



Volleyball Rules

Revised 9/1/2021

Each player must present a valid RU I.D. and be on the team's roster. If you cannot present an RU I.D you will not play. All players must be on the roster to prove that you are a current Rutgers Student and so they have consented to a waiver form. Players can join their roster using services.rec.rutgers.edu

Rutgers Intramural Sports will provide referees for each regular season and playoff game and they have absolute authority during the game. Teams are responsible for keeping their spectators under control. Misconduct of participants, coaches or spectators can result in an implementation of an unsportsmanlike penalty, or harsher penalty.

All rules mentioned here are under the discretion and interpretation of Rutgers Intramural Sports and it's Directors, Supervisors, and Referees.

*****As of the Fall 2021 season, all indoor volleyball players are required to wear face coverings when entering the recreation center, during play, and in the building until you are outdoors. This rule will only be removed when Rutgers University has removed the face covering requirement for recreation centers. *****

Team Requirements

1. Registration fee will be \$40 per team.
2. Six players constitutes a full team, however you may play with a minimum of 5 players.
3. No more than 12 players are allowed on a team.
4. CoRec teams must have a minimum of 2 of each gender. **Teams must have enough players of each gender in case of injury or schedule conflicts.**
5. In CoRec play if 5 are playing, under extenuating circumstances only (injury/ejection), the team will be allowed to finish with just 4 players regardless of ratio. **However, at no time can you start a game with 4 players.**
6. Teams should arrive fifteen minutes before the posted start time of their game. Teams will only be given a 5 minute grace period after their posted start time to have the minimum number of players required to begin. After the five minutes, the Supervisor will officially rule the game a forfeit. Call in losses will only be accepted if made by 4:30PM

the day of your game. Otherwise, games are expected to be played as scheduled. Call in losses can be called into 848-445-1981 or by email to intramurals@echo.rutgers.edu.

7. All players are required to wear appropriate (non-marking) sneakers while participating in a game. Players are not allowed to wear hats or jewelry of any kind.

Game Play

1. Matches are the best 3 out of 5 games. A game shall consist of 15 points rally scoring (a point is awarded on every play) and the winning team must be 2 points ahead for the game to end. The teams change sides at the end of each game. If a fifth game is necessary, it shall consist of 11 points with a two point lead. During game five teams will switch sides when a team reaches six points.
2. One time out per team per game (1 minute). The rest period between games is two minutes.
3. A toss of the coin determines who gets the choice of either the serve or the court. The coin toss loser gets first service of the second game (regardless if the winner chose side rather than serve) and then service alternates for the third and fourth games. If necessary, the fifth game service is determined by another toss of the coin. During the fifth game, the teams must switch sides when the first team reaches 6 points.
4. Each member of the team shall serve in turn and has one try to get the ball over the net. A ball striking the antenna is considered out.
5. A served ball is still in play if it hits the net and continues over into the opponent's playing court.
6. The server shall start from anywhere behind the end line. Jump serves are legal, provided the server leaves the floor from behind the end line and contacts the volleyball legally before contacting the court surface.
7. In playing the ball, all players must clearly hit the ball. Players are not permitted to scoop, hold, or carry the ball.
8. In playing a ball it is legal to use any part of the body above the waist. **Using your feet is a loss of rally.**
9. A ball touching the body more than once except when receiving a serve, blocking a ball, or when defending a Spike* is considered a double hit (loss of rally and/or awarding of a point to the other team). *Spike: a ball hit with constant downward angle (no arc).
10. It is legal for a player to block a spike and subsequently be able to immediately, legally hit the ball again for the team's first contact. A block is defined as a ball struck above the height of the net on the team's first contact. A block is not considered one of the team's three legal hits.

