Volleyball Basic Rules Breakout Sessions

Equipment, Game, Scoring and Minimum Players

- NO JEWELRY ALLOWED. This includes rings, earrings, necklaces, bracelets, rubber bands, Livestrong bracelets, etc.
  - Exception: Medical alert bracelet, or something of religious significance.
- No black-soled shoes (that scuff the court) allowed. Closed-toe shoes must be worn at all times – no sandals, bare feet, etc.
- Athletic shorts must be worn. No jeans, khakis, etc.
- **All teams must wear designated shirt colors** – we do not provide jerseys for teams.
  - Failure to do so can result in forfeiture of the game.
- The match is the best 2-out-of-3 sets.
- Each team is allowed one timeout per game; unused timeouts do not carry over into the next game.
- Sets 1 and 2 are rally scoring to 25, and a team must win by 2.
  - Cap of 30 (A team can win 30-29)
- Set 3 played only if necessary (if tied at 1-1). Set 3 is rally scoring to 15, must win by 2.
  - Cap of 20 (A team can win 20-19)
  - In the 3rd set only, teams will change sides once a team has scored eight team points.
- Players – Maximum = 6 on the court
  - Minimum to start = 5 (will not wait for “starters”).
  - Only 2 Club Volleyball players are allowed on each intramural team ROSTER.
- Net height
  - 7’ 11” – Men’s height → Men’s/IFC Height
  - 7’8” (43 on polls) – CoRec height → Housing

Substitutions, Libero and Ghost Rule

- Free substitutions are allowed (on a rotating basis) as long as the player subs for either the same person or into/out of the same position.
  - The proper substitution spot is the Center-Back position.
  - All subs must play one full rotation before coming out of the game.
- Responsibility of the Down Official primarily, but both officials should be paying attention to legal substitutions.
- Teams are allowed to designate a Libero.
  - He/she is restricted to performing as a back row player and has no right at all to complete an attack hit when the ball is above the height of the top of the net.
  - The Libero may not block or attempt to block (above the plane of the net).
  - Must be announced prior to the game, and he/she must wear a different color jersey from rest of team.
  - May serve*, but only in one of every rotation of the lineup.
- The “Ghost Rule” applies if a team is using 5 players.
- With the Ghost Rule, opponents shall receive a point and serve after the end of the first full rotation.
- Reason for rule is because it is advantageous to have one less person to coordinate attacks, block, etc.

Rotations/Alignment, Ball Contact and Out of Bounds

- After each side out, the new serving team must rotate one person to the right (if facing the net).
  - In a CoRec league, the rotation must remain male-female throughout.
- At the time the ball is contacted for the serve, the players on the court must be in their proper order.
- After the serve, players may realign themselves into new positions, but are still restricted to the responsibilities of their legal position.
- It is imperative that the Down Official pay heavy attention to proper rotations, although both officials are responsible for proper rotations.
- Any part of player’s body is legal.
- A Player Cannot:
  - Lift
  - Hold/Catch
  - Scoop
  - Throw
  - Double Contact (except on the first serve)
- Out of bounds is determined by the outside edge of the boundary lines.
- Ball cannot come to rest on any part of the player.
- Be sure to call illegal contact consistently. Warn teams first, then penalize accordingly.
- The ball is deemed out of bounds if:
  - It lands completely outside the designated playing lines
  - It hits one of the antennas
  - It hits a basketball hoop, support, side wall, etc.
  - It goes past the center line between courts
  - It hits the ceiling
- Stays on the same side – Legal (live ball)
- Goes over the net after hitting the ceiling, or hits ceiling on opposing side - Illegal
- In bounds clarified: the ball is "in" if at any moment of its contact with the floor, some part of the ball touches the court, including the boundary lines.