

Indoor Volleyball

All games will be governed by the National Federation of State High School Associations Rule Book (NFHS) with the following SIUE Intramural Sports Modifications:

Players & Equipment

- Each participant must present a current Cougar ID Card in order to be eligible to participate.
- Each participant must sign a liability waiver.
- *Eligible Participants:* Students, Staff/Faculty with Student Fitness Center Memberships.
- All participants must have an [IMLeagues](#) account and be on the appropriate team roster to be eligible.
- **Each team shall consist of 6 players** (3 males and 3 females for Co-Rec play). The minimum number of players necessary to begin is 4 (2 males and 2 females for Co-Rec play). Rosters are capped at 12 players. Co-Rec players playing with an odd number of players must use a (+-1) ratio of genders.
- **Shoes:** Tennis shoes are the recommended footwear. Players may not play barefoot. No boots, loafers, or non-athletic shoes may be worn. Tennis shoes must be approved court shoes that have a non-marking sole.
- **Jewelry:** No jewelry or any other item deemed dangerous by the Intramural Staff may be worn. Any player wearing exposed permanent jewelry (i.e. body piercings) will not be permitted to play. Medical alert bracelets must be secured to the participant.
- Hats or caps with bills and bandanas that are tied with a knot are not permitted.
- Players may wear soft, pliable pads or braces on the leg, knee, or ankle. Braces may not have any exposed metal or screws. Braces made of any rigid materials (including plastic) must be covered with protective padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play.
- If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of their own glasses.
- The height of the net will be 7'4-1/8" for Women's play and 7'11-5/8" for Men's and Co-Rec play.

Playing Surface

- All games will be played in the Student Activity Center, unless otherwise noted.
- The court will utilize the red lines. A ball that lands on the boundary line is considered "in".
- Only players participating and a coach are permitted on the team bench, spectators must be outside the court.

Game Format

- All matches will consist of a best 2 out of 3 sets. The first team scoring 25 points (win by 2 or a 30 point cap) will be declared the winner. If a third set is necessary, the first team scoring 15 points (win by 2 or a 20 point cap) will be declared the winner.
- A coin toss at the beginning of the match will determine which team receives the choice of first serve or choice of side of court for the first game. The loser of the toss receives the remaining option. The team not serving first in the first game shall serve to start the second game. In the event of a third game, a second coin toss will determine the choice of first serve or side. Teams shall change sides of the court for the second game.
- **Game time is forfeit time**, if a team does not have the minimum number of players necessary to start a match, the game is declared a forfeit.
 - Grace Period: A team may be offered a 10-minute grace period from the original start time to obtain the minimum number of players required to participate.
- Each team receives two (30-second) timeouts per game. Timeouts will only be granted during a dead ball or before the serve. Note that the match clock will not stop during timeouts.
- **Delay of Game:** Unnecessary delays include, but are not limited to, the following:

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- A team requests a third timeout in a match after it has already used its allotted timeouts.
- A team delays recovering a dead ball that has gone out of bounds.
- **Penalty for Unnecessary Delay:** A timeout shall be assessed. If the team has already used its allotted timeouts, a point or side-out is awarded to the opponent, and the game is resumed immediately.
- At the conclusion of the match, it is the responsibility of the winning team to report the scores to the IM Supervisor. Failure to do so will result in a double forfeit.

