

# Indoor Volleyball Rules

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Any rule and situation not specifically covered are subject to the current version of the National Federation of High Schools (NFHS) Volleyball rules and the judgement and discretion of the intramural sports staff.

**All rules are subject to change at the discretion of the Intramural Sports Office, and the Intramural Sports Office has the final decision on all situations covered and not covered by the rules.**

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## **Rule 1: Player Eligibility & Registration**

### **Player Eligibility**

- ✓ Currently enrolled (at least half-time), fee-paying Tennessee Tech University students as well as faculty and staff of the University with a current, active membership to the fitness center may participate in intramural leagues, tournaments, and contests.
- ✓ Prior to each contest and event, participants must check in with a member of the IM staff.
- ✓ **Players can compete for only one (1) team in each single-gendered league** and, if applicable, **one (1) co-rec league**. Once he or she checks-in for one (1) team, that player **CANNOT** transfer to another team in that league for the duration of the season.
- ✓ **For postseason eligibility, a player must have participated in at least one (1) regular season game.**
- ✓ Current varsity athletes cannot participate in their sport or related sport. Former varsity athletes cannot participate in their sport or related sport for one calendar year (365 days) after their official affiliation with a college or university team has ended.
- ✓ Current professional athletes cannot participate in their sport or related sport. Former professional athletes cannot participate in their sport or related sport for five (5) years after their official affiliation with a professional team has ended.
- ✓ Intramural Sports Professional staff shall make the final decision on eligibility issues.

### **Registration**

- ✓ Teams should register by the deadline by registering on FusionIM (recreation.tntech.edu).
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## **Rule 2: League Format & Team Composition**

### **League Format**

- A pool play section shall precede the postseason tournament. The overall number of registered teams will determine the number of pools and number of teams in each pool.
- League standings will determine a team's eligibility for the postseason tournament. The following criteria will determine the League play standings: (1) number of wins, (2) sportsmanship, (3) Head-to-head record, (4) point differential, and (5) coin toss.

### **Leagues (Subject to Change Due to Number of Registered Teams)**

- Men's
  - Elite
  - Recreational
- Women's
  - Elite
  - Recreational

- Co-Recreational (Equal or more females than males, i.e. 3F:3M, 4F:2M, 5F:1M & must have at least 1 Male)
  - Elite
  - Recreational
- A player is **ONLY** allowed to play for one (1) single gendered league per season.
- A player is allowed to play for one (1) single gendered team & one (1) co-rec team per season.

### Team Composition

- ✓ Each team will have six (6) players on the court at one time, and a minimum of four (4) players are required to start the game.
- ✓ When a team has six (6) eligible and healthy players, all six (6) players are required to play.
- ✓ Each team shall designate a captain to serve as the point of contact between the team and IM staff.
- ✓ **All club members must play in the highest league offered.**
- ✓ **For all leagues, no more than one (1) sport club member may appear on a team's roster.**

### Rule 3: Defaults, Forfeits, Grace Periods, & Protests

#### Defaults

- A default is a game not played without penalty (e.g. dropped from the league).
- To receive a default, the team captain or representative must notify the Intramural Sports Office by **2:00 PM on the day of the contest.**
- Sportsmanship Rating will be as followed:
  - Winning Team = 8
  - Defaulting Team = 5
- To verify that the request is legitimate, the team captain or representative must notify the Intramural Sports Office via e-mail or in person. **Phone calls are not accepted.**
- Defaults can be requested via the FusionIM website.

