

**EASTERN MICHIGAN UNIVERSITY**  
**Recreation/Intramural Department**  
**Volleyball Rules**

\*\* Unless otherwise modified, all rules of the National Federation will be in effect.\*\*

**ELIGIBILITY**

1. All eligibility rules listed in the handbook apply.
2. **ALL participants must show their current EMU EagleOne Card or Rec/IM membership card (staff/faculty) to one of the supervisors on duty. Guest and Forgotten ID passes are not allowed as proof of eligibility.**
3. Participants are eligible to play on one men's team or one women's team & one co-rec team.

**TEAM**

1. A minimum of four players is required to start a match. Any less will result in an automatic forfeit.

**FORFEIT TIME**

1. Game time is forfeit time.
2. A failure by any team to have the allotted number of players at the appropriate game time will result in the team receiving an automatic forfeit for the game.
3. Two forfeits will result in automatic removal from the league.

**THE GAME**

1. The official game ball will be furnished by the Intramural Department. This is the ball that will be used during the game unless both teams agree on a neutral ball.
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. 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.

**START OF GAME**

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.

**TIME-OUTS**

1. Each team will be permitted one (1) time-out per game.
  - a. These time-outs shall be 60 seconds in length.
  - b. Time-outs do not carry over to the next games.

**SERVING**

1. The server must stand with both feet behind the rear boundary line and anywhere along the backline.
2. 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.
3. 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.
4. A served ball may be blocked. *Attacking a serve is illegal.*

**SUBSTITUTIONS**

1. 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.

### **OUT OF BOUNDS**

1. The ball must pass between the antennae to be live.
2. 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.
3. A ball touching any part of the boundary line is considered in.
4. Players may play the ball if it contacts the ceiling or beams over **THEIR** half of the court, if they have any hits left.
5. The ball is not in play if it contacts the basketball backboards.
6. 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.
7. If the ball contacts the wire over the court, the ball is dead and a replay shall occur.

### **NET PLAY**

1. 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.
2. A player may not be in the net.
3. A player may be **ON**, but **NOT OVER** the center line.
4. The defense may not attack a set or the ball on their opponent's side of the net.
5. The ball must cross the plane of the net before contact can be made by the opposite side.
6. A player may have their hand extended over the net if the opponents have completed their allotted number of hits (three).

### **OTHER RULES**

1. 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.
2. No player may use any part of their body below the waist to make a play on the ball.
3. 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.
4. 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.
5. A player attacking the ball may make multiple hits if and only if the ball has been blocked (at the official's discretion).

### **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 side out 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. The net will be set at the men's height.
3. If the ball is contacted three times, at least one of the contacts must be by a female.

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