

National Federation of High School (NFHS) rules will be used with in-house LSU UREC modifications.

RULE ONE: THE GAME, FIELD, PLAYERS

Section One: General Provisions

- A. Eligibility
 - a. This activity will be conducted according to standard eligibility rules as set forth in the current LSU University Recreation's Intramural Sports Participant Handbook.
 - b. Participants must be listed on their respective team rosters prior to participating and an LSU Tiger Card must be shown prior to entering a contest.
 - c. The participation by an ineligible player will subject the offending team to forfeiture of the contest in which the ineligible player participated, and possible removal from the leagues.
- B. Players
 - a. The game shall be played between two teams of six (6) players each on the court.
 - b. A team may begin a game with a **minimum of four (4) players**. If a team is not represented with at least four (4) players at game time, the respective team will forfeit the game with a score of 1 to 0.
 - c. Team representatives (players, substitutes, coaches, trainers, and other persons affiliated with the team) are subject to the rules of the game. **All patrons are under the jurisdiction of the Intramural Sports Staff from their moment of arrival to their time of departure.**
 - d. CoRec teams must have at least three (3) males and three (3) females if starting with six (6).
 - e. Only two club or former college volleyball players (one (1) year removed) are allowed per team.
- C. Sportsmanship Rating
 - a. The Intramural Sports Program expects all participants to conduct themselves in a sportsmanlike manner. **In order to be eligible for the playoffs, a team must have a sportsmanship rating of at least 2.5 over the regular season.** During playoffs, a sportsmanship score of at least (3) each game will guarantee advancement for the winning team. A winning team with sportsmanship of 0-2 will be reviewed by the staff to determine if they advance. Following the game, officials evaluate and issue sportsmanship points to all teams. The breakdown of points is as follows:

4 (Exceptional)

A sportsmanship of 4 will be given for an Exceptional contest. Teams, spectators, and affiliates were all overly respectful and courteous towards the opposition and/or all UREC staff.

3 (Normal)

A sportsmanship of 3 will be given for a contest that runs normally. In this instance, players and spectators were respectful and courteous towards the opposition and/or all UREC staff.

2 (Some Static)

A sportsmanship of 2 reflects a situation where a team explicitly displays actions that are deemed to be unsportsmanlike or unfitting of the game. The team and spectators have many moments of questionable activity and show little respect and courtesy towards the opposition and/or all UREC staff. This is the lowest rating a team may receive if there were no unsportsmanlike penalties/fouls called. **Defaulted games will result in the Defaulting team gaining a 2 in sportsmanship for that contest.**

1 (Difficult/Harassment)

A sportsmanship of 1 reflects a team who had little to no control over team members and spectators. The team constantly showcased questionable activity and showed no respect for the opposition and/or all UREC staff. **The ejection of a player will result in that player's team gaining a maximum of 1 in sportsmanship for that contest. Teams with multiple unsportsmanlike penalties will receive a maximum of 1 in sportsmanship for that contest.**

0 (Unacceptable)

A sportsmanship of 0 reflects activity that is completely unacceptable for any UREC participant(s). Teams exhibit blatant actions of disrespect towards the opposition and/or all UREC staff. **Teams that permit the participation of an ineligible player (for any reason) will receive a 0 in sportsmanship for that contest. Teams with three unsportsmanlike penalties/actions will receive a 0 in sportsmanship for that contest. Forfeited (non- appearance) games will result in the offending team gaining a 0 in sportsmanship for that contest.**

Section Two: Court

- A. Playing Area
 - a. The playing area shall be 60 feet in length and 30 feet in width, divided into two equal sections.
- B. Ground Rules
 - a. A ball that strikes the ceiling or other obstruction above the playing area remains in play, provided the ball makes contact on the side of the net that is occupied by the team that last played the ball and the ball is legally played next by that same team.