#### Forfeits

- A forfeit is defined as one (1) of the following:
  - Failing to field a team for an intramural contest without contacting the Intramural Sports Office.
    - The final score shall be 2-0.
    - The Score for the set is 10-0.
  - Receiving three (3) or more conduct warnings before, during, and after an Intramural contest.
    - If the forfeiting team is ahead, the final score shall be 2-0 in favor of the opposing team.
    - If the non-forfeiting team has the higher score, the game shall end with the existing score.
  - Defaulting two (2) games during pool play.
- If a team forfeits its first (1<sup>st</sup>) game of the season, that team may be dropped from the league and replaced with a team on the waiting list.
- **Forfeits automatically withdraws you from Post-Season play.**
- Sportsmanship Rating will be as followed:
  - Winning Team = 8
  - Forfeiting Team = 2
- A second (2<sup>nd</sup>) forfeiture may result in removal from the league.

#### Grace Period

- If at least **one (1)** team member is **checked-in** at game time, the team will be granted a **five-minute (5:00)** grace period.
- Once a team reaches the minimum number of players to start the game, the team must start when directed by IM staff.

- A team may not wait for additional players once the minimum number of players have arrived.
- If the team has not reached the minimum number of players required to play at the end of the grace period, a forfeit will be declared.

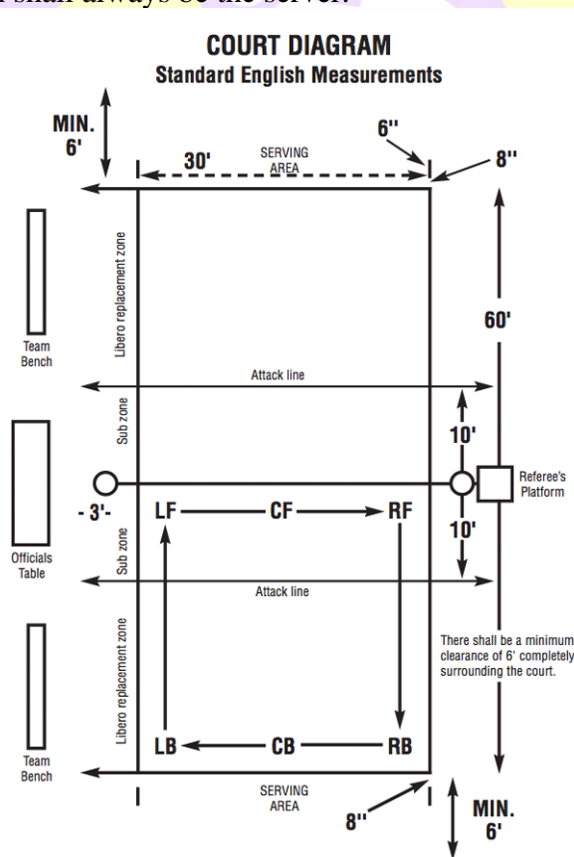
### Protests

- Intramural Sports Graduate Assistants and Professional Staff will consider protests.
- During the contest, teams may protest (a) the misinterpretation or the misapplication of a rule or (b) a scoring error. The protest must be submitted immediately, and, if the protest is denied, a timeout will be charged to the protesting team.
- **Protests regarding the judgement of the game officials WILL NOT be recognized.**
- When protesting player eligibility:
  - *Regular season:* The eligibility of any player may be protested at any point during the regular season (e.g. before, during, and after the contest; anytime during office hours)
  - *Postseason Tournament:* Player eligibility must be protested **BEFORE** the start of the contest. **Protests made after the start or end of the game will be not recognized.**

### Rule 4: Playing Area & Equipment

#### Playing Area

- Scheduled games take place at Marc L. Burnett Student Recreation Center.
- The following diagram depicts the lines and zones as well as the serving/rotation order.
- The Right-Back (RB) position shall always be the server.



#### Game Ball

- The Intramural Sports Office will provide the volleyballs for competition.
- If both captains agree, a substitute ball may be used.

- Intramural sports staff reserve the right to declare any ball legal or illegal for play.

