

# Department of Recreational Sports Intramural Sports

## Volleyball Rules

### I. GOVERNING RULES

The rules of the National Federation of State High School Athletic Associations will apply in all except where a special Oregon State University Intramural Sports rule supersedes.

### II. ELIGIBILITY

All participants must be either students registered at Oregon State University paying incidental fees or Faculty/Staff/Affiliate with a Recreational Sports Membership. For more information on eligibility, consult the Intramural Sports Handbook.

### III. EQUIPMENT

- A. **No jewelry (earrings, necklaces, bracelets, rings, etc.) will be allowed on the court at anytime. Players will need to remove items immediately or leave the game. Appropriate athletic attire must be worn.**
- B. No shoes that leave black or scuff marks, boots, or sandals on the court will be permitted. Athletic, closed toed shoes must be worn.
- C. No hats are allowed.
- D. No braces, casts, guards, or supports that may cause other players harm will be permitted.
- E. Teams must provide their own game ball. Volleyballs may be checked out from Equipment Issue located in Dixon Recreation Center.

### IV. PREGAME

- A. All participants will need to bring their ID card.
- B. Team managers need to check in with the supervisor on duty before each game to verify their team's roster.
- C. Team managers need to verify all team members are on the score sheet and have signed the waiver on the back.
- D. Team managers will also take part in a pre-game conference with the officials five (5) minutes before game time.

### V. COURT BOUNDARIES

- A. The court is 60 feet by 30 feet and the net is set at 7'4" for Women's and 7'11" for Men's and Co-rec games.
- B. The ceiling or rafters are playable provided the ball lands on the side of the net of the team that last played the ball (offensive team). Exception: on the serve, ball is dead and a side-out is called.
- C. The ball is out of bounds and becomes dead when it touches the wall, the antennas, referee's platform, or enters a non-playable area.
- D. The official will stop play when the ball contacts any part of the basketball backboard or its supports over the playable area.

### VI. GAME TIME

- A. Game time listed on the schedule is the official game time.
- B. You must have four (4) players on the court ready for play at game time; otherwise a forfeit will be awarded to the opposing team. If a team is playing with only 4 players a side out will not be called when the 5<sup>th</sup>/6<sup>th</sup> player would be serving in the rotation.
- C. Scorekeepers will keep track of the official game score by using a scoreboard or flip chart on the court.

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IV. PLAYING TIME

- A. Best two of three games to win the match.
- B. Rally scoring method will be used in every game, with a point scored on every service.
- C. The first two games shall be 25 points and a team must win by 2 points (with a 30/29 point cap).  
The third game shall be first team to 15 points (15 point cap).
- D. If your team is not ready to play at your scheduled time when the official whistles to start the second game, you will forfeit the second game and the third game would then start if necessary.
- E. There will be a one-minute intermission between games.
- F. Game Over: At the completion of the game each manager must sign the score sheet.

VII. TIME-OUTS

- A. Each team is allowed one 30 second time-out per game.
- B. Time-outs cannot be carried over to the next game.
- C. Yellow card issued for unnecessary delay during a time-out.

VIII. SUBSTITUTIONS

- A. Team captains must notify the official which substitution rule they wish to follow for each game, not the match. This cannot be altered during a game.
  - 1. RULE A – When a player is replaced in a game, that person can only re-enter the game by substituting for the person who replaced them. Eighteen (18) substitutions are allowed each game.
  - 2. RULE B – All members rotate in after a point of rally. Rotations begin in front of the officials stand, left front or right front.
- B. When using, Rule A each player must check in and out with the official.
- C. A substitute arriving late may be put into the game during a dead ball situation.
- D. When a team is playing with five (5) players, three (3) of them must be designated as front row players after each rotation. If only four (4) players are present, two (2) will be designated to the front row. If the fifth/sixth (5/6) player arrives, they may be added to the score sheet and enter the game on the next whistle. This does not count as a substitution.

IX. SERVES

- A. The server shall hit the ball with one hand, fist or arm while the ball is released by the server.
- B. It is illegal to attack or block a serve.
- C. A let serve is allowed. (A serve that hits the net and goes over to the receiving side is live.)

X. CONDUCT

- A. The Intramural Sports program promotes positive sportsmanship at all contest and activities. Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair, and honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting.

XI. EJECTIONS

- A. Any player ejected from a game will be immediately suspended from participating in all Intramural Sports activities. The ejected player must then make an appointment with the Intramural Sport Coordinator to determine the length of suspension and any other sanctions. The following action can result in ejections from Intramural Volleyball:
  - 1. Improper language.

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2. Unsporting conduct.

**CO-REC MODIFICATIONS**

I. PLAYERS

- A. Each team will consist of six (6) players; three (3) men and three (3) women. A team may start with 4 players and any 2-2 combination of players. A team may not have more than three (3) players of one gender on the court at any time.
- B. Only two volleyball club members will be allowed on the team's waiver/roster form.
- C. Substitutions are allowed on a man-for-man and women-for-women basis, unless they are playing with four/five (4/5) players.

II. ADDITIONAL RULES

- A. Service rotation must alternate between men and women except in situations where a team is playing with five (5) players.
- B. Net height will be the men's standard.

All other NIRSA Intramural Sport Policies and Volleyball Rules will apply.