

FSU  Campus Recreation
INTRAMURAL SPORTS

2008 Volleyball Rules Summary

The Complete FSU IM Volleyball Rulebook is Available Online at fsu.campusrec.com/im

No Tobacco and **No Alcohol** are permitted in Tully Gym. Violators will be ejected.

No Gum, No Food, and **No Flavored Drinks** are allowed on the Gym Floor.
Only **Bottled Water** is permitted.

Players MUST be valid, fee-paying FSU students, faculty or full-time staff. FAMU and TCC students are NOT eligible for FSU IM sports and events. All players MUST show their current FSUCard prior to each match. No other form of ID will be accepted.

Match time is forfeit time. Teams must have 4 players in order to begin a match. Having 3 players is a default. Having 2 or less is a forfeit.

Line-ups include up to 6 players in all leagues, 4 are required to start a game. In co-rec, there must be an equal number of men and women on the court at all times. Thus the only legal combinations for a co-rec match are 3 men and 3 women OR 2 men and 2 women.

Team rosters may include an unlimited number of players. Players may be added to a team's roster at any match. Players may play on 1 single-gender team and 1 co-rec team. Players may not change teams once they have signed-in for a team (their first team is their team of record for the entire season).

All players must wear shoes. Tennis shoes and soft-soled shoes are legal. Sandals, flip-flops, boots, cleats, and any footwear that marks the floor are not permitted.

Jewelry is NOT allowed to be worn by any participant of IM volleyball. This jewelry consists of any visible rings (including wedding rings), watches, necklaces, earrings, studs, bracelets and any other such similar jewelry.

All matches will be best 2 of 3 games. All games will use the rally scoring system with a point awarded on each service regardless of which team served. When a side-out occurs, a point is scored and the serve changes sides.

The first and second games will be played to 30 points (winning by 2). There is a cap of 32 points on games 1 and 2. If the game is tied at 31-31, the next point scored will determine the winner. The third game, when needed, will be played to 15 points (winning by 2) with no point cap.

Two 30-second timeouts are allowed per team per game. Timeouts may be used consecutively, if needed.

Substitutes may enter the game only for the server and must sub in prior to the serve. Thus, only 1 sub is permitted at any time. Once a substitute has entered the game, he/she must play through an entire rotation and back to the service position before being removed from the game. There is no limit to the number of individual entries or team substitutions in any one game. Substitution is not "person for person".

The server may serve the ball from anywhere behind the back line and between the sidelines. Serves that touch the net are LEGAL and remain in play.

A player may not attempt to strike the ball with any portion of the leg below the knee. However, a ball that inadvertently contacts a player below the knee shall remain in play (and be considered 1 of the team's 3 contacts).

CO-REC MODIFICATIONS

In court positioning, men and women must alternate positions; therefore, they must also alternate serving.

Each team may have 3 hits on its side of the net. If the ball is returned on 1 hit, either a male or female may hit the ball. If 2 or 3 hits are required, a member of each gender must hit the ball before it is returned over the net.

At all times (whether starting the play as a front or back row player), male players may jump and attack the ball only from behind the 3-meter line. Any front row player may attempt to block an opponent's attack.