INTRAMURAL SPORTS VOLLEYBALL RULES

NCAA volleyball rules with intramural modifications will govern play.

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. 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 a woman or a man.
   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. If both teams agree, they can play with a different volleyball.
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.
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 their turn to serve.

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

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.

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 Sportsmanship Policy can be found [here](#)

**GOOD LUCK AND ENJOY THE VOLLEYBALL SEASON!**

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