RULES
Iowa High School rules apply with Intramural adaptations as listed.

COURT
1. NET HEIGHT: Men and A league Co-Rec – 7’ 11”, Women and B league Co-Rec - 7'4"
2. OUT AREA: The players have the right to play the ball in the out court. Where competition is being conducted on adjacent courts, no player may penetrate into an adjoining court in an attempt to play a ball while that court is in use.
3. LINES: Any part of the ball hitting a line is good.
4. SERVICE AREA: Anywhere between the sideline and behind the end line.
5. CENTER LINE: A foot or feet may be in contact with the center line, but not completely over it.
6. CEILING BALL: May be played off the ceiling on your own side only.

TEAM MANAGER: Will be responsible for sharing the participant risk, injury and insurance information with team members.

OFFICIALS
The Intramural Department will provide two officials per court. One official will be a platform official and the other a floor official. These officials will have general jurisdiction and supervision of all games played on their courts. They will also be responsible for keeping teams aware of time left in a contest. Questions or protests should be directed to the Intramural Sports Supervisor.

NUMBER OF PLAYERS & FORFEITS
Team consists of 6 individuals. A team may use 4 individuals to avoid forfeit. Roster maximum of 12.

EQUIPMENT
A player is not permitted to use or wear any object, which in the referee’s judgment could be hazardous to other players or themselves. This includes but is not limited to hard casts, jewelry, bracelets, watches, rings, earrings, and hair barrettes. At the referees request these need to be removed or a player is not allowed to participate.

BLOOD RULE
Players who sustain injury causing an open wound will be required to leave the game. A player may not re-enter the contest until the flow of bodily fluids is stopped and the wound covered.

TIME OUTS
Each team is allowed one time out per set (1 minute duration). Unused time outs cannot be carried over to new sets.

PLAYOFF ELIGIBILITY
Players must participate in two regular season matches to be eligible for playoffs.

STARTING CONTESTS
1. PRIOR TO MATCH: All players must individually check in with the official(s) on their designated court. To check in, players must present a valid UNI ID. If a player arrives late, it is his/her responsibility to check in with the officials in order to be marked present.

2. STARTING TIME: All matches are to start at the scheduled starting time. 40 minutes are allowed per match. Match time is forfeit time. A 5 minute grace period can be given by the team present but the match will start at the designated time.
3. **STARTING MATCH**: Flip a coin; winner serves first set, loser serves the second set. Teams change courts after each set. Rally scoring each set. Set 1 and 2 to 25 (win by 2, capped at 30) and set 3 to 15 (win by 2, capped at 20). If a third set is necessary a new flip will determine who will serve. In the event that time has expired and a third set cannot be started, the regular season match will end as a tie (1/2 win, 1/2 loss for each team). No time limit for pre-season tournament or playoff matches.

4. **THIRD SET**: Teams automatically change playing areas after one team has scored 8 points. No change shall be made in the player’s relative position. Rally scoring in set 3. Set is finished when one team reaches 15 points and is ahead by 2 with a cap at 20. There is no time limit during playoffs.

5. **PLAYING**: A team must start play as soon as it has 4 players present after the scheduled time.

6. **FORFEITS**: Any team having 2 forfeits in league play will be eliminated from all further play in volleyball and will forfeit all volleyball participation points.

7. **READINESS TO PLAY**: Officials shall signal by blowing the whistle and giving the readiness to play signal. Serving team score is announced first, whistle for readiness to serve is blown as soon as the official considers all players are in a ready position. A serve made prior to the readiness to play signal will be replayed.

**POSITION OF PLAYERS**

1. **Service** - All players must be in their respective positions on the court when the ball is served.

2. **During Play** -
   A. Front Line Players may contact the ball from any position inside or outside the court except while positioned across the center line or it’s out-of-bounds extension.

   B. Backline Players while positioned behind the spiking line may contact the ball from any position inside or outside the court above or below the top of the net.

   C. A Backline Player shall not:
       1. participate in the block or an attempt to block.
       2. return a ball, any part of which is higher than the top of the net while positioned in front of the spiking line or its out-of-bounds extension. A foul shall not be called on a backline player if an opponent blocks the ball before it crosses the net.
       3. play a ball while positioned across the center line of its out-of-bounds extension.

