

INDOOR VOLLEYBALL RULES

1. The Game

a. Start Time

- i. Game time is forfeit time. If the minimum number of players is not present at game time, the game will be forfeited. All players must check in with the ASI Intramural Sports supervisor or officials before the game with their PolyCard; non-students can check in with a valid photo ID. Please refer to the ASI Intramural Sports Handbook for the forfeit policy description.

b. The Players

- i. The game shall be played by two teams of six players. Four players are required at the start of game time to avoid a forfeit.
 1. If a team has two or fewer players at game time, that team will be assessed a forfeit fee.
- ii. If at any time during the game a team has fewer than four eligible players, the game is over.

c. Manager Meeting

i. Pre-Game Managers Meeting

1. Prior to the start of the game, a meeting between the two team managers and the official will take place at the official's stand. They will discuss rules and regulations which the manager must relay back to the team.
2. Officials will determine which team chooses serve or side by an arbitrary method (i.e. coin flip or rock, paper, scissors). The winner has two options: to serve or to receive and choose the side. The opposing team's manager then chooses the next set.

ii. Between Set Managers Meeting

1. In between sets, a meeting between the team managers and the officials will take place. They will discuss the flow of the game and any changes to the style of officiating for the second set.

iii. Third Set Managers Meeting

1. If a third set is required, captains will arbitrarily determine choice of serve or receive and side.

d. Team Spokesperson

- i. The team manager is the only person who may address the official and is the spokesperson for the team.

e. The Court



- i. Games will take place in the Main Gym at the Cal Poly Recreation Center.
- ii. To ensure the safety of participants and staff, the maximum capacity for each team, including spectators, is 15 people. Only during playoffs may this number be exceeded at the discretion of the supervisor.
- iii. ASI Recreational Sports staff reserves the right to stop a game if any team exceeds this capacity.

f. Player Restrictions

- i. Participants may only play on one team per gender league (e.g., one Men's or Women's League and one Co-Rec League). If a gender league folds due to an insufficient number 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 (e.g., Men's D2 and Men's D3, or Co-Rec D2 and Co-Rec D3).
- ii. If an Interfraternity Council (IFC) Division is offered, men may play in either the IFC or Men's Division, but not both. If a Panhellenic (PHA) 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 or the highest division offered. 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 roster.
 1. A participant who appears on a club sports roster at any time during the academic year will be considered a club player for the sport similar to their Cal Poly club sport for the remainder of that academic year.
- iv. Intercollegiate athletes may not participate in a sport similar to their Cal Poly sport until a minimum of three academic quarters (not including summer) after they have been removed from that sport's active roster. They are however, eligible to play a sport dissimilar to the sport they play for Cal Poly.

2. Equipment/Dress Code

a. Uniform

- i. The home team wears white and the away team wears black.
- ii. Players must check their schedules on ASI Access to know which color shirt to wear. If there is any doubt, bring both colors.
- iii. A player with blood anywhere on their uniform will be instructed to leave the game until the uniform has been changed or approved after an evaluation by an ASI Intramural Sports supervisor or an ASI facility supervisor.

b. Dress Code

- i. Closed-toe shoes must be worn at all times during play.
- ii. Athletic attire must be worn at all times during play.
- iii. Wearing a hat is not allowed during play.



- iv. Intramural officials can remove a player for improper dress code at their discretion.
 - c. Jewelry
 - i. Jewelry is not permitted; players must remove all jewelry before the start of a game.
- 3. Co-Rec Rules
 - a. All co-rec games must abide by the N+1 rule: There may only be a difference of one between the number of men and women players on the court at a time. A co-rec team which does not have at least two players of each gender ready at game time will forfeit the game.
 - b. If an injury is to occur during the game and a team does not have the personnel to continue to abide by the N+1 rule, that team may continue to play with the players already on the field. They may not, however, bring in a player that would further imbalance the N+1 rule. The serving order and positions on the court at service shall be an alternation of men and women or vice-versa.
 - c. When the ball is played three times by a team, both genders must come in contact with the ball.
 - d. When only one male player is in the front row at service, one male back row player may be forward 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). The height for women's play shall be 7' 4 1/8" (8th pin from the top).
 - f. Co-Rec Dead Ball Exception
 - i. The ball is called dead when service does not alternate between male and female players.
- 4. Fouls and Penalties
 - a. Spectators
 - i. Spectators who interfere with the court or play are subject to ejection from the Recreation Center.
 - 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 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.
- 5. Volleyball Rules
 - a. Game Length
 - i. A team must win two out of three games, each to twenty-five points by rally scoring, to win a match.
 - b. Scoring
 - i. A game is won when a team scores twenty-five points and has a two-point advantage. The first two games will be capped at thirty points. If a third game is necessary, it will consist of rally scoring to fifteen points, capped at nineteen points.



c. Substitutions

- i. Substitution of players may be made when the ball is dead or when recognized by the official.
- ii. Players may not advance in the serving rotation via substitution.
- iii. Players must substitute out for one rotation before substituting into the game in a position behind their previous position in the rotation.
- iv. Men's or Women's Leagues may play with a libero.
 1. The libero is restricted to performing as a back-row player and cannot complete an attack hit when the ball is above the height of the top of the net.
 2. The libero may not block or attempt to block.
 3. The libero must wear a different color shirt from the other members of the team.
- v. Abnormal substitutions are allowed in case of injury.

d. 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. Everything else is considered out of bounds.

e. Time-outs

- i. Each team is allowed two, one minute time-outs per set.

f. The Service

- i. A service is considered a fault when:
 1. The server is touching the service line before 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 lands outside the opponents' playing area.
- ii. The server may serve anywhere behind the back line. It is legal for the ball to touch the net then go over on a service.

g. 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 between male and female serves; if there are only five players, two players of the same gender may serve consecutively.

h. 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's view.

i. 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 serving error.
 - 6. The same player contacts the ball twice.
 - 7. The ball is hit four 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 they are outside the boundaries of the court).
 - 10. A double hit is called
 - 11. A lift is called.
 - 12. An illegal back row attack is called.
 - 13. A player and/or ball crosses into another court.
 - 14. In Co-Rec play, if the gender rule is broken with passes.
- j. Replay
 - i. When a ball from another court comes onto a court in progress and if the official deems it a safety hazard, play is stopped, no point is awarded, and the call is a replay.
 - ii. Mutual net violations from both teams.
 - iii. Play that is not visible.
- k. 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. When contacting the ball with one hand, the ball must be hit:
 - 1. With the heel or palm of the hand (roll shot).
 - 2. With locked fingertips.
 - 3. With knurled fingers.
 - 4. With the back of the hand.
- l. Successive Contacts
 - i. 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 opponents.
 - ii. Any other player committing successive contacts with the ball will be called for a double hit. To the discretion of the official, a set is considered a double when the ball is not simultaneously contacted with both hands, made evident by excessive rotation of the ball after contact.



m. Illegal Contact

- 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.
- ii. Redirection of the ball with the fingers or prolonged open palm contact is considered a lift.

n. 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.

o. Back Row Attack

- i. A back-row player returning the ball to the opponent's side may not jump if they are in front of the 10-foot line and must contact the ball when a 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 10-foot line.

p. Rotation

- i. Teams with six players will follow a 3x3 rotation.
- ii. Teams with less than six players must state the rotation that they will follow for the duration of the set to the official during the manager's meeting.