



MIDDLE TENNESSEE STATE UNIVERSITY Campus Recreation Intramural Sports

INDOOR VOLLEYBALL RULES HANDOUT

ELIGIBILITY RULES:

1. You must have an MTSU ID to participate. NO ID, NO PLAY...NO EXCEPTIONS!!
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Associate Director of Intramurals, Sport Clubs, and Wellness.

THE GAME:

1. **The Court:** The court is 29ft 6in in width and 59ft in length.
The net will be placed at men's height (7'11").
2. **Team:** Teams will consist 4 players, but a team may begin with as few as 2.
3. **Game / Scoring:** A "match" is finished when a team has won 2 out of 3 games (**Exception – Unsportsmanlike Conduct**). Games will be won when a team scores 15 points and has at least a 2 point advantage. If the 3rd / deciding game is necessary, rally scoring will go into effect. These rally scoring games will have a 17 point cap.
4. **Time-Outs:** There will be no time-outs in Indoor Volleyball
5. **Substitutions:** Substitutions shall only occur at the serving position and before a serve can take place. Teams must rotate the servers, but players allowed to play any position desired.
6. **Equipment:** Hats, bandanas, shorts with pockets, or jewelry **MAY NOT** be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter



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RULES & THE PLAYING AREAS:

- **A REFEREE WILL NOT BE PROVIDED BY THE INTRAMURAL SPORTS OFFICE. ANY DISCREPANCIES BETWEEN 2 TEAMS WILL BE DECIDED BY THE INTRAMURAL SUPERVISOR ON DUTY.**
- **Server:** The server may serve anywhere along the baseline of the court.
- **Serve Receive:** The serve must be accepted with either a forearm pass or a set.
- **Service Faults:** The ball shall be declared dead, and the service changed to the other team when:
 - The ball touches the net.
 - The ball passes under the net.
 - The ball does not pass over the net above the playing area.
 - The ball touches a player of the serving team or any object before entering the opponent's playing area.
- **Blocking Serve:** It is illegal to block a serve or spike a serve.
- **Front Line Blocking:** Any or all players in the front line are permitted to block. All 4 players on the court are considered front line. There is no back row player.
- **Back Line Spiking:** A back line player returning the ball to the opponent's side while forward of the attack line (10 ft. line) must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area. The restriction does not apply if the back line player jumps from clearly behind the attack line and after contacting the ball, lands in front of the line.
- **Back Row Attack:** On any illegal backcourt attack (which ever hit) the ball shall become dead and a fault called on the back row attacker the instant the ball completely crosses the vertical plane of the net or is contacted by a blocker.



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RULES & THE PLAYING AREAS:

- **Reaching Over Net:** In returning the ball, a player may follow through over the net, providing he first contacts the ball on his own side of the net. Player(s) in the act of blocking may reach across the net, but may not contact the ball until an opponent has hit the ball to return it or if the ball has broken the plain of the net.
- **Crossing Center Line:** Contacting the opponent's playing area with any part of the body except the feet is a fault. Touching the opponent's area with a foot or feet is not a fault providing that some parts of the encroaching foot or feet remain on or above the center line.
- **Recovering Ball from Net:** A ball may be played from the net.
- **Ball Contacts Ceiling:** A ball contacting the ceiling or overhead objects above playable areas shall remain in play. The ball must have contacted the hitter's side in order for the ball to remain in play.
- **Dead Balls & Out of Bounds:** A ball will be considered out of bounds when:
 - It hits the antennas
 - Passes outside the antennas
 - Hits the goal support beams
 - Hits the ac units and the gym divider
 - Hits the walls or bleachers

CO-REC RULES:

- The match is played between two teams of 4 players each. Teams must begin and end each match with a minimum of 2 players. **(Co-Rec matches involving 2 players must have 1 male and 1 female.)**

Serving: Serving order and position on the floor will be an alternation of male and female or vice versa. When the ball is played a female must hit it before returning to the other side of the net. Unless ball is played back over the net on the first touch

- **Front Line Blocking:** Any or all players in the front line are permitted to block; however, **MALES BLOCKING A FEMALE CANNOT JUMP.**
- **Males are prohibited from spiking the ball from the frontline (Co-Rec Only).**



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CONDUCT

- **Unsportsmanlike conduct:** When an opponent is about to play or in the act of playing a ball, players should not attempt to distract them.

- **Derogatory remarks or acts:** The referee has the power to warn, declare a side-out or point. Players, substitutes, or spectators may be disqualified from a game or match for violating any of the violations as outlined in the Intramural Handbook.

- **Yellow Cards:** A yellow card will be considered the first warning and will be given to any player (on or off the court), fan, coach, or spectator for any unsportsmanlike conduct throughout the game.

- **Red Cards:** A red card will be the second and final warning for any player, coach, fan, or spectator for any unsportsmanlike conduct throughout the game. They will be immediately ejected out of the game and escorted out of the facility.

Indoor Volleyball..... 7/21/09