BAKER COLLEGE
OFFICE OF RESIDENCE LIFE
INTRAMURAL VOLLEYBALL/VOLLEYBALL MANIA RULES
Winter 2014

TEAMS

A. Co-Rec Indoor: A full team consists of six players- three men and three women. A minimum of four players are required to start or continue a game. A team must have a minimum two women to play. If a team has less than three women they may only field five players total. A team may not play with less than two women on the court.

B. Men’s and Women’s Indoor: A full team consists of six players.
A minimum of four players are required to start or continue a game.

ELIGIBLE PLAYERS

1. All students who are matriculated, registered, and who pay Baker College tuition for classes on the Muskegon campus are eligible. Part-time and full-time staff and faculty are also eligible.

2. Every student will be required to present his/her student ID to the game official prior to the start of the game. If ID is not presented, the student will not be allowed to play even if his/her name is listed on the scoresheet. Class schedules of the current quarter will not be accepted.

3. A team may add a player at game time within the first two weeks of the season providing he/she has proper identification. This player’s name will then automatically be added to the team roster after checking eligibility. To delete a player, the manager must come to the Director of IM Sports at Baker College Muskegon. A player must participate in one regular season game to be eligible for post season playoffs.

4. A team member may only play for one CO-REC and one Men’s or Women’s team.

JEWELRY

• No jewelry can be worn during Intramural contests—including earrings, bracelets and necklaces. The only exception to this policy is medical ID bracelets, stud earrings (must be taped) and wedding bands.

I. GENERAL GAME REGULATIONS

A. Coin Toss: Three minutes prior to the start of the game the referee shall hold a coin toss with the opposing team captains after designating which captain will call the toss. The winner of the toss has choice of serving or side of court; the loser has the alternative choice. The teams shall switch courts after each game. If the match goes to three games, a retoss will determine service and court side. NOTE: If at game time a team does not have the required number of players to begin, a five minute grace period will be given. If after five minutes a team does not have the required number of players to begin, the first game of the match will be forfeited. The team forfeiting the first game will be given an additional five
minutes. If the team fails to have the required number of players at that time, the match will be forfeited.

B. **Timeouts:** Requests for time out, or substitutions need to be made by the captain only when the ball is dead.

1. Each team is permitted two team timeouts per game. The length of the time out is 30 seconds. Two consecutive time outs may be requested by either team without resuming of play between the timeouts.

2. Substitutions: Substitutes must be recognized by an official during a dead ball situation before they may enter the court. Time for a substitution shall not exceed 15 seconds; a period longer than 15 seconds will be called a time out. If this causes a team to exceed its allowed two time outs, they will be penalized a point and side out.

3. Rest period between the games of the match will be three minutes.

C. **Scoring**

1. Serving team shall receive a point when receiving team violates a rule, or the ball is killed.

2. The ball shall be rewarded to the receiving team and a point scored (rally score) whenever the serving team violates a rule, or the ball is killed.

3. The game: The best **two out of three games** will determine the winner of a match. A game is won when one team has scored 25 points (**rally score**) and is at least two points ahead. If the team leading does not have a two-point advantage, play shall continue until one team has a two-point advantage. The final game of a game of the match will be **rally** score played to 15 with 17 being the cap.

4. A team may continue to play a ball they hit which touched the ceiling on the first or second hit as long as it comes down on their side of the court. If a ball hits the ceiling or basketball supports and goes into an opponent’s court it is a point or side out.

5. In co-rec games, the placement of players on the court must be an alternation of men and women—RESULT-Point awarded and side-out.

II. **RULES OF PLAY**

A. **The service:** The act of putting the ball in play by the player in the right back position who hits the ball with the hand (open or closed) or any part of the arm to send it over the net into the opponent’s area. The let serve is allowed and play shall continue provided net contact is within the net’s antennas.

1. The ball shall be clearly hit for the service after being thrown or released from the other hand.

2. Referee shall blow whistle at beginning of each play signaling the service. Server shall have five seconds to initiate the service; failure to do so shall result in a side out. (If the player serves before the referee’s whistle, the service is canceled and a reserve will be directed.)
3. At the instant the ball is hit for service, the server must be **behind** the endline and may serve along the entire end line and may enter the court immediately after the ball is hit.

4. At the moment the ball is served, all players should be on the court and in their correct rotation order as indicated on the scoresheet.

5. Serving out of order: If a team has served out of order, the team loses the serve and any points gained during out of order service. The players of the team at fault must immediately resume their correct position.

6. Rotation: The first server is the right back player. Rotation is clockwise with the right front rotating to the service area.

7. Service in subsequent games: The team not serving first in the preceding game of a match shall serve first in the next game.

8. The team serving second in each game **must rotate** into the serving position.

9. Serving faults: Referee will signal side out when one of the following occurs:
   a. The ball passes under the net.
   b. The ball touches a player of the serving team or any object before entering the opponent’s playing area.
   c. The ball lands outside the limits of the opponent’s playing side. d. The server serves from outside the service area or commits a foot fault.
   e. The player serves with two hands.
   f. Improper rotation order.
   h. The ball is not thrown or released before it is hit.

10. Blocking the serve: Blocking a serve is **illegal**.

11. Setting the serve: Setting the serve is legal as long as it is done cleanly.

12. Change of position: At beginning of new game, players may change positions provided the referee has received new lineups before the beginning of the game.

