

Intramural Volleyball Rules

1. Team Composition

- Teams must have **6 players on the court** at a time.
- A minimum of **4 players** is required to start a match.
- Substitutions are allowed between points and must follow a consistent rotation order.

2. Match Format

- Matches will be played **best 2 out of 3 sets**. (subject to change)
- Sets will be played to **25 points**, win by **2 points**.
- If a third set is needed, it will be played to **15 points**, win by **2 points**.
- Rally scoring will be used (a point is awarded on every serve regardless of which team served).

3. Serving

- The server must serve from **behind the end line**.
- A serve that touches the net and goes over is considered **legal**.
- Players must rotate **clockwise** when gaining the serve from the opposing team.

4. Gameplay Rules

- Each team is allowed **up to three hits** to return the ball over the net.
- A player **may not hit the ball twice consecutively**, except after a block.
- The ball **may not be caught, lifted, or thrown**.
- Players may not **touch the net** during play if it interferes with the game.
- The ball must be returned **within the boundaries of the court**.

5. Blocking and Attacking

- Front-row players may block or attack the ball.
- Back-row players may attack the ball **only if they jump from behind the attack line**.
- A block does **not count as one of the three team hits**.

6. Sportsmanship

- All participants are expected to demonstrate **good sportsmanship** toward teammates, opponents, and officials.
- Unsportsmanlike conduct, including abusive language or behavior, may result in **warnings, point penalties, or removal from the match**.

7. Forfeits and Defaults

- Teams must be ready to play at the scheduled start time.
- A **10-minute grace period** may be allowed. After that time, the match may be recorded as a **forfeit**.

8. Authority of Student Life

The **Student Life Team reserves the final authority and discretion over the interpretation, modification, and enforcement of all intramural volleyball rules**. In any situation not specifically covered in these rules, the Student Life Team will make the final decision, and their ruling will be considered **final and binding**.