3. **Completion of Service** - All team members must return to their respective position upon completion of each serve or loss of serve.

4. **Completion of Set** - At the completion of each set, it will not be necessary to maintain the same position or return to the same.

5. **Substitutes** - enter at the service position, must play one rotation minimum, and exit front right, exception made for injured player.

**COMPLETING MATCHES**

1. Best 2 out of 3 sets counts as one win in league standings.

2. First team to score 25 points and ahead by 2 points is the winner in the first 2 sets (scoring capped at 30).

3. If a third set is necessary the team that is ahead 40 minutes after the scheduled starting time is declared the winner. Rally scoring used in set 3 to 15 (win by 2, scoring capped at 20). Teams change courts when first team reaches 8 points. (No time limit in playoff matches and one day tournaments.)
4. Starting a match prior to the scheduled starting time adds that much additional time to the 40 minutes allotted.
5. Manager or captain from each team must be sure to sign and verify the score sheet at the end of the match.

SERVICE (The act of putting the ball into play by the player in the serving position.)
1. Served Ball - there is no restriction as to how the ball may be served except that it must be cleanly hit, not thrown or pushed, after being clearly released or thrown from the hand or hands of the server. At the instant the server hits the ball; all players must be in their proper position. As soon as the ball has been hit, the players may move to any place on their side of the net. A served ball may be set by the receiving team.

2. Service Positions - At the instant the ball is hit for service, the server may not be in contact with the end line.
3. Maintaining Service - a player continues to serve until a fault is committed by the serving team.
4. Change of Position - The team which receives the ball for service after a side-out shall rotate clockwise before serving (includes first side out). Substitutes must play one rotation minimum.
5. Serving Faults
   A. the ball passes under the net
   B. the ball touches a player of the serving team or any object before entering the opponent's playing area
   C. the ball lands outside of the limits of the opponent's playing area

   EXCEPTION: serve before the audio and visual signals will result in replay.

6. Serving out of Order
   A. If a team serves out of order, the team loses the service and any points gained during such out of order service. The players of the team at fault must immediately resume their correct positions.
   B. If the served ball touches the net (net ball) at the moment the opposing team is whistled for a positional fault, the server's team scores a point.

CONTACTING BALL DURING PLAY
1. GENERAL - maximum number of 3 contacts on a side.
   A. The ball may be contacted with any part of the body above and including the waist.
   B. The ball can contact any number of parts of the body down to the waist providing the contacts are simultaneous and that the ball is not held. If it does not touch simultaneously, it is a fault (double contact).
   C. The serve may be set by the receiving team.
   D. If serve touches the net completely between the antennas, it is considered good and play continues.

2. SIMULTANEOUS CONTACT BY OPPONENTS
   If 2 opponents simultaneously hit the ball above the net, the player behind the direction of the ball is considered as having touched it last. The team upon whose side of the net the ball falls in such play may participate in the next play.

3. SIMULTANEOUS CONTACT BY TEAMMATES is allowed and is considered as two plays. Players participating in such play may participate in the next play.

4. BLOCKING is the art at the net which intercepts the ball coming from the opponent's side by making contact with the ball as it comes across the net, before it crosses the net or immediately after it crosses the net. An attempt to block does not constitute a block unless the ball is contacted during an attempt. Front line players
ONLY may take part in a block. The team which affected a block shall have the right to three more contacts with the ball in order to return it to the opponent's side. [NOTE: a served ball may not be blocked.]

A. Any player participating in a block shall have the right to make the next contact with the ball - such contact counting as the first of three contacts allowed the team.
B. Back line players MAY NOT participate in a block, but may play the ball in any other position near or away from the block.
C. Hands of the blocker(s) may reach over the net; however, the blocker(s) shall not contact the ball over the opponent's court until after the completion of the opponent's action which sends the ball toward the blocker(s) side.

THE BLOCK
1. Each ball directed toward the opponent's area can be blocked by one or a group of the opponent's front line players.

