Thank you for being a part of one of the best intramural programs in the nation. We are proud to offer a variety of quality intramural activities. Good luck and we hope you have a fun and exciting season!

If you have questions throughout the season, please feel free to contact us by calling our office (540-231-8297), emailing imsports@vt.edu, stopping by our office in 135 War Memorial Hall, or consulting our Participant Policy and Procedure Manual.

**Key Dates (tentative and subject to change)**

- **Regular Season Starts:** Monday, October 28th
- **Regular Season Ends:** Thursday, November 14th
- **Playoff Brackets Posted:** Saturday, November 16th
- **Playoffs Begin:** Monday, November 18th

**Rules of the Game**

1. **Players & Substitutes**
   a. A team consists of 6 players on the court.
   b. There must be a minimum of 4 players to start a match.
      i. If only 4 players are available, back row restrictions only apply to the player in the serving position. If a team is playing with 5 players then there must be 3 players in the front court.
      ii. If ejections or injuries cause one team to drop below 4 players, the game may continue as long as it remains competitive.
      iii. If a team does not have the required minimum number of players checked in at the scheduled game time, a 10-minute grace period is given.
         1. If neither team has the required number of players by the end of the 10-minute grace period, the game is recorded as a forfeit for both teams.
         2. If one team is present at the start of the grace period (scheduled game time), that team has the option to start the first game up by a score of 10-0. However, that team may also elect to start the first game with a score of 0-0.
   c. In CoRec, teams must have an equal number of men and women on the court; if there are only 5 players available, there can only be one more of a gender on the court at a time.
   d. Substitutions may only be made in the server position and the substitute must play a full rotation which includes a serve.
      i. In CoRec, substitutes must be male for male and female for female.

2. **The Game**
   a. All matches can be ended with a best 2 out of 3 sets.
      i. Timing exception: If set 2 is completed by 25 minutes after the scheduled start time, teams will have the option to play a best 3 out of 5 sets.
         1. At that point in the game, captains must agree to either end the game or continue playing.
      ii. If playing best 2 out of 3, the first two sets are played to 25 and won with a 2 point lead; the third set is played to 15.
      iv. If playing best 3 out of 5, the first four sets are played to 25; the fifth set is played to 15.
   b. The rally scoring system will be used. Each service (that is not replayed) will result in a point regardless of whether the team was serving or not.
c. A coin toss (or even/odd) determines which team serves first in the first game of the match. The winner of the toss chooses first serve or side. A new coin toss is performed before the third game, if necessary.
d. After each game of the match, the teams will switch sides of the court.
e. Each team is allowed one timeout per game. Timeouts do not carry over from game to game. All timeouts will be 30 seconds in length.

3. The Playing Area
a. The walls, baskets, backboards, and supports are out of play. Ceilings are in play if the ball stays on the side of the team that played the ball, provided it was not that team’s third hit.
b. A player cannot enter an adjacent court scheduled for a match in order to play the ball.

4. Playing the Ball
a. Up to 3 successive hits are allowed for each team to play the ball over the net and into the opponent’s court. The ball must clear the net on the third contact or that team loses the point and the serve.
i. In CoRec, when more than 1 contact occurs by the same team, both genders must contact the ball in any order before it crosses the net.
b. Any player that makes contact with the ball shall be considered as having played the ball.
c. The ball may be hit with any part of the body.
d. Players may have successive contacts of the ball during the block or on any first contact off of a serve or hard-driven ball; however, a player may not carry the ball (see 5-a).
e. The ball must be hit in such a manner that it rebounds cleanly after contact with a player.
f. A ball cleanly hit with one or both hands from a position below the ball is considered a good play.
g. A ball in the vertical plane above the net may be played by either team.
h. A back row player returning the ball to the opponent’s side must:
i. Be behind the attack line when they leave the ground to contact the ball in the air.
ii. Contact the ball below the level of the net while in the air in front of or on the attack line.
iii. Contact the ball above the level of the net when not in the air in front of or on the attack line.

5. Carries
a. When the ball visibly comes to rest (even if momentarily) in the hands or arms of a player, it is considered as having been held; scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered to be a form of holding.

6. Blocking
a. Only players who are in the front row at the time of service can block a ball. Back row players may not block or participate in a block, but may play the ball in any other position near or away from the block.
b. Any player participating in a block shall have the right to make the next contact. The subsequent contact following a block counts as the first of three hits allowed per team.
c. Blocking or attacking a served ball is illegal.
d. Blocking of the ball across the net above the opponent’s court is legal under the following conditions:
   i. The block occurs after a player of the attacking team has spiked the ball or after the attacking team has completed their allowable three hits.
   ii. The ball is falling near the net and no member of the attacking team can reasonably make a play on the ball.
   iii. The opponents have hit the ball so that, in the official’s judgment, the ball would clearly cross the net if not touched by any player, and no member of the attacking team is in a position to make a legal play on the ball.

7. Playing Faults
a. If either team, or a player from either team, commits a fault the opposing team will be awarded a point.
b. If faults by opponents occur at approximately the same time, the referee shall determine which fault occurred first and shall penalize only that fault. If both faults are judged to occur simultaneously, a double fault shall be declared.
   i. A double fault occurs when players of opposing teams simultaneously commit faults. In such cases, the official will direct a replay.

8. Net Faults
a. If a player’s action causes that player to contact the net during play – accidentally or not – with any part of the body or uniform, that player’s team shall be charged with a fault (Exception: hair).
b. A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.

c. Players gaining an advantage (in the judgment of the official) from contact with the official’s stand or net support standards shall be charged with a fault.

9. Service

a. The server shall have 5 seconds after the official’s whistle to contact the ball for service.
   i. If after releasing or throwing the ball for service, the server allows the ball to fall to the floor without being hit or contacted, the service effort shall be canceled and a re-serve directed. The server is permitted a re-serve without penalty once during each term of service.

b. In CoRec, serving order and positions on the court at service shall alternate between male and female.
   i. In CoRec, if the service order does not alternate gender, the team who was awarded the previous point will forfeit their serve and a point and the serve will be awarded to the opposing team.

c. The server may serve from anywhere along the back of the out-of-bounds line.

d. “Let serves” are legal: the service is considered good if the ball passes over the net between the antennae or their indefinite extensions with or without touching the net.

e. The team serving first in the preceding game of the match shall receive the serve first in the next game of the match, except in the third game of the match.

f. The team that receives the ball for the first service of each game shall rotate one position clockwise before serving.

g. The player(s) of the serving team must not, through screening, prevent the receiving player from watching the server or the trajectory of the ball. Screening is illegal and a fault.

h. At the time the ball is contacted for the serve, the placement of players on the court must conform to the service order (the server is exempt from this requirement).

**Rules not outlined in this sheet will follow the National Federation of State High School Association (NFHS) Rules**