

**BEMIDJI STATE UNIVERSITY**  
**Intramural Volleyball Rules**

**\*\*All Players must bring their Valid BSU ID to all games otherwise player will not be allowed to play. NO EXCEPTIONS.\*\***

**INJURIES:** In case of an injury, please contact an Intramural Sports Supervisor. The supervisor will assist you with minor first aid such as Band-Aids and ice packs. For more serious injuries, either security or an ambulance will be called.

**FORFEITS:** If a team forfeits a game or misses the captain's meeting they are automatically ineligible for the playoffs. A team can become re-eligible one time by coming in and paying a \$15 forfeit fee. This fee needs to be paid by 4pm on the day of their next game. If a team does not pay then they can play the rest of their games, but will not be included in the playoffs regardless of record. Once a team forfeits twice, they may be permanently removed from the league.

**RULE 1: THE GAME**

- a) A team consists of six (6) players. Teams may use less than six players on the court, but only a minimum of four will be allowed. Co-Rec: 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) Matches will be 45 minutes in length. Each individual game will be limited to 15 minutes.
- c) All games will be played using the rally scoring method. Twenty-five (25) points wins the game. 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 at the end of the time then 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. Line: For the purpose of determining side-outs and points, a line (such as court boundary lines, service area lines) includes its unlimited extensions. The boundary lines are considered to be in bounds.
- d) Hitting 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 4 1/4 inches for women's games and 7 feet 11 5/8 inches for men's and co-rec games.
  - b) Game Ball: it shall be the ball 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.

### 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) Serving Out of Turn: 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 or coach. 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.
- d) Beginning of Game: At the beginning of a 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.
- 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 be stopped for the replacement of an injured player.

## RULE 8: THE SERVE

a) Putting the Ball in Play: No blocking the serve. 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. After the referee's signal, the ball must be served within five (5) seconds.

b) For a serve before the referee's signal, a replay shall be called with a warning unless, in the judgement of the referee, it was an intentional act. A side out is then called.

c) Dead Ball (Side-out): A served ball is dead if it:

a) Touches the floor on the server's side of the net, or

b) Touches one of the server's teammates or

c) Touches or passes under the net, or

d) Crosses the net entirely outside the vertical tape marker or lands out-of bounds, or

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) Co-rec teams must alternate positions by sex.

b) Back Line Player: A back line player forward 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 or the takeoff of the jump is clearly behind this line, then the restriction would not apply.

c) Dead Ball: The ball is dead if the players of a team allow the ball to touch the floor of the court. When the referee blows the whistle to stop play, the ball is dead. The ball is dead if the 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, or

II. Lands out of bounds.

d) Pass: 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.

e) Spike: An attack play in which the ball is forcibly hit into the opponent's court with a one-hand, overhead motion.

f) Dink: An attack play in which the ball is softly hit into the opponent's court with the fingertips of one hand. The ball may not be directed or carried sideways, downward, or overhead with an open hand and a breaking of the wrist.

g) Simultaneous Contacts by a Player: Simultaneous contact of the ball with two or more parts of a player's body are allowed and are considered as one play, except with the fingers.

h) Simultaneous Contacts by Teammates: Simultaneous contacts of the ball by two players of the same team are considered two plays. Players participating in such a play may not participate in the next play.

i) Successive Contacts by a Player: 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

j) Successive Contacts by Blockers: 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.

k) Reaching Over the Net: 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. Blocking a served ball is illegal.

l) Blocking: It is a play by one or more players who attempt to intercept the ball over or near the net. Any or all players in the front line are permitted to block.

m) Crossing Center Line: 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.

n) Recovering Ball from Net: A ball may be played from the net.

o) Ball considered Crossing Net: 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.

p) Net Contact: A player shall not contact any part of the net or its supports while the ball is in play or while completing a play. If a player inadvertently touches the net supports, it is not a foul. When the ball is driven into the net so that it causes the net to contact an opposing player or players, it is not a foul because the players did not contact the net by their own impetus.

q) Replay: A replay is the act of putting the ball in play again without awarding appoint 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. Court substitution is done only on each new rotation. 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:

a) Player position fouls:

- 1) Serving on the outside on the service area.
  - 2) Overlapping.
  - 3) Server's teammates screening serve.
  - 4) A back line player spiking the ball when his/her takeoff is in front of the 10-foot line.
  - 5) A player is serving out of turn.
  - 6) Illegal substitution.
  - 7) Back line player blocks.
- b) 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 ground.)
- c) 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.
- d) 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 foot/feet extending completely over the centerline.
  - 3) Jewelry is not permitted.

#### MISC.

- 1.) Tennis or basketball shoes will be the only type of shoes permitted in league games, and all players will be encouraged to attire themselves in suitable playing trunks and shirts.
- 2.) Any questions contact the Intramural Office at 755-4141

**SPORTSMANSHIP RATINGS:** All teams must have a minimum cumulative Sportsmanship Rating of a 2.75 to be eligible for the playoffs. A team that does not meet this standard will be ineligible for the playoffs regardless of team record. Each game the participating teams will be graded on their behavior by the referees and the supervisor at each field/court. Each team will be awarded a grade from A-F. If a team has a player ejected from the contest will receive a grade of "D" at the highest. Sportsmanship grades will be posted along with schedules and standings. Any team can be removed at anytime for unsportsmanlike behavior, this includes the playoffs. Any team that receives lower than a 1.99 cumulative sportsmanship grade for a playoff game will be automatically removed from the playoffs.

#### ADD/DROPS

All add/drops must be turned into campus recreation before 12 noon on the day of the match/game for the change to be in affect for that game. Teams must remain at 14 players or fewer. All Add/Drops for a Sunday game must be turned into the Intramural office by 12noon on the Friday before to be in affect.