Statement of Risk: Please be aware that participation in intramural sports involves a risk of injury. Individuals are encouraged to have a physical examination and obtain adequate medical insurance prior to participation. Individuals participate in intramural activities at their own risk. Since participation is completely voluntary, injuries and their resulting costs are the responsibility of the participant. Iowa State University assumes no responsibility for injuries received during Intramural sports activities.

The National Federation High School rules are in effect with the following exceptions and inclusions:

RULE I. START OF MATCH/TERMINATION

1. The official shall toss a coin or do “odd/even” and one captain shall make a choice. The winner shall choose either to serve or receive. A new coin flip will take place before the 3rd game with the other captain making the choice. The winner shall choose to serve/receive or the playing side.

2. All scoring will be rally scoring. Each match will be the best 2 of 3 games. Games 1 and 2 will be played to 25 points with no cap (must win by 2). The third game will be to 15 points with no cap (must win by 2).

3. A let serve is legal and in play. A let serve is a ball that when served hits the net without touching the net antenna and continues across the net into the opponents court and is in play.

RULE II. PLAYERS AND EQUIPMENT

1. PLAYERS - Six (6) players constitute a team. At least four players must be present before that team can start a game. Any number of substitutes is allowed. List all players that are present for the game on the official score card. An ISU Club Player is one who practices with the club or plays in a club tournament game. No limit of ISU Club members in class A/B. Teams in class B/C may have one club player. NO current or former ISU Club Players in Class C/D. Fall 2015 ISU intercollegiate players are not eligible to play Intramural Volleyball in the current academic year (Fall 2015 – Spring 2016). Former varsity college players must play in Class A/B. Teams that violate the club member rule will be dropped if it is discovered during the tournament. For special circumstances--approval may be granted by the sport coordinator.

Online rosters are not official. New players may be added to a team by simply bringing them to a game and putting their name on the scorecard when they play. No new players may be added for the semi-final and final game of the tournament without permission from the sport coordinator.

2. You may play on only 1 team! Playing on more than one team may result in your team being dropped.

3. SCORECARD: Put first and last names of the players on the card, along with Net ID (-----@iastate.edu). PLEASE PRINT LEGIBLY.

4. GAME EQUIPMENT - The IM Office will supply two game balls for each match….one per team. The team captain will be billed for a missing volleyball.
5. **PLAYER EQUIPMENT**

   A. **Shoes/Shirts** - Gym shoes and shirts must be worn.
   B. **Tape/Casts** - Tape and elastic bandages to protect injuries are okay. Casts on fingers, hands or forearms are prohibited.
   C. **Jewelry** - **No jewelry** may be worn while playing.
   D. **Hats** – no hats allowed while on the court playing. You may wear bandanas or sweat bands.

**RULE III. TIME FACTORS AND SUBSTITUTIONS**

1. **TIME LIMITS:** No time limit, but matches are scheduled every 45 minutes.

2. A team loses one point for each minute they are late. The match will be declared a forfeit if they are not ready to start by 10 minutes past the scheduled time.

3. A team must have at least 4 players to start a game. You may play with as few as four or as many as six. Teams playing without a full squad will **NOT** have automatic side outs for missing players. If you are playing with 5 or 6 players you must always have three front row players. If playing with 4 players, you must have 2 front row and 2 back row players.

4. **TIME-OUTS** - No time outs are allowed. In cases of injury, the supervisor shall determine if you get additional playing time.

5. **Substitutions**
   
   A. Substitutions are allowed at any time that the ball is dead.
   B. Official substitution requires requesting substitution from the referee or umpire.
   C. If a team has 6 players or fewer … they must all stay in the game and rotate around in order.
   D. If a team has more than 6 players there are two options for a game. (A team is not required to follow one option for the entire match) Whichever option they choose…it must follow it for that game. In the 2nd or 3rd game of their match … they may choose the other option.
      1. **Option 1** – everyone must rotate in/out in the same place…in the same order. Example…Tom is the right front – when it comes time to rotate…Tom goes out and a new player comes in to serve. All players must rotate in this manner…a team cannot leave their best player in all the time…if everyone else is rotating in and out. (Co-ed example: If you have 5 guys and 3 gals …. the gals can stay in the entire time and the guys rotate in/out for each other).
      2. **Option 2** – extra players may substitute an unlimited number of times…as long as they go in for the same one player. In game one -- Sally may substitute for Jane and only Jane. If Jane wants to re-enter the game, it is for Sally. In game two … Sally may substitute again for one person … it can be Jane again or a different person.
   E. The Libero substitution method will not be used.

