

UNIVERSITY OF MASSACHUSETTS
INTRAMURAL SPORTS

MEN'S, WOMEN'S & CO-REC VOLLEYBALL RULES

NCAA volleyball rules with intramural modifications will govern play.

Each player must present his/her [valid UMass UCard](#) to participate in each and every intramural contest.

For the full list of intramural policies and procedures, please read the [Intramural Captains Guide](#).

Team captains are responsible for the conduct and eligibility of their teams and adherence to the rules governing play.

I. TEAM

- A. A team shall consist of six (6) players.
1. A game cannot begin without at least four (4) players present per team. *For co-rec, a team that plays with an even number of players on the court must have an equal number of men and women. A team that plays with an unequal number of players on the court can be one up male or female.*
 2. If, at any time during the game(s), a team does not maintain the minimum number of players, that team shall forfeit the game/match regardless of the score.
 3. Additional players may enter the game at the position to the left of the server whenever play is dead.

II. EQUIPMENT

- A. The official ball is the one supplied by the intramural program.
- B. The official shall not permit any player to wear equipment that, in his or her judgment, is dangerous to other players. **Jewelry, including rings, bracelets, necklaces, watches and earrings, is illegal.** Also, hats and bandanas are not permitted. Taping of earrings and other jewelry is not permitted regardless of the reason. Medical emergency bracelets/necklaces may be worn but **must** be covered and taped to the body.
- C. Net Height
1. Men & Co-rec- 8 feet
 2. Women - 7 feet 4 ¼ inches

III. GAME

- A. A match shall consist of best two out of three games.
1. Each of the first 2 games will be rally scoring to 30, win by 2, with a cap of 32.
 - a. In rally scoring, each rally wins a point. Points are awarded for side-outs, in addition to normal scoring opportunities for the serving team. Thus, the defending team has the ability to score points.
 2. If a third game is necessary, it will be rally scoring to 15, win by 2, with no cap.
 3. There shall be a two (2) minute intermission between games of a match.
 4. The official will keep the official score sheet.
 5. Servers may serve from anywhere behind the end line.
- B. The first service of game one and the 3rd/deciding game is determined by the coin toss. The winner of the coin toss chooses to either serve or receive for the 1st game.
1. The 2nd game starts with service by the team that did not serve first in the previous game.
 2. Teams will exchange sides of court after each game.
 3. **No** court exchange shall take place midway through the third game.
- C. Service
1. The serve may be taken from any spot behind the back line.
 2. Only one toss for service is permitted within 8 seconds. A second toss is not allowed.
 3. A serve that contacts the net and continues across shall be in play.
- D. Substitutions
1. Unlimited substitutions are permitted during any dead ball situation, with entry at the server's position. The substitute must remain in the rotation until it's his/her turn to serve.

E. Timeouts

1. Each team is permitted two (2) timeouts of one (1) minute duration per game.

IV. CIVILITY/SPORTSMANSHIP & PLAYER/TEAM CONDUCT

A. Players are required to act in a civil manner toward other players and officials. Captains may ask for a rule interpretation if it is done in a courteous manner, but this should be kept to a minimum to maintain the flow of the match and not be disruptive.

B. Depending on the degree of misconduct, a warning (yellow card) OR ejection shall be issued. For example, for unsporting acts and misconduct, including but not limited to, inappropriately addressing officials, opponents, etc., shouting or disrupting play, incidental verbal conduct, rude conduct, a warning (yellow card) can be issued to the player or players. No warning is necessary. Players include those currently in the match and all bench personnel. For extremely offensive conduct (such as obscene language or insulting words or gestures) or repeated rude conduct toward officials, opponents, spectators, etc., an ejection can be issued to the player or players.

1. Any penalty assessed (yellow card or ejection) will automatically result in loss of rally by the offending team and point awarded (if in the rally game).
2. A second warning/yellow card issued to the same player during a match shall result in that player's ejection from the match.
3. An ejected player cannot be replaced. The team will play short-handed. A team that cannot maintain the minimum number of players necessary to play shall forfeit the match regardless of score.
4. A team that receives 3 cautions [individual and/or team] in the same match shall forfeit the match regardless of score; the opponent shall be given the win by forfeit.
5. A team that has 2 ejected players during the match shall immediately forfeit the match regardless of score; the opponent shall be given the win.
6. Any ejected player and her/his team shall be suspended from further play until she/he meets with the Campus Recreation staff.

C. Team Discipline

Captains are responsible for the conduct of their players and spectators. Team spectators who engage in inappropriate conduct are subject to warnings and sanctions imposed against their team. If a sanction is called on a team's bench or spectators, that sanction shall be penalized against the team's captain.

D. Team Delays

Is any action that delays the start or resumption of play, including delay in completing a substitution or a substitute entering the court before authorization by the referee, delay in returning to play after a timeout, delay in moving to positions for serving or receiving service after completion of a rally, or action by a team member that creates unnecessary delay in the start of play.

1. A team delay is penalized by a warning/yellow card to the team and not against a particular player.

GOOD LUCK AND ENJOY THE VOLLEYBALL SEASON!

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