

The following rules provided by Montana State Intramural Sports are not meant to be all encompassing. These rules last updated: Summer 2024

## Section 1: The Game

- Brief Overview
  - All players must be in correct positions of rotation once a serve is made.
  - Only when the serve is completed can players move and change position on the court.
  - Teams are allowed 3 hits per rally; the ball must cross over the net after the third hit.
  - Should the ball hit the ceiling, it is in play as long as the offensive team contacts it legally on their side of the net.
  - Balls landed on the boundary lines are considered in bounds.
  - A regulation game will consist of the best of 3 sets played in 40 minutes.
- The Court
  - Fans are required to be on the opposite side of the court from the players benches.
    - Team Captains are responsible for controlling their fans and discouraging harassment/heckling towards Supervisors
  - It is asked that players and fans allow officials space along the sidelines to reduce potential injuries and allow staff room to complete their assignments.
    - Interfering with a Supervisor can result in a penalty
- Beginning Play
  - A Competitive Sports Supervisor will assist teams with court assignments.
  - Captains' Meeting
    - Before play starts, each team's captain must meet with the Supervisor.
    - Follow the Supervisors' instructions and ask any desired rule clarifications at this meeting.
    - The coin toss (below) will occur to determine first choice.
  - Coin Toss
    - Either a coin toss or even/odds game will determine the first choice.
    - The visiting team captain will be designated to make the call.
    - The captain winning the toss or game shall choose one of the following options:
      - Choose to serve or receive first
        - The remaining captain will choose which side of the net to start on
      - Choose which side of the net to start on
        - The remaining captain will choose to serve or receive first.
      - Upon completion of the coin toss, teams will assume their respective sides and play will begin
- Switching Sides
  - After completion of the first game and prior to the second game, teams will switch sides and the serving team from game one will receive and vice versa.
  - After completion of the second game and prior to the third game, if upon completion of the toss/game an alternating side is chosen, will teams switch sides.
  - In game 3 only, after either team reaches 8 points in the game, teams will switch sides, however the serve will be retained by the team on serve.

## Section 2: Equipment and Attire

- Equipment Provided
  - Regulation indoor volleyballs will be provided.
  - Players may use their own volleyballs as long as both captains and the Intramural Supervisor or officials agree prior to the start of play.
- Illegal and Required Equipment
  - Attire
    - Players must wear athletic shorts or pants and shirts. Jeans are not permitted.
    - Teams are NOT required to wear matching color jerseys/uniforms.
    - No jewelry, wristbands, watches, rings, headbands or bandanas with exposed knots, or anything that would be considered potentially harmful may be worn.
      - Baseball hats and sunglasses are permitted, but must be worn as intended (no backwards hats)
  - Competitive Sports Supervisors have the authority to declare what constitutes legal and/or illegal equipment/attire

## Section 3: Players

- Team Composition
  - Each team will be made up of 4 players on the court.
- Minimum Team Requirements
  - Games may start with a minimum of 2 players.
  - **Co-Ed Modification:** A minimum of 1 of each gender, and no more than 3 of each gender for a single team.
    - When playing with fewer than 4 players, there shall not be a gender difference of more than 2.
  - Once the game has started, it may not continue with fewer than the min. number of eligible players on either team.
    - The game shall be terminated, and a default (results in a loss) shall be declared if a team has fewer than the minimum number of eligible players due to any reason, including, but not limited to:
      - A player being required to complete documentation due to misconduct.
      - An injured player being attended to or no longer able to continue.

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- Club Sports Players
  - A maximum of 1 **total** club sports member can be on each team's roster, regardless of gender.
- Substitutions
  - Teams may substitute only during dead ball situations.
  - An unlimited number of substitutions may be made through the match, but players must leave the court for one point before subbing back on.
    - The substituted player must enter the same spot as the player leaving the rotation.
  - Players arriving late must first sign in with the Intramural Supervisor before entering play.

#### Section 4: Timing

- Time Limit
  - A 40-minute time limit will be enforced by the Supervisor.
- Timeouts
  - Teams will not receive any timeouts.
  - Injury timeouts may be determined only by the Supervisor.
- Overtime
  - When the time limit is reached in pool play, there will be NO Overtime.
  - The match score will be recorded as follows:
    - If in set 2, the winner of game 1 will receive the win with a score of 1-0
    - If in set 3 and the game score is tied, a match score of 1-1 will be given
    - If in set 3, the team with the most points in that game will receive the win with a score of 2-1
- Official Game
  - If at least 1 set has been completed and inclement weather stops play, the game will be over, and its score will be considered official.
  - If at least one set has not been completed and inclement weather stops play, the game will be considered cancelled.
    - Cancelled games will not count towards playoff qualification.
    - Cancelled games will only be made up if time and space permits.

