



University of Illinois at Urbana-Champaign
Campus Recreation
Intramural Sports
Indoor Volleyball Rules

Indoor Volleyball games will be conducted under modified National Federation High School Volleyball Rules. This document covers the major rules with some exceptions.

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General Intramural Sports Policies and Procedures

Signing-In and Rosters

1. All players must present a valid I-Card/Illinois App to the Intramural Supervisor in order to sign-in and participate in an intramural contest.
2. An individual is bound to the *first* team they sign in for.
3. A participant can only play on 1 Co-Rec team *and* 1 single gender team (i.e. Men's *or* Fraternity Greek Cup).
4. If a player is found participating in the contest without having signed in with the Intramural Supervisor and doesn't have their I-Card/Illinois App present, said team will forfeit the game and all forfeit fees and consequences will apply.

Forfeits and Defaults

1. Teams that are not present at their scheduled contest by game time or are unable to produce enough eligible players to field a team, will be assessed a forfeit aside from the Grace Period Exception.
2. A team may delay its right to win by forfeit and allow the other team a grace period of 10 minutes to acquire a properly equipped team through the Grace Period Exception:
 - a. Once a 10 minute grace period is granted by the team who is ready, they may not rescind their decision and take a forfeit before the 10 minutes passes.
 - b. If 10 minutes passes after the scheduled game time, and the minimum number of eligible players required to play for the opposing team has not arrived, then that team that is ready to play must accept the forfeit.
 - c. If the forfeiting team is able to obtain the minimum number of properly equipped players before the 10 minute grace period expires, game starting procedures will occur.

3. The team captain of a team that has forfeited will be assessed a \$5 forfeit fee. Additionally the team will be ineligible for playoffs.
4. If a team knows in advance that they will be unable to field a team on a given night; they may avoid the forfeit fee and loss of playoff eligibility by filing a default by 2:00pm on the business day of the contest.
5. A team that has one less than the minimum number of players required to start the contest will receive a default.

Sportsmanship

1. The Intramural Activities Program expects all participants to respect and abide by all rules and policies, show respect and concern for the intramural staff, and refrain from abusive language, poor attitude, and manipulation of the rules to further their chance of winning.
2. Sportsmanship ratings are given to teams after each contests by Intramural Sports Leads, Supervisors, and game officials. These ratings reflect behavior before, during, and after a contest. For purposes of our sportsmanship ratings, we will not count administrative technical fouls and rule technicalities against a team's overall sportsmanship. The decision will be final and ratings will exist on the following scale:
 4. Team shows excellent sportsmanship and go out of their way to keep the game safe and fun. Team receives no unsportsmanlike conduct penalties.
 3. Team shows good-to-average sportsmanship, or *one (1) unsportsmanlike conduct penalty is assessed.*
 2. Team shows below-average sportsmanship and displays dissent to game officials before, during, or after contest. *Two (2) unsportsmanlike conduct penalties is assessed during the contest on either two separate participants, or on a single participant resulting in an ejection.*
 1. The intramural contest has been terminated due to *three (3) unsportsmanlike conduct penalties being assessed on one team throughout the contest. The three penalties can all be on separate participants or on one participant receiving two unsportsmanlike conduct penalties (resulting in an ejection) and a separate participant receiving an unsportsmanlike conduct penalty.*
 0. Team displays unacceptable conduct and sportsmanship. Game is canceled due to any of the following conduct:
 - Fighting or abusive, violent behavior.
 - Team repeatedly exhibits unnecessary roughness that jeopardizes the safety of other participants.
 - Spectator or player clearly gestures or shouts obscenities.
 - A game where more than 3 unsportsmanlike conduct penalties have been assessed to one team.

Playoffs

1. To advance to playoffs during a season, a team must be one of the top 2 in their division.
2. Teams must have a sportsmanship rating average of at least 2.5 to advance to playoffs.
3. Captain must have completed the online Captain's Quiz prior to the end of regular season to advance to playoffs.

4. Teams must have NO regular season forfeits to advance to playoffs.
5. Teams that advance will be seeded in the bracket according to winning percentage, head to head results, sportsmanship and point differential at the end of regular season.

Protests

1. A team captain may protest player eligibility and rule interpretation, but *not* the judgement of the officials.
2. To file a protest, notification of the protest must be made to a game official at the time of the alleged infraction prior to the *next live ball*.
3. A player's eligibility must be protested *prior to the end of the contest*. No more than three (3) participants can have their eligibility protested during a single contest.

For more information regarding the policies and procedures of Intramural Activities please see the Intramural Activities Handbook on Active Illini and the Campus Recreation website.

