

University of Nebraska
Campus Recreation
Intramural Sports

Men's, Women's, and Co-Rec Volleyball Rules

National Federation rules will apply with the following exceptions:

- NET:** The height of the net shall be:
- For women - 7 feet 4 1/4 inches
 - For men - 8 feet
- GAME TIME:**
- The first two games will be rally scoring to 25 points and a team must win by 2 points (no cap). The third game will be rally scoring to 25 points and a team must win by 2 points (no cap).
 - Game time is forfeit time. If a team does not have the minimum required players at game time (4), the opposing captain may either take a win by forfeit or give the opposing team a grace period of 10 minutes to reach the required number of participants. In the event a grace period is given, only two sets (to 25) will be played. If a team does not have the minimum required players ten minutes after game time, the match will be declared a forfeit.
- PLAYERS:** There shall be 6 players on a team, designated as follows: Right Front, Center Front, Left Front, Right Back, Center Back, and Left Back. A team may begin with 4 players, but if injury or disqualification reduces the number to fewer than 4, the game shall be defaulted. Front and back row players must be designated to the officials when less than 6 players are used. Before each game, the captain will designate their team's service order to the referee.
- EQUIPMENT:**
- Jerseys: All players are required to wear jerseys with permanent numbers of contrasting color. Number must be whole numbers between 0-99, no fractions or decimals. Jerseys will be available for check-out on site.
 - Shoes: Only tennis, court, volleyball, or basketball shoes with pliable synthetic or rubber soles shall be worn. No marking black-soled shoes, boots, or running shoes will be allowed.
 - No jewelry is allowed on any participant. All jewelry must be removed before entering the game.
- ELIGIBILITY:** A men's or women's team may have no more than two UNL Volleyball Sport Club Members on their team roster. Check the Campus Recreation web site for further eligibility requirements.
- POSITIONS:** All players except the server shall be within the team's playing area and in correct serving order with no overlapping of adjacent players front-to-back or side-to-side at the instant the ball is contacted for the serve. The center front shall not be as near the right side line as the right front nor as near the left sideline as the left

front. The center back shall not be as near the right sideline as the right back nor as near the left sideline as the left back. No back line player shall be as near the centerline as the corresponding front line player. After the ball is contacted for the serve, players may move from their respective positions.

GAME:

- a. Before beginning the first game, the referee shall toss a coin for the two captains. The winner of the toss may choose to take either the first service during the game, or the choice of courts. The loser of the flip then takes whatever choice is remaining. At the beginning of the second game, the team that received first in the previous game shall have first serve in the following game. Before the third game, the officials shall conduct another coin flip with the same options available as at the beginning of the match
- b. A match shall consist of the first team to win two games.
- c. At the end of each game of the same match, teams shall change courts.

SERVICE:

- a. The order in which teams are to serve shall be called the serving order.
- b. Players must be in the correct serving order when the ball is served.
- c. A server shall continue to serve until their team commits a fault.
- d. If the serving team wins the rally it scores a point and continues to serve. If the receiving team wins the rally, it scores the point and gains the serve.
- e. Each time a team gains the serve it must rotate one position clockwise before serving. Failure to do so will result in side out if done intentionally.
- f. A server shall hit the ball with one hand, fist, or arm.
- g. A match shall include a let serve.

POINT FOR:

- a. Serve illegally.
- b. Failure to return the ball legally to opponents' court.
- c. Catch the ball.
- d. Hold the ball (scooping, lifting, and shoving shall be considered holding).
- e. Strike the ball more than once in succession.
- f. Be the fourth player to play the ball (except when there has been a simultaneous hit.)
- g. Touch the net with any part of the body at any time except when the ball is dead.
- h. Reach under the net and touch the ball or a player of the opposing team when the ball is in play on that side, or interfere with the play of the opposing team by entering the opponent's court, or touching the floor on the opposite side of the center line when the ball is in play. A centerline foot fault shall be called when a player's whole foot or hand crosses the plane of the centerline.
- i. Make an illegal substitution.
- j. Persistently delay the game.
- k. Leave the court without permission from the referee except to retrieve the ball.
- l. Strike the ball while supported by any player or object.
- m. Throw the ball.
- n. Hold or push the ball against the net.
- o. Block or attack a served ball.

p. Bat the ball against ceiling, any object, or surface within the boundary line.
EXCEPTION: If Team A causes the ball to hit the ceiling or any object above their playing court and the ball comes down on their side of the net they may continue to play the ball, provided it was a legal hit and not the third hit which caused the ball to strike the ceiling or object.

