



# INDOOR VOLLEYBALL

*Any rules or play interpretations not discussed below will be covered by the National Federation of State High School Association Volleyball Rules Book and Official's Manual.*

## I. GENERAL

### A. Rosters

- i. Players may play for only **one** men's or women's team and **one** CoRec team.
- ii. A team consists of 6 players. A minimum of 4 players is needed to start the game.
  1. Acceptable gender ratios co-rec include: 3:3, 3:2, or 2:2.
- iii. Players may join a team any time during the regular season or playoffs, as long as they have not already joined and played for another team.
- iv. There is no limit to players on the roster. Please note the maximum number of t-shirts awarded to a team will be two (2) times the number of required players for a game.
- v. **NOMAD RULE:** Players may play for more than one team if they are playing as a "nomad" for any additional teams other than their original team.
  1. Players may not play for a team as a nomad if they are not already on another team. If they are not on any team, they will be added to the roster of the first team they play for.
  2. Players may only play as nomads in order to help a team meet the full roster size in order to play (i.e. if a team only has 2 players present for a 3v3 basketball game, they may only pick up one nomad player for that night).
  3. Nomads will not be allowed during playoff games.
  4. Teams may not use the nomad rule more than twice during the regular season.

### B. Roster Restrictions

- i. No current professional volleyball/ beach volleyball player may play in intramural volleyball.
  1. Player must be five (5) years removed from a professional roster.
- ii. No current varsity volleyball/ beach volleyball player may play in intramural volleyball.
  1. Player must be one (1) year removed from the varsity team.
- iii. No more than 2 current club volleyball players may play on the same team.
  1. Any individual on the official competitive roster for that academic year of a registered/recognized FAU Sport Club who competes and/or travels with the FAU Club team. Individuals who submit Club paperwork and/or have practiced with the Club team are considered members for Intramural Sports purposes.

## II. Equipment

- A. Game balls are provided by Intramural Sports.

- B. All participants must wear proper athletic attire as per Campus Recreation Center policy in order to participate.

- C. **Prohibited Equipment**

- i. Participants **may not wear jewelry.**
  - 1. Participants **may not** cover up jewelry with tape, Band-Aids or other such items.
- ii. Participants **may not wear** hats, caps or bandanas.
- iii. Cast or splints (hard or soft) **are not permitted.**

- III. **Timing**

- A. Each match has a time limit of 45 minutes.

- i. At the conclusion of the 45 minutes, if the match has not been decided, a tie will be called.

- IV. **Regulations**

- A. **The Game**

- i. A coin toss shall begin the game.
  - 1. The options given to the winning team are to side or service
- ii. The team receiving the serve first will serve in the 2<sup>nd</sup> game. If needed, a coin toss will determine service in the 3<sup>rd</sup> game.
- iii. Teams will switch sides after the first game. If a 3<sup>rd</sup> game is needed, teams will switch sides when one team reaches 8 points.
- iv. **Scoring**
  - 1. Best two out of three games
  - 2. First two games are played rally scoring to 25
    - a. Team must win by 2
    - b. Cap of 29
  - 3. If necessary, third game is played to 15
    - a. Team must win by 2
    - b. Cap of 17
- v. Teams will have unlimited substitutions
  - 1. Players may sub for any position. Rotations: players may not serve twice within a single rotation
    - a. In Co-Rec, players may only sub in for a player of their own gender.

- B. **Forfeits**

- i. Ready to Play and Game Time
  - 1. A team is considered ready to play when the required minimum number of players for the sport are properly signed-in with IM staff, present at the specific field or court for their scheduled contest, and properly equipped at the designated game time
  - 2. If at game time, there is one team ready to play and one team that is not, the captain of the team ready to play will be presented the following options by the Intramural Sports Supervisor:
    - a. Elect to offer the team that is NOT ready to play a 10-minute grace period to acquire the needed amount of players to begin.

- i. If the other team is able to acquire enough players, the game will be played in its entirety, minus the amount of time it took for the team NOT ready for play to field enough players to begin.
    - b. Elect to NOT offer the 10-minute grace period, and automatically take the win.
  3. The decision made by the captain of the team ready to play is final. They may not change their mind.
- ii. Penalty Points
  1. In the event that the team ready for play elects to offer the 10-minute grace period, the Captain will then be presented with the following options by the Intramural Sports Supervisor:
    - a. Elect to start the game tied 0-0
    - b. Elect to start the first game up the following amount of points:
      - i. Men's / Fraternity: 10
      - ii. Women's / Sorority: 10
      - iii. Co-Rec: 10
  2. The decision made by the captain of the team ready to play is final. They may not change their mind.