Inclement Weather

1. Information regarding cancellations will be relayed to captains either in an email or phone call from the Intramural Office or the on-site Intramural Supervisor.
 - a. Emails from the Intramural Office may come through Active Illini.
2. Unless teams have received an explicit cancellation message in regards to their sport via email or phone, teams should assume that all intramural contests will be played as scheduled.
3. In the event that a contest must be ended early due to inclement weather as determined by the on-site supervisor:
 - a. A game shall be considered "official" and the result final if after the conclusion of the first half of the game, the contest is cancelled due to inclement weather.
 - b. If the first half of the game is complete, but the contest was tied, an overtime period will be scheduled to determine a winner provided there is time and space available in the remainder of the regular season. .
 - c. If the first half of the game is not completed when the contest was stopped, the contest will be rescheduled and started over from the beginning on a rescheduled date provided there is time and space available in the remainder of the regular season.

Equipment

1. All players are required to bring a valid I-Card and show their Illinois App at all Intramural contests.
2. Jewelry is not allowed during any Intramural contest. Jewelry must be removed and not taped over.
 - a. If a participant would like to wear medical alert bracelets or religious jewelry or headgear, they can have the pieces approved by the Assistant Director of Competitive Sports and Community Programs. If approved, these pieces will still

- need to be covered during play. To learn more about this process, please reference our Intramural Activities Handbook.
3. All players must wear athletic apparel (shorts, sweat pants, t-shirts, etc.) with no exposed metal. Baseball style hats, bandannas, or any other headwear with knots or dangerous materials is not allowed.
 - a. Casts or splints are not permitted. Any knee brace with exposed metal or metal hinges is required to be covered.
 - b. Players are allowed to wear gloves if they desire.
 - c. Sunglasses are not permitted.
 - d. If a player is bleeding, or if any of their clothing is stained with blood, they must be removed from the contest until an Intramural Supervisor clears them to play.
 4. Closed-toed, athletic type shoes are required. All players must wear non-marking shoes.
 - a. No boots, sandals, or cleats will be allowed
 5. All equipment is subject to the approval of the intramural staff on duty.

Contest Timing

1. Contests will start at the time they are scheduled on Active Illini. Teams should check in with the Intramural Supervisor 15 minutes prior to the scheduled game time.
2. Teams will have 60 minutes to complete their schedule Intramural Volleyball contest (or game).

Players

1. Team rosters on Active Illini are unlimited.
 - a. No more than two (2) members of the U of I Volleyball Club Team are to be on the roster for an intramural volleyball team. The list of team players is available for review at the Campus Recreation Intramural Office.
 - b. For more information regarding club player eligibility, please review the Intramural Activities Handbook on Active Illini and Campus Recreation website.
2. Teams will play with six (6) players on the court at one time. A minimum of four (4) players is needed to start or continue a game.
 - a. If a team has only 4 or 5 players, the vacant spot(s) is/are skipped in serving, so that a team does not lose a service.
 - b. If a 5th and or 6th player arrives late, they may enter the game in an empty spot of the rotation when their team next serves provided the player arrives and signs in before the start of the 2nd game.
3. Substitutions are unlimited.
 - a. Substitutions can only be made when a team gets the ball back after a side-out. The player shall substitute into the service position and will be the next server.
 - b. No change will be made in the position of other players when a substitution is made
 - c. Coed substitutions must be male for male and female for female only, unless it is to bring the ratio to 3 and 3.

- d. If a player is injured and there are no remaining eligible substitutes in that serving spot, then the opposing team must pick a substitute from a different serving spot on the injured player's team to take that spot in the line-up. Bleeding players, or players with blood on their uniform, must be replaced.
4. During a Co-Rec Volleyball game, a team must use a legal line up on the field at all times. A legal line up consists of using a set minimum number of players of each gender. Additionally, a legal line up must have a maximum number of three (3) players of a specific gender. A minimum of four (4) players are required to start a game. The gender ratio cannot be larger than one (2). Legal line ups are as follows:
- a. 3 women and 1 men *or* 1 women and 3 men
 - b. 3 women and 2 men *or* 2 women and 3 men
 - c. 3 women and 3 men *or* 3 women and 3 men
 - d. Co-Rec substitutions must be made to maintain the legal line up at all times.
 - e. The Intramural Activities program aims to offer opportunities for all students and Campus Recreation members. While our leagues are based on traditional gender binary of men and women, our program is eager to accommodate participants whose gender identity may not fit within this framework. Please choose the team that best suits your gender-identification. For more information or questions please contact the Assistant Director of Competitive Sports and Community Programs.

Game Rules

Scoring

- a) A GAME consists of winning two out of three SETS scoring points using the Rally System.
- b) A set is won when a team scores 25 points and is ahead by at least 2 points.
- c) If a third set is needed, it will be played to 15 points with a cap at 20. No set shall exceed 30 points.
 - a. If the teams are tied at 29-29, the first team to score the 30th point shall be the winner
- d) Playoffs and championship finals will follow this same scoring system.