Section Three: Equipment

- A. Official Ball
 - a. The official ball shall be a regulation, leather indoor volleyball.
- B. Players
 - a. Players must wear athletic, non-marking shoes at all times.
 - i. Players who are caught wearing any other style of shoe will be asked to change immediately and will not be allowed to participate until proper shoes are worn.
 - b. Players must remove all jewelry prior to participation, including (but not limited to) piercings, watches, necklaces, and bracelets.
 - c. Protective equipment may be worn by any player at all times. However, it must be worn properly. Padding must cover splints, braces, and/or casts.
 - d. The Intramural Sports staff may prohibit the use of any type of protective equipment that presents considerable risk to the safety of other players.
 - e. The Intramural Sports staff may prohibit the use of any equipment that may perceptibly affect the game, compromise the safety of participants or fans, or enhance a player's performance.
 - f. Equipment that includes computers, electric components, or mechanical devices shall be declared illegal.

RULE TWO: TIMING, SCORING, SUBSTITUTES

Section One: Regulations

- A. Rock, Paper, Scissors
 - a. Each Captain will participate in a best of 1 game of Rock, Paper, Scissors to decide which team gets the first choice of the options below

- b. The captain winning Rock, Paper, Scissors shall have a choice of options for the 1st game. The options shall be:
 - i. To choose whether his/her team will start serving or receiving
 - ii. To choose the half of the floor his/her team will play on.
 - iii. The captain, not having the 1st choice of options for the game, shall exercise the remaining option.
 - c. If a match requires a 3rd game, Rock, Paper, Scissors should be repeated.
- B. Keeping Score
- a. A match is the best of three games. Teams will play until one team has won two (2) games.
 - b. Each of the first two games will utilize rally scoring and be played to 25 (win by two). If the game continues past the 25 points, the first team to reach 30 should be declared the winner.
 - c. If a third game is needed to decide a winner, the game will be played to 15. If the game continues past the 15 points, the first team to reach 20 should be declared the winner.
 - d. All matches will be played with a time limit of 50 minutes.
 - i. If Team A won the first game and is winning the second game when time expires, Team A will be declared the winner.
 - ii. If Team A won the first game and Team B is winning the second game when time expires, the match will end in a tie.
 - iii. If Team A and Team B each won one game and time expires during the third game, the team who is winning the third game when time expires will be declared the winner. If the third game is tied when time expires, the next team to score a point wins the match.
 - iv. **During playoffs, if Team A won the first game and Team B is winning the second game when time expires, the second game will be finished as normal. If Team A wins the second game, then Team A wins the match. If Team B wins the second game after time has expired, a modified third game will be played. This third game will be played until one team has 5 points. The first team to 5 points wins the game, and therefore, the match.**
- C. Timeouts
- a. There will two 30 second timeouts given to each team per match.

Section Two: Substitutions

- A. Substitutes
- a. Prior to the start of each game in a match, teams must announce their substitutes.
 - i. If a team is playing short-handed, the player may step on to the court in the open spot (if gender ratio permits in CR).
 - ii. Players arriving late to a match will not be permitted to play if a team has at least 6 players in a game.
 - iii. Late arriving players are eligible for subsequent games in a match UNLESS the team has not reached the maximum number of player on the court.
 - b. In contests where substitutes are utilized, teams must follow a continuous substitution pattern.
 - i. Substitutes may only enter when a team receives service and players rotate position.
 - ii. When there are multiple substitutes (A, B, C), player A steps in to serve and the front right player (6) will step off during rotation. On the next rotation, player B steps in to serve and the front right (5) again steps off. Player C is in to serve on the next rotation, followed by players (6) and (5).
 - iii. *In CoRec games, men must substitute for men, and women must substitute for women in order to maintain consistent gender ratios.*
 - c. Penalties for any illegal substitutions may include unnecessary delay infractions and sportsmanship deductions.

