

UNIVERSITY OF MINNESOTA DULUTH
RECREATIONAL SPORTS OUTDOOR PROGRAM
VOLLEYBALL RULES



1. Games shall consist of 21 points, must win by 2.
2. Rally scoring will be used for all games.
3. Each team may take one time out of one minute during each game.
4. The server must serve with both feet behind the serving line. A player must make contact with the ball before stepping over the serving line.
5. There are no restrictions as to how the ball can be served except that it must be clearly hit, not thrown or pushed. Side out is declared when a served ball does not land in play, a serve may hit the net but has to be in play to count.
6. If the player touches the ball, or the ball touches a player, s/he is considered as having hit the ball.
7. It is permissible to run out of bounds to hit the ball. All balls which are knocked out of bounds by an opponent must be permitted to hit out of bounds on the floor, wall, or any other out of bounds object before being touched for a point to be scored.
8. A ball touching any part of the boundary line is good.
9. Players are not permitted to push, scoop, carry, or hold the ball. The ball must not come visibly to rest on a players hands, fingers, or any other part of the body. You are not permitted to contact the ball underhanded with an open hand. You must use the forearm or a semi-closed to closed hand in playing the ball underhanded. This is to avoid carries. Violations of this rule is an infraction of the rules.
10. A ball touching the body more than once except on a hard driven spike and on reception of the serve, is considered a double hit.
11. A player must have hands together when playing above their head, if this is not the case the ref will make a judgment call as to whether it is a double hit or not. A player may use any part of their body above the waist in playing a ball.
12. A ball, may be recovered from the net, provided the player avoids contact with the net and does not catch or hold the ball (as stated in rule 9).
13. One person may play the ball twice during a volley but not twice in succession.
14. The ball must always be returned over the net by the third contact.
15. Defensive players are allowed to block shots over the net so long as they do not interfere with the offensive team playing the ball, touch an offensive player, or touch the net. In other words, the only time a player can reach over the net is to attempt to block a definite shot (a player cannot interfere with passing or setting up a ball) and if during his attempt to block the shot s/he touches the net or the offensive player in any way, it is a violation. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players, as distinguished from such player actually touching the net by his/her own impetus, such contact shall not constitute a foul.
16. A player may not touch the court on the opposite side of the center line.
17. A back line player may not spike the ball unless s/he is behind the 10 foot line. S/he is allowed freedom in moving about the court, but may not run up to the net and spike and kill the ball nor may the player block the ball when s/he is a back-line player. The back line player may leave their feet to spike the ball.
18. Each match will consist of three games and the team winning 2 out of 3 games is the match winner.
19. A team shall consist of no more that 6 players; however, a team may play with less than six players. Teams need at least 4 people to play. A team must play their game or they will forfeit.

20. All matches will start at the designated times; however, 5 minutes forfeit time is allowed from the time the event is scheduled. If a team does not appear within 5 minutes, that team will lose the first of the three games scheduled. If they appear after five minutes, but within 10 minutes, they may start the 2nd game (the first game is a forfeit loss.) If a team does not appear within 10 minutes of the scheduled time, they shall forfeit the match. (Use field house clock).
21. Substitutions: Substitution shall take place only when the ball is dead, i.e., when a point has been scored, a change of serve or timeout.
22. All other eligibility rules as stated in the Recreational Sports policies apply.
23. National Federation of High School rules shall apply, except as altered by the above code.
24. All the games shall be officiated.
25. Programs Concerns - Each captain should know procedures and policies regarding:
 - a. Forfeits - time is five minutes past game starting time.
 - b. Protests - Eligibility
 - c. Disciplinary Action
 - d. Rules Discussion
 - e. Postponements
 - f. Playoffs
26. Each participant must have ID or participation pass in order to play.
27. USVA members should check with Intramural Office regarding their eligibility.
28. ONLY NON-MARKING TENNIS SHOES ALLOWED IN THE FIELD HOUSE.

ZERO TOLERANCE:

VERBAL ABUSE OF INTRAMURAL OFFICIALS WILL RESULT IN THE TEAM BEING PLACED ON PROBATION. FURTHER ABUSE WILL RESULT IN THE TEAM BEING REMOVED FROM THE LEAGUE. (NO REFUND).

SUPPLEMENT

1. CO-REC RULE: If a team hits a ball more than once, both sexes must touch the ball before the ball is returned to the opposing team.
PENALTY: point to opponents or side-out.
2. Defensive players may not block the serve.

Revised Spring 2007