SUBSTITUTES:

- a. Substitutions shall be made only during a dead ball and without delay.
- b. Before each game the referee will request of the captain which substitution manner will be used. Substitutions must be made in the following way:
 1. Substitute players may rotate into the center back position. This procedure, if used, must be used throughout the game with the exception of one-for-one being allowed in case of an injured/ill player. Once the injured/ill player has been replaced in a one-for-one manner, they may not return in that game.
 2. Substitution may be made in a one-for-one manner under the following conditions.
 - a. Each team is permitted only one request for substitution during the same dead ball. Other requests by the same team will be denied. Teams may enter more than one substitute during the same dead ball but only one request may be made.
 - b. The substitute should report their number and the number of the player being replaced to the umpire.
 - c. Once the official has recognized the substitute, each substitute shall move immediately into the game. Delaying substitution is illegal, and will result in a point for the opposing team.
 - d. The position of the substitute shall be that of the player replaced without changing the serving order as recorded on the score sheet.
 - e. Once a player has been replaced in a game that player may only re-enter for the player that replaced them except for abnormal substitution situations (Rule 2g).
 - f. A player is limited to 3 entries during a game except for abnormal substitution situations. Starting the game counts as an entry.
 - g. When no legal substitutes are available, an abnormal substitution is permitted only for an injured/ill player who has played in another position but has less than 3 entries. If such a player is not available, a player who has been in the game 3 times may substitute. An injured/ill player replaced by an abnormal substitution may not re-enter the game in which the abnormal substitution takes place.
 - h. If the one-for-one procedure is being used, this substitution procedure must be used throughout the entire game.

TIME OUTS:

- a. Each team is allowed one time out per game.
- b. A time out may be requested by the coach or team captain at any time the ball is dead. It shall not exceed one minute.

- c. A time out may not be granted to the same team more than once during each game.
- d. The game shall be resumed after a time-out when the team calling the time-out is ready to play, including situations where less than 60 seconds are used.
- e. The rest period between games of a match shall be a maximum of two (2) minutes.

GENERAL:

New (09-10): A player may contact the ball with any part of the body.

- a. A player may go out-of-bounds to play a ball, but not beyond the centerline extended. If a player plays a ball that would have been out-of-bounds, it is considered good. A player may not enter a non-playable area to play the ball (i.e. bleachers or another court.)
- b. A foot fault occurs when the server steps on or over the line bounding the serving area during the act of serving. Part or all of server's body may be in the air over the lines.
- c. A double foul shall be called when players on opposing teams commit a rules infraction at the same instant. In case of a double foul, the point shall be replayed.
- d. Blocking a ball, which is entirely on the opponent's side of the net, is permitted when the opposing team has had an opportunity to complete their attack. The attack is considered complete when:
 1. The attacking team has had the opportunity to spike the ball or, in the official's judgment, intentionally directs the ball into the opponent's court.
 2. The attacking team has completed their 3 allowable hits.
 3. The ball is falling near the net and, in the official's judgment, no member of the attacking team could reasonably make a play on the ball.
- e. If a ball is driven into the net with such force it causes the net to contact a player on the opposing team, no foul shall be called, and the ball shall continue to be in play.
- f. If the ball is contacted by two players simultaneously, it counts as one hit and either player may make the next hit.
- g. If two or more players from opposing teams hit the ball simultaneously, it shall NOT count as one of the three hits.
- h. A ball touching a boundary line is good.
- i. There is a spiking line 10 feet back from the net. A back row player may spike from behind this line.
- j. If only one player is attempting to block and in doing so contacts the ball, they are permitted to contact it a second time.
- k. Interchange of positions during play is legal. **However, in the men's and women's games, it is illegal if a back line player goes in front of the 10 foot spiking line to block or attempt to block.**

