

TWU Fitness and Recreation  
Intramural Sports  
Volleyball Rules

\*\*www.twufitnessandrec.com\*\*

**ACCIDENT INSURANCE**

The State of Texas and Texas Woman's University cannot accept liability for injuries. Participants are encouraged to provide their own accident or personal insurance.

**BEHAVIOR AND SPORTSMANSHIP**

It is every player's responsibility to:

- ✓ Know the rules and abide by them
- ✓ Respect and cooperate with the officials

It is the responsibility of the team captain:

- ✓ To insure proper behavior on the part of his/her team's fans
- ✓ To be responsible for his/her team for all the above

Friendly competition and good spirited rivalry are expected, however:

- ✓ Officials and sport supervisors are university employees and will not tolerate verbal abuse or physical threats from or amongst players, captains or spectators.
- ✓ Inappropriate conduct can result in penalties ranging from game ejection to lifetime suspension to calling DPS.

Sportsmanship Ratings will be assigned by the captains, officials, and sport supervisor following each contest:

- ✓ A team must have a "B" average to be eligible for the play-offs, regardless of their win/loss record. During playoffs, a team receiving a sportsmanship rating lower than a "B," will not be allowed to advance regardless of victory.

**GENERAL**

You must show a valid TWU, Fitness and Recreation, or Texas ID to participate:

- ✓ ID cards will be collected by officials prior to contest
- ✓ No ID, no play, no exceptions
- ✓ Any problems with a lost or misplaced ID must be taken care of prior to game time in the Recreational Supervisor's Office (Jones 103) between 10a.m. - 5p.m.

**Team captains, and only team captains, may address the officials:**

- ✓ May only address matters of rule interpretation or essential game information and must do so in a courteous manner.
- ✓ Any verbalization directed toward an official other that outlined above, will result in a warning and then a dismissal from the game.

**BLOOD RULE**

A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is

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sufficiently covered (preferably by a trained individual) or all pieces of the uniform that have blood on them are removed and replaced.

### **FORFEITS**

#### **Game time is forfeit time:**

- ✓ One forfeit constitutes automatic league elimination
- ✓ Each team is allowed only one default. Notification of a default to the Recreation Supervisor before noon will result in a loss but will not result in removal from league.

### **PLAYERS**

Roster size is limited to 12 players:

- ✓ Players can be TWU students, Fitness and Recreation members, faculty/staff, and community.
- ✓ Teams must have a minimum of 6 players to register a team.
- ✓ Rosters are final at 5p.m. the **SECOND** Friday after your first game.

### **RULES**

Intramural Volleyball is structured to follow the NIRSA Intramural Volleyball Rules with modifications made to suit constraints of the program.

### **EQUIPMENT**

Jerseys:

- ✓ All players must have same, or relatively close, shirt colors.

Volleyballs:

- ✓ Fitness and Recreation will provide game balls – NO SUBSTITUTIONS.

### **GAME SET UP AND TIME**

1. All matches will be 40 minutes.
2. Within the time period, the best three out of five games will be played. Rally scoring will be implemented during all games.
3. Games shall be won when one team scores 15 points, and should it be tied 15 -15, the first to 16 wins the game.
4. The serving order must alternate clockwise, with every member of team rotating out at least once during a court rotation.
5. Teams shall change sides of the net at the end of each game.
6. Players may rearrange their positions at the beginning of a new game.
7. Each team may take one, 60 second time out during each game.
8. **Game time is forfeit time:**
  - ✓ According to the clock in the gym
  - ✓ Teams must have two players with appropriate identification, appropriate attire, signed in on the score sheet, and ready to play prior to game time.

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**COURT PLAY**

1. The serve is playable if it hits the net and falls inbounds on the opposing team's side of the court.
2. If a player touches the ball or a ball touches any part of a player, he/she is considered as having played the ball.
3. A point is scored by either team ending the play.
4. Players may use any part of the body above the waist, including the waist, in playing the ball.
5. It is permissible to run out of bounds to play a ball, however, the ball must be returned within the net markers.
6. Players are not permitted to scoop, hold, or throw the ball.
7. The ball must not visibly come to rest on the player's hands, fingers, or any other part of the body.
8. A player may not make successive contacts of the ball, unless the first contact is an attempted block.
9. A ball may be recovered from the net, provided the player avoids contact with the net.
10. A player **cannot** block the serve.
11. The ball must always be returned by the 3<sup>rd</sup> contact, unless a block is the initial contact in which case the ball must be returned by the 4<sup>th</sup> contact.
12. Regarding net play:
  - A player may step under the net as long as they do not interfere with an opponent's attempts to play a ball.
  - A player may reach over the net to complete a spike which was begun on their side of the net.
  - A player may **never** touch the net.
13. A back row player is allowed freedom in moving about the court, but they may not jump in front of the 10 foot line.
14. Players must not move until contact has been made with the ball on the serve.
15. If the ball hits any part of the standards or anywhere outside of the court lines, it is declared dead.
16. The ball may be played off the ceiling, as long as it stays on the same side of the net. If the ball hits the ceiling while crossing the net, it is declared a dead ball. A ball may not be played off the wall.

**INFRACTIONS**

1. The official has the power to warn, declare side out or point, or disqualify any player from the game who is behaving in an unsportsmanlike manner.
2. Profanity, verbal, and/or physical threats directed at any other players or officials will not be tolerated and are grounds for removal from competition.

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- 3. Any player who is removed from competition because of behavior could be suspended from ALL further intramural activities for the semester pending a meeting with the Recreation Supervisor.**