



# INDOOR VOLLEYBALL

TAMIU rules are governed by The High School Federation Association unless otherwise informed.  
(Updated Aug 26, 2009)

## I. Players and Equipment

- A. NUMBER OF PLAYERS** - Teams shall be composed of 6 players. A team may begin with a **minimum of three (3) players**. If there are less than 6 players or when the **absent player(s) reach(es) the service position**, a **side-out shall be declared, a point awarded**, and the ball be returned to the opposing team.
- B. ROSTER LIMIT:** The maximum number of players a team can have will be **ten (10)** (All divisions of play).
- C. ALL PLAYERS MUST WEAR COURT SHOES** - Boots, sandals, and flip-flops are prohibited. Athletic shoes are encouraged. **NO RUNNING AND/OR BLACK SOLES SHOES THAT MARK THE RECREATIONAL CENTER FLOOR WILL BE ALLOWED.**
- D. JEWELRY** - Players shall not wear jewelry of any kind and will be asked to remove it prior to the start of the match. Medical bracelets are okay.

## II. Scoring & Game Length

**SCORING METHOD** - Rally scoring will be used in TAMIU Intramural play. Rally scoring awards a point every time the ball is put into play.

**GAME LENGTH** - ALL matches will be scheduled no longer than 45 minutes. Game clock will begin at scheduled game time. Game time is FORFEIT TIME. Therefore, if a team is considered "Ready to Play" they may claim a win by forfeit.

- Ready to Play: is defined as a team must be on the playing area, ready to play, with the minimum number of players as listed in the sport rules. The line-up must be recorded on the official scorecard. The team must be able to respond immediately to the begin play order of the official.

**FIRST TWO GAMES** - A team that has scored 30 points is the winner. Games could end at 30-29.

**THIRD GAME** - The first team to 21 points wins. Teams will switch courts when the first team reaches 11 points.

**TEAM TIME-OUTS (30 SECONDS)** - Each team is allowed 1 time-out per game (Use or Lose).

**INJURY** - The referee may interrupt play and call an official time-out for injury to a player(s). Injured players, attended to by the Intramural staff, will not be affected by the side-out/point rule.

### III. Choice and change of playing area.

**COIN TOSS** - For the first and third games of a match, one of the captains of the two teams shall call the toss of a coin. The winner takes the serve or choice of playing area.

**FOR SECOND GAME** - Teams shall change playing areas at the end of the first game during the match. The team not serving first in the first game shall start the second game by serving.

### IV. Position of Players and Service

**POSITIONS** - Teams set their own serving order; however, based on how many players a team has at the start of the game, the officials will inform team captains which positions are considered front row and back row.

**SERVER** - The server shall serve from behind the back end line and shall not touch the line or the floor inside this area at the instant the ball is contacted when hit for the serve. Part of the server's body may be in the air over or beyond these lines.

**BACK ROW PLAYER** - A back row player forward of the 10 foot line, returning the ball across the net, must contact the ball from below the level of the top of the net. However, he/she should be behind the 10-foot line or his/her takeoff jump is clearly from behind this line, the restriction would not apply.

**RETURN OF SERVE** - No SPIKING or BLOCKING a serve is permitted. No double hits by the same player.

**DEAD BALL** - A served ball is dead if it: **(a)** touches the floor of the serving area, a teammate of the server, or the net on the serving side, **(b)** passes under the net, **(c)** touches the ceiling or any obstructions or objects before contacting an opponent or the floor of opponent's area, or **(d)** lands out of bounds.

**ALTERNATING SERVE** - When the serving team commits a foul, the ball shall be given to their opponents who shall rotate one position clockwise.

**SERVING OUT OF TURN** - A player shall not serve out of turn. An out of turn service may be called by official or opponent's captain. If this is discovered and verified by the umpire, the points made on this service shall be canceled and side-out declared. If opponents serve before the out of turn service is called and verified, there shall be no loss of points. In either case, player of the team in error shall regain their proper positions before another service by either team.

### V. Net Play

**CONTACTING NET** - A player shall not contact any part of the net or its supports while the ball is in play. It is a net foul if a player gains an advantage by touching the official's platform or net supports. It is **not** a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or its supports into the player.