- l. **A back line player may not return a ball which is completely above the top of the net while positioned on or in front of the spiking line (or its out of bounds extension).**
- m. Reaching over the net is permitted during:
 - 1. A fake hit.
 - 2. The follow-through on a hit made on the player's own side.
 - 3. An attempt to hit.
 - 4. A block or attempt to block.
- n. Multiple contacts of the ball are touches by a player during one play of the ball and are permitted:
 - 1. When a ball rebounds from one part of a player's body to another in one attempt to save a hard driven spike not already touched by a teammate, it is a legal multiple contact and considered one hit.
 - 2. When a ball rebounds from one part of a player's body to another in one attempt to block, it is a legal multiple contact and the team's next play is considered its first hit.
- o. Screening is an act, intentional or unintentional, which obstructs the opponent's view of the server or the flight of the ball from the server.
 - 1. A single player is screening if:
 - a. Their arms are held clearly above the head fully extended and the player is standing upright and the ball passes directly over the player;
 - b. The player is making distracting movements such as waving the arms or jumping;
 - c. The player deliberately alters their position to move in front of an opponent after the referee has signaled for the serve.
 - 2. A grouping of players is screening if the ball passes directly over a member of the group who is in an upright position with arms clearly fully extended overhead.
 - 3. The penalty for screening is an awarded side out to the opponent.
- p. Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair, honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting. It includes:
 - 1. Disconcerting acts or words;
 - 2. Derogatory remarks to officials or opponents;
 - 3. Questioning or trying to influence officials' decisions;
 - 4. Showing disgust with officials' decisions;
 - 5. Using insulting gestures or baiting/taunting an opponent;
 - 6. Spitting other than into the proper receptacle.
- q. Unsportsmanlike Conduct Violations.
 - 1. Warning: For a first minor offense, a yellow card is administered by the referee at the first dead ball. The warning shall be recorded on the score sheet. No penalty is assessed.
 - 2. Penalty: For a second minor offense by a team or for a single serious offense a red card is administered at the first dead ball. A point/side-out is awarded the opponent, and the penalty is recorded on the score sheet.

3. Disqualification: For a second minor offense by same player or a single serious offense a red card is administered at the first dead ball, a point/side-out is awarded the opponent, the player is ejected and the penalty recorded on the scorecard.
4. Forfeit: If a disqualified individual violates the conduct rule following ejection, the offender's team shall forfeit the match.

Note: All cards carry over from game to game throughout the match. Ejected players are ineligible for the entire match.

- r. Misconduct by those members on the bench when officials cannot determine specific offender(s): warning/penalty is issued to team manager or captain.
- s. If an intramural participant is ejected from any intramural contest, they are immediately ineligible for further competition, in any facility or intramural activity, until they are cleared by the Assistant Director for Intramural Sports or their designee. It is the participant's responsibility to schedule an appointment with the Assistant Director for Intramural Sports to review their behavior and subsequent eligibility to continue in the Intramural Sports Program or any Campus Recreation program or facility. In addition, any unsportsmanlike conduct by a player or fans may cause their team to be disqualified.
- u. Participants should be aware that there is a risk of injury in participation of intramural sports due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participation. Individuals participate in intramural activities at their own risk!