RULE THREE: POSITIONING**Section One: Player Positions**

- A. Positions
 - a. The positions, in order of rotation for service, are:
 - i. Right Back
 - ii. Right Front
 - iii. Center Front
 - iv. Left Front
 - v. Left Back
 - vi. Center Back
- B. Service
 - a. At the time of the service, all players, excluding the server, should be within the team's playing half.
 - b. All players should remain in correct service order.
 - i. The Left players must be the players with a foot nearest the left boundary line.
 - ii. The Front players must be the players with a foot nearest the division line.
 - iii. The Right players must be the players with a foot nearest the right boundary line.
 - iv. The Back players must be the players with a foot nearest the back boundary line.
 - c. After the ball is served, teams are free to move out of these positions.
 - d. When a team is awarded a service (on a point where the opposing team served), they shall rotate clockwise one (1) position.
 - e. Captains may request the opposing team's service order at any time during a dead ball period.
- C. Illegal Positioning
 - a. Any violation for illegal alignment awards a side out to the opponent at the moment of a legal serve.
 - b. Any violation for an improper server awards a side out to the opponent as soon as the improper server is discovered and verified.
 - i. Any points gained by improper service should also be canceled.
 - ii. Proper service order should be regained immediately.
 - c. Screening, whether done intentionally or unintentionally, is penalized by awarding a side out to the opponent at the moment of a legal serve.

RULE FOUR: GAMEPLAY**Section One: Service**

- A. Service Regulations
 - a. A serve is contact with the ball to initiate play. The server shall hit the ball with one (1) hand, fist, or arm while the ball is held or after it is released.
 - b. The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the back boundary line, provided the server left the floor from within the service area and contacted the ball before returning to the ground.
 - c. A team's service begins when a player assumes the Right Back position through clockwise rotation and ends when a side out is awarded to the receiving team.
 - d. If a serving player catches the ball after releasing it for a serve, a side out is awarded to the receiving team.
 - e. A team continues service until:
 - i. They commit an infraction
 - ii. They lose a point
 - iii. The game ends

- f. The receiving team may **NOT** block a serve.
- g. A service is illegal and the ball remains dead if the server:
 - i. Hits the ball illegally
 - ii. Is touching the end line or the floor outside the service area when the ball is contacted
 - iii. Is out of serving order
 - iv. Deliberately serves before the official's signal to serve
 - v. Releases the ball for service and catches or drops it multiple times before a point is awarded
- h. A service is a fault and becomes dead when the ball:
 - i. Does not legally cross the net
 - ii. Crosses the net entirely between the tapes
 - iii. Lands out of bounds
 - iv. Touches the ceiling or other obstruction
- i. If, on a serve attempt, a receiving player is out of position:
 - i. And the ball is served illegally, the serving team is penalized
 - ii. And a service fault occurs, the receiving team is penalized

Section Two: During Play

A. Live Ball

- a. A live ball is a ball legally in play, from the moment it is contacted by the server to the moment the ball becomes dead.

B. Dead Ball

- a. A dead ball occurs when an official suspends live ball play and ends when the next service is legally made.
- b. A live ball becomes dead when:
 - i. The ball does not pass entirely between the tapes
 - ii. The ball lands out of bounds
 - iii. The ball contacts an obstruction and is not legally played next by the offending team
 - iv. The ball becomes motionless in the net or on an obstruction
 - v. The ball touches the floor
 - vi. The ball contacts a non-player in a playable area
 - vii. A player commits an infraction
 - viii. An official's whistle or timer's audio signal sounds

C. Contact

- a. A contact is any touch of the ball by a player
- b. A hit is a contact which is counted as one of the team's three (3) allowable plays before the ball must be returned to the opponent.
- c. When a team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit.
- d. A ball has crossed the net when:
 - i. It has passed completely beyond the vertical plane of the net
 - ii. It is partially over the net and is contacted by an opponent
 - iii. The ball is legally blocked
- e. Simultaneous contact is more than one contact of the ball made at the same instant.
 - i. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one (1) hit.
 - ii. When teammates contact the ball at the same instant, it is permitted and considered one (1) hit, and any player may make the next contact.
 - iii. When opposing players contact the ball simultaneously, the player on the opposite side of the net from which the ball falls shall be considered the last contact.
- f. Successive contact is only allowed if:

