made when the ball is dead or when recognized by the official
  - ii. If Player A substitutes for Player B, Player A and Player B may only substitute for one another for the duration of the set
- c. Out-of-Bounds
  - i. A volleyball court is 30 feet wide and 60 feet long; each side of the net is 30 feet by 30 feet. A 2-inch line borders the court to serve as the out-of-bounds line. Any ball that touches the line during play is still considered "in" the court. Anything outside of the line is considered out-of-bounds.
- d. Time-outs
  - i. Each team is allowed two one-minute time-outs per game
- e. The Service
  - i. A service is considered a fault when:
    - 1. The server is touching the service line when the ball is contacted
    - 2. The served ball crosses under the net; the ball touches or crosses over the antenna
    - 3. The ball touches a player on the server's team
    - 4. The ball land outside the opponent's playing area
    - 5. The server may serve anywhere behind the back line. It is legal for the ball to touch the net before going over on a service.
- f. Change of Service
  - i. The team which receives the ball for service shall rotate one position clockwise before serving
  - ii. Co-rec teams must alternate men and women servers; if there are only five players, two players of the same gender may serve consecutively
- g. Screening
  - i. At the moment of service, no members of the serving team may have any part of their hand(s) above the height of the head or move their hands side to side for the purpose of screening the server
- h. Dead Ball
  - i. A live ball becomes dead when:
    - 1. The ball touches an antenna or the net outside the antenna
    - 2. The ball does not cross the net completely
    - 3. The ball hits the floor
    - 4. The ball contacts side wall, back wall, or basketball hoop
    - 5. A player commits a foot fault; or a served ball contacts the net
    - 6. The same player contacts the ball twice
    - 7. The ball is hit four (4) times before going over the net
    - 8. A player makes contact with the live part of the net

9. Any part of the body fully crosses the middle line (unless the player is outside the boundaries of the court)
  10. A double hit is called; a lift is called
  11. An illegal back row attack is called
  12. A player and/or ball crosses into another court
- i. Replay
    - i. When a ball from another court comes onto a court in progress, play is stopped, no point is awarded, and the call is a replay
  - j. Contact
    - i. Each team is allowed a maximum of three successive contacts of the ball in order to return the ball over the net onto the opponent's side; a block is not considered a contact
    - ii. The ball may be hit with any part of the body
    - iii. Successive Contacts
      1. Players may have successive contacts with the ball during a block and during a single attempt to make the first team hit of a hard-driven ball coming from the opponent
      2. Any other player committing successive contacts with the ball will be called for a double hit
  - k. Illegal Contact (Ball contacted through the net)
    - i. If a ball is contacted into the net by Team A, on the first or second contact, and Team B contacts said ball (through the net) with a forward motion, a point will be rewarded to Team A
  - l. Lifts
    - i. A lift may be called when a player uses an open face-up palm to push the ball up on a non-athletic play, or when any part of the body makes prolonged contact
  - m. Blocking
    - i. Any player participating in a block shall have the right to make the next contact, such contact counts as the first of three hits allowed for the team
    - ii. A back row player returning the ball to the opponent's side may not jump if they're in front of the ten-foot line and must contact the ball when any part of the ball is below the level of the top of the net. This restriction does not apply if the player jumps clearly from behind the ten foot line.
3. Equipment/Dress Code
- a. Uniform
    - i. Players must check their schedules to know which color shirt to wear. If there is any doubt, bring both colors.
    - ii. The home team wears white and the away team wears dark
    - iii. No grey or yellow shirts may be worn. If these colors are worn, a technical foul will be given
    - iv. If every member of the team has the same uniform they will be allowed to play at the discretion of the ASI Intramural Sports Supervisor
  - b. Dress Code
    - i. Closed-toed shoes must be worn at all times during play
    - ii. Athletic attire must be worn at all times during play
  - c. Jewelry

- i. No jewelry is allowed. If a player has jewelry on during the game it is a side out or a point to the other team.

#### 4. Co-Rec Rules

- a. The number of players on the court must follow the n+1 intramural rule. At no time may there be two more women than men, or two more men than women on the court. Only one more member of a gender than the other is allowed on the court.
- b. The serving order and positions on the court at service shall be an alternation of man and woman or vice-versa
- c. When the ball is played three times by a team, both genders must contact the ball
- d. When only one man is in the front row at service, one man in the back row may be in front of the attack line for the purpose of blocking only
- e. The height of the net for co-rec play shall be 7' 11 5/8" (11th pin from the top), which is the official men's height. The height for women's play shall be 7' 4 1/8" (8th pin).
- f. Co-Rec Dead Ball Exception
  - i. Ball is called dead when service does not alternate man to woman or when ball is contacted by two men without being contacted by a woman

#### 5. Fouls and Penalties

- a. Spectators
  - i. Spectators and members of both teams must stay off the court at all times
  - ii. Teams are responsible for their spectators. Poor spectator behavior may cause a team to receive a "minus" behavior rating
- b. Zero Tolerance Policy
  - i. There is no alcohol or drugs allowed at ASI Intramural Sports games. If a player or fan is under the influence, they will be ejected immediately and disciplinary action may follow. If an ASI Intramural Sports Supervisor feels that there is a threat to participant safety or suspects that a team might be under the influence, they are required to stop the game immediately. If there is no proof of substance use, the game will be rescheduled for another time.