Definitions:

- a. **Illegal Hit:** Occurs when the ball VISIBLY comes to rest or has prolonged contact with a player during contact.
- b. **Double Hit:** Occurs when a player illegally contacts the ball twice in succession. It can be either 2 attempts in succession or the ball rebounding from one part of the body to one or more other parts on a single attempt to play the ball.
- c. **Quick Set:** Approximately 1 foot above the net right next to the setter.
- d. **Low Set:** Set 2 to 3 feet above the net, either in front or behind the setter.
- e. **Normal Outside Set:** Set directed toward the sideline 8 to 15 feet above the net.
- f. **Shoot Set:** The set will travel quickly about 1 to 3 feet above the net.
- g. **Dump:** This skill is performed with the shoulders perpendicular to the net. Usually, the setter is trying to be deceptive by sending the ball across the net on the second hit instead of setting to the attacker for a third hit. It usually is kept very low so that after reacting to the surprise maneuver, little time will be left for the opponents to recover and make a strong offensive play.
- h. **Deep Court Overhead Pass:** This is performed by a skilled player from a poorly controlled pass. The player must run deep into the court and convert the deep ball to a front spiker, or send the ball over the net.
- i. **Jump Set:** This skill is performed with the setter in the air. Depending on how it is used, it can be for the purpose of deception, for a "quick" set, for

maneuvering a bad pass into a useful set (usually too close to the net), or it can be poor technique.

- j. **One Hand Set:** A setter may be forced to set the ball with one hand due to the ball being passed tight to the net. Usually the setter is in the air and sets the middle for a quick attack.
- k. **One Hand Open Dink/Tip:** This skill is similar to the legal setting motion. The length of time the hand contacts the ball in execution is the same as a legal set. Wrist action is essential in a proper set and therefore is permissible in the "dinking" action.
- l. **Closed Fist Dink:** This is a rebounding skill where the ball can be bounced off the fisted hand, or punched in a certain direction. This becomes illegal only when the ball stays on the hand long enough to constitute a carry.
- m. **Spike:** This may be performed open or close-handed. The hand must contact the ball rapidly enough so the ball is hit, not thrown. A ball spiked with the top of the open hand (fingers) may be a miss hit rather than an illegal hit.
- n. **Backhand Hit:** Usually this deceptive move is used by the spiker to change the obvious intended direction of the ball. The spiker jumps and hits the ball with the back of the hand. Be sure the ball is hit, not pushed or thrown.
- o. **Block:** This is a rebounding skill. Make sure the blocker does not carry or have prolonged contact with the ball. Blocking techniques may involve use of wrist action. There is no forward motion of the arm in a one-hand block.
- p. **Forearm Pass:** This is a passing skill. It can be performed with arms together with hands clasped, hands separated with simultaneous contact, or with one hand or arm.
- q. **Receiving with the Overhead Pass:** Look carefully at a hard spiked or served ball received and converted by an overhead pass. This pass is very difficult and requires great strength on the part of the receiver to overcome that forceful momentum and turn it into a quick snappy pass. A held ball may result.
- r. **Soft Set:** This is a set that is characterized by a deep flex of the wrist followed by extension and wrist snap.

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CO-REC VOLLEYBALL MODIFICATIONS

National Federation and Men's and Women's Intramural Volleyball rules will apply with the following exceptions:

NET: The height of the net shall be 8 feet.

PLAYERS: There shall be 6 players on a team, designated as follows: Right Front, Center Front, Left Front, Right Back, Center Back, and Left Back. 3 men and 3 women shall be placed in alternating positions on the floor. **A team may begin with 4 players providing both genders are represented by at least one player.** Front and back row players must be designated to the officials when less than 6 players are used. If injury or disqualification reduces the number to fewer than 4, the game shall be defaulted.

The service order will alternate between genders. If playing short-handed, any time the same gender is to serve back to back, a side out occurs, resulting in a point for the opposing and loss of serve.

ELIGIBILITY: A team may have no more than two UNL Volleyball Sport Club Members playing at one time. Check the Campus Recreation web site for further eligibility.

SUBSTITUTES:

- a. Men must substitute in for men and women for women.
- b. The actual substitution shall be made only during a dead ball and without delay.

GENERAL:

- a. No gender restrictions or requirements on playing a received ball (A ball played more than once does NOT need to be contacted by a player from each gender before being returned over the net).
- b. 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. The remaining back row male and female players may not be forward of the attack line for the purpose of blocking. The male back row player is not allowed to attack or contact the ball above the net except when blocking.
- c. If a male back row player is not participating in a block, there is no restriction on back row players being in the attack zone.

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