Rules of the Game

1. Players & Substitutes
   a. A team consists of 4 players on the field.
   b. There must be at least 3 players to start a game.
   i. If ejections or injuries cause one team to drop below 3 players, the game may continue as long
      as it remains competitive.
   c. All jewelry must be completely covered and secured. Safety is still our top priority. Any jewelry that
      remains a risk to any participant (even if covered) will not be permitted.
   d. For CoRec games, the following gender restrictions apply:
      i. 4 players → gender max 2
      ii. 3 players → gender max 2
   e. Only two Sport Club or Registered Student Organization team members may be on a team roster in their
      sport or allied sport.
   a. Substitutions may only be made in the server position and the substitute must play a full rotation which
      includes a serve.

2. The Game
   a. Play may be stopped at the discretion of the intramural staff at any time.
   b. All matches consist of the best 2 out of 3 games with rally scoring.
   c. The first and second sets are played to 25 points (win by 2), capped at 27
   d. The third set is played to 15 points (win by 2), capped at 17
   e. A team loses a rally if:
      i. The ball hits the floor of that team’s side of the court.
      ii. The ball crosses the net and hits the back wall/ceiling without being touched by an
          opponent.
      iii. The ball hits the net as it is being served.
   a. A coin toss determines which team serves first in the first game of the match. The winner of the coin
      toss chooses to serve first or side of the court. A new coin toss is performed before the third team, if
      necessary.

3. Grace Period
   a. 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.
      i. If a team (or teams) doesn’t have the required number of players by the end of the 10-minute
         grace period, the game is recorded as a forfeit.
      ii. If one team is present at the start of the grace period (scheduled game time), that team has the
          option to start the first set up by half the points needed to win that set. Therefore, if one team is
          present at the beginning of the scheduled game time, they have the option to start the first set
          at 13-0 when their opposing team arrives during the grace period. However, the present team
          may also elect to decline the penalty and start the game with a score of 0-0.

4. Court Boundaries
   a. The ball is out-of-bounds (side-out or loss of point) if it hits:
      i. The ceiling (unless played off your team’s side during a volley).
      ii. The back wall on a serve or volley.
      iii. Two or more walls on a serve or volley.
   b. The back wall is in play only on the side of the team returning a serve or volley, provided a player on that
      side touches it first.
   c. The service area is anywhere up to 3 feet forward from the back wall on each side of the court.
   d. If the ball passes through the opening between the net and wall on either the 1st or 2nd hit it will be
      considered a replay; if it occur on the 3rd hit, it will be a point in favor of the opponents of the team
      that last played the ball.

5. Playing the Ball
a. Each team may use up to 3 contacts with the ball 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 or the serve. Contacting the wall does not count as a set or play.

b. If a player holds, scoops, lifts, pushes, or carries the ball momentarily, it is a fault (holding). A ball must be hit cleanly from underneath with one or both hands.

c. A player may not make successive contacts of the ball except when playing a spiked ball.

d. Any player may spike the ball.

e. Any player that makes contact with the ball is considered to have played the ball.

f. Contacting 2 or more walls with the ball is allowed only by the team in possession of the ball provided a player on that team touches the ball first. Contacting 2+ walls is not permitted on the opponent’s side.

g. A ball may be played off the side or back wall in an effort to return a pass or to pass to a teammate but not on the opponent’s side of the court.

h. Playing the ball off your own ceiling is allowed.

i. Blocking: Any player may attempt to block.
   i. A block does not count as one of the 3 successive contacts allowed and may be attempted before the ball passes over the net, while the ball is still in the opponent’s court or just as the ball crosses the net.
   ii. A block is good only if the ball is touched by the player attempting the block.
   iii. A blocked ball counts as having crossed over the net.
   iv. A block may be attempted if:
      1. A player on the attacking team spikes the ball.
      2. The opponents have made three contacts on the ball.
      3. The ball falls near the net but no player on the attacking team can reasonably make a play on the ball.

j. Climbing the wall to play the ball is illegal.

k. The ball may be hit with any part of the body, with the restriction that contacting the ball with a foot/leg that is off the ground is illegal.
   i. Players are also allowed to slide their foot under a ball to prevent it from hitting the floor.

6. Service

   a. Any of the following actions committed during a serve counts as a fault:
      i. A serve is not executed from the designated service area.
      ii. A served ball hits a member on the serving team.
      iii. A serve is delivered by the wrong server.
      iv. The server was executed improperly.
      v. Players on the serving team screen the server from the opposing team.

   b. A player may not serve out of turn. Points scored on the service are canceled and a point for the opposing team is awarded. If the offended team serves before the out-of-service is called, the score stands (no loss of points), but the team must resume correct positions before the game continues.

   c. A side wall can be used on the serve.

   d. A player must serve from within the service area.

7. Net Play

   a. A ball that touches or rebounds off the net or net hardware may be played again.
   b. A ball that partially crosses the net is considered to have crossed the net and may be played by either team.
   c. A player or any part of his/her body or uniform that touches the net while the ball is in play shall be charged with a fault, unless the ball is driven into the net with such force that it causes the net to touch a player.
   d. When returning the ball, a player may follow-through over the net, provided he/she first makes contact with the ball on his/her side of the playing court.
   e. Players attempting a block may reach across the net but shall not contact the ball until an opponent strikes the ball.
   f. A player may be on but not over the center line provided he/she does not touch the net or interfere with an opposing player.
   g. A ball becomes dead when:
i. The ball hits the floor.
ii. The ball hits two or more walls consecutively on the receiving team’s side.
iii. The ball hits the ceiling on the opponent’s side.
iv. The ball hits the back wall on the fly on the receiving team’s side.
v. The supervisor sounds the whistle.
vi. A player commits a fault.

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