### C. Defaults

- i. If it becomes impossible for a team to play a scheduled contest, and if the team captain notifies the Intramural Sports staff in person, by calling the Recreation and Fitness Center, or by email and by 4:00pm the day of the game, the game will be scored as a loss by default.
  1. Defaulting through email – [fauimsports@gmail.com](mailto:fauimsports@gmail.com)
    - a. In the subject, please include the sport and team name that the email is about
- ii. If a game has begun and cannot continue due to injury, which leads to having less than the required minimum number of players, or a team chooses to not continue the contest, a default will be recorded.
- iii. The Intramural Sports staff will contact the opponent in case of a default. If you do not receive confirmation from an Intramural Sports staff member, the game has not been defaulted.
- iv. A default does not include a forfeit fine or exclusion from the playoffs
- v. Teams that default will receive a "3" in Sportsmanship

### D. Rule Clarifications

- i. **The Serve**
  1. The server may stand anywhere behind (not on) the rear boundary line and within the sidelines to serve the ball.
  2. A "let" serve that touches the net is legal as long as it crosses over the net and lands inbounds.
  3. Redo's: A player may toss the ball up and let it drop to the floor without touching it or catch the ball with no attempt to strike it to signal a redo toss only one per serve rotation
  4. Each member of a team must serve in turn, rotating clockwise one (1) position. Not every player has to serve; they may substitute out when it is their turn

- a. Each player must stay in their order that they serve in. Any illegal rotations/out-of-order serves will be a rotational violation resulting in a point for the other team.
5. Players on the serving team are not allowed to wave their hands, jump, form groups or perform any actions which intentionally screen or obstruct their opponent's view of the serve.
6. Blocking or attacking a serve or a "let" serve is **illegal**

**ii. Playing the Ball**

1. A legal hit is contact with the ball anywhere off of a player's body, which does not allow the ball to visibly come to rest even momentarily or roll off the body. Legal hits include blocks, passes, sets and spikes.
2. There are a maximum of 3 hits by a team before the ball crosses the net. The same player cannot touch the ball twice consecutively, unless the first hit was a block.
  - a. Blocks above the net do not count as one of a team's 3 hits.
3. Simultaneous contact by two players is considered one hit and either player may contact the ball next. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
4. The ball is dead when it comes into contact with the ground or any external structures that are not a part of the playing surface.
5. Back row players may not leave their feet to make a play at the net.

**iii. Play at the Net**

1. A player shall not contact any part of the net or its supports while the ball is in play; if a player does make contact with the net or ropes then it is a violation
2. If a player inadvertently touches the net supports/poles (other than rope cable) it is not a foul.
3. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players, it is not a foul if the opposing player(s) did not contact the net by their own impetus.
4. A ball may be played from the net provided that a team still has at least one of its three hits remaining.
5. When returning the ball to the opponent's side of the net, a player may follow through over the net, providing they first contact the ball on their own side of the net or directly over the net. A player shall not contact a ball that is completely on the opponent's side of the net unless the contact is a legal block.
6. Blocking a ball which is completely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
  - a. The attacking team has completed its three allowable hits.

- b. The attacking team has had the opportunity to spike the ball, or in the official's judgment, directs the ball with intent to return it to the opponent's court.
  - c. The 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.
- 7. A ball may touch the net within the side line markers when crossing the net to enter the opponent's playing area.
- 8. A ball may be attacked, excluding a served ball, when it has partially crossed the net.
- 9. There is interference by a player who makes:
  - a. Contact with an opponent which interferes with the opponent's legitimate effort to play the ball.
  - b. Intentional contact with a ball which the opponent has caused to pass partially under the net and the opponent is attempting to play it again.
  - c. **Penalty for Illegal Net Play:** A point or side-out awarded to the opponent.

#### E. Co-Rec Modifications

- i. The serving order and positions on the court shall alternate male and female.
- ii. Players may only substitute in or out with a team member of the same gender.

### V. SPORTSMANSHIP

#### A. Ratings

- i. FAU Campus Recreation's sportsmanship rating policy has been developed to protect the safety and equity of all participants and those affiliated with supervising our events. The Intramural staff reserves the right to end any intramural contest at any point.
  - 1. The Team Sportsmanship Rating is an objective means for assessing the behavior of teams through an Intramural Sport season.
  - 2. The Intramural staff on duty will grade all teams on their display of sportsmanship before, during and after each game. Failure by the Intramural Staff to give a grade will result in a "3".
  - 3. Participating in Intramural Sports is **NOT** a right, it is a privilege. Therefore, the Intramural Sports program reserves the right to take away that privilege from any team or individual that does not abide by the governing rules and regulations, as well as does not exhibit good sportsmanship and fair play.
  - 4. Two unsportsmanlike penalties on the same player will result in disqualification from the game. The third unsportsmanlike foul by the same team results in forfeiture of the game (example 2 technical fouls on one player in basketball results in a player ejection, 3 technical fouls on a team results in a forfeit).
  - 5. Any player that is ejected for any reason must come in to speak to a Competitive Sports professional staff member before their next game. That player or team is **not** eligible to play until doing so. Team will forfeit their ensuing game if the ejected player does not comply with this policy.

