



**UNIVERSITY OF SOUTH FLORIDA
RECREATION & WELLNESS – INTRAMURAL SPORTS**

Volleyball

GENERAL POLICY

- For any questions or concerns regarding any of the following policies and rules please contact our Sports Programs office at (813) 974-4449 or rec-imsports@usf.edu. Or stop by our office, REC 107, Monday – Friday 10am-5pm.
- All participants must check in with a Sports Programs supervisor with either their USF ID card or driver's license. The USF ID or Driver's License must have a clear name, picture, and legible U# for the USF ID. No other forms of identification may be used to check in.
- All officially enrolled students and Faculty and Staff members with an active Recreation and Wellness membership at the University of South Florida are eligible to play. For further eligibility guidelines please reference the IM Handbook, found on the USF Recreation and Wellness website.
- **Game time is forfeit time.** Teams should be ready to play at the scheduled game time. It is beneficial to have your team arrive 15-20 minutes early to ensure that games start on time and that forfeits be avoided.
- Teams must all wear the same color jersey. Pennies **will not** be provided. All teams will be required to bring one alternate color in case both teams show up wearing the same color. Skins will not be allowed.
- **Close-fitting non-hanging jewelry is permitted, such as stud piercings or rings. Participants who choose to wear jewelry during intramural sports activities do so at their own risk.** Sports Programs staff have the final say in what jewelry is permitted during play.

SPORT CLUB PARTICIPANTS

- For sports with more than 4 players, only 3 sport club participants may be on the same team in the same sport. For sports with 4 players or less, only 2 sport club participants may be on the same team in the same sport. A sport club participant is defined as a student who has appeared on a home or away match roster within the past 365 days from the day of the intramural game. A team is allowed to have only 2 or 3 total club members, regardless of gender, depending on the size of the sport. This rule only applies for sport club members whose sport is the same or in close relation to the intramural sport being offered (I.e. volleyball club(s) for volleyball intramural or soccer club(s) for 3v3/8v8 soccer)

SPORTSMANSHIP

- Sportsmanship ratings will be given based on the behavior of players, coaches, and spectators. They will also be judged on actions before, during, and after contests. Sportsmanship is rated at the conclusion of every game on a 1-6 scale (details of each can be found in the IM Handbook).
- A team must have an average sportsmanship rating of a 4 or higher to qualify for the playoffs.
- Players are held to a standard of good sportsmanship. If a player does not adhere to that standard, they can be removed from a contest by any Sports Programs employee.

RULES

Game, Court, and Equipment

- A game, or match, will consist of 2 out of 3 sets. With sets played to twenty-five (25), and you must win by at least two (2) points, with a cap of thirty (27). The third set, if necessary, will be played to fifteen (15), with a cap of twenty (17).
- One (1) 1-minute timeout is allowed to each team during each set.
- Teams shall change sides of the court at the end of the first and second set, and after one team has scored eight (8) points in the third set.
- Each game is scored according to rally scoring, which awards a point after each volley

Substitutions and Tiebreakers

- Substitutions will be allowed on all dead balls with a cap of 25 changes per match.
- Once a player subs out, they must wait one point to sub back in
- Once substitution limit has been reached, teams may no longer substitute unless an injury occurs.

Definitions of Terms

- The current NFHS Volleyball Rule Book shall be the source for any situation not covered by this document.

Ball in Play, Dead Ball, Out of Bounds

- Contact with the ball must be brief and instantaneous. When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. **Scooping, lifting, pushing, or carrying the ball shall be considered a form of holding.**
- The ball may be legally played with any part of the body. If hit below the waist, body **must be stationary**, with feet planted to be considered a legal hit.
- If there is simultaneous contact of the ball with two or more parts of the body, it is considered as one hit.
- A player shall not play the ball twice in succession, **except in the case of** a block or if two (2) or more players of the same team contact the ball simultaneously.
- A ball may be contacted only three (3) times before being sent over the net, blocking does not count as one of these contacts.
- A back-line player may not contact the ball in front of the attack line, while also having any part of their body above the plane of the net.

- The boundary lines are considered part of the playing court. Balls striking these lines are considered inbounds.
- A ball is considered out of bounds when it touches any surface or object outside of the marked boundary of the court. This applies to the net and supports outside of the boundary.
- A ball that hits the net, within the boundary, is a live ball and may be played.
- A ball that strikes the ceiling one or more times is still considered in play as long as it does not land on the opponent's side of the court, then it would be considered out of bounds.
- A player may go outside of the court and legally play a ball.
- A player shall not touch the net or any supports while the ball is in play. If the ball strikes the net, pushing it into contact with a player there is no penalty.
- Player(s) in the act of blocking may reach across the net but may not contact the ball until the opponent has hit the ball to return it, or the ball has partially crossed the net. (Players may not reach across to block a serve or set).
- Only front-line players may block.
- Stepping over the center line is considered a fault. A player's foot may be on the line, but if the foot is to be found completely in the opponents playing area, play is stopped, and the point and possession is awarded to the other team.
- When there is a double violation with both teams at fault, no point is awarded, and the serve is replayed.

Serving

- The team not serving first in the first set shall serve first in the second set of the game, flipping a coin to determine before the first set, as well as the third if necessary.
- The server is the right-back position.
- Each serve must be made after the official has whistled the ball into play.
- Each time a team has a new service, all players will rotate one position in a clockwise direction.
- The serving order must be maintained throughout the set, serving out of turn will result in nullified points from the first illegal serve as well as a "side out."
- Servers may serve anywhere behind the back line between the sidelines. Contact may not be made with the playable court until after the ball has been contacted, this would result in a foot fault.
- A serve is legal if it touches the net as long as it goes over.
- A reserve serve (drop service) is allowed once per rotation to service position.

Co-Rec Rules

- Teams must have at least four (4) players to start the game. With no more than one (1) more or less female than males, or vice versa, on the court at all times.
- Males and females must alternate in the serving order.

- If a co-rec team is playing with an odd number of players and has the same gender serving back-to-back, that team will keep the serve, but the opposing team will receive a point in place of the missing server.