

-University of Houston- **Intramural Sports**

Intramural Volleyball Rule Modifications -Fall 2006-

Men/Women Rules

1. NFHS rules will serve as the basis for play, with modifications made to adapt for intramural competition.
2. Players must have record of a signed waiver at the game site. Players must be on the official score sheet and must present a valid UH id to be eligible to play.
3. An intramural volleyball team must meet the minimum requirements for shirts, jerseys, and vest (uniforms). Each uniform must have a number on the back that measures at least six inches. A team may not have duplicating numbers (i.e. two #28's), and the numbers must be integers from 0-99. No player may wear a jersey that is worn by another player on the same team in the same game. The number must be permanently affixed and be of contrasting color with the uniform. A team must be in proper uniform for all scheduled games. If you do not have proper uniforms at game time, pennies will be provided.
4. A team is composed of six players. The minimum number of players to begin play is four. Under certain circumstances a team may continue playing with less than four.
5. A team with less than six will have ghost-men (side-out) in place of missing people.
6. Teams will be granted a ten-minute grace period, if necessary, to comply with Rule 2 in the NFHS Rule book.
 - a. If one of the teams fails to have the required number of players at game time, the first referee will instruct the second referee to begin timing, and at each minute mark, the team which has the required number of players will be awarded one point.
 - b. If the deficient team is still unable to play after 10 minutes, the game will be forfeited to their opponent.
 - c. If the deficient team secures the required number of players during the grace period, play will begin at that point with the score as outlined in A above.
 - d. Neither team may call a time-out during the grace period; however, the deficient team may use their time-out to delay the grace period ONLY IF there is less than one minute and the fourth player needs to sign in.
 - e. If neither team have the required of players at game time, a forfeit or double forfeit will be declared as appropriate after ten minutes.
7. A match shall consist of the best two of three "rally scoring" games. A game is won when a team scores 21 points. A team must win by two points, except in game 3. There will be NO cap on games 1 & 2. A 25-point cap will be on game 3. "Rally scoring" (a point is awarded on each serve to the team which wins the rally).

8. Each team is allowed two time-outs per game, except the third game in which only one time-out is allowed. Time-outs may not exceed one minute. A three-minute rest period will be allowed between games.
9. Substitutions must be made when the ball is dead with the approval of the referee. All substitutions must check in with the umpire before entering the game or a penalty of point or side-out will be awarded. A team is allowed a maximum of 18 substitutions per game.
10. Walls and ceiling are out of play except for directly above the court. If the ball is played then hits the ceiling or basketball goal directly above their own side of the court and comes down on that teams' side, it may be played provided no other rules have been violated (i.e. four hits, double hit, etc.) If it comes down on and/or hits on the opponents' side, the ball is declared dead and side-out or point is awarded.
11. Antennas are out-of-bounds.
12. Any part of the line is in bounds except on serves. On the serve, the server's foot cannot touch the baseline and players' feet cannot be on or out of boundary lines.
13. A foot fault is a violation when the server steps on or over the end line at the moment the ball is contacted or when a player steps into the opponent's court without remaining in contact with or directly above the centerline.
14. An illegal hit occurs when the ball visibly comes to rest momentarily on any part of the body above and including the waist.
15. A touch on a blocked ball is not considered a first hit; the team is still allowed three hits. A player in the act of blocking may reach over the net only after the ball has been spiked. Otherwise, it is a violation and results in a point or side-out. A spiked ball is a legally played ball (other than a serve) which is hit forcibly from a height greater than the top of the net.
16. Back row players may not participate in blocking, nor may they hit the ball at a level above the top of the net to the opposing court while behind the attack line. This is a back row attack.
17. If the server throws the ball into the air and lets it hit the ground or catches it in a non-serving motion, the ball is dead and a re-serve is called.

Co-Rec Rules

1. A team is composed of six players (three males and three females). The minimum number of players to begin play is four (two males and two females).
2. A team with less than six players must use ghost-person (side-out) in place of missing players. At no time can the difference of male and female players exceed one (i.e. three males and one female, etc.)
3. Male and female players must alternate in the playing rotation.
4. If a ball is played two or more times on one side of the net a female must play the ball at least once. Teams are not required to alternate between male and female players each shot.