

California State University, Northridge  
SRC INTRAMURAL SPORTS



## SRC Intramural Volleyball Rules

### General Rules:

- a. All participants are required to purchase an Intramural (IM) Pass for either \$5 for currently enrolled Students or \$10 for Faculty and Staff at the Student Recreation Center before they play their first game.
- b. Each participant must bring their CSUN ID card (or a government issued photo id), with their receipt for proof of purchase of an IM pass, to all games in order to participate.
- c. Those participants that want to play in that day's game must have their name on the printed roster that comes from the IM Office through IMLeagues.com.
- d. If you wish to add a player to your team's roster, please make sure that the player is added prior to roster and approved by the team's captain on IMLeagues.com by noon on the day of the game.
- e. Team representatives including players, spectators, team managers, and coaches are **ALL** subject to the SRC Intramural rules and regulations.

### Game Procedures

#### 1. Players

- The game shall be played between two teams of six (6) players. Each team must have three (3) players by game time. For co-ed matches, a team of six consists of three (3) males and three (3) females on the court. At no time can it be more than three (3) players of the same gender/sex on the court at same time. If a team only has three players to start a co-ed game, there must be at least one male and one female within that group of three players.
- NO ID = NO PLAY, NO EXCEPTIONS
- Each team shall designate a captain to act as team spokes person and make decisions. **ONLY THE CAPTAIN MAY SPEAK TO OFFICIALS.**
- Substitutes are not counted, just alert the official and they will pause the game.

#### 2. Clock Management

- A match shall consist of best two-out-of-three sets.
- The team that has scored 25-points first will win the set. Rally/speed scoring style (no side-outs, every serve results in a point). The first two sets will go to 25 points. If a third set is necessary, that set will be played to 15 points.
- In order to win a set, a team must win by at least two points or reach the maximum number of points allowed for that set, as known as a cap. The first two sets will have a 30-point cap. The cap for the third set will be to 20-points.
- Each team will have one-timeout per set.

#### 3. Equipment

- No jewelry, no hats with bills, no do rags, and no bandannas will be allowed when playing.  
*[EXCEPTION: head coverings worn for religious purposes.]*
- No player may wear watches, tight wrist bands, etc., while playing.

### General Summary of Intramural CO-ED Volleyball Rules:

#### 1. Service

- The home team has choice of serve or side to start the first game. The team not serving the first game of the match shall serve first in the second game.
- Server must remain behind service line until ball is contacted.

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- The server may serve from any position behind the end line.
- If the ball is served before the referee's whistle, the ball is dead and the point re-served.
- A "point" for the opposing team occurs for the following service faults:
  - Ball does not pass over net.
  - Ball touches teammate or any other object before crossing net.
  - Ball lands out-of-bounds
  - Ball touches wall.
    - If the ball hits the ceiling or the backboards immediately above the playing area (court) , the ball is still live. If the ball lands on the opponent's side, the opponent will have the hits to return the ball to the other side. If the ball returns to the same that had possession of the ball will only have their original three hits to get the ball over the net to the opponent's side.
- If a team's players serve out of order, the team loses serve and any points scored while serving out of order. The players of the team at fault must take their correct positions.
- Any attempt to screen the receiving team from seeing the trajectory of the serve is a side-out. This includes two or more players standing together, or one player with his hands above his head, as the serve passes over him/them.
- At the time the ball is contacted for the serve, the players on the court must be in their proper order.
- The ball is in play if it touches the net on a serve and lands in-bounds on the opponent's area.