**RULE IV. THE SERVE**

1. A legal service is contact with the ball to initiate play in which the ball is hit by 1 hand, fist, or arm of the server while the ball is held, or after it has been tossed up in the air by the server. The ball must be contacted within 5 seconds after the referee's signal to serve. A bad toss that is caught or drops to the floor will be a re-serve.

2. **Service may be made anywhere along the back end line.** The first server of the game is the player in the Right Back position. **THEREAFTER,** when a team is awarded a side-out, the player in the Right Front position rotates to the serving area. (Rotate on EVERY side out.)

3. If a team is playing short, the team rotates with the number of players that they have. (There is no need to rotate a "hole" position) Players that come late may be added to the scorecard and may then enter the court after a dead ball.
4. Each member of a team shall serve in turn. Serving out of order causes a side-out and loss of points served by that person, if discovered before the opposing team serves.

5. It is illegal for members of the serving team to place their arms for the purpose of forming a screen to mask the server's action, or to jump, or form groups of two or more players for such purpose.

6. All players must be within the playing area at the time of the serve. Players shall be in correct serving order with no overlapping of adjacent player’s front-to-back or side-to-side when the ball is contacted for the serve. Overlapping is judged by the position of any part of the body touching the floor. After the ball is contacted for the serve, players may move anywhere on the court.

RULE V. DURING PLAY

1. Back Line Players - A back line player shall not:
   A. Participate in a block.
   B. Hit or spike the ball higher than the net, in front of the 10' line.

2. Center Line – No player may step completely across the center line. A player may cross the center line with his/her foot or hand as long as a part of the foot/hand is on or above the center line and the player does not interfere with the play of an opponent. A player may legally break the center line extension outside the net.

3. Legal Hit - A legal hit is contact with the ball by a player's body which does not allow the ball to visibly come to rest even momentarily. (It may not be lifted, pushed, or thrown.)

4. Player Contact
   A. If a player goes up to block and the ball falls on his/her side of the net, the player may play the ball again. It counts as the 1st contact for his/her side.
   B. When simultaneous contact of the ball is made by opponents, the player on whose side the ball falls may play the ball again and it counts as the 1st contact for his/her side.
   C. Simultaneous contacts of the ball by teammates shall be permitted and considered as one play and either player involved may participate in the next play.

5. Net Play
   A. Reaching over the net is permitted during:
      1. The follow through of a hit made on the player's own side.
      2. An attempt to hit or fake a hit.
      3. A block or an attempt to block
   B. Blocking a Ball
      1. Blocking a ball which is entirely on the opponent's side of the net, is permitted when the opposing team had an opportunity to complete its attack. The attack is considered complete when:
         a. The attacking team has the opportunity to spike or directs the ball into the opponents' court.
         b. The attacking team has completed its 3 hits
         c. The ball is falling near the net and, in the official's judgment, no member of the attacking team could reasonably make a play on the ball.
      2. It is ILLEGAL to block or attack a serve.
      3. A ball is considered to have crossed the net when
         a. Any part has passed over the net.
         b. It is contacted by a blocker.

6. MULTIPLE CONTACTS: Multiple contacts by a player in an attempt to play a ball are permitted; on ANY first team hit. This includes serves and blocked balls.
7. **Net Foul** - Contacting the net or any part of it, including the net supports, while ball is in play is prohibited, except by a player's hair, or unless the force of the ball by an opponent pushes the net or its support into a player.