**B. Contacting the ball during play**

1. Each team is allowed a maximum of three successive contacts to return the ball to the opponent’s area.

2. Contact of the ball with the body: The ball may be hit with any part of the body above and including the waist.

3. Held Ball: When the ball comes to rest momentarily in the hands or arms of a player, it is considered as being held. The ball must be cleanly hit. Scooping, lifting, pushing, or carrying the ball shall be considered a fault. **Penalty:** Point awarded to the opposing team.

4. Double contact: A player contacting the ball more than once, with whatever part of the body, without any other player having touched it between contacts will be considered as having committed a double hit, except on a downward driven ball. **Penalty:** Point awarded to the opposing team.
5. Contacted ball: A player who contacts the ball or is contacted by the ball shall be considered as having played the ball, except on the block.

6. Out-of-bounds play:
   a. It is permissible to run out of bounds and play a ball before it contacts an object out of bounds providing that the player does not cross the center line extended to play the ball.
   b. The ball must contact the out of bounds area before it is considered dead. Catching a ball and calling it “out” is not allowed.
   c. A ball touching a boundary line is considered “good”.

7. Simultaneous contacts:
   a. If two or more participants on the same team contact the ball simultaneously, it counts as one hit and either may participate in the next play. The next play will be counted as an additional contact.
   b. If two or more players from opposite teams contact the ball simultaneously, either player may play the ball again. The next play of the ball is considered the first of three contacts for that team and the blocker may be the first to contact the ball. The block: Blocking is the action at the net of attempting to intercept the ball coming from the opponent’s side. Any player is considered as having the intention to block if any part of the body is placed above the height of the net in a position at the net.
      (1) Blocking can be performed by any or all players of the front line.
      (2) The team that has participated in a block shall have the right to three more contacts in order to return the ball.
      (3) Any player participating in a block in which the ball is contacted shall have the right to make the next contact. The contact counts as the first of three contacts allowed that team.
      (4) Back row players may not block the net.
      (5) Any blocker(s) may reach over the net; however the blocker(s) shall not contact the ball in the opponent’s area until after completion of the opponent’s action, which sends the ball toward the blocker’s side.

8. Successive contacts - In addition to blocking, successive contacts of the ball will be legal on any play, which meets the following criteria:
   a. It counts as the first of three team hits.
   b. It is not an overhand play involving finger action on the ball.
   c. There is a single attempt to play the ball. A player may legally successively contact a serve reception, the dig of a spike or tip, and retrieval of a block or even a free ball. Lifts, carries, held balls, and balls that roll on any part of the body are still illegal.
   d. Co-Rec – Female players must be involved in one of the three hits.

C. Play at the net
1. Ball touching the net: When a ball in play touches the net it is considered good and play continues.
2. Net driven into player: If ball is forcefully driven into net causing the net to contact a player on the opposite team, it is not considered a fault.
3. Net touches: Players may not contact the net while the ball is in play.
4. Spiking: spiking is not allowed on the opponent’s side of the net. However, in the course of spiking, the spiker may follow through across the net.

D. Crossing the center line
1. Contact with any part of a player’s body on the opposite side of the court during a play constitutes a fault.
2. Touching the opponent’s playing area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remains on or above the center line at the time of contact.
3. Touching the opponent’s playing area with a hand or hands is not a fault providing that some part of the encroaching hand or hands remains on or above the center line at the time of contact.
4. It is not a fault to enter the opponent’s court side after the ball is dead.
5. Players may cross the center line if playing the ball provided they are playing outside the boundary of the net, but inside the restraining line.

E. Back row players
1. Back row players may not direct a ball from within the attack area (area from 10 ft line to center line) into the opponent’s playing area unless the ball is below the height of the net. RESULT-Point awarded or side out.
2. A back line player may spike from behind the attack line. A back row player spiking from behind the attack line may land on or in front of the attack line providing the take-off was clearly behind that line. RESULT-Point awarded.
3. Teams with four players VB Rule – Teams may play with three attackers. The server cannot attack in front of the 10 foot line.

F. Position of players
1. The placement of players on the court must conform to the serving order recorded on the scoresheet.
2. After the ball is hit for the serve, the players may move from their respective positions.
3. Co-Rec Rule – The placement of players must alternate genders in the serving rotation but may move to different locations after the serve.
4. Players of the same gender cannot serve back to back. Penalty: Point awarded and side out.

PARTICIPANT CONDUCT
Vulgar, obscene, abusive, derogatory and demeaning comments and gestures are not consistent with the environment IM sports desires. Such comments and behavior create a hostile environment, generate ill-will, place unnecessary pressure on
participants and contribute to a negative recreational experience. Therefore, such actions will not be tolerated in IM sports. Violators will face suspension or expulsion from the program. Serious incidents or repeat abuses will be subjected to further disciplinary sanctions.

ASSUMPTION OF RISK

Baker College of Muskegon and the Department of Residence Life assumes no responsibility for injuries received during intramural sports, special events and other recreation activities. While we strive to provide safe and well supervised activities, there is an inherent risk for physical injury and/or death in all sports activities. It is highly recommend that all Intramural Sports participants undergo a medical examination and obtain their own medical coverage or verify their coverage under their parent’s policy. All injuries that occur during intramural play should be immediately reported to the intramural supervisor on duty. The supervisor will handle the incident according to the Baker College of Muskegon emergency plan.