**REACHING OVER NET** - In returning the ball a player may follow through over the net, providing he/she first contacts the ball on his own side of the net. Players in the act of blocking may reach across the net but may not contact the ball until opponent has hit the ball to return it.

**CROSSING CENTER LINE** - Contacting the opponent's playing area with any part of the body except the feet and/or **hands** is a fault. Touching the opponent's area with a foot/feet or **hand/hands** is not a fault providing that some part of the encroaching foot/feet or **hand/hands** remains on or above the centerline.

**RECOVERING BALL FROM NET** - All net balls are to be played. **Service net balls are play-on.**

**BALL CONSIDERED CROSSING THE NET** - When any part of a ball crosses the net and is then contacted by an opponent, it is considered as having crossed the net. Any ball blocked across the net may be considered to have legally crossed the net. Either team may play a ball that has penetrated the vertical plane above the net.

**SUCCESSIVE CONTACTS BY A PLAYER** - When a player participates in blocking and makes only one attempt to play the ball during the block, he/she may make successive contacts of the ball during such play. A player participating in this play may participate in the next play; this second hit shall count as the first of three hits the team is allowed.

**SIMULTANEOUS CONTACTS BY OPPONENTS** - If two opponents simultaneously hit the ball above the net, the player behind the direction of the ball is considered as having touched it last: the team upon whose side of the net the ball falls is allowed three plays of the ball. If, after the simultaneous touch by two opponents, the ball falls and touches within the limits of the court, the team on the court is at fault; should the ball fall outside the court, the other team is at fault.

**BLOCKING** - Blocking is permitted by any or all the players of the front line only. Any player is considered as having the intention of affecting a block, if he/she places one or both hands above his/her head in a position close to the net in an effort to intercept the ball. No BLOCKING the serve.

## **VI. Other Play**

**SIMULTANEOUS CONTACTS BY A PLAYER** - When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit.

**SIMULTANEOUS CONTACTS BY TEAMMATES** - When teammates contact the ball at the same instant, it is permitted and considered one hit. Any player can make the next hit.

**PLAYING THE BALL** - The ball may be hit by any part of the body above and including the waist.

**THREE PLAYS BY TEAM** - A team shall not play the ball more than three times before it crosses the net to enter opponent's playing area. The plays that are exempt from this rule are:

1. Simultaneous contacts by opponent's. Such play is not considered as one of the three plays allowed to the team which next plays the ball and,
2. Successive plays of the ball by a player whose first play was an attempt to block. The next play shall count as the first of three hits.

**DEAD BALL** - The ball is dead if the ball touches the floor of the court. When the referee blows his/her whistle to stop play the ball is dead. A live ball becomes dead when it:

1. Crosses the net entirely outside the markers on the sides of the net.
2. Contacts the ceiling or any overhead obstructions and is not legally played next by the offended team.
3. It touches the floor.
4. Becomes motionless in the net or on an overhead obstruction.
5. Contacts a non-player in a playable area.

## **VII. SUBSTITUTION BY ROTATION**

Players may enter the volleyball game by rotating into the CENTER-BACK position ONLY. For example, after the server serves, then he/she plays that position until the next side-out.

# **CO-REC VOLLEYBALL RULES**

## **I. NUMBER OF PLAYERS**

In all games, teams shall be composed of 6 players - 3 men and 3 women; however, there is a minimum of 3 players to start a game. If there are less than 6 players, when the absent player(s) reach (es) the serve position, a side-out shall be declared, a point awarded, and the ball shall be returned to the opposing team. A team may begin with a maximum of 3-males or females AND the minimum 1 male or female. For example, a team may begin with 3 males and 1 female player or vice-versa; however, 2-side outs and points will occur to opposing team with the missing gender.

## **II. POSITION OF PLAYERS**

At the beginning of a game, players shall start their respective positions according to the serving order given to the official. The team shall consist of 3 men and 3 women who shall be placed in alternate position on the floor.

## **III. PLAYING THE BALL**

The ball may be contacted only 3 times before it is sent over the net. **WHEN MORE THAN ONE PLAYER ON A TEAM PLAYS THE BALL, ONE OF THESE HITS MUST BE FROM THE OPPOSITE GENDER.** For example, 2 males cannot send the ball over the net; AND 2 females cannot send the ball over the net.