



CAMPUS RECREATION

Illinois State University

Intramural 6v6 Volleyball RULES OF PLAY

Please consult the [Intramural Sports Participant Handbook](#) for the complete list of Intramural Sports rules.

National Federation of State High School Associations rules are in effect except for the following modifications:

General Information

- Prior to Game Time:
 - Players must check in at the court they are scheduled to play. Valid Redbird ID must be presented at check-in.
- Illinois State University is a Smoke and Tobacco Free Campus in accordance with the Smoke-Free Campus Act (110 ILCS 64 et seq.), the Smoke-Free Illinois Act (410 ILCS 82 et seq.), and the School Code Tobacco Prohibition (105 ILCS 510-20.5b). Smoking and tobacco use is prohibited on campus, including buildings, grounds, and parking lots. This also includes products containing or delivering nicotine intended or expected for human consumption. Smokeless tobacco and electronic cigarettes are prohibited. Alcoholic beverages and illegal drugs may not be consumed prior to or while participating in intramurals. Individuals may not participate while under the influence of drugs or alcohol. Participants who appear to be under the influence will also be asked to leave and may face disciplinary action.
- Location for all intramural sport activities can be found on IM Leagues.
- Please give yourself plenty of time to get to your games ahead of schedule. Remember that all team members must be signed in and ready to play at game time to avoid a forfeit.

Players

- A legal team shall consist of six (6) players. A team may start a game with the minimum of four (4) players.
- A speaking captain must be designated for each team. They alone may appeal to the official, and only on interpretations of the rules. Judgment calls may not be protested. If a protest occurs, the game is to be stopped immediately and proper documentation must be filled out before play resumes.
- Please reference the [Intramural Sports Participant Handbook](#) for any eligibility or sportsmanship clarification.

Equipment

- Select jewelry is permitted during play. Small, secured studs or posts worn above the chin are allowed. No jewelry is permitted below the chin, including string bracelets, commemorative bracelets, and body jewelry.
- Each team is encouraged to bring a volleyball to use for warmups. Intramural Sports will provide game balls.
- All players must wear athletic shoes with non-marking soles.
- Head decorations, headwear, and bandanas are illegal. Only elastic headbands and hair control devices are permitted.
- No casts, splints, and metal braces will be allowed unless they have been sufficiently padded.
- **NOTE:** You must schedule an appointment with a Competitive Sports Administrator prior to playing if you have special equipment needs (i.e., religious or medical). All equipment decisions made on site by the Competitive Sports staff on duty are final.

Game Regulations

- Major Sports will be divided into competitive and recreational leagues.
 - Competitive Leagues – Designed for players that want a more competitive environment and want to compete for a championship.
 - Format: Four scheduled regular season games. The top two teams of each pool will advance to a single elimination playoff, dependent on number of teams registered.
 - Recreational Leagues – Designed for players that want to participate in sport with a more relaxed, recreational environment.
 - Format: Four scheduled regular season games. The top two teams of each pool will advance to a single elimination playoff, dependent on number of teams registered.
- Each match will be a best two of three games. The first two games shall be played to 25 points and the third to 15 points using rally scoring. Teams must win by two (2) points with a cap of 30 for the first two games and 20 for the third.
 - In result of a third game, teams will switch sides when one team reaches 8 points first.
- A coin toss before the first game will determine which team will serve to begin the match. The winner of the coin toss has the option to serve, receive, or choose a side. Service and side will alternate for the second game, with the team receiving in the first game serving to begin the second.
 - An additional coin toss will determine service for the third game.
- If a player touches the ball or the ball touches a player, it is considered as a hit. If players touch the ball simultaneously, it is considered as one hit and either player may play the ball again.
- A ball touching any part of the boundary line is in-bounds. It is permissible to run out of bounds to play a ball if no hazards are encountered.
- Players may step on the centerline when making a play, but no part of their body may cross the centerline.
- Players are not permitted to hold or scoop the ball. The ball cannot visibly come to rest on the player's hands, fingers, or any other part of the body.
 - A ball, except on a service, may be recovered from the net provided a player avoids contact with the net and does not hold or scoop the ball.
- A player may not make successive hits of the ball, except after playing an attack and touching the ball on a block attempt.
- Balls that hit the ceiling or any other obstruction may be played provided that the ball comes down on the side of the team that hit the ball into the obstruction, and that team has another legal hit available.
- Serving:
 - A serve must be clearly hit, not pushed or thrown.
 - Serves may be underhand or overhand.
 - The ball must be served from behind the service line.
 - A service that hits any part of the net is legal and playable.
 - A serve cannot be blocked or attacked (spiked) by the receiving team.
- Spiking, Attacking, and Blocking:
 - Any front-line player may spike, attack, or block.
 - Teams having less than six (6) players are still considered to have three (3) front-line players. For teams with five (5) players, the last server and the player to their left are back-line players. For teams with four (4) players, the player that served last is the back-line player.
 - Back-line players may not spike, attack, or block in front of the 10-foot line.

Grace Period

- If at game time a team is not ready for play, a 10-minute grace period will be enacted.
 - Step 1 - 0 – 9:59 minutes, a team which is not ready to play will be penalized and start down one (1) set and cannot receive more than a 3-sportsmanship rating.
 - Step 2 – Competitive Sports Supervisor will call forfeit at 10 minutes if a team is not ready for play (dressed, on the court, signed in) and a forfeited team will receive a 0-sportsmanship rating.

Minutes Late	Penalty	Sportsmanship
0-9:59 minutes	Down 10-0 in first game	Max 3
10 minutes	Forfeit	Max 0

Mercy Rule

- There is no mercy rule

Substitutions

- Substitutions are unlimited, but players may only enter the court at the server position.
- When a player comes late to a game that has already started, that player may only enter the game when their team holds the serve.

Playoffs

- In order to make the playoffs, teams must meet the following criteria:
 - Finish in the top 2 of their league.
 - The team must maintain at least a 3.5 team sportsmanship rating throughout the season.
 - No team that forfeits any regular season game will be allowed to participate in the playoffs.
- Teams can add players to their roster at any point, including playoffs.