

GRAND VALLEY STATE UNIVERSITY
RECREATION

**Intramural Sports
Volleyball Rules**

NFHS rules apply to all games, except any of the following adaptations.

Players and Substitutes:

1. A minimum of 4 players is required to start a match.
2. No more than 6 players can play at one time.
 - a. Co-rec gender combinations can be: 3 men & 3 women, 3 men & 2 women, 3 women & 2 men or 2 men & 2 women.
3. Teams are allowed an unlimited number of substitutions per set
 - a. GVSU IM Sports does not utilize the libero.
 - b. A player may substitute for any player at any time during set.
 - c. Players who re-enter must do so into the position from which they left the set.

The Match:

1. A match shall consist of three sets. The first team to win two sets shall be the winner of the match.
2. The first two sets shall be 25 points (cap of 27), and a team must win by two points.
3. The third and deciding set shall be 15 points (cap of 17), and a team must win by two points.
 - a. There will be no cap in the third set only of a playoff game.
4. A point will be scored on each serve
5. Teams get two (60 sec) timeouts per match.
6. Prior to the start of the first set, the referee will hold a pregame captain's meeting with a coin toss.
 - a. The winner of the coin toss can choose to serve or which side to play the first set
 - b. The other team gets the remaining option. Teams will switch sides and serve to start the second set
 - c. If a third set is necessary, another coin toss will be administered by the referee.
- 7.

Scoring Points

1. A point will be scored on each serve (rally scoring) unless the referee declared a replay of service.

Playing the Ball

1. Players may use any part of their body, including their feet to contact the ball
 - a. Players may not make consecutive touches of the ball
2. A team must return the ball across the net with 3 or less hits
3. The ball may be played if it strikes the ceiling or any overhead obstructions and falls on the same side of the court AND the team has not already played it three times.
4. A ball touching any part of a boundary line is considered in-bounds.
5. Players are not permitted to catch, hold or throw the ball.

The Serve

1. The server may serve from any point behind the end line and between the sidelines.
 - a. The server must contact the ball before they touch the inbounds or anywhere outside the sidelines.
 - b. The server has ten seconds to serve after the referees whistle.
2. A serve may hit the net and continue over to the opponents side.

Net Play:

1. A ball contacting the net is still in play
 - a. A ball contacting an antenna or net supports is dead
 - b. A ball contacting the net, but not going over may be played if a team has not used its three hits for return.
2. Blocking the serve is illegal
3. A block does not count towards one of a team's three hits for return
4. A player may not contact the net with any body part, except their hair, nor may a player's foot or hand completely touch their opponent's court under the net.

Co-Rec Rule Exceptions:

1. The rotation shall be such that men and women alternate playing positions on the court.