The Virginia Tech Intramural Sports Program is proud to offer a variety of quality sport-related activities to our community. Please consult the information below for sport-specific rules, policies, and procedures. If you have questions throughout the season, please contact us by email (imsports@vt.edu), phone (540.231.8297), or consult our intramural policies webpage. Good luck and we hope you have a fun and exciting season!

**Rules of the Game**

1. **All games are self-officiated.** If a rule discrepancy occurs, the captains should consult the Intramural Supervisor on duty to resolve the situation.
2. **Players & Substitutes**
   a. Games are played between two teams of 4 players.
   i. In CoRec, the number of male and female players cannot differ by more than 1. If possible, there should be an equal number of court players of each gender.
   b. Teams must have at least 3 players present in order to begin a game.
   i. If a team falls below 3 players during the game due to injuries or ejections, play may continue as long as the game remains competitive.
   c. Substitutions may only be made in the server position and the substitute must play a full rotation, which includes a serve.
3. **The Game**
   a. All matches consist of the best 2 out of 3 games.
   i. The first two sets are played to 25 and won with a 2 point lead; the third set is played to 15.
   ii. The first two sets are capped at 27 points and the third set is capped at 17.
   b. The rally scoring system is used. Each service (that is not replayed) results 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 coin toss chooses to serve first or side of the court. A new coin toss is performed before the third game, if necessary.
   d. After each game of the match, the teams switch sides of the court.
   e. All games are self-officiated. If a rule discrepancy occurs, the captains should consult the Intramural Supervisor on duty to resolve the situation.
   f. If a player is injured, play should stop immediately and the point should be replayed.
   g. Each team is allowed one timeout per game. Timeouts do not carry over from game to game. All timeouts are 30 seconds in length.
4. **Playing the Ball**
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 and the serve.

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

The ball may be hit with any part of the body, but cannot be kicked with the foot.

Players may have successive contacts of the ball during the block or on any first contact off of a serve of hard-driven ball; however, a player may not carry the ball (see 4-a).

The ball must be hit in such a manner that it rebounds cleanly after contact with a player.

A ball cleanly hit with one or both hands from a position below the ball is considered a good play.

A ball in the vertical plane above the net may be played by either team.

Any player may spike the ball.

Carries

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

Blocking

Any player may attempt to block.

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.

A block is good only if the ball is touched by the player attempting the block.

A blocked ball counts as having crossed over the net.

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.

Playing Faults

If either team commits a fault, the opposing team is awarded a point.

If faults by opponents occur at approximately the same time, teams should determine which fault occurred first and penalize only that fault. If both faults are judged to occur simultaneously, a double fault is declared.

A double fault occurs when players of opposing teams simultaneously commit faults. In such cases, the teams will direct a replay.

Net Faults

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 is charged with a fault (exception: hair).

A player may touch the ground 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.

If, in the judgement of the two teams, a player gains an advantage from contact with the net supports, the player’s team is charged with a fault.

Service

The server has 5 seconds 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 ground without being hit or contacted, the service effort is canceled and a re-serve is performed. The server is permitted a re-serve without penalty once during each term of service.

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

c. "Let serves" are legal; the service is considered good if the ball passes over the net between the indefinite extension of the side boundary lines with or without touching the net.

d. The team serving first in the first game of the match receives the serve first in the second game of the match. A coin toss is performed again before the third game, if necessary, to determine who serves first.

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

f. 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 is a fault.

g. 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).

h. 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.
       
   1. 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.

   iv. A serve is executed improperly.

   v. Players on the serving team screen the server from the opposing team.

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