- i. There exists simultaneous contact by teammates
 - ii. There exists simultaneous contact by opponents
 - iii. A player, who first contacts as a block, commits the next legal hit after the contacted block
- D. Actions
 - a. Front line players may contact the ball from any position inside or outside the court except while positioned completely across the center line extended.
 - b. Back line players positioned behind the spiking line may contact the ball from any position inside or outside the court.
 - c. Back line players shall not:
 - i. Participate in a block or attempt to block
 - ii. Return a ball that is completely above the height of the net while positioned:
 - 1. On or in front of the spiking line extended
 - 2. In the air, having left the floor on or in front of its spiking line extended
 - iii. Play a ball while positioned completely across the center line or its out of bounds extension
 - d. A player may touch the floor across the center line or its out of bounds extension with one or both feet, provided a part of the foot remains on or above the center line. Contacting the floor across the center line extended with any other part of the body is illegal.
- E. Net Play
 - a. A ball contacting and crossing the net shall remain in play provided contact is within or above the tape markers and entirely within the net antennas.
 - b. Recovery of a ball that is hit into the net is permitted.
 - c. A player shall not contact a ball which is completely on the opposing side of the net unless it is a legal block. This situation is permitted only if:
 - i. The attacking team has completed its three (3) allowable hits
 - ii. The attacking team has had the opportunity to spike the ball
 - iii. The attacking team has, in the official's judgment, made a decisive move to direct the ball to the opposing side of the net.
 - iv. A ball is falling near the net and, in the official's judgment, no member of the attacking team could make a play on the ball.
 - d. A net foul occurs when:
 - i. A player contacts any part of the net, aside from the ball forcing the net into a player
 - ii. A player gains an advantage by contacting the structure
 - iii. A player makes contact with a ball that the opponent has caused to pass partially under the net and the opponent is attempting to play it again
- F. Replay
 - a. A replay is the act of putting the ball in play without awarding a point or a side out and without a rotation of the service order.
 - b. Replays shall be declared when:
 - i. An inadvertent whistle or timer audio signal
 - ii. A player unintentionally serves the ball prior to the official's signal
 - iii. There is a double foul during a live ball
 - iv. Play is interrupted because of unusual circumstances or injury
- G. Out of Bounds
 - a. A ball is out of bounds and becomes dead when it:
 - i. Touches a wall or objects on the floor outside the court without interfering with a player's legitimate effort to play the ball
 - ii. Touches the floor completely outside the boundary lines
 - iii. Touches the net structure completely outside the vertical tape markers, net supports, or official's platform



- iv. Touches any non-playable area or other adjacent courts that are prepared for play

RULE FIVE: COREC

Section One: Players

- A. Ratios
 - a. If starting with six (6) players, teams must be composed of three (3) males and three (3) females.
 - b. If starting with six (6) players, teams may be composed of four (4) males and two (2) females or four (4) females and two (2) males, if and only if there are not enough players to play with a ratio of three (3) males and three (3) females.
 - c. If starting with five (5) players, teams must be composed of three (3) males and two (2) females or three (3) females and two (2) males.
 - d. If starting with four (4) players, teams must be composed of two (2) males and two (2) females, three (3) males and one (1) female, or three (3) females and one (1) male.
- B. Service
 - a. Males and females must alternate serves.
- C. Hits
 - a. If a team uses all three (3) of their hits both genders must be included in those hits (in any order)
 - i. Three (3) males or three (3) females cannot use all of the hits
 - ii. No restrictions on one (1) or two (2) hits
 - iii. Blocks do not count toward total hits



RULE SIX: PROTESTS

Section One: Protests

- A. Types
 - a. Illegal player or players. The protest must be made while the players are still in the game and before the officials leave the playing field.
 - b. Ineligible player. The protest must be made within 24 hours of the end of the game. The Intramural Sports staff will rule on the protest.
- B. Procedures
 - a. Team captains must initiate protests. The Intramural Sports staff on site, including officials and supervisors will determine the next action to take place.