



Vanderbilt University Intramural Sports 6v6 Indoor Volleyball Rules

I. GENERAL RULES

- A. Registration fee is \$60 per team.
- B. Each participant must present a valid Commodore card and be on the IMleagues.com roster in order to participate.
- C. Intramural sports with varsity or club sports counterparts are limited to either one former varsity athlete or two club sport members. Teams will forfeit all games in which they are found to be in violation of this rule.
- D. Teams should arrive 15 minutes before the scheduled start time of their game. Teams will be given a 10 minute grace period after their posted start time to have the minimum number of players required to begin. Once the grace period expires, the game will be declared a forfeit. Game clocks will be adjusted to account for late starts.
- E. Attire
 1. Uniforms – Teams are required to wear matching colored shirts. Teams will wear their respective color selected during registration.
 2. Shoes – all players must wear shoes (except those participating in sand volleyball). Tennis and running shoes are acceptable for all sports. No player is allowed to wear metal cleats, play in sandals or play barefoot.
 3. Pads and Braces – No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges must be lined with appropriate slow-recovery padding. Volleyball players may wear standard kneepads.
 4. Jewelry - No jewelry or any other item deemed dangerous by the Intramural Staff may be worn. Any player wearing exposed permanent jewelry (e.g. body piercings) will not be permitted to play unless the exposed jewelry is completely covered.
- F. Forfeit Policy
 1. Teams have a 10 minute grace period before games are declared a forfeit
 1. First offense = warning
 2. Second offense = ejection from the league without refund
 2. Captains must notify the Competitive Sports staff (Wade) via email of a forfeit **no later** than 2pm on game day to avoid penalty. Emails should be sent to wade.e.evans@vanderbilt.edu
 3. An attempt to reschedule the game will made by pro staff if ample notice is given and the opposing team is available

II. TEAM COMPOSITION

- A. An official team consists of six (6) players on the court.
 1. Co-Rec teams are required to have at least three (3) males and three (3) females on the court.
- B. Four (4) players are required to start the game and rosters are limited to 12 players.
 1. Co-Rec teams starting a game with four (4) players are required to have two (2) males and two (2) females.

2. Co-Rec teams starting a game with five (5) players must have either three (3) males and two (2) females **OR** two (2) males and three (3) females.
 - a. At no time may there be more than three (3) players of the same gender on the court for a team.

III. EQUIPMENT

- A. Regulation indoor volleyballs will be provided.
- B. Players may use their own equipment as long as both captains and the Intramural Supervisor agree prior to the start of play.
- C. The court shall be regulation size with a net height of 8' for Open matches and 7'8" for Co-Rec matches.

IV. THE GAME AND SCORING

A. LENGTH OF CONTEST & SCORING

1. Matches will follow a best 2 out of 3 games format.
2. Rally scoring will be used for all games, with a point awarded on each service regardless of which team served. Points are scored on side-outs with serve also changing sides.
3. A game is over when one team scores 25 points. Teams must win by 2, cap at 27.
 - a. If needed, a 3rd game will be played to 15 points. Teams must win by 2, cap at 17.

B. GAME

1. Teams are allowed a maximum of three (3) hits per rally. The ball must cross over the net after the third hit.
2. In court positioning (service rotation), males and females must alternate positions; therefore, they must also alternate serving. On the serve, any legal technique may be used.
3. Spiking is permitted.
4. Kicking is permitted.
5. One (1) time out will be permitted per set for both teams.
6. Balls landing on the boundary lines are considered in play.
7. Switching Sides
 - a. After completion of the each game, teams will switch sides and the serving team from the previous game will receive and vice versa.

C. ROTATIONS

1. Each time a team wins the serve, the team must rotate one position clockwise before serving.
2. In court positioning (service rotation), males and females must alternate positions; therefore, they must also alternate serving. On the serve, any legal technique may be used.
3. Once a rotation order has been established for a set, it should not be altered – aside from substitutions – for the duration of that set.
4. Any positioning violations result in a loss of point.

D. SUBSTITUTIONS

1. Teams may substitute only during dead ball situations.
2. An unlimited number of substitutions may be made throughout the match.
3. The substituted player must enter the same spot as the player leaving the rotation.
4. Substitutions must be on a male-for-male and a female-for-female basis for Co-Rec teams.

