

# Princeton University Intramural Sports Volleyball Rules



## I. EQUIPMENT/UNIFORM/ELIGIBILITY

- a. All players must present their Princeton University ID in order to participate.
- b. Check in with the IM Supervisor when arriving. You must present an ID for volleyball. You are responsible for this equipment.
- c. No hats with brims or jewelry are allowed to be worn during play.
- d. All players are required to wear appropriate (non-marking) sneakers while participating in a game.
- e. All players must play in at least **ONE** regular season game in order to be eligible for playoffs.
- f. Players can only play for **ONE** Open/Women's and/or **ONE** CoRec Team.
- g. Men's and Women's varsity volleyball players are not eligible.
- h. Only 2 Volleyball Club players or 2 Junior Varsity players (or combination of the 2) are eligible to be on a team's roster.

## II. NUMBER OF PLAYERS/GAME TIME/FORFEIT PENALTY

- a. 6 players constitute a team. At least 4 players must be present to start the game and must play at all times.
- b. For Co-Rec play there must be a ratio of 4:2. A team may play with a minimum ratio of 2:2.
- c. A toss of the coin determines who gets the choice of either the serve or the court. The losing team gets first service of the next game. If necessary, the third game service is determined by another toss of the coin.
- d. Playing time is 50 minutes. In the event that a game is still being played when time is called - the team leading will be declared the winner.
- e. A team that fails to have 4 players within 10 minutes after starting time will forfeit/default the game. A default loss is only awarded if the teams agree to scrimmage, and utilize the space reserved for this game. If a scrimmage does not occur, the game will result in a forfeit and \$25.00 will be charged to that team.

## III. GENERAL RULES AND REGULATIONS

- a. Volleyball is self-officiated by players. Teams must abide by rules provided by the Intramural Office to ensure safety and consistency within the league. Intramural Supervisors are on-site to supervise game play, handle emergencies, and address concerns of participants.
- b. **Service** - The servers shall start from anywhere behind the end line. Jump serves are legal, provided the server leaves the floor from behind the end line and contacts the volleyball legally before contacting the court surface.
- c. **Playing the Ball** - A ball touching the top of the net and going over into the opponent's court is still in play. A ball other than a service may be recovered from the net, provided that the player avoids touching the net. The ball may be touched only three times by one team before being returned. (A player may play the ball twice provided he is first and third to lay the ball.) A block does not count as a hit.

- d. **Points and side outs** - If any player of the serving team shall commit any of the following acts, it shall be side out
- i. Serve illegally or out of turn.
  - ii. Fail to return the ball legally to opponent's court.
  - iii. Catch, hold or dribble the ball.
  - iv. Touch the net with any part of the body at anytime except when the ball is dead. If two opponents touch the ball simultaneously, neither point nor side shall occur, the ball is dead and shall be served over.
  - v. Touch the ball if it has already been played three times before it has been returned over the net.
  - vi. Reach over the net and touch the ball or a player of the opposing team when the ball is in play on that side or interfere with play of the opposing team by entering their court. A **PLAYER CANNOT HIT THE BALL UNLESS THE BALL HAS BROKEN THE PLANE OF THE NET.**
  - vii. Reach under the net and touch the ball or a player of the opposing team when the ball is in play on that side or interfere with the play of the opposing team by entering their court.
  - viii. Play out of position
  - ix. Spike or kill the ball when playing the back position, unless both feet are behind the 10 foot line during take-off.
  - x. Block the serve.
  - xi. If the ball is not touched simultaneously with both hands, or if hands are separate when playing the ball other than a set or when the ball is driven (spiked at you)
  - xii. Players may not touch the net or step completely over the centerline.

#### **IV. SCORING**

- a. Matches are best of 2 out of 3 games.
- b. Game is won when a team reaches a two-point lead with 21 or more points
- c. We will be using **Rally Scoring** – at the end of every rally (whether team has the serve or not) is a point for the team that won the point
- d. The teams change sides at the end of each game. Teams also change in the middle of the third game when the team ahead reaches 8.

#### **V. SUBSTITUTIONS**

Substitutes may enter the game in one of the following two manners:

- a. At one set spot on the court
- b. Subbing player for player

#### **VI. TIME-OUTS**

- a. Teams are limited to two time-outs per match.
- b. Time-outs are one minute in duration.