



Intramural Sports Volleyball Rules

GENERAL RULES:

1. All participants must meet the eligibility requirements listed in the Intramural Sports Participant Handbook. **Each player must be an NIU student or current NIU Recreation Member (faculty/staff).** All expired memberships must be updated before the individual may play in any game.
2. Participants must have their *NIU OneCard* at every game. Any games in which an ineligible player signs in will be considered a forfeit.
3. All intramural participants must personally sign the **Waiver Release** and are responsible for their own medical expenses.
4. **Teams are responsible for keeping their players and spectators under control.** Misconduct of players, coaches, managers or spectators can result in penalty, ejection or forfeiture of the game. Spectators must also remain within the area designated by the IM Sports staff.
5. Alcoholic beverages, smoking, and pets are prohibited from all intramural contests.
6. IM Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.
7. National Federation of State High School Association rules apply except where NIU Intramural Sports has made adaptations.

The Game

1. All games shall be played on the date and hour scheduled.
2. **If all team members (to make the minimum number required) are not signed in and ready to play by game time, the opposing captain has the option to give them a five (5) minute GRACE PERIOD. However, the five (5) minute grace period will be deducted off the game clock. If the team does not have the minimum amount of players signed in and ready to play by the end of the 5 minute grace period, then a forfeit will be called.**
3. The game shall be played between two teams of **six (6)** players, A team can play with a minimum of **four (4)** players. A team's roster shall have a maximum of **ten (10)** players.
4. Players can compete on one men's/women's team, and one co-rec team, regardless of division (A, B).
5. All players must have checked in with the official and be recorded on the game sheet before they are allowed to participate.

The Court

1. All games will be held in the Student Recreation Center on the Court 7 and Court 8. *NIU OneCard* must be presented to gain access to the facility.
2. Limited space for spectators.

The Players

1. A team shall consist of **six (6)** players. Teams must have a minimum of **four (4)** players for the start and duration of the game.
2. **Captain** - A speaking captain must be designated for each team. He/she alone may appeal to the official, and then only on interpretations of the rules and player eligibility. Judgment calls may not be protested. Protests must be filled immediately with the on duty supervisor.

Game Equipment

1. Intramural Sports will provide a game ball for each game. The game ball will not be used for warm ups. If teams want to use a warm up ball, they can check one out from the equipment desk!
2. The net height shall be at a height of 8' for Men and 7' for Women
3. Volleyball net setup will begin 15 minutes prior to the first match of the night.

Player Equipment

1. A player is required to wear a shirt with sleeves, shorts/pants, and footwear (athletic attire). Footwear that is permitted must be made of canvas or soft-leather training or gymnastic shoes with rubber soles.
2. All jewelry must be removed before participating, including the livestrong bracelets.
3. Players may not wear headwear containing any hard, unyielding material, or items containing exposed knots.
4. Players may not wear pads or braces above the waist, and may not wear casts anywhere on the body.
5. Players may wear soft headbands, and knit or stocking caps, provided that the cap does not have a bill or a knit ball on top.
6. Players may wear soft, pliable kneepads. Players may wear leg or knee braces only if the brace is covered with at least ½" of closed cell, slow recovery rubber, or a material of similar thickness and physical properties.

Game Time

1. Matches will be the best 2 out of 3 games. First two game is played RALLY SCORING to 25 points each, and must be won by 2 points.
2. If a third game is needed, the game will be played to 15 with RALLY SCORING (team doesn't need to serve to score a point). The third game will be to 15 straight...no win by two. A team can win 15-14.
3. Each team will be allowed three (3) 30-second time-out per match.

Substitutions

1. There will be two substitution techniques allowed:

- a. A person can substitute in for the same player throughout the game as many times as he or she wants in the same position on the court. Called "Player Substitution"
- b. The team can substitute by rotating in and out from the same spot, normally at the center back position. Called "Rotating Substitute"
- c. As long as the 1 gender ratio is kept a guy can substitute for a girl or vice versa.

Hits

1. Each team is allowed 3 hits per side (blocks do not count as a hit).
2. Simultaneous contact by two player's counts as one hit. Each player is able to hit the ball after a simultaneous hit.
3. No player may hit the ball twice in a row, except for on a simultaneous hit or on a block).
1. The ball may be hit by ANY part of the body above and including the waist.
2. The ball may not visibly come to rest on any part of the body or be hit with an open hand.
3. Players are not allowed to come in contact with the ball more than once while hitting the ball (i.e. if the ball comes in contact with more than one part of the body).
4. Co-Rec: A girl has to hit the ball at least once when there are two or more hits on one side.

Serving the Ball

1. Service: the act of putting the ball into play with either an underhand or overhand serve. The ball can hit the net and go over, this is legal.
2. The player serving must wait for the referee to blow the whistle to indicate the start of the serve.
3. When the ball is served, all players must be within the boundaries of the basketball court.
4. If a team serves out of order, the team will lose the serve to the opposing team.
5. Let Serves are legal (ball can touch the net as crossing into opponents side).
6. Serving Fouls
 - The ball passes under the net.
 - The ball touches a player on the serving team.
 - The ball lands (without being touched by an opponent on the receiving side) outside the boundaries of the court.
 - The server commits a foot fault.
 - Improper rotation.
 - The serve CANNOT be spiked or blocked by the receiving team.
 - Re-service must hit the ground, cannot catch it. Player will be warned the first time.

