



# North Carolina A&T State University **VOLLEYBALL** Rules and Regulations

## **1. Playing Area**

1.1 The ceiling, walls, and court dividers are out of play. A player cannot enter an adjacent court to play the ball.

1.2 Low obstructions are out of play including anything perpendicular to the floor; however, anything horizontal to the floor is in play, as long as the ball does not cross the net after hitting the obstruction. Both are in the judgment of the officials.

## **2. Rights and Duties of Players and Teams**

2.1 The floor captain is the only player who may address the referee and shall be the team's spokesperson. The captain may make requests for time-outs when the ball is dead. Each team is allowed two 30-second time-outs per game.

2.2 The following mis-conducts are subject to sanction (red/yellow card): addressing the officials concerning their decisions or committing actions to influence their decisions. Making profane or vulgar remarks to officials, opponents, or spectators. Shouting, yelling, or crossing the vertical plane of the net in an attempt to distract an opponent who is playing or attempting to play the ball.

2.3 Offenses by players or other team members may result in warning, expulsion, or disqualification:

Warning: A minor unsporting offense results in a yellow card;

Expulsion: Extremely offensive conduct results in the red and yellow cards held together, expulsion from the remainder of the game. Expelled players must leave the gym until the start of the next game.

Disqualification: A second expulsion during a match or any attempted/actual physical aggression towards others. Disqualified players must leave the gym for the rest of the night and contact the Intramural Director prior to participating in another contest.

## **3. The Teams**

3.1 Players' Equipment: jewelry is not allowed, for safety reasons. Medical or religious medals must be removed from chains or taped/sewn under the uniform. Hair barrettes are permitted to secure hair.

3.2 Sweatbands or bandanas worn as sweatbands are permitted; however, hats and other bandanas are not permitted. A guard, cast, or brace made of hard and unyielding leather, plastic, or pliable plastic, metal or any other hard substance, even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm, or elbow.

3.3 Supports are permitted on other parts of the body as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least 1/2" of foam rubber (or 1/4" closed cell, slow recovery foam rubber).

#### **4. Team Composition**

4.1 Before the start of the match, all participants must record their names and student numbers on the scorecard. A&T ID is required to participate!

4.2 Teams must be prepared to start a match at the scheduled match time or risk forfeit. A team shall consist of six players and have a minimum of four players to start.

4.3 If only four players are available, the person in the serving position is considered the only person in the back row.

#### **5. Substitutions**

5.1 Player substitution may be made when the ball is dead, upon making the request to the referee.

5.2 A team is allowed an unlimited number of subs on a player-for-player basis, as long as the starter and the substitute replace each other in the same locations during the game.

5.3 When using an open substitution, as each player reaches a certain position, he/she is replaced by a waiting teammate (this is usually done at the serving position).

#### **6. Team Area, Duration of Matches, and Interruptions of Play**

6.1 All matches shall consist of the best 2 of 3 games.

6.2 A coin toss will determine who serves the first game of the match. The team captains will call the toss. The winner will choose: 1) first serve; 2) to receive the first serve; or 3) the choice of the court for the first game. The loser may choose from the other options.

6.3 A new coin toss is performed before the third game, if necessary.

6.4 After each game, and at 8 points in the deciding game, the teams will switch sides.

#### **7. Commencement of Play and Service**

7.1 The server shall have five seconds after the referee's "ready to serve" whistle in which to contact the ball for service. If, after releasing or throwing the ball for service, the server allows the ball to fall to the floor without touching it, the service effort shall be cancelled and a reserve directed.

7.2 There may be more than one reserve during any term of service, but not consecutively, nor to purposely delay play.

7.3 The service is considered good if the ball passes over the net between the antenna or their definite extensions without touching the net or other objects.

7.4 The team not serving first in the game shall serve first in the second game.

7.5 The team that receives the ball first in a game shall rotate once before serving.

7.7 At the time that the ball is contacted for service, the placement of the players on the court must be in the proper service order (the server is exempt).

## **8. Playing the Ball**

8.1 Each team is allowed a maximum of (3) three successive contacts of the ball in order to return the ball to the opponent's area.

8.2 The ball may be hit with any part of the body on or above the knee.

8.3 Players may have successive contacts of the ball during blocking and during a single attempt to make the first team contact (even if the ball is blocked) provided it is one attempt to play the ball, there is no finger action during the effort, and the ball is not held or thrown.

8.4. Scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered a form of holding. A ball clearly hit with one or both hands from a position below the ball is considered a good play.

8.5 A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker's side of the net and the follow-through causes the spiker's hand and arm to cross the net without touching an opponent or the net, it is not a fault.

8.6 Only the players who are in the front line at the time of service may legally accomplish blocking.

8.7 Any player participating in a block shall have the right to make the next contact.

8.8 Back-line players may not block or participate in a block, but may play the ball in any other position near and away from the block.

8.9 Blocking a serve is prohibited. Blocking the ball across the net above the opponent's court shall be legal provided that such a block is:

After a player of the attacking team has spiked the ball;  
In the referee's judgement, has directed the ball into his/her opponent's court;  
After the opponents have completed their three allowable hits;  
After the opponents have hit the ball so that, in the referee's judgement, the ball would clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball; If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

## **9. Play at the Net**

9.1 If a player's action causes the player to contact the net during play, whether accidentally or not, with any part of the player's body or uniform, it shall constitute a fault. Hair does not constitute of fault.

9.2 Contacting the opponent's playing area with any part of the ball except the feet is a fault. Touching the opponent's area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remain on or above the centerline.