#### Section 5: Scoring

- Winning the Game
  - Matches shall consist of the best 2 out of 3 sets.
  - In the first and second sets, the first team to score 25 points will win the game.
    - Teams must win by at least 2 points.
    - Sets will be capped at 30 points
  - If a third set is necessary, it will be played to 15 points
    - Teams must win by at least 2 points.
    - Set will be capped at 20 points.
  - Rally scoring will be in effect; points can be scored by either the serving or receiving team
- Rallies
  - Teams are allowed 3 hits per rally; the ball must cross over the net after the third hit.
    - Clean blocks will not be considered one of the 3 contacts to get the ball over the net.
  - Play continues until:
    - The ball contacts the playing surface.
    - A team contacts the ball too many times in a given possession.
    - An illegal hit or serve occurs.
    - A player contacts the net illegally
    - The ball crosses over to the other teams side, not in the area above the net.
  - A player may hit the ball twice during a rally as long as another player contacts the ball in between hits.
- Scorekeeping
  - Teams should keep their own scores and report them to the Intramural Supervisor at the end of each set.
- Mercy Rule
  - There will be no mercy rule scores.
- Forfeit Score
  - In the event of a Forfeit, a score of 1-0 will be given.
  - Double Forfeits will result in a score of 0-0.
  - Any team the Forfeits their game will receive a 3 for Sportsmanship.

#### Section 6: Serving

- Serving
  - The server may serve from any location behind the back edge of the boundary line.
    - Offensive players may not obstruct the server from the receiving team.
  - Let Serves are permitted
  - Kick Serves are NOT allowed
- Legal Serve and Return

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- The serving side:
  - Must hit the ball with one hand
  - May not step over the boundary line or inside the court until the ball is hit.
  - Let serves, in which the ball touches the net but still goes over, are permitted
- The receiving side may not spike or block a serve
  - Spike: An attack play in which the ball is forcibly hit into the opponent's court with an overarm motion.
  - Block: Action of a player close to the net at the moment of contact, meant to deflect the ball to the opponent's side
- All players must be in the correct position of the rotation prior to the serve being made.
  - Once the serve is completed, players may change their line position.
  - Frontcourt players may switch with backcourt players
  - Backcourt players may switch with frontcourt players but may not "attack" from the front court.
  - Players must have at least one foot on the correct side of the rotation until the serve is completed.
  - Any positioning violations result in a loss of that point.

## Section 7: Legal and Illegal Contacts

- Legal Contacts
  - The ball may be hit by any part of the body, including the foot, as long as it is a clean hit
  - The ball can contact any number of parts of the body provided the contacts are simultaneous and that the ball is not held but hit and rebounded clearly.
  - Spiking is permitted.
    - **Co-Ed Modification:** Men CANNOT spike in Co-Ed Gold divisions, but CAN spike in Co-Ed Blue divisions
- Illegal Contacts
  - The ball cannot come to rest momentarily on a player's hands or arms.
  - Scooping, lifting, pushing, and carrying the ball is illegal.
  - Double contact is not permitted.
    - A player contacting the ball more than once with any part of the body without any other player touching the ball between contacts will be considered an illegal double hit.
      - This does not apply to blocks.
      - This does not apply to the first team contact after a serve.

## Section 8: Net Play

- General Net Play
  - Any ball, other than the serve, may be recovered from the net provided the play avoids touching the net.
  - When reaching over the net, a player may follow through over the net provided they initially contact the ball on their side of the net.
  - Player(s) in the act of blocking may reach across the net but may not contact the ball until their opponent has first contacted the ball.
  - Should a player contact the net, the point and serve shall be awarded to the opposing team.
- Crossing the Centerline
  - Player(s) may reach under the net to retrieve a ball that is currently in play by their team.
  - During play, any part of the payer's foot may touch the center line but may not fully cross the center line.
  - Any part of the player's body may be in the air below the net and beyond the center line if they do not interfere with the opponent's play by touching the ball or an opponent.