

Participation in any and all activities within this facility and/or sponsored by The University of Akron is voluntary. All participants understand and agree that use of this facility and/or participation in an activity sponsored by the university is at their own risk and that the university is not responsible for any incidents, injuries or loss of property that may occur.

All team representatives, including players, substitutes, replaced players, coaches, trainers, spectators and/or other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of Officials assigned to the game as well as the Site Supervisor.

Any policy not covered in this sport's specific rules can be found in the participant handbook

Current National Federation of State High Schools Association rules shall apply, with the following clarifications and modifications in effect:

GENERAL INFORMATION:

- All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Participants Handbook. All participants must present a valid, physical copy, University of Akron ZipCard. **NO ID, NO PLAY!**
- Intentional destruction of Intramural Equipment will result in an ejection
- All games will be played in the 3-court gymnasium of the Student Recreation & Wellness Center.
- Following four (3) weeks of regular season play, teams will advance to a single elimination playoff bracket, provided their sportsmanship rating maintains a minimum average of 9.
- Open leagues will consist of six (6) players; single-gender leagues will consist of four (4) players; a minimum of three (3) in all leagues is required to avoid a forfeit.
 - Teams comprised of only three (3), four (4), or five (5) players must designate **before** each game the ratio of front row/back row players to be used in that game.
- A player may only play on one (1) team in any given league (i.e.: one single-gender team, and one open team).
- Each team shall designate to the Officials a player as the court captain. This person is the only player who may communicate with the Officials.
- Net heights for each league will be set as follows according to the volleyball posts:
 - Women's – 24-25
 - Open – 30
 - Men's – 43

EQUIPMENT:

- Intramural Sports will provide a game ball, to be used during game play **ONLY**. **Teams are responsible for providing their own volleyballs for warm-up**, which may be signed-out from the SRWC Equipment Desk.
- Non-marking athletic shoes must be worn. No sandals, boots or non-athletic shoes will be allowed.
- Players may wear a headband made of soft pliable material. No other headwear will be allowed.
- **All jewelry must be removed, and can NOT be taped over.**
 - Only Medical Alert bracelets and/or necklaces will be permitted, and must be taped to the body, leaving vital information visible.

GAME FORMAT:

- All matches will be played to best two (2) out of three (3) games.

- All games will use rally scoring, meaning a point is won on each serve, regardless of who served the ball.
- The first two games will be played until a team reaches 25 points. If a third game is needed, it will be played to 15 points, and teams will NOT switch sides at 8 points.
 - There is no win by two rule in any of the three games.
- A coin toss (called by the Visiting Captain) at the beginning of the match will determine the choice of court or service. The winning Captain will have the following options:
 - Service in either the first or second game, OR
 - Side of court in either the first or second game
 - Teams will change sides of the court between the first and second games.
- Another coin toss (called by the Home Captain) will be conducted if a third game is required.
- Each team will receive one (1) time-out per game. A **captain** may request a time-out from an official only when the ball is dead.

SUBSTITUTIONS:

- Substitutions must follow either of the following two (2) methods; however, teams may NOT use a combination of the two or the Libero position:
 1. The incoming player must take the position and place in the serving order of the player for whom he/she is substituting. If the original player re-enters, he/she must be in his/her original position and place in the serving order.
 2. A standard rotation order may be established to allow for “free substitution” following each rotation. The same rotation order must be maintained throughout each game.
- Players who arrive late must check-in before entering the game.

THE GAME:

- The ball may be contacted a maximum of three (3) times by a team before it is sent over the net. A block is NOT considered to be one of the three team contacts.
- A ball striking the net and going over the net is still in play, including a serve.
- A ball may only be played once it has broken the plane of the net.
- Any ball touching any part of a boundary line is considered to be “in.”
- The ball may be contacted by any body part, including the feet; however, the **ball may not be kicked.**
- A player may contact the center line or its out-of-bounds extension with one or both feet/hands, provided a part of the foot/hand remains on or above the center line. Any body part that wholly crosses the center line whether on the ground or in the air is illegal.
- A player shall not contact any part of the net or its supports while the ball is in play; hair is the only exception.
 - Should the ball be driven into the net, causing the net to contact an opposing player, this is not a foul as the contact was initiated by the ball.
- In returning the ball, a player may follow through over the net, provided he/she first contacts the ball on his/her side of the net, and does not contact the net during their follow through.
- In the act of blocking, players may reach across the net but may not contact the ball until the opponent has completed their offensive attack on the ball.
- A team may play any ball they have played, which strikes an overhead obstruction (i.e. basketball goals, ceiling fixtures) on their side of the court.
 - Balls returned which strike an overhead obstruction above the **opponent’s side** of the court will be considered “out.”
- The ball must be clearly hit. There shall be no obvious lifting, holding, pushing, catching or throwing of the ball.
 - When, in the opinion of the Official, the ball visibly comes to rest at contact, the ball will be dead, and points given accordingly.
- **A player shall not contact the ball more than once, consecutively.**
 - If the first contact is a block that same player may contact the ball a second time.

- If two players of the same team simultaneously contact the ball, either player is allowed to contact the ball a second time.
- A player may be permitted a double contact if it is the team's first contact after an opponent's hard-hit attack, and if done so in one single attempt to play the ball.
- A served ball may not be returned by a block or hit.
- Front row and back row players may contact the ball from any position on the court; however, back row players may not contact the ball on, over, or in front of the attack line if the ball is above the height of the net.
 - If the back row player left the ground from behind the attack line, they may contact the ball regardless of its height.
- The ball must be served within 8 seconds of the Up official's signal to serve. A player will be granted one (1) re-serve within their team's term of service, should one of the following occur:
 - The ball is served prior to the Official's whistle.
 - The server tosses and catches the ball or allows it to hit the floor before contact.
- The server must contact the ball while his/her feet are entirely behind the end line and within the side lines. Contact may be made with the ball above or beyond the end line, provided the server's feet last made contact within the service area.
- If the ball is simultaneously contacted by players of opposing teams, the team whose side the ball falls shall have the right to play the ball three times. **A ball held by opposing teams is a double foul and will result in a replay.**

UNSPORTSMANLIKE CONDUCT:

- An Official may issue a yellow or red card for disciplinary reasons.
- This system will be similar to that of soccer:
 - A player receiving two (2) yellow cards in a match will be ejected.
 - A player receiving one (1) red card is automatically ejected.
- A player receiving a yellow card must substitute out for at least one (1) rally point.
- Yellow cards are valued at one (1) point, and red cards are valued at two (2) points. If a team accumulates four (4) points in cards during a match, it will result in forfeiture.
- A player receiving two yellow cards (equaling a red card) or an automatic red card is ejected from the game. The team must then play one down for the remainder of the game. The ejected player must meet with the Manager of Intramural Sports before he/she is allowed to participate in any intramural contest moving forward.

AWARDS:

- The winning team in each division (Men's, Women's, Co-Rec, Fraternity, and Sorority) will receive Intramural Sports Champion Award.

Updated 2/7/2022