9.3 Either team may play a ball that has penetrated the vertical plane of the net.

## **10. Team and Player Faults**

10.1 A double fault occurs when players of opposing teams simultaneously commit faults. The referee would direct a replay.

10.2 If faults by opponents occur at approximately the same time, the referee shall determine which fault occurred first, and penalize that fault; if this cannot be done, a double fault shall be declared.

10.3 If the serving team, or a player on the serving team, commits a fault, a side-out shall be declared. If the receiving team, or a player on the receiving team, commits a fault, the serving team shall be awarded a point.

10.4 During rally scoring in the third game of the match, a point will be scored on every play.

## **11. Scoring and Results of the Game**

11.1 When the receiving team commits a fault, a point is awarded to the serving team.

11.2 A non-deciding game (games 1 and 2) is won when a team reaches 15 points and has at least a two-point advantage over its opponents. No games shall exceed 17 points.

11.3 In the event of 16-16 tie, the first team to reach 17 will win the game.

11.4 The deciding game of a match will be played under "rally scoring", awarding a point on each service. When the receiving team commits a fault, the serving team scores a point. When the serving team commits a fault, the receiving team scores a point.

11.5 There will be no point cap in rally-scoring games. The first team to reach 15 with an advantage of two points will win the match.

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## **The Game**

1. Matches will consist of two out of three games to 15 points straight, must win by two. Matches will last a maximum of 45 minutes. The team that is winning at the end of the of the 45 minutes will be declared the winner.
2. This is a 6 player league, however, you may start or finish the game with 5 players. Their must be 3 women and three men on the court at all times. One hit must be made by a female. EXCEPTION: If a team is playing with 5 players, two must be women.
3. The coin toss winner may elect to serve, serve receive, or side.
4. The server has 5 seconds to serve, or team loses the serve.

5. Substitutions may occur when the ball is dead. Time-outs are not required for substitutions.
6. You cannot block a serve.
7. Players may interchange positions to pass or block, only after the serve.
8. All passes must be clearly hit, not thrown, lifted, or change of direction allowed by a double hit.
9. A back line player may spike providing that he/she jumps and remains behind the 10 foot line.
10. No player may reach over or touch the net, or step over the center line (A players foot may land on the center line provided it is not entirely over the line. Also, while playing the ball in his/her court, a player is allowed to reach under the net, but must not touch the floor over the center line.
11. Successive contacts may be made only after blocking a spike attempt.
12. Opponents simultaneously hitting the ball directly over the net may play the ball again if it falls into their court.
13. Each team is allowed one 30 second time out per game.
14. All games will be call your own. Score keepers will only assist in making calls. If a judgement call cannot be decided, a replay will occur.
15. Each team is only allowed two varsity female athletes on the court at one time
16. The intramural supervisor will have the ability to make final decisions.

### **Qualifying for Playoffs**

The top 4 teams will advance to the playoffs.

### **Additional Rules and Clarifications**

The official United States Volleyball Association rules govern all play with the following intramural modifications and specifications.

#### 1. Legal Serve

Each serve must be put into play by hitting the ball underhand or overhand over the net into the opponent's court by a player in the serving area. The player serving must not step on or over the end line until after the ball is contacted on the serve. (Foot fault: penalty-side out). Players must stay in serving order. Players may switch positions after service provided they return to their original positions after each point. PENALTY: side out or point awarded. Exception: a player from the back line may not spike the ball or block a spike within 10 feet of the net.

#### 2. Serving Out of Turn

- A. Discovered while server still serving: side out called, mistaken points subtracted, serving order corrected.
- B. Discovered in interval between change of serve: opponent serves, mistaken points subtracted, and serving order corrected.
- C. Discovered after opponents begin serving: no loss of points, serving order corrected, on next dead ball.

#### 3. Legal Hit

A contact of the ball to be legal must be made with any part of the body. The ball may be played below the waist. A legal hit must be a "clean" hit. The ball may not be carried on the follow through.

#### 4. Illegal Hits

An illegal hit is: 1) slapping the ball, 2) bumping the ball with two separated hands (hands must be together), 3) carrying the ball, 4) palming the ball, 5) directing the ball.

#### 5. Playing the Ball

A ball may be played three times on one side providing the same player does not touch the ball twice in succession.

Exceptions:

- A ball hit simultaneously by two team mates is considered as one hit, and either player may contact the ball a second time.
- When simultaneous contacts by opposing players occur, either player may contact the ball again if it falls on his side of the net. This contact will constitute the first of three attempts.
- A blocker may recover from his own block and make a second play on the ball. This play will constitute the first of three attempts.
- A serve may be received with a bump or with hands up. WARNING: by receiving serve with hands up, it is difficult to avoid being called for a carry
- The ball is in play when it hits the net except on the serve. There is no such thing as a "net" serve or a "let" serve. The server is given only one attempt to get the ball over the net.

#### 6. Net and Line Play

Players are not permitted to have any part of their body touch the net or step over the center line while the ball is in play, although stepping on the center line is permitted. EXCEPTION: ball hits net with such force it causes net to hit opponent, the ball is still in play.

A spiker may have his hand(s) or arm(s) follow through over the net as long as the ball is contacted on his own side of the net.

Players may reach over the net and block the ball, provided the opposing team has completed their attempt to return the ball over the net.

The ball is considered to have crossed the net when any part of the ball is extended over the net. A player

may go outside of the court to play a ball as long as the ball is contacted on that players side of the court, and it will only be considered a legal return as long as it crosses the net and antennas within the boundaries of the court as extended.

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