Net Play

1. Player may not come into contact with the net. If the ball causes the net to come into contact with the player, play continues.
2. Players may not cross the net to spike the ball. (An imaginary vertical line extends up from the top of the net).

3. Player may not come into contact with or break the imaginary center line under the net. It is not a foul to cross the center line after the ball is dead.
4. Back line players may not leave their feet in front of the 10' attack line.

Out of Bounds

1. The ball is out of bounds if it comes into contact with the net antennas, any wall, curtain, official stand, official, or floor.
2. The ball is in play if it comes into contact with the ceiling if and only if the ball remains on the side of the team who hit the ball, and the following hit will not exceed the maximum of 3 hits per side.
3. You may not play a ball that is out-of-bounds and then proceed to call the ball "out", expecting to benefit from a sideout. Once a ball is touched by the receiving side it is considered "in".

Fouls

1. A point is replayed when:
 - a. Simultaneous fouls are called.
 - b. Official cannot see the play to make the call.
 - c. An object that enters the court and interferes with play.
 - d. A player serves before the official's whistle (one warning).
 - e. A player is injured.

Sportsmanship

1. Sportsmanship is an important part of intramural sports. Teams receive sportsmanship ratings at the conclusion of each game on a scale of 1 to 5 with 5 as an excellent rating. Teams must average a 3.0 during the regular season to qualify for the playoffs.
2. Teams are responsible for keeping their spectators under control. Misconduct of spectators and players may result in ejection and/or forfeiture of the game. Spectators must remain in the out-of-play areas. Only players are permitted in the playing area.
3. Any player who uses foul language, violently protests a call, or curses an official or supervisor, will be removed from the game and will automatically be suspended from his/her team's next game. Any player who touches an official or supervisor will be placed on suspension from all Intramural activities for a minimum period of one calendar year from the time of the incident.
4. If at any time a team has 2 players or spectators ejected from the game, the offending team will immediately forfeit the game.
5. Teams shall assist in removing trash and equipment from their game area at the conclusion of their game, if the area is determined to be not picked up by the team, the team will face a deduction of sportsmanship rating.
6. Officials and supervisors are college students employed by Campus Recreation to provide a service to the participants of Intramural Sports. Officials are employed regardless of experience to fulfill a need for a large number of officials to cover all the games being played. Officials undergo clinics and evaluations to help them to constantly improve in their abilities. Supervisors are trained to handle conflicts that occur during games and are there to answer questions that participants may have regarding

Intramurals. The supervisors can be identified by the IM polo they will be wearing. IM supervisors are veteran officials or trained tournament personnel who have complete authority to make decisions regarding problems or special situations. Supervisors have been selected for their knowledge of intramural sports regulations and rules, maturity, professionalism and a sincere interest in intramural sports.

5 - Excellent - Players and spectators were positive throughout the game and completely respectful towards the supervisors officials, and opposing team. If the captain converses with the officials about rule interpretations and calls he/she does so respectfully and calmly. No verbal warnings. No instances of unsportsmanlike physical contact. The team captain has full control of his/her teammates/fans. Players and spectators show appreciation toward Intramural Staff and opponents at the end of the game.

4 - Good - Players and spectators cooperate with the supervisors and officials and show respect for opposing team members most of the game. Emotions were kept under control. No instances of excessive physical contact. Team members respectfully disagree about some decisions made by Intramural Staff or show minor dissension which may not receive an unsportsmanlike penalty (technical foul, yellow card). Shows respect toward opponents throughout game and pre game captains meetings. All complaints or concerns are filtered through captain to voice to Intramural Staff.

3 - Average - Team/spectators show minor verbal dissent toward Intramural Staff or opposing team, which may or may not merit an unsportsmanlike penalty. Most complaints or concerns are filtered through captain to voice to Intramural Staff. A few instances of physical contact. A few instances of vulgar language and/or profanity are displayed by members of the team. Captain exhibits control over team and spectators. Teams receiving one unsportsmanlike penalty and/or warning will receive no higher than a "3" rating.

2 - Poor - Teams/spectator constantly commenting disrespectful verbiage to Intramural Staff or opposing team. Captain exhibits minor control over team and spectators. Vulgar language and/or profanity are displayed by members of the team. Players/Team/Spectators use racial insults, anger motivated outburst, demeaning, degrading and derogatory statements or homophobic comments before, during or after a game. Teams receiving three unsportsmanlike penalties and/or warning or one player ejection will receive no higher than a "2" rating.

1 - Extremely Poor - Team is completely uncooperative toward Intramural Staff. Captain has absolutely no control over team, spectators, and/or his/herself. Team, player or spectator makes intimidating physical contact with a staff and/or opposing team. A team, player or spectator threatens harm or violence toward the staff. Any team causing a game to be forfeited by result of unsportsmanlike behavior or have multiple unsportsmanlike penalties and or having more than one player ejected will receive no higher than a "1"