Position of Players

- Each time a team gains the serve, it must rotate one position clockwise before serving. The player in the back right position, or position 1, will be the server.
- **Substitutions:** Substitutions are allowed to enter the game during dead ball periods after notifying and being substituted into the game by the secondary official. Substitutes can enter the court to any position. Co-Rec substitutions must be made for the same gender, male/male, female/female substitutions only.
- **Server:** The server shall serve from within the serving area and shall not touch the lines bounding this area or the floor outside this area at the instant the ball is contacted during the serve. Part of the server's body may be in the air over or beyond these lines, as long as the contact with the line or floor comes after the contact of the served ball.
- **Position of Players at Service:** At the time the ball is contacted for the serve, all players (except the server) shall be within the team's playing area and may be in contact with the boundary lines but may not have any part of the body touching the floor outside those lines. No player may be as near to the respective line as the appropriate adjacent player. After the ball is contacted for the serve, players may move from their respective positions.
- **Screening:** The players of the serving team must not prevent the receiving players from seeing the contact of the serve or the path of the served ball. Screening is illegal and results in a point/loss of rally to the opponent.
- **Back Line Attacking:** A back line player returning the ball to the opponent's side while forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area, and the back row player may not leave their feet while in front of the attacking line. The restriction does not apply if the back line player jumps from clearly behind the attack line and after contacting the ball, lands on or in front of the line. On any illegal back row attack (whether first, second, or third hit), the ball shall become dead and a fault called when the ball passes completely beyond the plane of the net or is contacted by the opponents.
- **Front Line Blocking:** Blocking the ball is permitted by any or all of the players of the front row only. A serve cannot be blocked.
- **Serving Out of Turn:** A player shall not serve out of turn. An out-of-turn service may be called by the official or by the opponent's captain. If this is then verified by the official, any points scored on this service shall be canceled and a point/loss of rally awarded to the opponent. If the opponent serves before an out-of-turn service is called and verified, then there shall be no loss of points. In either case, players of the team in error shall regain their proper positions before the next serve by either team.

Playing the Ball

- **Service:** The service is the act of putting the ball into play by the player in the right back position who hits the ball with one hand (open or closed) or any part of one arm in an effort to direct the ball into the opponent's area. The serving area will be any point behind the end line (excluding the end line) between the two sidelines. **For teams with fewer than 6 players, each time a vacant position rotates to serve in the back right position, a loss of rally/point is awarded to the opponent.**
 - The server shall have 5 seconds after the official's ready-whistle in which to release or toss the ball for service.

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- If after releasing or tossing the ball for service, the server catches the ball or allows the ball to fall to the floor without being hit or contacted, the service effort shall be canceled and a re-serve directed. However, the official will not allow the game to be delayed in this manner more than once during a service attempt.
- If the ball is served before the official's whistle and signal, the serve shall be canceled and a re-serve directed. The official will not allow a player to delay the game in this manner more than once during a service attempt.
- A team shall continue to serve until a loss of rally is awarded to the opponent or the game ends.
- The serve alternates to the opponent when a point/loss of rally is awarded to the opponent.
- A served ball is a service fault and becomes a dead ball when:
 - The ball does not legally cross the net.
 - The ball passes under the net.
 - The ball touches one of the server's teammates.
 - The ball touches the floor on the server's side of the net.
 - The ball does not cross the net entirely between the net antennas or lands out of bounds.
 - The ball touches the ceiling or any obstruction.
 - The server steps on or over the back line during the serve.
- It is illegal to block a serve or attack (spike) a serve.
- Each team is limited to a maximum of three hits on its side of the net to get the ball successfully over the net. Lifting, carrying the ball, and underhand slapping of the ball are illegal hits and shall result in a point/loss of rally. When the team's first contact is simultaneous contact by opponents or an action to block, the next contact is considered the team's first hit.
- If any part of the ball contacts the boundary lines, it is considered in.
- Legal contact is a touch of the ball that does not allow the ball to visibly come to rest or involve prolonged contact with a player's body (can be any part of the body).
- **Simultaneous Contacts:** This involves more than one contact of the ball made at the same instant.
 - When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
 - When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit). Any player may make the next hit.
 - A "joust" occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A joust is not a foul, and play continues as if the contact was instantaneous.
 - When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
- The ball will be out-of-bounds if it touches any part of the walls, railings, or divider curtain. A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play, provided that the ball contacts the ceiling or obstruction on the side of the net that is occupied by the team that last played the ball, and the ball is legally played next by the same team.
- **Co-Rec Modifications:** There are no playing restrictions, with the exception of net height and alternating male/female on the court.