## **Clothing & Equipment**

- **Proper athletic attire is required.**
- All attire and equipment are subject to the approval of Intramural Sports staff. Any clothing or equipment that is deemed unsafe or illegal must be removed prior to competition.
- IM staff reserves the right to ask participants to remove or conceal clothing that, in the opinion of IM staff, displays offensive or demeaning language or imagery.
- **Footwear**
  - Players are **REQUIRED** to wear athletic shoes (e.g. basketball shoes, running shoes, tennis shoes).
  - Footwear including but not limited to boots, cleats, open-toed shoes, crocks, and sandals is strictly **PROHIBITED.**
- **Jewelry**
  - Religious or medical items are not considered jewelry and must be taped against the body.
  - All watches and necklaces must be removed prior to the contest.
- **Headwear**
  - Players may wear knit or stocking caps, headbands, and hair control devices made with soft and non-abrasive material.
  - Headwear including but not limited to baseball caps, bandanas with knots, hard plastic hair devices, bobby pins, and safety pins is strictly **PROHIBITED.**
- **Pads/Braces**
  - Leg & knee braces covered with soft, pliable material and free of any sharp edges are allowed.
  - Compression sleeves and wrist sweatbands are permitted above the waist.
- **Blood**
  - Participants that are bleeding, have an open wound, and/or have an excessive amount of blood on the uniform will be directed to leave the game. The bleeding must be stopped, the open wound must be covered, and/or the bloody uniform must be changed/cleaned before the player can return.

## **Rule 5: Timing & Scoring**

### **Timing**

- TN Tech IM Volleyball matches shall have a forty-minute (40:00) time limit.
- At the end of the forty-minute (40:00) time limit, if both teams are tied in the third (3<sup>rd</sup>) game, the winner of the next service shall be declared the winner.

### **Timeouts**

- Each team will receive one (1) sixty-second (0:60) time-out per game.
- Game stoppages due to blood, injury, and unexpected events are official timeouts.

### **Scoring**

- Each match shall be best two-out-of-three games.
- The first (1<sup>st</sup>) two (2) games shall end when a team reaches twenty-one (21) points with at least a two-point (2pt) advantage. The first (1<sup>st</sup>) and second (2<sup>nd</sup>) games shall continue past twenty-one (21) points until a team has at least a two-point (2pt) advantage, or a team reaches twenty-five (25) points.
- During a tiebreaker game, the first (1<sup>st</sup>) team to fifteen (15) points shall be declared the winner of the set. The game shall continue past fifteen (15) points until a team has at least a two-point (2pt) advantage, or a team reaches twenty (20) points.

## **Mercy Rule**

- There is no mercy rule for TN Tech IM Volleyball matches.

## **Rule 6: Playing Rules**

### **Determining the first serve**

- A toss of a coin or odds/evens will determine which team shall have the first (1<sup>st</sup>) choice. The team that wins the toss shall have the following options:
  - To serve the ball, **OR**
  - To receive service of the ball, **OR**
  - To select the side of the court on which to play
- After the winner of the coin toss has chosen, the losing team will have choice of the remaining options.

### **Serving**

- At the beginning of a new game, the serving order shall be set and maintained.
- If an incorrect server is discovered during his or her service game, a side-out shall be called, any points made by the illegal server shall be lost, and the serving order shall be corrected.
- The server may move freely behind the rear boundary line and cleanly contact the ball before making contact within the sidelines extended or stepping on the court or end line.
- The server must wait for the referee's signal and whistle before serving. After receiving the signal, the server has five seconds (0:05) to contact the ball for service.
- The server may not contact the ball before receiving the umpire's signal.
- Players on the serving team may not group or stand in a position that blocks the view of the receivers.
- A serve is legal if it hits the net, goes over the net, and proceeds to land in-bounds on the opponent's side of the court.

### **Receiving the serve**

- A player may not complete a legal attack or block on the serve.
- Contacting the serve below the height of the net is legal.

### **Boundaries**

- The court, boundary lines, and the area of the net inside the antennae are considered inbounds.
- A ball that hits or travels over or outside the antennae is out of bounds.
- The ball must pass over the net inside the boundary lines and antennas in order to be legal.
- A ball that contact the ceiling may be played if (1) the ball remains on the playing team's side of the net/court and (2) the team has legal hits remaining.

