

**STUDENT RECREATION & WELLNESS CENTER
WASHBURN UNIVERSITY**

INTRAMURAL VOLLEYBALL RULES

1. **ALL PARTICIPANTS MUST BRING THEIR CURRENT WASHBURN PICTURE ID TO PLAY.** ID checks may be made to verify eligibility of players. Players without proper ID will not be allowed to participate. Washburn Intramural guidelines concerning eligibility are in effect.
2. Players may be added to the roster at any time via IMLeagues, before the end of the regular season. Roster addition instructions are available at the SRWC or online at www.washburn.edu/getfit.
3. Players must be computer generated on the score sheet to be eligible to play. Score sheets are representations of the team's current roster as of noon that day. Prior to each match, team captains must check the score sheet for accuracy and write in players jersey numbers.
EXCEPTION: Each individual will be given one opportunity to sign the "ONE TIME ENTRY" sheet when not computer generated on the roster.
4. National Federation of State High School Association rules will govern play except where Washburn Intramural modifications are stipulated.
5. Each team will consist of six (6) players. Game time is forfeit time. Teams must begin the game with a minimum of three (3) players and may end the game with a minimum of two (2) players. Teams failing to be represented by at least three (3) eligible players at game time shall forfeit the game. The intramural supervisor shall have the official time piece.
6. Substitutes enter the game by rotating in at the serving position. Players must rotate into the game in the same order throughout each game. EXCEPTION: the player who will be the next substitute may substitute out of order for an injured player; the injured player may not return in that game.
7. All jewelry must be removed prior to the start of the game.
 - i. PENALTY: delay of game (loss of timeout or a team yellow card).
8. All players must wear athletic shoes with non-marking soles.
9. Net height is 7' 11 5/8" (1st notch) for men. 7' 4 1/8" (3rd notch) for women.
10. All intramural matches consist of best 2 out of 3 games to 21 points. A team must have a two point advantage to win a game (21-19, 22-20, etc.). However, a 25 point cap will be placed on all games (i.e. if the score is 24-24, the next team to score a point wins the game 25-24).
11. Rally scoring will be used. Each serve results in a point scored for a team. If the serving team wins the point, they score one point and continue serving. If the receiving team scores a side-out, they also score one point and then serve.
12. The official will conduct a coin toss prior to the match to determine side and first service. Teams will alternate sides and first service for the second game. If a third game is necessary, another coin toss will be used to determine side and first service.
13. If play is interrupted (e.g., by a ball rolling onto the court from an adjacent court), play will be resumed with a replay.
14. SRWC Ground Rules: All overhead apparatus (basketball baskets and supports, beams, lights, and ceiling), walls, track, and adjacent courts are out-of-bounds.

15. **Playing the ball:** A team has three hits in which to legally return the ball to the opponents' side of the net. A player may use any part of the body above the waist when playing the ball. The ball must be clearly batted or allowed to rebound off of the body – it may not be caught, thrown, allowed to roll on the arms, or come to rest when in contact with the body. To avoid illegal hit violations, it is recommended that players not slap or swing at the ball with two hands above their head or "scoop" the ball with an open-handed underhand motion. No player may touch the ball twice in succession (EXCEPTIONS: multiple contacts on one attempt to play the ball is legal if it occurs on a team's first hit after a hard driven spike; a touch on a block does not count as a hit).
16. **Attacking:** An attack is any hit (including spikes, tips, and sets) that sends the ball over the net and is struck when the ball is completely above the height of the net. Back row players may not attack a ball if they are on or in front of the 10-foot line. No player may attack a ball that is completely on the opponent's side of the net. It is illegal to attack the serve.
17. **Blocking:** Only front row players may block. A block does not count as a hit. Blockers may play the ball on the opponents' side of the net only after the opposing team has completed its attack or the ball breaks the plane of the net. It is illegal to block a serve.
18. Each team is allowed two thirty-second timeouts per game.
19. The serving area includes the entire end line, from sideline to sideline.
20. Teams may be penalized for unsportsmanlike acts committed by their players, bench personnel, and/or fans.
21. Teams must protest according to the procedure outlined in the intramural sports policies and procedures document. Teams not represented at the managers' meeting will be unable to lodge protests of any kind during the season and/or playoffs.
22. The Washburn Intramural Sportsmanship Rating System will be in effect. Officials will use red and yellow cards as follows:
 - i. Yellow card: warning for minor unsportsmanlike offense; player must sit out for at least one play.
 - ii. Red card: major or flagrant offense, or second yellow card; penalty point assessed, player is ejected. A player who is ejected from a match must arrange a meeting with the SRWC Assistant Director before the player or their team is eligible for further competition.

NOTE: Sportsmanship cards carry over from each game of a match. A team's next available substitute may replace a player who has left the game due to a yellow or red card.

CO-REC RULE MODIFICATIONS

1. Each team will consist of six (6) players. Game time is forfeit time. Teams must begin the game with a minimum of three (3) players, two (2) men and one (1) woman or two (2) women and one (1) man, and may end the game with a minimum of two (2) players. Teams failing to be represented by at least three (3) eligible players game time shall forfeit the game.
2. Teams may play no more than one (1) player of either sex. (ex: teams may field a squad of two men and three women, but may not have two men and four women.)
3. Substitutes may enter the game for players of their own gender only.
4. If the ball is hit more than once, a player of each sex must play the ball before it returns to the other side of the net. Males and females do not have to alternate. A block does not count as a hit.
5. The net will be placed at the men's regulation height.