5. Players arriving late must first sign in with the Intramural Supervisor before entering play.
6. If a player becomes injured and cannot continue playing immediately, he/she must leave the court. If a team desires to have that player remain in the game, and if the player cannot continue immediately, that team must use a charged time-out.

IV. RULES OF PLAY

A. PLAYING THE BALL

1. TEAM CONTACTS: Each team is entitled to a maximum of three contacts to return the ball to the opponents. A player may not contact the ball two times consecutively except during or after blocking.
2. SIMULTANEOUS CONTACTS: If two opponents simultaneously contact the ball over the net, the ball remains in play and the team receiving the ball is entitled to another three hits. If such a ball lands out of bounds, it is the fault of the team on the opposite side of the net from where the ball lands.
3. ASSISTED HIT: A player is not permitted to take support from a teammate or any object in order to reach the ball. However, a player who is about to commit a fault may be stopped or held back by a teammate.
4. CHARACTERISTICS OF CONTACT:
 - a. A player may touch the ball with any part of the body.
 - b. The ball must be contacted cleanly and not held (including lifted, pushed, caught, carried or thrown).
 - c. The ball cannot roll or come to rest on any part of a player's body
 - d. A contact of the ball with two hands, using the fingers to direct the ball is a set.
 - i. A player may set the ball in any direction towards his/her team's court, provided that the ball is contacted simultaneously by both hands and does not visibly come to rest.
 - ii. A legal set directed towards a teammate that unintentionally crosses the net is not a fault, regardless of the player's body position.

B. BALL AT THE NET

1. BALL CROSSING THE NET: A ball directed to the opponent's court must go over the net within the crossing space (between the posts and their imaginary extensions).
2. ALL TOUCHING THE NET: The ball may touch the net while crossing the net including during the service. A serve that touches the net is NOT a fault.
3. BALL IN THE NET: A ball driven into the net may be recovered within the limits of the three team contacts.

C. PLAYER AT THE NET

1. REACHING BEYOND THE NET: While blocking, a player may touch the ball beyond the net, provided they do not interfere with the opponent's play, before or during the attack-hit.
 - a. A player is permitted to pass his/her hand(s) beyond the net after an attack-hit, provided that the contact was made within his/her team's playing space.
2. PENETRATION INTO OPPONENT'S PLAYING AREA: Players may partially or completely cross the center line below the net or outside the poles, either before, during or after a legal play of the ball, provided that this does not interfere with the opponent's play.
 - a. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent's opportunity to play the ball.

- b. While opposing players are not required to avoid the ball or the player, they cannot intentionally interfere with any legal attempt to play the ball on their court. If a player crosses the center line and interferes with an opponent during the continuation of a play, it is a fault.
- 3. CONTACT WITH THE NET OR POSTS: It is a fault for a player or a player's clothing to touch any part of the net.
 - a. Exceptions are: Incidental contact of the net by a player's hair or if a player's hat, visor or glasses fall off during play and then contacts the net when a ball is driven into the net or the wind blows the net and causes the net to touch a player.
 - b. Once a player has contacted the ball, the player may touch the posts, ropes or any other object outside the total length of the net, provided that it does not interfere with play.

D. SERVICE

1. DEFINITION: The service (or serve) is the act of putting the ball into play by the serving player in the service zone.
2. SERVICE ORDER: If the serving team wins the rally or a replay is directed, the player who served the previous rally serves again. If the serving team loses the rally, the next server on the receiving team serves the ball.
 - A. If a player is discovered serving out of order, that player continues to serve with no loss of points. The opposing team remains in their service order, but the offending team will reverse their original order of service to ensure that no player will serve three consecutive terms of service. Excessive misuse of this privilege is unsportsmanlike conduct.
3. AUTHORIZATION OF SERVICE: It is the responsibility of the server to assure that both teams are ready for service. A player on the receiving team may stop play when not ready for a service as long as no attempt to play the ball is made. In this case, the rally is canceled and replayed. Misuse of this privilege is unsportsmanlike conduct.
4. EXECUTION OF SERVICE: The server may move freely behind the end line. At the moment of the service or take-off for service, the server must not touch the ground outside the service zone. The player's foot may not go under a boundary line. After the service contact, the player may land on the court or outside the service zone. The server contacts the ball with one hand or any part of the arm after clearly tossing or releasing the ball and before the ball touches the playing surface.
5. SERVICE ATTEMPT: If the server releases the ball for service but does not attempt to complete the service motion, the referee will cancel the rally and direct a replay. A player may only receive one such replay during anyone term of service.
6. SCREENING: The server's teammates must not prevent the opponents, through screening, from seeing the server or the path of the ball. On an opponent's request, a player must move sideways, bend over or bend down.

