INTRAMURAL SPORTS SEATED VOLLEYBALL RULES

The current available *U.S. Club Sitting Volleyball rules* will govern play with intramural modifications.

Each player must present their valid UMass UCard to participate in each and every intramural contest.

For the full list of intramural policies and procedures, please read the Intramural Participants Guide.

Team captains are responsible for the conduct and eligibility of their teammates, spectators 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. 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.
   2. 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 their 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.

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. Attack-Hit
   1. A front-row player may complete an attack hit at any height, provided that the contact with the ball has been made within the player’s own playing space.
   2. A back-row player may complete an attack hit at any height from behind the front zone: At their hit, the player’s buttocks must neither have touched nor crossed over the attack line;
   3. After their hit, the player may move their buttocks into the front zone.
   4. A back-row player may also complete an attack hit from the front zone, if at the moment of the contact part of the ball is lower than the top of the net.
D. Lifting
   1. The part of the player’s body between the buttocks and the shoulders loses contact with the court when they are playing or attempting to play the ball.

Contact with the Court
1. At all times during playing actions the players must contact the court with some part of the body between the buttocks and shoulders. However, a short loss of contact with the court is permitted when playing the ball unless it is a service hit, a block or an attack hit when the ball is completely higher than the top of the net.

2. To stand up, raise the body or take steps is forbidden.

E. **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. At the moment of the service hit, the server’s buttocks must not touch the court (the end line included) or the floor outside the service zone. The server’s foot (feet), leg(s) or hand(s) may touch the court and/or the free zone outside the service zone. After the hit, they may move outside the service zone, or inside the court.
   4. A serve that contacts the net and continues across shall be in play.

E. **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 their turn to serve.

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

IV. **SPORTSMANSHIP**
   A. In order to promote a fun and safe playing environment, participants and spectators are expected to be civil towards one another and staff.
   B. Any conduct judged by an intramural staff member to be detrimental to the participants, program, or any particular intramural activity may result in removal from a contest and/or further sanctions.
   C. A detailed outline of the Intramural Sports Sportmanship Policy can be found [here](#).