## **B. Rating Criteria**

### **i. 4.0 – Great Conduct and Sportsmanship**

1. Team members and spectators (on or off the playing area) cooperate fully with the supervisors and officials and the team captain has full control of their teammates and fans. If the captain converses with the officials about rules interpretations or calls, they do so respectfully and calmly. Team members and spectators were respectful of opponents and officials and encouraged each other's efforts. At no time was this team disrespectful towards participants or officials.

### **ii. 3.0 – Average Conduct and Sportsmanship**

1. Team members and spectators (on or off the playing area) are respectful of opponents and officials except for one or two minor incidents which may or may not merit a warning from the game officials or supervisor. These complaints may have been voiced verbally or non-verbally toward officials, opposing players, or opposing fans. The team captain exhibits control over teammates and themselves. Teams that default an Intramural Sports contest will receive a "3" in Sportsmanship. A team winning a game due to a forfeit/default will receive a "3" in sportsmanship.

### **iii. 2.0 – Below Average Conduct and Sportsmanship**

1. Team members and spectators (on or off the playing area) show continuous or sustained verbal dissent toward officials, supervisors, and/or opposing team. The team captain exhibits little control over teammates and themselves. Teams receiving multiple warnings or having players penalized for an unsportsmanlike act (i.e. conduct yellow card, conduct technical foul, unsportsmanlike conduct penalty) should receive no higher than a "2" rating. Teams that forfeit an Intramural Sports contest will receive a "2" in Sportsmanship.

### **iv. 1.0 – Unacceptable Conduct and Sportsmanship**

1. Team members and spectators (on or off the playing area) complain excessively to officials and/or opposing team. The team captain exhibits no control over teammates and themselves. Majority of individuals on this team are disrespectful of opponents or officials on a regular basis. The team captain of any team receiving a "1" in sportsmanship must meet with a Competitive Sports professional staff member prior to the team's next contest.

### **v. 0.0 – Season Ending Conduct and Sportsmanship**

1. Team members and spectators (on or off the playing area) are completely uncooperative and out of control before, during, and/or after Intramural Sports contest(s). The team captain (spokesperson) exhibits poor control over self, the team, and/or the spectators. Multiple ejections or blatant unsportsmanlike conduct that endangered participants, fans, officials, or supervisors.

## **C. Positive Contributions to Sportsmanship Rating:**

- i. The following actions and behaviors by team members, spectators, and/or team followers can have a positive effect on a team's sportsmanship rating:
  1. Team members cooperate with and demonstrate good sportsmanship toward members of both teams, spectators, officials, and all other IM staff.

2. The team captain exhibits control over their team and spectators, converses reasonably and rationally with officials about rule interpretations/calls, and cooperates by providing any information requested by an IM official/staff.
3. Team members participate in the spirit and intent of the intramural sport game rules and/or program policies. Team members accept judgment decisions made by the officials during the contest.
4. Respect is shown for FAU Campus Recreation facilities and equipment.

**D. Negative Contributions to Sportsmanship Rating:**

- i. The following actions and behaviors by team members, spectators, and/or team followers can have a positive effect on a team's sportsmanship rating:
  1. Participants / spectators who continually complain about officials' decisions and display dissention which may include derogatory or abusive remarks. Complaints include both verbal and nonverbal behavior. Excessive arguing between opposing teams / spectators might also lead to a lower rating.
  2. Team captain (spokesperson) exhibits little control over their team and spectators, converses in a dissenting manner with officials about rule interpretations/calls (discussion is allowed as long as it is done in a mature manner by the team captain), or does not cooperate with game officials or IM staff. Does not provide information requested by any intramural sports official/staff while performing duties.
  3. Having any technical fouls or penalties for unsportsmanlike conduct or having a player ejected for unsportsmanlike conduct.
  4. Taunting an opponent or opposing team spectator (trash talk)
  5. Public indecency, vulgarity, or obscenity including foul or profane language and obscene gestures, incidental or intentional, non-directed or directed at an opponent, official, teammate, supervisor, spectator, or Intramural Sports staff member.
  6. Physical abuse by participants / spectators in the form of fighting with an opponent, teammate, official, or staff member which occurred before, during, or after an Intramural Sports contest.
  7. Any threatening behavior (verbal and/or nonverbal) to any FAU Intramural Sports or Campus Recreation employee, participant, or spectator which occurred before, during, or after an Intramural Sports contest.
  8. Individuals / teams played after the consumption of alcohol / drugs. If the contest has begun when this is discovered, the player(s) will be immediately removed from the facility, and the contest will be forfeited to the opponent.
  9. Damage to or destruction of any FAU or FAU Campus Recreation facilities including failure to remove trash from the field or court following a game or match.