Volleyball Rules

The following is a summary of rules and regulations for Intramural Volleyball. It is not the complete set of rules but includes those rules most frequently in question. All other rules are deferred to the NFHS Volleyball rule book. Some alterations may have been made specifically for WWU Campus Recreation. A complete list of our policies and procedures can be found in the Intramural Sport Participant Handbook. Questions can be directed to the Intramural Sports Office during normal business hours at intramurals@wwu.edu.

All participants must have their physical WWU ID in order to participate in any and all Intramural Sports. Please read the Intramural Participant Handbook for more participation policies.

Facility

All Intramural Volleyball games are played in one of the Carver Gym courts. Your game schedule on IMLeagues will indicate which court you will be playing on. Should you need assistance locating your court, please ask the on-duty Intramural Sports Supervisor in the blue polo. The address for Carver is: 516 High St, Bellingham, WA 98225

Teams

No Intramural volleyball team can have more than 2 players that are on a sport club roster on their intramural roster. They also cannot have any players who are on the varsity roster for that specific sport. Please read the Intramural Participant Handbook for more participation policies.

Men’s and Women’s
Teams consist of 6 players with a minimum of 4 required to start a game. A team can have a maximum of 12 players on their roster.

CoRec
Teams consist of 6 players, 3 female identifying and 3 male identifying. A minimum of 4 players is needed to start a game.

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with no more than 3 being of a single gender and no less than 2 of a single gender. A team can have a maximum of 12 players on their roster.

Open
Teams consist of 6 players with a minimum of 4 required to start the game. A team can have a maximum of 12 players on their roster. There are no gender requirements for open games, all are welcome to participate together!

**Equipment**

A player wearing illegal equipment may not be permitted to play. This applies to any equipment which, in the opinion of the Intramural Sports staff, is dangerous or confusing. Types of equipment or substances which will always be declared illegal include:

- Jewelry
- Hats of any kind
- Exposed metal
- Hard plastic braces or casts
- Non-closed toed or non-athletic shoes
- Jeans or other non-athletic apparel
- Anything Intramural Staff deems dangerous

**Gameplay**

A match is 2 out of 3 sets (or 45 minutes).

Rally scoring is used in every set.

The first two games are to 25 points or win by 2 points. If needed, the third game is to 15 points or win by 2 points (capped at 17 points during regular season).

If the match is not over when the 45 minute time limit expires, the following will happen:

⇒ If the 45 minutes hits in the second set, the team that is ahead will be declared the winner. If this ties the match (1-1), the third game will start and will go to 7 points.
⇒ If the 40 minutes hits in the third set, whoever has scored 7 or more points will be declared the winner. If neither team has 7 points, the game will continue to 7 points only.
⇒ Ultimately, the Intramural Sport Staff have the say in whether the game will be played fully to 25 or to a lower score due to time constraints.

Ties will be recorded without a tiebreaker during regular season league play.

**Game Procedures**

WWU Intramurals follows the National Federation of State High School Associations volleyball rules. Exceptions include WWU Intramural specific rules.

⇒ Each team is allowed 1 timeout per set.
⇒ Substitutions can only be made in the server position.
⇒ If a ball hits anything directly above the court (basketball hoop, light, etc.) and comes down on the side of the team that hit the ball it is still in play. If the ball hits directly above the court and comes down on the opposing side it is deemed dead.
⇒ If a ball touches the wall, the floor, antennas, the net outside of the antennas, a non-player/referee, the ceiling above the opponent's playing area, or enters a non-playable area (adjacent courts) it is deemed dead.

When retossing a serve, the ball must land outside of the court (in the serving area) and not hit any part of the server's body.

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Illegal blocking

- Blocking or attacking a serve is not legal
- Back row players cannot block
- Interference
  - The ball must cross the plane of the net before a play or block can be made. No reaching over the net to make a play on the ball

If any part of a player’s body (that is not clothing or hair) touches the net, a net violation will be called and a point will be given to the opposing team.

Coed Specific Rules

- Positions on the floor must be alternating (male-female). (Exception: Open leagues and playing down players).
- There are no restrictions for female/male contact with the ball.
- Substitutions must be made for the same gender (Exception: Open leagues and playing down players).

Yellow/Red Cards

- Yellow and red cards will be given out based on the discretion and judgment of the officials.
  - Cards are given out based on unsportsmanlike behavior or policies continually being ignored.
  - Once a player receives 2 yellow or 1 red card, they will be ejected from the game and will need to meet with the Intramural Sports Coordinator to discuss the incident and possible reinstatement.
- Once any card has been given out to a team, a point will be taken from the offending team and given to their opponent.

**Injury and Blood Rule**

Campus Recreation does not provide accident insurance coverage for injuries received by Intramural Sports participants. Each participant should make sure they have their own coverage prior to participating. Injuries are a possibility. Campus Rec Intramural Sports assumes no responsibility for injuries. However, basic First Aid will be available.

A player who is bleeding, has an open wound, or has any amount of blood on his/her uniform or on the player shall be considered an injured player. No player will be permitted to enter or reenter the game as long as there is blood on his/her jersey or uniform.

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

*Intramural sports staff has the right to withhold a player from play*

**Sportsmanship**

The Sportsmanship Rating System is intended to be an objective scale by which teams’ attitude and behavior can be assessed throughout the regular season and the playoffs. Behavior before, during, and after an Intramural Sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with their team about the system. Furthermore, the team is responsible for the actions of the individual team members and spectators related to it.

At the conclusion of each contest, the Intramural Sports staff present will assign each team a Sportsmanship rating based on a grading scale of “1-5”.

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5 pts- Above and Beyond Conduct and Sportsmanship: Players work to create a fun, inclusive, and welcoming space for everyone on the field/court. They keep a positive attitude and ensure their pace is clean after their game. These teams embody what Intramural Sports strives to be through good sportsmanship and friendly competition.

4 pts- Good Conduct and Sportsmanship: Players cooperate fully with the officials and Intramural Sports staff. The captain is the only player to converse about rule interpretations and calls and does so in a polite and respectful manner. The captain also has full control of their teammates. Team is respectful to their opponents, officials, scorekeepers, spectators and Intramural Sports staff.
*Teams who default will receive a 4-sportsmanship rating

3 pts- Average Conduct and Sportsmanship: Team members complain about decisions made by the Officials and/or show minor dissent. Team members show minor disrespect to someone involved in the contest.

2 pts- Below Average Conduct and Sportsmanship: Team shows verbal dissent towards officials And/or the opposing team. Captain exhibits minor self-control and little or no control over their team.

1 pts- Poor Conduct and Sportsmanship: Players constantly comment to the officials and/or opposing Team from the playing area or sidelines. Team captain has no self-control and no control over their team’s actions.

0 pts- Very Poor Conduct and Sportsmanship: Team is completely uncooperative. Captain has no Control over teammates and/or themselves.
*Teams who no show
*3 Unsportsmanlike infractions or game forfeiture.

Any player that is ejected during an intramural sports game will be removed from the game. Please see the ejection process outlined in the Intramural Sport Participant Handbook to review the process of returning to play.

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