

**EASTERN MICHIGAN UNIVERSITY
RECREATION/INTRAMURAL DEPARTMENT
VOLLEYBALL RULES**

National Federation rules will be used with the exception to any league rules. League rules will override National Federation Rules where applicable.

1. Service at the beginning of the match will be determined by a flip of a coin by the captains and the official. The winner will have the choice of serve or side of the court they would like. Teams will switch sides after the first game is completed and the team not serving first in the first game will serve first in the second game. A coin flip will be conducted for game three.
2. A game shall consist of 21 points, win by at least two points, or first to 25. A match will consist of three games. All games are rally scored. All three games will be played during the regular season.
3. A point can be scored by either the serving team or the receiving team.
4. The server must stand with both feet behind the rear boundary line and anywhere along the backline.
5. There are no restrictions as to how the ball may be served except that it must be served within five seconds after the whistle sounds. If the served ball touches any obstructions (except the net) before being contacted by the receiving team, a point is awarded to the receiving team as well as the serve. **Exception:** The wire above the courts is considered a replay.
6. No player may use any part of their body below the waist to make a play on the ball.
7. A ball touching any part of the boundary line is considered in.
8. All players must be on the court (except the server) at the time of service. After the serve has occurred, players may line up where they wish in relation to the court. Players may retrieve balls in play behind and to the side of their half of the court. Sideout will occur if the ball is played past the center line.
9. The ball must not come to a visible rest on the player's hands, fingers, or any other part of their body. Players are not permitted to scoop, hold, or throw the ball.
10. A player shall not make successive contacts with the ball unless they were part of a block at the net, reception of a hard driven spike, or a hard driven serve.
11. A player attacking the ball may make multiple hits if and only if the ball has been blocked (at the officials discretion).
12. A ball, other than the serve, may be recovered from the net, provided the player avoids contact with the net and does not catch or hold the ball (see rule #9).
13. The ball must always be returned over the net by the third contact, unless a block was the initial contact. A block is not considered as one of a team's three hits.
14. Regarding net play:
 - a. A player may not be in the net.
 - b. A player may be on but not over the center line.

- c. The defense may not attack a set or the ball on their opponent's side of the net.
 - d. The ball must cross the plane of the net before contact can be made by the opposite side.
 - e. A player may have their hand extended over the net if the opponents have completed their allotted number of hits (three).
15. The ball is out of bounds if it lands on the floor outside of the court, if it touches the volleyball poles, the official's standard, the wire portion of the net, or the track overhang. Players may play the ball if it contacts the ceiling or beams over their half of the court if they have any hits left. The ball is not in play if it contacts the basketball backboards. If the ball contacts any obstruction on its way over the net to the opponent's side of the court, the ball is dead and a point and serve is awarded. If the ball contacts the wire over the court, the ball is dead and a replay shall occur. The ball must pass between the antenna to be live.
16. A served ball may be blocked. *Attacking a serve is illegal.*
17. A minimum of four players is required to start a match.
18. Substitution can take place at the serving position for an unlimited number of entries, or players may be substituted for specifically by position. Teams may use one form or the other, but only one form for the match.
19. Height of the net for men will be 7 ft 11 5/8 inches. For women, the height will be 7 ft 4 1/8 inches.

CO-REC MODIFICATIONS

1. Teams are composed of six players (3 men & 3 women) plus substitutes. Teams may play with as few as four players, but there may be no more than three players of either sex on the court at a time. The players must line up alternating sexes in the serving rotation. If a team has an uneven number of players, then a sideout will be taken for the missing player. Teams must still lineup alternating sexes if possible. Teams must have a minimum of two men and two women to start a game.
2. If the ball is contacted three times, one of the contacts must be by a female.
3. The net will be set at the men's height.