College of Saint Scholastica
Intramural Sports Rules

VOLLEYBALL RULES

TEAM
6s - Each team may have a maximum of 6 players on the court during the game. The minimum number of players to start the game is 4.
Co-Rec - Each team may have a maximum of 6 players on the court during the game. The minimum number of players to start the game is 4. There can never be more males than females on the court at any time. Co-Rec plays with the guy/girl contact rule.
4s - Each team may have a maximum of 4 players on the court during the game. The minimum number of players to start the game is 2.

ELIGIBILITY - CSS varsity volleyball players are not eligible to play during their primary season of competition. During the offseason, a maximum of 2 volleyball players are allowed on any intramural team roster. A maximum of 2 CSS club volleyball athletes is allowed per team roster.

One person on the court must be deemed team captain. This person is the only one who may talk with the official regarding ruling questions and interpretations.

Before the game starts, each team member will need to check in with the game official. You will need your CSS ID to check into the game. NO ONE WILL BE ALLOWED TO PLAY WITHOUT A VALID CSS ID.

Each 6s or co-rec team is allowed to have 15 people on its roster. 4s teams are allowed a maximum of 10 players on its roster. If you need to need to add/drop people from your roster, this must be done with the intramural student supervisor before the game begins. Each person is only allowed to be on one team roster per season.

PLAYING AREA
All volleyball matches will take place in the Burns Wellness Commons Fieldhouse or Reif Gymnasium. The BWC outside boundaries are marked by gray lines. The Reif Gymnasium court lines are marked in blue tape. Anything that hits the line is considered in.

The walls and court dividers are out of play. If the ball hits the ceiling on your side, you may hit it over if any of the three contacts remain. If it hits the ceiling on your opponent's side, it is out of play, considered a side out, and your opponents score one point.

EQUIPMENT
Game balls will be provided by Campus Recreation. If agreed upon by both team captains, an alternate ball may be used. All players must wear clean, non-marking indoor athletic shoes. Bare feet and sandals are not allowed. Jewelry of any type is not allowed for safety reasons. Bandanas are allowed but hats and baseball caps are not.
OFFICIALS
There will be a game manager on the floor to check teams in and to keep score. There will also be 2 trained officials working at each court to assist with making calls and settle team disputes. All calls made by the official are FINAL.

MATCH PLAY
Teams will play three games and the winner will be determined by a best-of-three format. Games one and two will be rally scoring to 21. The winner must win by 2 points; point cap is 25 points. Game three is played to 15 points with a cap of 19 points. Regular season game win-loss records will determine play-off rankings. In case of a tie, the team's total number of points scored during the regular season will be used.

GAME PLAY
NFHS rules are used with the following highlights:

- The object of this game is to put the ball down onto your opponent's court. Once the ball lands on the ground, this is considered a dead ball. A point will be awarded if the ball lands within the opponent's court. A sideout will be awarded if the ball lands in your own court or your team sends the ball out-of-bounds.
- To start the game, the team captains will meet with the official for a coin flip or paper-rock-scissors. Home team calls the coin flip/paper-rock-scissors. The team that is listed first on the schedule is considered the home team. The team that wins the flip may choose serve, receive, or side.
- The server must serve with both feet behind the end line; contact must be made before the server may step over the endline. If the serve fails to go over or is hit out-of-bounds, this is a sideout and a point will be awarded to the other team. If the serve touches the net and falls onto the opponent's side, this is considered a legal serve.
- The server has 5 seconds to serve the ball. Failure to serve the ball in 5 seconds results in a sideout and a point for the other team. The server may toss the ball once and let it drop. The server must then serve the ball on the second toss.
- Co-Rec CONTACT RULE: When more than two players on a team play the ball, one of these hits must come from the opposite gender. For example, 3 males cannot send the ball over the net AND 3 females cannot send the ball over the net.
- Players must alternate male-female in the line-up and remain in that position until the ball is served (co-rec only). Players may interchange positions to pass or block, only after the serve.
- Teams may not block the serve.
- Teams have a maximum of three hits to get the ball over the net. More than three hits will result in a sideout.
- If a player touches the ball, or the ball touches a player, it is considered a hit.
- A person is not allowed to touch the ball twice in a row UNLESS this person's first contact is a block attempt followed by a pass. A block attempt is not considered a hit.
- All contacts must be clearly hit, not thrown, lifted, or change of direction allowed by a double hit.
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- A double hit will be called if the ball touches the body more than once except on a hard driven attack or on reception of a serve.
- A back row player may attack the ball provided that he/she does not cross the 10-foot line while jumping to hit the ball.
- No player may reach over the net, touch the net, or step over the center line. If a player's foot touches the center line, the player is not considered over the line unless the entire foot is over the line.
- A ball that falls into the net may be played out of the net as long as contact is not made with the net and it is within the team's three hit limit.
- A player may run out-of-bounds to hit a ball. The player may not cross the plane of the center line. If the ball enters the adjacent court, it is ruled out-of-bounds.

TIMEOUTS AND SUBSTITUTIONS
Each team will be allowed one 45-second time out per game. Substitutions may be made when the ball is dead. A time out is not necessary. You must notify the official before making the substitution. There is an unlimited number of substitutions per game. A player can sub in for any other player at any time as long as that player does not play more than 3 rotations in either the front or back row continuously.

GAME FORFEITS
All games will start at the designated times. Game time is forfeit time. NO EXCEPTIONS! The fieldhouse clock will be the official clock used to determine time.

SPORTSMANSHIP
Teams will be rated by the referee at the end of the game on sportsmanship. Click on the link above to learn more.