2. Balls passed between players of the same team that do not travel across the net may not be blocked. However, if one of these passes projects the ball above the net so that some part of the ball is over the vertical plane of the net, the ball may be blocked since it has traveled from the opponent's side.

3. A player may take a blocking position with the hands and arms over the net before the opponent's attack, if in so doing there is no interference with the opponent's play before their attack. It is always permitted to block with the hands and arms over the net to intercept the opponent's attack.

4. Blocking of the ball above the opponent's court shall be legal provided such a block is:
   A. After a player of the attacking team has spiked the ball; or
   B. If in the referees' judgment, the attacking team has intentionally directed the ball across the net; or
   C. After the opponents have completed their allowable 3 hits; or
   D. after the ball is hit so that it would, in the referees judgment, cross the net if not touched and no member of the attacking team is in position to make a legal play on the ball; or;
   E. after the ball is hit in such a manner that it is falling over the attacking teams area near the net and no member of the attacking team could reasonably, in the referees judgment, make a play on the ball.

5. If one of the blocker(s) puts the hands over its net and spikes the ball during the blocking action, IT IS A FAULT.

DEAD BALL
1. WHEN A SERVED BALL:
   A. hits a teammate.
   B. touches the ceiling or obstruction.
   C. is hit before audio and visual signal is given by referee, will result in a replay of the serve.

CARRYING BALL
The ball must be cleanly hit. Scooping, lifting, pushing, or carrying the ball shall be considered as holding.

1. BELOW WAIST - any player making a play for a ball below the waist and making the play with palms up must make a fist or interlace fingers. Players may use back of hand without making a fist.

2. SPIKE - a ball being spiked may be hit with the open hand as long as the ball is not caught or carried.

PLAY AT THE NET
1. BALL TOUCHING NET - when a ball in play, including the serve touches the net completely between the antennas, it is considered good and play continues.

2. NET DRIVEN INTO PLAYER - if the ball is driven into the net with such force as to cause the net to contact a member of the opponent’s team, such contact shall not be considered a fault on the part of the latter.
3. A player from Team B may not obstruct a player of Team A, nor touch the ball while Team A player is playing it.

4. The net may not be contacted by the players while the ball is in play. Any contact by the body or uniform, inadvertent or not, is penalized.

HANDS PASSING OVER NET
1. DURING BLOCK - contacting the ball over the net above the opponent’s playing area before the opponent’s action to send the ball toward the opposite side is made, shall constitute a FAULT.

2. AFTER THE SPIKE - a hand or hands passing over the net after a spike is not a fault.

CROSSING CENTERLINE
Contact with any part of a player’s body with the opponent’s side of the court during play constitutes a fault. Touching the opponent’s playing area with a foot or feet is not a fault, providing that some part of the encroaching foot or feet remains on or above the center line at the time of such contact.

INTERPRETATION OF RULES
Disagreements with the interpretation of the rules must be brought to the attention of the referee prior to the first service following the play which the disagreement occurred. The captain/manager of the protesting team is the only one to bring the protest to the attention of the referee. If the referee cannot make a decision, it will be taken to the Intramural Sports Supervisor for a final decision. If this decision is not acceptable the matter will be reviewed by the Intramural Sports Coordinator following the protest procedures outlined by the Intramural Sports Handbook.

CO-REC RULE ADAPTATIONS
1. A team is composed of 6 players (3 women & 3 men) plus substitutes. Play may begin with as few as 4 players.

2. No more than 3 of either gender may be on the floor at the same time.

3. Men may block. (Net height 7’4’’)

A league only:

Men may spike or attack a ball. (Net height 7’11’’)

B League only:

Men may not spike or attack a ball. Any contact by a male player considered a spike/attack will be considered a fault, at the official’s discretion. Any men's contact must have a perceptible arc, excluding serves. A legal block does not count as a spike.

UNI VOLLEYBALL CLUB MEMBERS
Are eligible subject to the following restriction: 1 male and 1 female club member per team and must play at the highest level offered (A league).

ONE DAY TOURNAMENT ELIGIBILITY RULE
Participants must have played in one match prior to the tournament reaching the semi-final round.