E. ATTACK-HIT

1. DEFINITION: All actions to direct the ball towards the opponent's playing area, except in the act of serving and blocking, are considered to be attack-hits. An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker. A player may contact an attack-hit at any height, provided that contact with the ball is made within the player's own playing space.
2. ATTACK-HIT FAULTS: It is a fault when a player completes an attack-hit on the opponent's service, if the ball is entirely above the height of the net

F. BLOCK

1. **DEFINITION:** Blocking is the action of player(s) close to the net to deflect the ball coming from the opponent by reaching above the height of the net.
2. **HITS BY THE BLOCKER:** The first hit after the block may be executed by any player, including the player who touched the ball at the block.
3. **BLOCK WITHIN THE OPPONENT'S SPACE:** In blocking, the player may place his/her hands and arms beyond the net provided that action does not interfere with the opponent's play. The player is not permitted to touch the ball beyond the net until the opponent has.

V. DEFINITIONS

- A. **Illegal Hit:** Occurs when the ball VISIBLY comes to rest or has prolonged contact with a player during contact.
- B. **Double Hit:** Occurs when a player illegally contacts the ball twice in succession. It can be either 2 attempts in succession or the ball rebounding from one part of the body to one or more other parts on a single attempt to play the ball.
- C. **Quick Set:** Approximately 1 foot above the net right next to the setter.
- D. **Low Set:** Set 2 to 3 feet above the net, either in front or behind the setter.
- E. **Normal Outside Set:** Set directed toward the sideline 8 to 15 feet above the net.
- F. **Shoot Set:** The set will travel quickly about 1 to 3 feet above the net.
- G. **Dump:** This skill is performed with the shoulders perpendicular to the net. Usually, the setter is trying to be deceptive by sending the ball across the net on the second hit instead of setting to the attacker for a third hit. It usually is kept very low so that after reacting to the surprise maneuver, little time will be left for the opponents to recover and make a strong offensive play.
- H. **Deep Court Overhead Pass:** This is performed by a skilled player from a poorly controlled pass. The player must run deep into the court and convert the deep ball to a front spiker, or send the ball over the net.
- I. **Jump Set:** This skill is performed with the setter in the air. Depending on how it is used, it can be for the purpose of deception, for a "quick" set, for maneuvering a bad pass into a useful set (usually too close to the net), or it can be poor technique.
- J. **One Hand Set:** A setter may be forced to set the ball with one hand due to the ball being passed tight to the net. Usually the setter is in the air and sets the middle for a quick attack.
- K. **One Hand Open Dink/Tip:** This skill is similar to the legal setting motion. The length of time the hand contacts the ball in execution is the same as a legal set. Wrist action is essential in a proper set and therefore is permissible in the "dinking" action.
- L. **Closed Fist Dink:** This is a rebounding skill where the ball can be bounced off the fist, or punched in a certain direction. This becomes illegal only when the ball stays on the hand long enough to constitute a carry.
- M. **Spike:** This may be performed open or close-handed. The hand must contact the ball rapidly enough so the ball is hit, not thrown. A ball spiked with the top of the open hand (fingers) may be a miss hit rather than an illegal hit.
- N. **Backhand Hit:** Usually this deceptive move is used by the spiker to change the obvious intended direction of the ball. The spiker jumps and hits the ball with the back of the hand. Be sure the ball is hit, not pushed or thrown.

- O. **Block:** This is a rebounding skill. Make sure the blocker does not carry or have prolonged contact with the ball. Blocking techniques may involve use of wrist action. There is no forward motion of the arm in a one-hand block.
- P. **Forearm Pass:** This is a passing skill. It can be performed with arms together with hands clasped, hands separated with simultaneous contact, or with one hand or arm.
- Q. **Receiving with the Overhead Pass:** Look carefully at a hard spiked or served ball received and converted by an overhead pass. This pass is very difficult and requires great strength on the part of the receiver to overcome that forceful momentum and turn it into a quick snappy pass. A held ball may result.
- R. **Soft Set:** This is a set that is characterized by a deep flex of the wrist followed by extension and wrist snap.