



Volleyball Rules

All players need to have registered their team using the registration link found in the Student News and Events email, the Stall Study, social media, and/or the campus bulletins. All players will be required to sign the Activity Consent and Release form BEFORE they may participate in their first game. All players must sign in prior to each game. No exceptions!

All rules will be governed by MSHSAA except for those exceptions listed below.

1. TEAMS

1. A team is comprised of 6 participants.
2. Teams may consist of any combination of MSU-WP currently enrolled students, staff, and/or faculty.
3. COREC teams must have a minimum of two females on the court at all times.
4. If a team is missing players, they may compete with a minimum of four players on the court. If a team does not meet the required number of players at the scheduled gametime, a forfeit will be recorded as a 0-50 loss.

2. SERVICE

1. Each rally begins with a serve. A server has five seconds to serve, or a side out is declared.
2. The serve can be overhand or underhand as long as the player is behind the service line at the point of contact with the ball. The official will signal side out and award a point to the opponent when one of the following occurs:
 - The ball passes under the net
 - The ball touches a player of the serving team or any object before entering the opponent's playing area
 - The ball lands outside the limits of the opponent's playing side
 - The server serves from outside the service area or commits a foot fault
 - The player serves with two hands
 - Improper rotation order
 - The ball is not thrown or released before it is hit
3. A served ball that contacts the net and goes into the opponent's half is live, provided that the net contact occurred between the antennas.

4. A server must let their toss drop if they wish to re-toss. The server must wait for the referee to whistle and signal the new serve. Only one re-toss is permitted.
5. Blocking or attacking the serve above the net height on a serve is illegal.
6. Setting the serve is legal.
7. Players must serve in proper order and rotate between each possession. If not, the result is a side-out.
 - o Illegal Alignment/Improper Server will be called if a team serves out of order or starts in the wrong order the team declared at the start of the set.
8. Once a ball is served over the net, players may move from their starting position.
9. **Double Hit:** Occurs when a player illegally contacts the ball twice in succession. It can be either 2 attempts in succession or the ball rebounding from one part of the body to one or more other parts on a single attempt to play the ball.
10. All indoor volleyball violations are rules can be found in the MSHSAA rulebook, and the intramural sports staff encourages participants to research those as not all those violations are listed in this section.

3. POSITIONS AND ROTATIONS

1. Players must follow the serving order established with their positions at the start of the game. After the loss of service by the opponent, the serving team rotates one spot in a clockwise direction.
 - o Rotation is: right-back to center-back to left-back to left-front to centerfront to right-front.
 - o Teams may switch serving orders at the start of each set.
2. Failure or intent to not rotate will result in a side out if done intentionally.

4. SCORING

1. A match shall consist of the first team to win two sets.
2. Sets 1 & 2 are played to 25 points. The third set will be played to 15 points.
 - o A team must win by two points, but there is a cap of 30 points in the first two sets and 15 points in the third set.
 - o If there is a game in which a team reaches 30 points, the team that does so first will be declared the winner.
 - o Rally scoring will be used for all games. This means that every time a team serves, there will be a point to win for either team.
 - o If time expires, the team leading will be declared the winner.

5. ATTACK LINE

1. The attack line is 10ft from the net
 - o No back row player is allowed to attack a ball in front of or on this line
 - o A player can take off behind the line, make contact in the air with the ball and land in front of the attack line for a legal hit
 - o The player must clearly be behind the line before they take off and cannot be on the line
2. If a back-row player attacks a ball in front of or on this line, a back-row attack violation will be called. This will result in a side out and a point for the offended team.

6. BLOCKING

1. Only front row players can legally block
2. A player's hands must not cross over the top of the net or come in contact with a ball on their opponent's side of the net unless they are defending an attacking hit.
3. If a player contacts the ball while attempting to block, that does not count as one of the three contacts allowed for the team. The blocker is also allowed to be the next contact.

7. FAULTS

1. Stepping into the non-volley zone (NVZ) (kitchen) and volleying the ball without the ball first bouncing in the NVZ is a fault.
2. Volleying the ball before it has bounced once on each side of the net while receiving the serve or the ball hit immediately after.

