



INDOOR VOLLEYBALL RULES

Participation: All participants must have a valid Phoenix Card and be eligible for participation as listed in the Elon University Intramural Sports Participant Guide.

Match time is forfeit time.

Unless otherwise noted below, all NFHSA Volleyball Rules apply.

1. Game and Equipment

- 1.1.** A team consists of 6 players. A game may start with 4 players (at least two of whom must be female).
 - 1.1.1.** If play begins with 4 players, 3 must line up in the front row.
 - 1.1.2.** During Co-ed play at least three females must be on the court at any given time (2 if you begin play with 4).
- 1.2.** The referee shall toss a coin to determine either the choice of serve or court.
 - 1.2.1.** The team winning the toss will have the option to serve or select a side of the court to play during the first game. Teams will rotate for the second game.
 - 1.2.2.** If a third game occurs, teams will repeat this process to determine service and side.
- 1.3.** Teams are allowed unlimited substitutions
 - 1.3.1.** A player must rotate 3 positions before he/she can be replaced by someone other than the player he/she replaced.
- 1.4.** Scoring
 - 1.4.1.** A match consists of the best 2 out of 3 games.
 - 1.4.2.** Rally scoring is used for each game.
 - 1.4.3.** A game is won by the team who first acquires 25 points and has a 2 point advantage.
 - 1.4.4.** A point will be scored on each serve.
- 1.5.** All equipment will be provided by Campus Recreation.
 - 1.5.1.** If a team would like to use a different volleyball it must be agreed upon by both team captains.
- 1.6.** Each team shall designate a captain to act as team spokesperson and make decisions. Only the captain may talk to officials.
 - 1.6.1.** The Team Captain is responsible for the conduct of his/her teammates, spectators, and managers/coaches. Team representatives are subject to sanctions as listed in the Elon Intramural Sports Participant Guide.

2. Service

- 2.1.** A participant's service will take place when they assume the right back position and ends when a loss of rally is awarded.
 - 2.1.1.** Servers must stand behind the boundary line, and between the sidelines for a legal serve.
 - 2.1.2.** They may not touch the end line during a serve otherwise it will result in a foot fault and loss of rally. A point will be awarded to the opposing team.
 - 2.1.3.** A server continues to serve until side out is declared. Each member of the team shall serve in order, rotating in a clockwise direction.
- 2.2.** The server must wait for the referee's signal before serving and must serve the ball within five seconds of the official's whistle.
- 2.3.** The serve must pass over the net into the opponent's court unassisted and MAY touch the net.
- 2.4.** Players must be within the boundary lines when the ball is served.



2.4.1. Players can leave the boundaries to play a ball during actual play.

2.5. A player may receive a serve or hard driven ball with bump pass, one arm bump, or overhead bump, provided hands are together, or any part of the body as long as the ball does not come to rest.

2.5.1. A player MAY NOT block a serve.

2.5.2. When receiving a serve, a player MAY attempt to set the ball.

3. Violations During Play

3.1. During each return the ball must be clearly hit.

3.1.1. If a ball is thrown, lifted, tossed or held it will be a lift violation which results in a loss of rally and point for the opposing team.

3.1.2. The ball can legally rebound off any part of the body.

3.2. The ball must be returned over the net in a maximum of 3 hits.

3.2.1. On the fourth hit, the play will result in a loss of rally and a point will be awarded to the opposing team.

3.3. A point is scored when the ball is not legally returned or when it hits the floor in the opponents' side of the court.

3.3.1. The ball must pass over the net inside or touching the boundary lines to be legal.

3.3.2. The ball may be recovered from the net as long as the player does not contact the net, with exception of a serve.

3.4. A violation is called when a player's foot lands completely over the center line.

3.4.1. This will result in a loss of rally. A point will be awarded to the opposing team.

3.5. No player may hit the ball twice without a teammate having made contact with the ball between the players' first and second hits except when:

1) Two players on the same team hit the ball simultaneously - either player may play the ball as the team's second hit

2) Two players on opposing teams hit the ball simultaneously either player may play the ball as the team's first hit

3) A blocked ball as the team's first hit.

3.6. If two opposing players make contact with the ball for more than second, it is a held ball and replay is called.

3.7. A player may not play a ball on the opponent's side of the net unless it is hit in the air or blocking and no downward motion of the blocker's hands may take place.

3.8. A player whose position at the time of the serve is on the back line may not leave his/her feet to spike or block the ball in front of the ten-foot line.

3.8.1. Violation is a back row attack. This will result in a loss of rally. A point will be awarded to the opposing team.