



Intramural Sports Volleyball Rules



Intramural Sports Participant Manual

- All participants are required to adhere to the policies of Intramural Sports. This information is located online at <http://intramurals.athletics.cornell.edu>.
- In the Intramural Sports Participant Manual, you will find important information regarding:

Team Information	Participant Information
• Registration	• Eligibility
• Divisions	• Participation
• Playoffs	• Participant Conduct
• Sportsmanship	• Safety
• Forfeits and Cancellations	• Alcohol and Drug Policy
• Protests	
• Champions	

Courts

All games will be played at Barton Hall.

Timing

- Matches will consist of a best-of-three game series (25, 25, 15). Games will be rally scored.
- All games will use a win-by-two format. The first two games will cap at 30 and the third game (if necessary) will cap at 20.
- Each team will be granted one 60-second timeout per game.

Sportsmanship

- Yellow Card – received for unsportsmanlike behavior in the judgment of the official, use of vulgar language, or persistent infringement of any game rules.
 - Results in loss of service and awarding a point to opponent.
 - Cautioned player must sub out for 10 points. If this causes the team to fall below the minimum number to play (four), they may play with three.
- Red Card – received for continued unsportsmanlike behavior after warning, taunting, violent conduct, or using foul or abusive language.
 - Results in loss of service and awarding a point to opponent.
 - Carded player is ejected from the match and cannot play until he/she meets with the Director of Intramural Sports. If this causes the team to fall below the minimum number to play (four), the match will be forfeited.

Start of Play

- The coin toss winner may elect to serve, serve receive, or choose side.
- The team not serving first in the game shall serve first in the second game.
- A new coin toss is performed before the third game, if necessary.

Play

- Six players per team are allowed on the court at a time. A minimum of four players is necessary to begin and continue play.
- Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. Blocks do not count as a contact.
- Blocking or attacking a serve is illegal.
- Serves that hit the net are in play.
- All passes must be clearly contacted, not thrown or lifted.
- A back row player may spike providing that he/she jumps from behind the 10-foot line.
- Substitutions
 - Substitutions may only occur during dead balls.
 - Teams may elect to rotate all players in one at a time through the server's position or may substitute player for player.
 - The team must indicate which method will be used at the start of each set.
- Lines
 - Any ball landing on the line is good.
 - The server must stand entirely behind the end line until he or she strikes the ball.
 - A player's foot/hand may land on the center line provided it is not entirely over the line.
- Net Play
 - Players may reach over the net and block the ball, provided the opposing team has completed their attempt to return the ball over the net.
 - The ball is considered to have crossed the net when any part of the ball is extended over the net.
- Teams must rotate clockwise after receiving a side-out.

CoRec Modifications

- Neither gender may outnumber the opposite gender by more than one player on the court.
- Teams must have two males and two females to start play.
- The service order and positions on the court must alternate between male and female players.
- If a team uses two or three hits to return the ball, a female must be one of the hits.

*All rules not specifically covered in this document will be enforced as NFHS Volleyball Rules.
All rules are subject to change by the Intramural Sports professional staff.*