8. NET

1. You can play the ball out of the net, however no person or parts of their body can hit the net. If a player makes contact with the net, it is a side out to the other team and a point awarded.
 - o Exceptions:
 - A player's hair touching the net will not result in a side out
 - If the ball is forcefully driven into the net causing the net to contact a player on the opposite team, it is not considered a fault.
2. In the course of spiking, the spiker may follow through across the net but not into the net.
3. Players are not allowed to cross the centerline
4. Center Line Foul: occurs when a player has crossed the centerline
 - o This should be called when a player's full hand or foot crosses the centerline and/or interferes with the play.
5. Net plays:

- A spiker may have his hand(s) or arm(s) follow through over the net as long as the ball is contacted on his own side of the net.
- Players may reach over the net and block the ball, provided the opposing team has completed their attempt to return the ball over the net.
- The ball is considered to have crossed the net when any part of the ball is extended over the net.

9. SUBSTITUTIONS

1. Substitutions must be made on a rotation basis. Following a point won by the receiving team and the subsequent rotation, the front-right player may exit the game, and a substitute may enter at the right-back position.
2. Substitutions must come at a dead ball.

10. LIVE, DEAD BALLS AND ANTENNAS

1. A live ball is in play from the moment the ball is legally contacted by the correct server until a dead ball occurs. A live ball will become dead when one of the following happens:
 - Ball touches the antennas, the net outside of the antennas, or does not pass entirely between the antennas
 - *The antennas extend all the way to the ceiling*
 - The ball lands out of bounds, touches the floor, or passes under the net
 - The ball touches the ceiling or an overhead obstruction on the third hit or the ball is played over the net
 - A player commits a violation
 - An official blows a whistle
2. Any ball passing outside the antennas or hitting the antennas will be called "out"

11. CEILINGS/LIGHTS/WALLS/HOOPS

1. Any ball that contacts a wall, is ruled out. This will result in a side out and a point for the opposing team.
2. A team may play a hit off its own basketball hoop. However, if a hit contacts the basketball hoop on the opponents' side, then the ball is ruled out. This results in a side out and point for the opposing team.

**Most games are self-officiated. Any discrepancies in these games must be settled by the players within 1 minute or the match will be declared a forfeit for both teams by the Campus Recreation Staff.*

12: PLAYER DISQUALIFICATION

1. A player will be ejected for the following:
 - Any act which, in the official's judgment, is intended to injure another player.
 - Contact with an official.
 - Any other act deemed severe enough by the official (i.e. extreme or extended use of profane language).
2. If a player is ejected, they will be required to meet with the Assistant Director of Student Life and Development before competing in another game.

13. TEAM DISQUALIFICATION

3. A team may be disqualified due to behavior deemed inappropriate by staff officials and supervisors.
4. This could include derogatory language, contact with officials opposing teams, excessive and inappropriate fan behavior or other acts deemed severe enough by on-site staff.
5. If a team is disqualified, the captain and any additional players may have to meet with the Assistant Director of Student Life and Development to determine their status.

14. TIMEOUTS

1. Each team will be given one (1) 30-second timeout per set.
2. A timeout can be called at any dead ball, but it must be called by the team captain or a player on the court

SCHEDULING AND PLAYOFFS

REGULAR SEASON SCHEDULING

1. Unless specified otherwise, all teams will be scheduled for each week of the regular season after the registration period has closed. Some teams may receive a 'bye' throughout the season due to a lack of teams registered in their division.
2. Intramural indoor volleyball games are scheduled in 45-minute intervals.
3. If a team knows that it will not be able to play the minimum number of players, it should fill out the Intramural Sports default form by 3 p.m. the day of the game. If the game is on a Saturday or Sunday, then it must be filled out by 3 p.m. Friday to avoid the forfeit fine.

INCLEMENT WEATHER AND RESCHEDULED GAMES

1. Games cancelled to inclement weather or court conditions will be rescheduled by the Office of Student Life and Development.
2. Teams will be made aware of these games and rescheduling through emails and/or phone calls from the Intramural Sports staff.

CONTACT THE INTRAMURAL SPORTS STAFF

1. The Intramural Sports program operates within the Office of Student Life and Development and is supervised by the Assistant Director, Douglas Cooley II. The Office of Student Life and Development is located in Hass-Darr Hall 103 (Monday-Friday) from 8 a.m. until 5 p.m. Hours may differ depending on weather conditions, outside circumstances. Etc.
2. Participants can contact the Intramural Sports Staff in multiple ways.
 - a. Email: WPCampusRec@MissouriState.edu
 - b. Phone Number: 417-255-7734
3. If a participant is confused on a specific rule or policy, they may contact the Intramural Sport program or ask one of our intramural staff during a night of programming.

Handbook Disclaimer

1. Most of the intramural indoor volleyball information that participants need to know is included in this document. However, there may be additional rules/policies listed in the MSHSAA Rulebook. The Intramural Sports Staff encourages participants to read these policies and use them as guidance when participating as well.