## 2. **Playing the Ball**

- Each team is allowed three successive contacts of the ball in order to return it.
- The ball may be hit with any part of the body, **EXCEPT** the foot and lower leg when attempting to kick or motion to kick the ball intentionally.
- The ball can contact any number of body parts provided that such contacts are simultaneous and that the ball rebounds immediately and cleanly.
- Touching a ball in an attempt to block does not count as a touch and the same player may make the first contact
- Contact with the ball must be brief and instantaneous. When the ball visibly comes to rest momentarily in the hands and arms of a player, it is considered as having been held. Scooping, lifting, pushing, or carrying the ball are forms of holding. A ball clearly hit from a position below the ball is considered a good hit.
- A double contact is when a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession. It is NOT a double contact if the ball contacts various parts of a player's body simultaneously.
- When two players of the same team simultaneously contact a ball, it is considered one contact and either player may make the next contact.
- A player is not allowed to attack the ball on the opponent's side of the net.
- No player shall assist a teammate by holding him/her while they are playing the ball. It is legal to hold a player not playing the ball in order to prevent a fault.
- A back row player may not cause a ball, which is completely above the height of the net to cross over to the opponent's side unless he/she is either on the ground completely behind the 3-meter line or is in the air, having jumped from behind the line. If any part of the 3 meter line is touched by the attacking player it is a violation resulting in a point for the non-offending team.

## 3. **Blocking**

- Blocking may be legally accomplished by only the players who are in the front line at the time of service. Back line players may not participate in a block.
- A blocked ball is considered to have crossed the net.
- The team which has affected a block shall have the right to three additional contacts after the block.
- Any player participating in a block shall have the right to make the next contact, such contact counting as the first team hit.

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- Multiple contacts of the ball during a block shall be considered a single contact, even though the ball may make multiple contacts with one or more players of the block.

4. **Play at the Net**

- A ball hitting the net may be played again.
- If a player's action causes him/her to contact the net during play, accidental or not, with any part of body or clothes, that player shall be charged with a fault.
- If the ball is driven into the net with such force that it causes the net to contact a player, such contact shall not be considered a fault.
- If opponents contact the net simultaneously, it shall constitute a double fault and the point shall be replayed.
- If a player accidentally contacts any part of the net supports, such contact should not be counted as a fault provided that it has no effect on sequence of play. Intentional contact or grabbing of such objects shall be penalized as a fault.
- Crossing over the centerline and contacting the opponent's playing area with any part of the body is a fault, unless it does not interfere with the opponents' play
- If the ball, in any way, makes contact with the antenna, it is out. If the ball sails outside of the antenna, it is out. If there are no antennae, the referee will use their own judgment as to whether the ball is out.

5. **Faults**

- Faults will result in point.
- A fault shall be declared when:
  - the ball touches the floor
  - the ball is held, thrown, or pushed
  - a team has played the ball more than three times consecutively
  - a player touches the ball twice consecutively
  - a team is out of position at serve
  - a player touches the net
  - a player crosses the centerline and interferes with play according to the officials discretion
  - a player attacks the ball above the opponent's playing area
  - a back line player while in the attack area hits the ball into the opponent's court from above the height of the net
  - a ball lands outside the court or touches an object outside the court
  - the ball is played by a player being assisted by a teammate as a means of support
  - a player reaches under the net and touches the ball or opponent while the ball is being played by the other team
  - the game is delayed persistently
  - blocking is performed illegally
  - illegally served ball or service fault
  - the ball touches or sails outside the antennae

6. **Misconduct**

- Inappropriate conduct by a team member toward officials, opponents, teammates or spectators is classified in four categories according to degree of the offense.
  - **Minor:** misconduct offenses are not subject to sanctions. It is the official's duty to give a hand signal or verbal warning throughout the game. This warning is not a penalty and has no immediate consequences.
  - **Rude conduct:** acting contrary to good manners or moral principals, expressing contempt.
  - **Offensive conduct:** defamatory or insulting words or gestures.
  - **Aggression:** physical attack or intended aggression.

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- Depending on the degree of the team member's conduct and the judgment of the referee, the sanctions to be applied and recorded on the score sheet are:
  - **Penalty:** For rude conduct, the team is penalized with a loss of rally.
  - **Ejection:** Extremely offensive conduct or repeated rude conduct is sanctioned by ejection. The team member must leave the gym for the rest of the game and will not be allowed to play in the team's next game. If an ejection team member continues to engage in misconduct, he/she is subject to further individual sanctions.

7. **Sanction Cards**

- Warning:
  - verbal or hand signal
- Penalty:
  - yellow card
- Expulsion:
  - red card
- Disqualification:
  - yellow and red card jointly