RULE 1: THE GAME
a) A team consists of six (6) players. At least 2 males and 2 females are required to start play. There can never be more males than females on the court for a team. Teams can play with as many as 4 females and 2 males.
b) Team roster sizes must remain at 14 players or less.
c) Matches will be 45 minutes in length. The first 2 games will be limited to 15 minutes. The third game will have a 10 minute time limit.
d) All games will be played using the rally scoring method. Twenty-five (25) points wins the first 2 games and the third game will be played to 15 points. A match will consist of the best two out of three games. The third game will be played. If the time limit runs out in any game then the team that is leading will be declared the winner at that point. If the game is tied when time expires the next point will win the game.

RULE 2: THE COURT
a) Serving Area: The server shall serve from within the serving area behind the service line. Lines bounding sides of the serving area are considered part of the area. Part of the server’s body may be in the air over or beyond these lines.
b) Playing Area: The playing area is bounded by the gold lines along with a 10 foot spiking line located on each half of the court.
c) Out of Bounds – The ball is out of bounds when it touches any surface or object outside the court, or touches the net outside the markers on the sides of the net. The boundary lines are considered to be in bounds.
d) Ceiling: If the ball hits the ceiling the ball is declared a dead ball. This results in either a side out or a point. If the ball strikes an obstruction that is not over the court (basketball baskets, dividers, etc.) the ball is dead.

RULE 3: GAME EQUIPMENT
a) Height of Net: It shall be 7 feet 11 5/8 inches for co-rec games.
b) The game ball shall be provided by the Campus Recreation Department unless both team captains agree on an alternative ball prior to the beginning of the match.
** Teams must bring their own balls for warm-ups!

RULE 4: PLAYER EQUIPMENT AND UNIFORM
a) Players must wear tennis shoes or similar footwear. No sandals or bare feet are allowed.
b) Jewelry is not permitted.

RULE 5: SCORECARDS
a) The referee shall be responsible for maintaining the scorecard.

RULE 6: TEAM COMPOSITION AND POSITIONS
a) First Game: For the first game of the match, one of the captains of the two teams shall call the toss of the coin. The winner takes the serve or choice of playing areas. The loser receives the serve or choice of playing areas, as the case may be.
b) For subsequent games teams shall change playing areas at the end of each game of the same match. First serve shall alternate.
c) Third Game: For the third game of the match, one of the captains of the two teams shall call the toss of the coin. The winner takes the serve or choice of playing areas. The loser receives the serve or choice of playing areas, as the case may be.
d) At the beginning of each game, players shall take their respective positions according to the order in which they wish to serve. The line-up may be changed for each new game. Teams must alternate positions by sex.
e) Overlapping
I. Front row players’ feet must be completely in front of the respective back line player’s feet.
II. The center player’s feet must not overlap with feet of respective right or left player of the same row.
III. The center back player must be completely to the left of the right back player when the right back player is serving.
f) Screening: At the moment of the service, it is illegal for players of the serving team to place their arms for the purpose of forming a screen with which to mask the server’s action, or to jump, or form groups of two or more players for such purposes.

RULE 7: GENERAL TIME FACTOR
a) If your team isn’t ready to play at the scheduled time, you will forfeit the first game. The second game starts in fifteen (15) minutes. The court will remain open, however, for any players present to practice until the next scheduled game.
b) Teams are not allowed charged time outs. Play will only be stopped for the replacement of an injured player.

RULE 8: THE SERVE
a) The server shall initiate the serve by hitting the ball with the hand, fist or arm. The server shall hit the ball over the net into the opponents' area. The serve may be underhand or overhand. The server will always be the right back player.
b) After the referee’s signal, the ball must be served within five (5) seconds.
c) The ball may contact the net on a serve.
d) A player shall not serve out of turn. An out of turn service may be called by the official or brought to the official’s attention by the opponents’ captain. If this is then verified by an official, the points made on this service shall be cancelled and side-out declared. If opponents serve before the out of turn service is called and verified, there shall not be loss of points. In either case, the players of the team in error shall regain their proper positions before another service by either team.
e) There is no blocking of the serve.
f) Dead Ball (Side-out): A served ball is dead if it:
   a) Touches the floor on the server’s side of the net
   b) Touches one of the server’s teammates
   c) Passes under the net
   d) Crosses the net entirely outside the vertical tape marker or lands out-of bounds
   e) Touches the ceiling or any obstructions or objects before contacting an opponent or the floor of the opponent’s area