Time-outs

Each team may call one 30-second time-out per set.

- a) A time-out may not be granted to the same team more than once during the set.
- b) Each team shall receive the Full 30 seconds unless both teams are ready to play prior to the 30 seconds expiring.
- c) Time between games shall not exceed 2 minutes.

The court

The court is divided into two 30' x 30' halves by the net. Each half is divided by a line that separates the back row and front row player eligibility. The boundary lines are considered in play. The ball is considered out of bounds and becomes dead when:

- a) Touches a wall or objects mounted flush with a wall, or objects on the floor outside the court that do not interfere with a player's legitimate effort to play the ball
- b) Touches the floor completely outside the court's boundary lines, with no part of the ball in contact with the boundary line(s)
- c) Touches the net antennas above or within the net or does not pass over the net entirely between the net antennas
- d) Touches the net cables or net not completely inside the antenna, net supports or first referee's platform
- e) Touches a non-team member who is not interfering with a player's legitimate effort to play the ball;
- f) Touches the ceiling or overhead obstructions beyond the vertical plane of the net and its out-of-bounds extension
- g) Touches any part of a backboard or its supports hanging in a vertical position, over a playable area if it is a served ball or, in the judgment of the referee, the ball would not have remained in play if the backboard had not been there.

Net Height

The height of the net shall be 8' for men, 7' 8" for co-rec, and 7' 4" for women.

Starting the game

- a) The winner of a coin toss has the choice of service or side of court.
- b) The team not serving first in the first game shall serve first in the second game.
- c) Service for the third game will be determined by a coin toss.
- d) Teams change courts after each game. (Teams change sides in the middle of the third game, when one team reaches 8 points).

End of the game

Captains are required to check and verify all information by signing the scorecard.

Serving

The serving area is the entire area behind the end line between the sidelines and as deep as the court allows.

- a) The referee sounds the whistle and signals for service before each serve. (Note: An individual will receive only one warning per game for serving before the whistle.)
- b) Service may be underhand or overhand.
- c) Players have 8 seconds to serve the ball.
- d) May hit the net on the serve. Let serves are permitted
- e) Players are required to serve in the order they are listed on the line-up.

5	4	N	2	1
6	3	E	3	6
1	2	T	4	5F

NOTE: The team receiving the ball after "side-out" shall rotate one position clockwise before serving, with exception of the first serve.

Playing the Ball

- a) A legal hit is contact with the ball by any part of a player's body, including the head, which does not allow the ball to come to rest even momentarily.
- b) The ball must be clearly hit: throwing, lifting, or shoving the ball are illegal.
- c) Receiving the serve with an underhand bump is strongly recommended.
- d) A ball other than the serve may be recovered from the net provided the player avoids touching the net.

Three Contacts By Team

A team has three hits to return the ball over the net.

Double Contact

- a) One player may not intentionally hit the ball twice in succession. A double-hit off of a hard driven ball shall count as one hit.
- b) Simultaneous contact by two or more players on the same team is considered one play, and any player is eligible to play the ball again.
- c) If two opponents simultaneously contact the ball above the net, the ball remains in play, and the team receiving the ball is entitled to another three hits.

Spiking the Ball

- a) Only front row players may attack the ball (spike).
- b) A back row player may only attack the ball (spike) if they jump from BEHIND the 10-foot line (foot must not be touching the line).
- c) Attacking or blocking a serve is prohibited.

Blocking the Ball

- a) All front row players are permitted to block.
- b) Back row players are not permitted to participate in block attempts.
- c) A block is not counted as one of a team's 3 hits.
- d) A player participating in a block may play the ball again.
- e) Passing the hands over the net on a block is legal.
- f) Contacting the ball over the net on a block before the opponent's 3rd hit is not legal, unless the opponent has no opportunity to play the ball.

Misconduct (Cards)

A card may be given to any player who is not upholding the policies of the Intramural Activities Program. A card can be given for the following misconduct, but is not limited to:

- a. Disrespectfully addressing a referee and/or other match officials
- b. Excessive questioning or trying to influence referees' decisions
- c. Showing disgust with referees' decisions
- d. Using profane or insulting language or gestures or baiting/taunting anyone involved in the contest
- e. Making any contact with an opponent which is deemed unnecessary and which incites roughness
- f. Using any part of a teammate's body or any object to gain physical support for advantage in playing the ball
- g. Making any excessive requests designed to disrupt the set.

Contact Information

If you have any questions or concerns please contact the Intramural Office via email at intramurals@illinois.edu or via phone at 217-244-1344. Our office is open Monday-Friday, 9am to 5pm.