11. For the ball to be legal, it must pass completely between the antennae without hitting them.
12. If a ball touches any part of a boundary line it is good and in play
13. A ball hit into the net by a team may still be kept in play, provided that no one touches the net, it is not the fourth team contact and a player does not touch the ball twice in a row.
14. A player may run out of bounds to play a ball provided the ball hasn't completely crossed the plane of the net.
15. A player may not play a ball in an adjacent court when another game/match is in progress.
16. The ball is considered in play if it hits any part of the basket, ceiling, vents or other overhead obstruction if it is not the team's third contact and if the ball does not cross the plane of the net. If the ball hits any part of the basket, ceiling vents, or other overhead obstruction while in motion to cross the plane of the net, or it is a team's third contact, then the ball is considered dead. Also, the ball is dead if it touches or crosses the net completely outside the antennae.
17. Players and their clothing may not touch the net nor can they step **completely** over the centerline. If both sides foul simultaneously the ball is declared dead and is served again with neither team scoring a point.*
 - *Note: The hand/arms are allowed to follow-through/penetrate over the net provided:
 - a. The player contacted the ball on his/her side unless the opposition contacted the ball above the net first;
 - b. The player did not touch the net.
18. It is illegal to reach over the net to block or spike at a set attempt (the ball must break the plane of the net first).
19. Switching playing position is permissible once the server has hit the ball.
20. Back line players who have switched to the front during play may not hit the ball down into the opponents' court (spike) nor may they participate in a block. Back line players must leave the floor at or behind the ten-foot line in order to hit the ball over the net. *Penalty: Attack; Loss of Rally.*
21. Substitutions
 1. The official must be notified prior to substitution.
 2. Person for person rotation – If player A rotates in for player B then Player A can only rotate in for player B. They may substitute for each other an unlimited number of times.
 3. In CoRec games, male players may only substitute for male players and female players may only substitute for female players.
22. During a match, the Supervisor may be called upon by the official for a rule interpretation. In addition, only the Supervisors are allowed to declare a match forfeited due to spirit of play.

23. The team captains are the only players allowed to discuss a call with the game officials as long as it is done courteously.
24. Badgering Officials will result in immediate game disqualification. **A WARNING IS NOT NECESSARY.**

Playoffs

1. Seeds will be decided based on a points system. Defaulting a game results in no loss of points in the standings however forfeiting a game will result in your team losing points. Any combination of 2 defaults or forfeits will result in your team being removed from the league.
2. **Players must participate in a minimum of 1 regular season game in order to play in the playoff tournament.**

Rutgers Recreation Intramural Sports Policies

1. While the game of volleyball is a non-contact sport, injuries (mostly minor) do occur. Players should participate with this understanding. Also, participation in the intramural sports program is completely voluntary. Rutgers University is not responsible for injuries incurred during intramural play. It is strongly recommended that participants have satisfactory health status and accident insurance to cover any injury that may occur.
2. Alcohol is not to be brought to any Rutgers Recreation Facility. Players coming to their game under the influence, risk forfeiture of the game, suspension from intramural play, and referral to the Dean of Students.
3. There will be a Sportsmanship Rating System in place for all teams. At the conclusion of every game, the officials and intramural supervisors, will rate each team based on their sportsmanship towards their opposing teams and the officials. The rating can range from 4.0-0.0. Teams that forfeit will receive a 1. Teams must have at least a **2.5** rating average in order to be eligible for the playoffs. During the playoffs, teams must maintain a minimum of a **2.0** rating in order to advance to the next round. Any team that does not maintain a minimum 2.0 rating during the playoffs must schedule a meeting with the campus Intramural professional staff member before the next scheduled game. Failure to do so will result in the team being pulled from the remainder of the playoffs with the possibility of further sanctions being adjudicated as necessary.

The sportsmanship ratings are based as follows:

A (4) Excellent Sportsmanship - given to a team where all players cooperate fully with the officials and opposing team members. [Text Wrapping Break]

B (3) Above Average Conduct - Team members verbally complain about some decisions made by the officials and/or show minor dissension, which may or may not merit an

unsportsmanlike penalty (technical, yellow flag, etc). Any team receiving an unsportsmanlike penalty will receive no higher than a “B” rating.

C (2) Poor Sportsmanship - Team members constantly comment to the officials and/or the opposing team from the field/court and or/sidelines. The team captain exhibits little control over teammates or him/herself. Teams that earn at least two unsportsmanlike warnings will receive no higher than a “C” rating.[Text Wrapping Break]

D (1) Deplorable Conduct - given to a team that persist in questioning officials' decisions; and/or they repeatedly argue with the officials. Teams display frequent use of profane or vulgar language. Spectators, clearly related to the team, fail to cooperate with the officials and the team is not supportive of the officials' efforts. Teams that earn at least three unsportsmanlike warnings will receive no higher than a “D” rating. Teams receiving an ejection due to unsportsmanlike actions of a player will receive no higher than a “D” sportsmanship rating. Teams that forfeit games will receive a 1 rating.
[Text Wrapping Break]

F (0) Intolerable - given to a team where the team is completely uncooperative and the captain has no control. Any team that receives four unsportsmanlike penalties or two player ejections will receive an “F” rating and the game will be forfeited.