### **Center Line**

- It is a violation if a player completely crosses the center line under the net.
- A player may cross the extension of the center line outside the court at any time provided he/she does not interfere with play by the opposing team.
- While across the center line extension outside the court, any player may play a ball that has not completely crossed the vertical plane of the net extended.

### **Contacting the Ball**

- The ball must be cleanly contacted. Throwing, lifting, tossing, holding the ball as well as causing ball to come to rest on a player's body is illegal.
- Each team is entitled to a maximum of three (3) hits to return the ball to the opponents.
- With the exceptions of blocks and simultaneous hits, a player may not hit the ball consecutively.
- On the first (1<sup>st</sup>) hit for either team, the ball may contact the player multiple times.
  - **Note: The player cannot hit the ball more than once at any time.**

- **Attacking**
  - A legal attack is, while above the height of the net. Attempting to direct the ball into the opponent's half of the court.
  - The attack is considered complete when the (a) the ball breaks the plane of the net or (b) an opponent legally contacts the ball.
- **Blocking**
  - A legal block is attempting to redirect the ball with the body **above** the height of the net.
  - Legal blocking does not constitute a team contact, and any player may make the first (1<sup>st</sup>) contact of the ball after the block.
- **Simultaneous Hits**
  - A simultaneous contact is when two (2) teammates hit the ball at the same time.
  - If teammates simultaneously hit the ball, it will count as one (1) hit, and the involved players are eligible to participate in the next hit
- **Joust**
  - If two (2) opponents simultaneously contact the ball over the net (e.g. a joust), the ball remains in play and the team receiving the ball is entitled to another three (3) hits.
  - If such a ball lands out of bounds, it is the fault of the team on the opposite side of the net from where the ball lands.
- **Back Row Players**
  - Back row players are designated as Right Back (RB), Center Back (CB), and Left Back (LB).
  - A player whose legal position at the time of the serve is in the back row may not attempt or complete a block or attack above the height of the net in front of the ten-foot (10ft) line.

### Net Play

- It is illegal to reach over the net and contact the ball if a team has hits remaining.
- If the opposing team has exhausted its three (3) hits, a player may block or attack the ball on the other side of the net.
- Once the ball has broken the plane of the net, the ball may be played by either team without penalty.
- A player may not reach under the net and touch the ball or a player on the opposing team when the ball is in play on the opponent's side of the court.
- When attempting to attack, block, or play the ball, the player may not contact any portion of the net.
- It is not a foul when a player's clothing touches any part of the net. Incidental contact with the net by a player's hair or glasses or by a ball driven hard into the net shall be allowed.

### Substitutions

- Substitutions are unlimited, and all substitutes must enter in the server's position.
- A player may not substitute into different positions during a single game.

## Rule 7: Co-Recreational Modifications

### Team Composition

- Please refer to the following table for legal team ratios.
- **No more than one (1) sport club member may appear on a team's roster.**
- If a team has six (6) players signed in, that team may not play with less six (6) players at any point in the match.
  - Exception: A player becomes injured, and there are no eligible substitutes.

| Number of players | Male to Female Ratio** |
|-------------------|------------------------|
| Six (6) Players   | 3:3 or 2:4 or 1:5      |

**\*\*A co-recreational team may never have more males than females on the court.**

**\*\*A co-recreational team must have at least one (1) male.**

### **Serving**

- The serving order shall alternate between males and females.
- Two (2) males cannot serve consecutively.

### **Contacting the Ball**

- There are no restrictions.

### **Ejections**

- ✓ When two (2) members of a team is ejected, that team shall forfeit the contest.
- ✓ Ejected players must leave the Fitness Center and/or Intramural Fields immediately and cannot return to play **ANY** sport until he/she has been cleared for participation by a professional staff member of the Intramural Sports Office.

