



INTRAMURAL CO-REC 6'S VOLLEYBALL RULES

St. Cloud State University
January 14, 2019



National High School Federation rules will be used with intramural adaptations.

Teams

1. A team consists of six players on the court at one time with three males and three females. A team may have more women than men on the court; however, at no time may there be more males than females on the court.
2. A team must have two players to start the game with a minimum of one of each gender.
3. Any athlete lettering in a sport from a four-year collegiate institution **will not** be eligible to participate in the sport or related activity in which he/she lettered until one calendar year has passed.
4. Teams are limited to two sport club team members
5. Mens and Womens teams must consist of only members of that gender. A minimum of 2 players may start a match, providing that both are of the same gender.

Coin Flip

1. The captain will call the coin toss. Winning captain will choose either first service or choice of playing side. Losing captain will have remaining choice.
2. Third game of a match will begin with a coin toss. Captain not calling the first coin toss shall call this one. Options shall remain the same.

Service

1. The servee shall have five seconds after the referee has blown the whistle, for the service, in which to serve the ball.
2. If the ball is served before the referee's whistle the referee shall direct a replay. The referee shall not allow a player to delay the game in this manner more than one time.
3. A serve may not be blocked or spiked. No member of the receiving team may leave their feet and contact the ball to send it back over the net. That action is a violation and will result in a point for the serving team.

Substitutions

1. Substitutions may only be made on the serve - for the server.

Player Positions

1. All players must be within the playing area at the time of the serve. Players shall be in correct serving order when the ball is contacted for the serve.
2. At the time of the serve, no back line player may be as near the net as the corresponding front line player and no middle player may be as near the side lines as the player correctly positioned to his/her left or right.
3. Men and women players shall alternate positions on the court.

Playing the Ball

1. Each team is allowed a maximum of three successive contacts of the ball in order to return it. A block is not considered a contact.
2. The ball may be hit with any part of the body, on or above the waist. No kicking! Any ball that is contacted by a kicking motion will be dead immediately.
3. A player contacting the ball two successive times with any part of the body will be considered as have committed a double hit, unless it occurs on a block, hard-driven spike or hard-driven serve. Double hits are considered faults.
4. A ball coming visibly to rest in the hands or on the arms of a player shall be considered an illegal hit. Scooping, lifting, pushing or carrying the ball is an illegal hit. Such contacts are considered faults.

5. A ball is legal if a member of one team hits the ball out of bounds, across the net but outside of the antenna, a teammate then chases the ball around the net, making no contact with the net, antenna and/or officials stand, sends the ball back across the net, outside of the antenna to his/her teammates and then a third hit sends the ball back to the opponent legally between the antennas.

Attacking the Ball

1. Only the three front row players may spike the ball on, or in front of, the attack line.
2. A back row player may attack the ball from in front of the attack line provided the ball is below the height of the net.

Play at the Net

1. If a player contacts the net during play, whether accidental or not, with any part of the player's body (excluding the hair or uniform), that player shall be charged with a fault. If the ball causes the net to contact a player, such contact shall not be considered a fault.
2. If opponents contact the net simultaneously, it shall be considered a double fault and the point shall be replayed.
3. Contacting the opponents playing area with any part of the body except the feet is a fault. Touching the opponents' area with a foot or feet is not a fault provided that some part of the encroaching foot remains in contact with the center line and does not interfere with the play of an opponent.
4. Reaching over the net is permitted only during:
 - a. A follow-through of a hit or an attempt to hit made on the player's own side
 - b. A block or an attempted block, after the opposing team has finished their attack. A set may not be blocked because the team has not had an opportunity to finish their attack.

Dead Ball Situations

1. A served ball is dead if:
 - a. The ball touches the floor of serving area or a teammate of the server.
 - b. A ball that hits any obstructions or objects on the serve is a dead ball, side out, regardless of what side the ball lands.
 - c. Let serves are legal.
2. Other dead ball situations:
 - a. The ball passes under the net or crosses the net entirely outside the markers on the sides of the net
 - b. The ball touches any obstructions or objects before contacting an opponent or the floor of opponent's area (If a ball in play touches an object or obstruction above the area and crosses over the net, it is dead, with a point awarded. If the ball remains on the same side, it is in play)
 - c. The ball lands out of bounds.

Games/Matches

1. Games are won by the first team to reach 25 points with rally point scoring, which means a point is scored every serve. All three games will go to 25 points with rally point scoring.
2. A match is won by winning two out of three games or the team ahead after 45 minutes of play.

Forfeit Procedures

1. Games will start on time. If your team is not prepared to play at game time the game will be a forfeit.
2. Score of a forfeited game shall be 1-0.

Time Outs

1. Each team is allowed one, 30-second time out per game. They do not carry over to the next game/games.