

CO-REC VOLLEYBALL RULES

- Teams are responsible for all information given at the team manager's meeting and in the Intramural Handbook.
- Intramural Co-Rec Volleyball is governed by NIRSA rules except for adjustments as noted below.

RULES:

1. Two teams of 3 men and 3 women players each shall play the game. A team may play with 5 players. Can be 3 men and 2 women or 3 women and 2 men.
2. The court positioning must be alternating men and women.
3. Forfeit time is **5 minutes** after scheduled game time.
4. Matches will be best 2 out of 3 **games of rally scoring**.
5. Games are played to **25-points, win by 2 (30 pt cap), third game to 15 points (17 pt cap) or 11 points (13 pt cap) based on time**.
6. Teams are allowed unlimited substitutions; player must re-enter the game in the original serving order (a player must wait a full rotation before entering again).
7. Any kicking of the volleyball will result in a yellow card.
8. 1 timeout per game; 1 minute in duration.
9. A served ball may be bumped **or set (as long as it is a clean hit!)**.
10. Let serve is allowed.
11. A player may never touch the net, or cross over the centerline.
12. No blocking or attacking a served ball.
13. A dead ball will be declared when ball hits any part of a basketball backboard. It will result in a **point or point + side out**. If the ball hits the ceiling, it is still playable if it is on the same side.
14. Teams **MUST** have a cumulative Sportsmanship Rating of 3.0 or better after regular season to be eligible for playoffs.
15. **NO JEWELRY!** Medical alert bracelets and religious jewelry must also be taped to the skin (NO tape provided by SRC).
16. "NO MOUTH" Rule
17. Unsportsmanlike conduct will not be tolerated.

ELIGIBILITY:

Individuals may play on only one team.

LOCATION:

All Intramural Co-Rec Volleyball games are played on the SRC courts unless noted otherwise.

EQUIPMENT:

Intramural Sports will provide the game balls. No player shall wear equipment that is dangerous to other players.