VI. **CONDUCT AND SPORTSMANSHIP**

1. The referee shall have the power to warn, declare side-out or point, or disqualify from the game or match, any player, substitute or coach who commits any of the following violations:
   
   A. Persistently addresses the official with regard to decision.
   
   B. Makes derogatory remarks about or to the officials
   
   C. Commits acts derogatory to the official or tending to influence his/her decisions
   
   D. Makes personal and derogatory remarks about or to opponents

2. **Sportsmanship**: teams are rated on their sportsmanship for each game. The official/supervisor will award an A, B or C. A=Good, B=Okay, C=Poor. If a team receives 2 “C” ratings, they eliminate themselves from competition. There are no automatic “C” ratings for behavior --- it is up to the discretion of the IM official/supervisor. Your team is responsible for the behavior of your players and fans.

3. A player, substitute, or coach shall not delay the game unnecessarily. When the referee indicates readiness to play by blowing the whistle, play shall continue immediately.

VII. **CEILING**

1. If a ball hits the ceiling or any overhead obstruction and comes back down on the offending team's side they may play the ball. The ball may not hit on the opponent's side and legally be played. If the ball gets stuck on the ceiling on the offending team's side the official will have a replay.

2. **Adjacent Courts & Playing the Ball**: Play always stops when your ball crosses the plane of another court's boundary line. Rule 2-4-2 NFHS book: "No player or ball may enter or break the plane of an adjacent court before, during, or after playing the ball."

VII. **PROTESTS**

1. Decisions by officials concerning judgment are final and not subject to protest.

2. If a playing captain or coach disagrees with a rule interpretation he/she must call this to the attention of the official immediately. This must be done in a sportsmanlike manner.

IX. **ELIGIBILITY** - Check IM Handbook or email Linda at lkmarti@iastate.edu for specifics.

X. **INJURY**

1. Should an injury occur the ball shall remain in play until the referee sounds his/her whistle. The referee may choose to stop play immediately and direct a play over.

**Photographs**: Photographs and videos of activities may be taken and used to promote our activities. Please contact the Intramural Sports Program if you are opposed to having your picture/image/voice used for Intramural Program marketing and advertising purposes.
VOLLEYBALL RULES, QUESTIONS AND ANSWERS

1. **Basketball Hoops**: Whenever the ball hits the basket backboard or wall supports attached to the side wall, then a whistle should automatically be blown. Then decide if it was a playable ball--replay--or if it was going to be unplayable and out--point or side out. **Players do not make this call, the officials do!**

2. **Balls on Court**: Play never stops until the whistle is blown! It is the officials’ judgment if the ball was a hazard to players--then stop play. If a point or side out is eminent and there is no safety concern, ignore the ball on the court. **Players do not make this call, the officials do!**

3. **Adjacent Courts & Playing the Ball**: --- If there is a match in progress on the other courts, you should **always** stop play when your ball crosses their court boundary. You can blow the whistle early to help prevent a collision if it is obvious the ball will enter the adjacent court. You should inform teams of this rule.

4. **Double Hits**: You can double hit a spike! **Legal**
   You can double hit a serve! **Legal** - High School rules

---

SPECIAL CLASS D LEAGUE RULES

APPLIES ONLY TO TOURNAMENT PLAY

All hits are legal---exceptions:

a. Intentionally catching and throwing of the ball.

b. Spikes must be distinctly batted; they may not be thrown or carried.

---

SPECIAL CO-ED RULES

1. This is a 6-player game with an equal number of each sex 3 & 3 playing at the same time. A minimum of 4 players is required to play. If you play with fewer than 6 players you need an equal number of each sex or an equal number plus one. Examples of legal combinations are 5 players = 3 & 2; 4 players = 2 & 2. Illegal combinations are 3 & 1, 4 & 1, 5 & 1.

1. Whenever a ball is contacted more than once on a side, both sexes must contact the ball before it can be legally returned. A block is not considered a contact. It is legal to block (male) then a male return the first hit over the net.

2. Male and female players shall alternate positions on the court.

3. Playing with fewer than 6 players is not a side out.

4. If playing with 5 or 6 players, you must always have 3 front row players. If playing with 4 players, you must have 2 front row and 2 back row players.