

DEPARTMENT OF RECREATIONAL SPORTS  
UNIVERSITY OF GEORGIA  
INTRAMURAL SPORTS

**VOLLEYBALL RULES**

- **All players must show their UGA Card before every match. NO EXCEPTIONS!!**

These rules are a supplement to the National Federation of High School Rules.

A. COURT/ EQUIPMENT DIMENSIONS

The court is 30 feet x 60 feet. The women's net height is 7' 4" and men's & co-rec net height is 8'.

B. MATCH

1. It is suggested that teams show up 15 minutes before scheduled game time. This will allow time for score sheet sign-up, I.D. check, and warm-up.
2. The match shall be played between two teams of six players each. A minimum of three players are required to avoid a forfeit. If a match is played with three players, the server must adhere to back row player rules (see rule #E3). In addition, if a match is played with three players and one player is ejected from the match for unsportsmanlike conduct (see rule #E9), the match is forfeited.
3. If a team does not have three players five minutes after the scheduled match time the first game will be forfeited. After ten minutes the match will be forfeited.
4. A designated captain will be the only player to confer with the officials. The team will identify this player before the game.
5. Best two out of three games determine the winner.
6. A toss of the coin will determine court or service.

C. SCORING

1. There will be a time limit of 55 minutes per match. A 5-minute warm-up period will be allowed. (No time limit during tournament semifinals and finals.)
2. Rally point scoring will be used. Which means every time there is a serve there will be a point to win for either team.
3. Games are played to 25 points with a 27-point cap. A team has to win by 2 points unless time expires. The third game will be played to 15 with a 17-point cap.

D. SERVING

1. To serve the ball, the server stands in back of the end line and between the sidelines. The server has five seconds to serve the ball after the referee has blown the whistle.
2. Members of the team serve in turn with one server continuing to serve until a point is won by the returning team.
3. Let services are legal.
4. Setting the serve is legal.

E. PLAY

1. No more than three hits are allowed to get the ball over the net. Four plays constitutes a violation (except in the case of blocking - see rule #F4).
2. A player may use any part of his/her body from the waist up to play the ball.
3. Back row players may only attack (spike) from behind the 10' attack line; however, they may attack on or in front of the 10' line if their feet remain in contact with the floor. Back row players may not block or fake a block.
4. If the ball touches the boundary line it is considered good.
5. A player may not enter an adjoining court at any time. A point or side-out will be awarded.
6. A ball may be recovered from the net anytime during the match.
7. Teams shall change courts at the end of each game. In case of a third game, teams will change courts at 8 points.
8. Team captains are the only ones allowed to discuss calls with the officials.

9. Unsportsmanlike conduct is not tolerated. Officials will administer yellow and red cards for misconduct by players or coaches. A yellow card is used as a warning for a first minor offense; a red card is used as a penalty for a second minor offense by the same individual or a single serious offense and a point/side-out is awarded to the opponent. The yellow and red cards displayed together is used for disqualification for a third minor offense by the same individual or a single, flagrant offense. The offender is disqualified from the **match** and the next scheduled match. The offender has 60 seconds to get out of "sound and sight".
10. Taunting the opponent is considered unsportsmanlike conduct.
11. Spitting other than into the proper receptacle is considered unsportsmanlike conduct.

#### F. FOULS

1. It is not a foul to step on the centerline, but it is a foul to step or have another part of the body completely over it.
2. Touching the net with any part of the body (excluding hair, shirt, etc.) is a foul except when the ball is driven into the net causing it to hit an opposing player.
3. It is an error to catch, lift, push or throw the ball. The rules distinctly state that it must be rebounded.
4. The ball may not be touched by the same player twice in succession. However, after a ball has been blocked, the same player may hit the ball again - the block does not count as a touch.

#### G. ROTATION

1. Players must follow the serving order established with their positions at the start of the game. After the loss of service by the opponents, including the loss of the first serve of the game, the serving team rotates one position in a clockwise direction.
2. Rotation is: right back--center back--left back--left front--center front--right front.

#### H. SUBSTITUTION

1. All substitutes must be written on the scoresheet at the beginning of the game. Names which do not appear on the scoresheet for that particular game will not be allowed to participate until the next game.
2. Substitutions must be made two ways: (1) rotation basis - substitutes rotate in at the left front position or (2) player for player substitution - player B substitutes for player A; player A may only re-enter for player B and so on.

#### I. CEILING/LIGHTS

1. When a ball contacts the ceiling/lights and falls on the opposite side of the net, the ball is considered to have gone out of bounds and point or side-out is called.
2. If ball contacts ceiling/lights and remains on that side of the net (if it is not over the three-hit limit), play continues.
5. For matches that are played in Gym Central and Gym West: A ball contacting a basketball backboard will be left up to the discretion of the referee (whether the backboard hindered play on the ball).

#### J. CO-REC RULES

1. Each team will consist of 6 participants with no more than 50% male. A team may play with a minimum of 3 players (2 women and 1 male), or 3 women and 2 men or 4 women and 2 men. Men CANNOT outnumber women. Co-ed rules are established by the USVBA.
2. The height of the net shall be 8 feet.
3. When the ball is played more than once by a team, one of those contacts must be made by a female player.

#### K. CLUB PLAYERS

***Only ONE club player is allowed on each team.***