Play at the Net

- A player shall not contact any part of the net or its supports while the ball is in play. If a player inadvertently touches the official's platform or net supports (other than rope cable), it is not a foul. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players, it is not a foul if the opposing player(s) did not contact the net by their own impetus.

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- A ball may be played from the net provided that a team still has at least one of its three hits remaining.
- When returning the ball to the opponent's side of the net, a player may follow through over the net, providing they first contact the ball on their own side of the net. A player shall not contact a ball that is completely on the opponent's side of the net unless the contact is a legal block.
- Blocking a ball that is completely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when:
 - The attacking team has completed its three allowable hits.
 - The attacking team has had the opportunity to complete the attack, or in the official's judgment, directs the ball with intent to return it to the opponent's court.
 - The ball is falling near the net and, in the official's judgment, no member of the attacking team could make a play on the ball.
- A ball may touch the net within the sideline markers when crossing the net to enter the opponent's playing area.
- A ball may be attacked, excluding a served ball, when it has partially crossed the net. Blocking a served ball is not permitted.
- **Center Line:** A player may touch the floor across the center line with one or both feet/hands provide that the foot/feet or hand/hands do not completely cross the center line. Contacting the floor across the center line with any other part of the body is illegal.
- There is interference by a player who makes:
 - Contact with an opponent that interferes with the opponent's legitimate effort to play the ball.
 - Intentional contact with a ball that the opponent has caused to pass partially under the net and the opponent is attempting to play it again.

Penalty for Illegal Net Play: A point/loss of rally is awarded to the opponent.

- **Successive Contacts:** Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not make successive contacts of the ball unless there is:
 - Simultaneous contact by teammates.
 - Simultaneous contact by opposing players.
 - Successive contacts by a player whose first contact is a block (then the second contact shall count as the first hit by the player's team).
- **Multiple Contacts:** Multiple contacts of the ball are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:
 - When the ball rebounds from one part of the player's body to one or more other legal parts in one attempt to block.
 - On any first team hit, whether or not the ball is touched by the block, provided there is no finger action.

Team Conduct & Sportsmanship

- The official(s)/supervisor(s) shall have the authority to warn, penalize, or disqualify any player(s), substitute, or coach for violations of sportsmanship including, but not limited to, the following:
 - Disrespectfully addressing an official or staff member.
 - Questioning the official's/supervisor's judgment or decisions.
 - Use of disconcerting acts or words when an opponent is about to play the ball.
 - Showing disgust with official's decisions.
 - Using profane or insulting language or gestures toward an official/supervisor or other player.
 - Baiting players of the opposing team
 - Disrupting the game so that it may not be continued in an orderly fashion.

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- Coaches, players, and spectators conducting themselves in an unsportsmanlike manner shall be assessed penalties in the following manner:
 - A yellow card will be issued as a warning.
 - A second yellow card results in a point/loss of rally awarded to the opponent. This is equivalent to a red card.
 - A red card issued alone for a single offense will result in a point/loss of rally to the opponent. A red card will also result in an ejection for the offending player from the remainder of the match.

A sportsmanship score will be awarded to each participating team after every game. An average of the points from each game will factor into team standings. The following scale will be used to rate all teams in all contests played:

- 4: Excellent, no problems.
- 3: Occasional problems, some verbal dissent.
- 2: Unreasonable comments and conduct.
- 1: Continuous verbal dissent, unreasonable conduct.

Statement of Inclusion Language for Intramural Sports Department

SIUE Campus Recreation is dedicated to providing a positive intramural sports experience for students of all abilities. Please contact Imani Welch (imwelch@siue.edu or 618-650-3248) at the Student Fitness Center, Room 1524A, to discuss options should you require an accommodation to fully participate in the Intramural Sports program because of a disability or impairment.