

**CU • STUDENT REC. CENTER INTRAMURALS**  
**VOLLEYBALL • RULES • Spring 2006 • SESSION II**  
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**Website: [www.colorado.edu/rec-center/intramurals](http://www.colorado.edu/rec-center/intramurals)**

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## GENERAL

- We will be using the USVBA official rules (see [www.usavolleyball.org/rulesofficials/indoor.asp](http://www.usavolleyball.org/rulesofficials/indoor.asp) . The following are some exceptions and explanations pertaining to intramural play.
- Participants should have adequate health insurance to cover any injury which may occur.

## THE GAME

- Volleyball is a game played by two teams with a ball on a rectangular court separated into two areas by a net. One team serves the ball over the net, trying to make it land within the opponenets playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponents playing area. Points are only scored by the team serving the ball.
- A side-out occurs when the serving team violates a rule. The ball is given to the serving team's opponent, and no points are awarded.
- A match consists of three games are played to 11 points; must win by 2 with a cap score at 13 ie. 12 –12 tie and the frist team to reach 13 wins (1 point lead).
- Three games are played regardless of which team wins the first two – final scores are based on total games, not matches.
- In the elimination tournament, you must win 2 of the 3, 11 point games to advance
- A ball is a replay when:
  - The ball is held above the net.
  - You forget to call the score and wait for the whistle before serving. The second time and every time thereafter it will be a side out.
- Jump serves are allowed only in the Open Division. If Open is playing an A division, jump serves may be allowed if both teams agree.
- You may not block serves.
- If a team is not ready to play by **15 minutes** after match time, the entire match is forfeited. **At 5 minutes** the first game is forfeited.

## TEAMS

- In four person play, each team shall be composed of 4 players. A team may play with 3 players for the game to count (in co-rec a team may not have more than 2 men or 2 women on the court at one time). A game will be counted as a loss but not a forfeit with 2 players - scrimmage game. Less than 2 players and the game is a forfeit.
- In six person play a team may play with 5 for the game to count (in co-rec no more than 3 men or 3 women on the court at one time. A game will be counted as a loss, but not a forfeit with 4 players - scrimmage game. See the "Honest Effort Forfeit" rule.
- Club players must play in the Open league & then no more than 2 per team. If a varsity team member plays Intramurals, the team must play in the Open league and a team may only have the one varsity player & no club players.

## PLAYER POSITIONS

- The position of players in order of the serving shall be Right Back, Right Front, Center Front, Left Front, Left Back, and Center Back.
- At the moment of the serve:
  - All players, except the server, shall be within the team's playing area and may be in contact with the boundary lines or center lines, but may not have any of the body touching the floor outside those lines.
- When a side out is awarded to a team, that team shall rotate clockwise one position.

## CONTACTING THE BALL

- A contact is any touch of the ball by a player.
- A team shall not have more than three hits before the ball crosses the net into the opponent's area. When the team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit.
- A legal contact is a touch of the ball by a player's body above and including the waist which does not allow the ball to visibly come to rest or involve prolong contact with a player's body.
- Successive contact of the ball by one player is not allowed unless:
  - Simultaneous contact by teammates
  - Simultaneous contact by opposing players
  - Successive contact by a player whose first contact is a block
- Blocks may only occur by front row players
- Front row players may contact the ball from any position inside or outside the court provided the ball has not completely crossed the vertical plane of the net or the extended net
- Back row players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.
- A back row player shall not:
  - Participate in a block or attempt to block
  - Attack the ball which is completely above the height of the net while positioned:
    1. On or in front of the attack line or its out of bounds extension
    2. In the air, having left the floor on or in front of the attack line or out of bounds extension.
    - 3.

## THE COURT

- A ball is out of bounds when:
  - In the Rec. Center General Gym, anything that touches the walls, floor, curtain is considered out of play.
  - In Carlson Gym & the Recreation Center the ball **may** hit the rafters on your team's side and remain in play. This includes the baskets in the Rec. Center. The walls are considered out of play.

## INTRAMURALS EXCEPTIONS TO USVBA RULES:

- You must serve from the designated serve box in both 4 & 6 person play.
- A player may not cross to the other court by going under the net, even if the net is not contacted.

## CONDUCT/SPORTSMANSHIP

- If continual unsportsmanlike conduct or disagreement occurs between two teams, the supervisor has the authority to declare a default for that game or the entire match.
- You may not question the referee's judgement at anytime. You may only question an infringement of the rules, and then **only** the captain may talk to the referee.

## IN CO-REC VOLLEYBALL

- If there is more than one hit per side, a woman & man must touch the ball.
- In 4 person play a back row player is eligible to hit and block but team must maintain proper order of rotation.
- In 6 person play a back row player may only hit when jumping from behind the ten foot line.