



## **GNTC Intramural Co-Ed Volleyball Rules**

**ALL RULES ARE SUBJECT TO CHANGE AT THE DISCRETION OF THE INTRAMURAL DIRECTOR.**

Current **National Federation (High School) Volleyball Rules** will govern play except for the following modifications.

### **Subject:**

1. Players—Coed-4 men & 2 women per team on court. A team may play with no fewer than 5 players, and in Co-Ed there must be at least 2 women on court at all times. (If a team is short, it must be a man.)
2. Net Height—Coed: 8 feet;
3. Matches—(WCC) A match consists of the best 3 out of 5 games to 25 by rally scoring. Game 5 will be to 15; switch sides at 8. (FCC) A match consists of the best 2 out of 3 games to 15 by rally scoring. Game 3 will be to 11.
4. Starting Time—a match begins at designated starting time or 10 minutes after the completion of a preceding match on a court.
5. Forfeits—Game time is forfeit time.
6. Substitutions—May be made anytime while ball is not in play.
7. Timeouts—One per team per game. (One-half minute duration)
8. Conduct—Penalty for unsportsmanlike conduct:
  - 1<sup>st</sup> offense- point or side out
  - 2<sup>nd</sup> offense- removal from game and area

### **Clarification of Select Rules**

- A. Ball hitting on line is in bounds.
- B. Ball hitting overhead obstacle or basket support is in bounds if hit on your own team's side and if it is not the 3<sup>rd</sup> hit. However, if the ball hits the ceiling on your side on a hit and lands on the other team's court, the ball is then out.
- C. Ball hitting net on serve is a live ball.
- D. Server must be behind line.
- E. Teams rotate clockwise upon receiving serve.
- F. Contact with ball must be a "clear" hit. No palming, lifting, pushing or carrying of the ball allowed. Any palming or pushing of the ball will be called a lift.
- G. Teams change courts and serve at end of each game.
- H. Ball may be contacted by any part of the body. Use of head, fist, and feet are permissible.
- I. Ball cannot be contacted twice in succession by the same player; however, simultaneous contacts by more than one player on same team are allowed and are considered as one play. Players participating in such simultaneous contact may participate in the next play.
- J. Simultaneous contact by players on opposing teams also permit players involved to participate in next play; however, if this results in ball being momentarily held it is a double fault and played over.
- K. When players on opposing teams commit fouls simultaneously it is a double foul and played over. Points are not scored on a double foul.
- L. Touching net at anytime is a foul, except when a hard driven spike forces net into a player while he/she is on his/her side of the court. Any player that comes in contact with the net after spiking a ball, it will be whistled and called a side out.
- M. A player may reach over the net while blocking or in follow-through of a hit ball, but cannot reach over net in attempt to intercept ball until opponent has completed his/her hit.
- N. A player may step on the center-line but not on the floor in opponents' court. Any part of a player's body may be in the air below the net and beyond center-line if he/she does not interfere with opponents play by either touching ball or opponent.

O. Three hits maximum each side; except when ball touches blockers hand(s); (3 more hits are legal.)

### **I. SPORTSMANSHIP**

1. The mission of Intramural Sports is to provide a recreational environment for the University community which is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of the intramural program. 2. The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the intramural sports league and playoff seasons. Behavior before, during, and after an intramural sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.

3. A team is responsible for the actions of the individual team members and spectators related to it. Additionally, LU Intramural Sports does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc). Furthermore, the team captain's efforts in assisting officials/staff to calm difficult situations and to restrain troubled teammates are key to controlling team conduct.

4. Sportsmanship is vital to the conduct of every Intramural contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize or eject players or teams for poor sportsmanship. These decisions are final. The Intramural Sports Directors will rule on further penalties as a result of unsportsmanlike conduct.

5. Each participant should choose his or her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the Intramural Sports staff against that team for violation of the intramural rules and sportsmanship guidelines. Protests or appeals of sportsmanship ratings will not be recognized. The Intramural Sports administrative staff reserves the right to review any rating given to a team.