RULE 9: DURING PLAY
a) A back line player in front of the 10-foot line and returning the ball across the net, must contact the ball from below the level of the top of the net. However, should the player be behind the 10-foot line for the takeoff of the jump, then the restriction would not apply.
b) The ball is dead when:
   - one of the players of a team allow the ball to touch the floor of the court
   - when the referee blows the whistle to stop play
   - a player hits the ball so that it:
     I. Crossed the net entirely outside the markers on the sides of the net or not entirely within the net antennas
     II. Lands out of bounds.
c) The ball must be clearly passed. When, in the opinion of the official, the ball visibly comes to a rest at contact, the player will be called for a carried ball. Players are not permitted to scoop, hold or lift the ball.
d) During a dink, the ball may not be directed or carried sideways, downward, or overhead with an open hand and a breaking of the wrist.
e) Simultaneous contact of the ball with two or more parts of a player’s body is allowed and is considered as one play, except with the fingers.
f) Simultaneous contact of the ball by two players of the same team is considered two plays. Players participating in such a play may not participate in the next play.

g) A player shall not play the ball twice in succession. The plays that are exempt from the rule are:
   I) Successive contacts by a blocker
   II) Simultaneous contacts by opponents

h) When a player participates in blocking and makes only one attempt to play the ball during the block, successive contacts of the ball are allowed during such play even though it was not a hard driven spiked ball. Players participating in this play may participate in the next play. However, this second hit shall count as the first of three hits.

i) In returning the ball, a player may follow through over the net or in an attempt to block, provided first contact with the ball is on the player’s own side of the net and provided the player not contact the ball there until the opponent has hit the ball to return it. A block is purely a defensive technique.

j) Any or all players in the front line are permitted to block.

k) A player may cross the center line with his/her foot/feet as long as the foot remains on or above the center line and the player does not interfere with the play of an opponent. Any body part (except the feet) contacting the line is illegal.

l) A ball may be played from the net.

m) When only part of a ball crossed the net and is then contacted by an opponent, it is considered as having crossed the net. Any ball contacted by blockers on the opponent’s side of the net may be considered to have legally crossed the net.

n) A replay is the act of putting the ball in play again without awarding a point or side out for the following reasons:
   I.) An official’s mistake
   II.) A double whistle occurs on the serve
   III.) A player unintentionally serves before the referee signals for the serve
   IV.) A foreign object entering the court
   V.) An injured player
   VI.) The ball simultaneously held above the net.

RULE 10: SUBSTITUTION
First set of six players that start the game must complete one full rotation before any substitutions can be made. This applies only to the first game of the match. Players will enter the court to the left of the server in the middle back position. Each new substitute must complete a full rotation unless injury has occurred.

RULE 11: CONDUCT
No player or substitute shall act in an unsportsmanlike manner while on or near the court.

   PENALTY: The official shall award opponents an automatic side out and may disqualify the offender if the use of disconcerting acts or words becomes flagrant.

RULE 12: ENFORCEMENT
Automatic side outs are the penalty for committing any of the following fouls:

Player fouls:
   1) Serving on the outside of the service area
   2) Overlapping
   3) Server’s teammates screening the serve
   4) A back line player spiking the ball when his/her takeoff is in front of the 10-foot line
   5) A player serves out of turn
   6) Illegal substitution
   7) Back line player blocks

Service fouls:
1) The serve is hit out of bounds
2) Server unnecessarily delays game (fails to serve 5 seconds after service whistle)
3) Ball tossed up and then caught (must let it drop to the ground)

Net Play fouls:
1) Contacting the net while the ball is in play or while completing play.
2) Offensively contacting ball before it has crossed the net.
3) Interfering with opponents or opponent’s play by reaching under the net.

Other playing fouls:
1) Player contacting the ball more than once in succession except as provided by rule.
2) Player commits a foot foul by extending their foot/feet completely over the centerline.

The team captain is responsible for thoroughly informing all team members of all intramural rules and policies and game rules as documented here.

Questions? Contact –

Trista Little
Intramural Coordinator
(218) 755-4141
tlittle@bemidjistate.edu