

Indoor Volleyball Rules and Information Sheet

Manchester University

I. General Information

- a. The indoor volleyball league will consist of a co-recreational league with a regular season schedule and a season-end tournament.
- b. We will have two divisions:
 - i. A Division – Competitive/Power Volleyball
 - ii. B Division - Recreational
- c. Any team failing to show within 5 minutes of the starting time of the match will forfeit that match.

II. Eligibility

- a. Only current MU students, faculty and staff are eligible to participate.
- b. **“In-Season” intercollegiate athletes are restricted from participating in their current sport. “Off-Season” athletes are allowed to participate with no more than two (2) intercollegiate athletes per roster in that sport. In the case of co-recreational leagues, no more than two (2) intercollegiate athletes are allowed on a roster in that sport. A student is considered an intercollegiate athlete in a sport if he/she is on the sport’s official roster after the start of intercollegiate competition for the season.**
- c. A roster must consist of at least eight (8) players (10 maximum) with no more than six (6) players on the court at one time. A minimum of four (4) players are needed to play a match.
- d. Co-Rec volleyball must be played with 3 men and 3 women on the floor at all times. If only 4 players report for a match, they must be equally divided (2 men and 2 women) or 3 women and 1 man. If 5 players report, all 5 players may play if they are divide 2 men and 3 women. If they are divided 3 men and 2 women, one of the men must sit out to be rotated in to replace one of the other men on the team. **No team shall begin play with less than 4 players.**
- e. If the team begins with 4 players (2 men/2 women) and loses a player due to injury, they may finish the match with any combination of players they have left.
- f. Each player must sign the Roster Form. By signing this form it indicates that each player has read about and assumes the risk for any injuries that may occur during the competition.
- g. Only players listed on the roster form are eligible to participate.

III. The Game/The Match

- a. Matches will consist of the best of three (3) games. The first two (2) games will be played to 25 points using rally scoring. The tie-breaker game (if needed) will be played to 15 points using rally scoring. Teams must win by a margin of two (2) points.
- b. A one-hour time limit will be placed on the match that will begin at the scheduled starting time. In the event that a match is called due to time in the second game, the winner shall be the team with the most points of the combined games. If called in the third game, the winner will be that team which is ahead in the third game by whatever the margin.
- c. A coin toss shall determine the team to serve first at the beginning of the first and if necessary, the third game of the match.
- d. No officials will be used therefore each team will call its own violations which include, but are not limited to: out-of-bounds calls, carries, serving faults, net violations and illegal hits. If, in your opinion, the opponent has not made the correct call, you may appeal to the player involved and replay the point if you are certain of the offense. If the disagreement can not be resolved, the IM student supervisor will make a final ruling.
- e. Teams will switch ends of the court after each game and when one team reaches 8 points in the tie-breaker game.
- f. All net serves are considered “live” balls.
- g. If a team contacts the ball three (3) times on one attempt to return the ball over the net, one of those hits must be made by a female.
- h. A male must rotate into the line-up for another male and a female for a female.

- i. Each team must use a regular clockwise rotation and change positions on each new serve. Not team shall play with more than six (6) players at one time. If more than six (6) players are present for the match, a new person rotates into the lineup on each new service as the server.
- j. Both teams should keep the score so there are no misunderstandings with the server calling out the score prior to each serve, stating their serve first.
- k. Blocking the serve is illegal.
- l. The ball shall remain in play if it contacts the ceiling or other overhead objects above the playing area on the side of the team which made the hit. If the ball hits the ceiling or other overhead objects and travels to the opponent's side of the court, the ball will be declared out of play.
- m. Each team may hit the ball up to three (3) hits (not counting blocking) to return the ball to the opponent.
- n. Team hits include intentional and unintentional contacts with the ball.
- o. A player may not contact the ball with two separate and consecutive motions.
- p. The ball may touch any part of the body.
- q. The ball must be hit, not caught, thrown or kicked.

IV. Reporting of Scores

- a. The Intramural Supervisor on duty will record the score from each match. Captains are responsible for reporting the score to the IM Supervisor on duty.

V. Miscellaneous Information

- a. All injuries must be reported to the IM Student Supervisor on duty.
- b. Unsportsmanlike conduct will not be tolerated and players may be subject to removal from the match or league. If a player is ejected he/she must meet with the Director of Intramurals before being reinstated.