Saint Joseph’s University Recreation and Intramurals
Volleyball Rules

www.sju.edu/recreation

General Information

Eligibility:
1. Each team captain must submit a completed Intramural Sports Roster with the required fee, to the Rec Office before the published date. All players must sign his/her name on the team roster/waiver.
2. Game time is forfeit time. Teams forfeiting will post a loss for that particular game and may be declared ineligible for the playoffs. Any team which forfeits twice will be banned from further competition in the league.
3. All participants must be a current student or faculty and staff member at Saint Joseph's University.
4. Participants can be on the roster of only one single sex team and only one co-rec team.
5. Teams may add new players to their roster prior to the mid-season point.
6. Players must participate in at least 2 games prior to the playoffs.
7. Only 2 Saint Joseph's University club volleyball members are allowed on a team’s roster. All teams with a club player on the roster must compete in the “A” league. If a team if is found with more than two club players, a forfeit will be given for each game those players participated in.

** All players are required to present a valid Saint Joseph's University ID prior to every intramural contest. Those who fail to show their ID will not be allowed to participate. **

GAME RULES:

Rule 1. Playing Area
The court shall be 18 m long by 9 m wide (59' x 29' 6''). A clear area of 2 m (6'6'') should surround an indoor court. Due to facility constraints, courts used may be modified. The ball shall be considered out of bounds when it hits any surface or subject outside of the court (i.e. official stands, walls, backboards, and supports outside of court markers, and so forth.)

Exception: Players may play the ball off the ceiling and basketball nets on their own side of the court. If a ball hits the ceiling while traveling over the net it is counted as out of bounds.

Rule 2. Net Height
The height of the net measured from the center of the court shall be 2.43 m (7' 11-5/8'') for men & co-rec and 2.24 m (7' 4-1/8'') for women. The two ends of the net must be at the same height from the playing surface and cannot exceed the regulation height by more than 2 cm (3/4''). Due to facility and equipment constraints, the net heights may vary.

Rule 3. Players
Game shall be played between two teams of six (6) players each. Five (5) players are required to avoid a forfeit. Co-Rec game must be played with 3 women at all times (3W + 3M or 3W + 2M).

Rule 4. Player Equipment
Section 1. Playing uniform shall consist of shirt, shorts or sweatpants, and sneakers. Please wear shirts of the same color.
Section 2. Soft knee pads are permitted.
Section 3. Jewelry is not permitted

Rule 5. Officials
Game officials’ calls are final. One game official will also act as official scorekeeper. Arguments with officials will result in a warning and subsequent arguments risk ejection.

Rule 6. Match
Best 2 out of 3 games. Games 1 and 2 are played up to 25 with “rally” scoring- point on every serve. Team winning point serves next point. Third game (if needed) is played up to 15 with “rally” scoring. Each game must be decided 2-point advantage, with no-cap.
A maximum of three (3) minutes is allowed between games of a match.

**Rule 7. Substitutions**
Unlimited number of substitutions, however subs must replace server only. Substitutions must be made for same-gender in Co-Rec competition. Exceptions are permitted for injuries, and also must be made for same-gender.

**Rule 8. Timeouts**
One timeout per team per entire match. Timeout will be two (2) minutes in length.

**Rule 9. Starting Play**
Coin toss determines first serve/side of court. Winner has option. Each option is alternated in each succeeding game.

**Rule 10. Serves**
May be overhand or underhand. Server must start serve with both feet behind end line. A serve cannot hit the net. The server is given only one attempt to get the ball over the net.

**Rule 11. Playing the Ball**

- **Section 1.** Each team is allowed a maximum of three (3) successive hits of the ball in order to return the ball to the opponent’s playing area. Co-Rec rules require that on each play over the net, if the ball is contacted more than one (1) time, one of those contacts must be made by a woman.
- **Section 2.** A player who contacts the ball, or is contacted by the ball in other than blocking action, shall be considered as having played the ball. Such action constitutes a team hit. A block does not constitute a hit.
- **Section 3.** The ball may contact any part of the body.
- **Section 4.** It is illegal for a player to attack a served ball while the ball is completely above the height of the net.

**Rule 12. Center Line**
A player’s foot may touch the centerline as long as the entire foot does not crossover into the other court. If any other body part touches the center line it is a violation.

**Rule 13. Above the Net**
Players may reach over the net only in an attempt to block. Hitting the net during a block attempt is illegal.

**City 6 Participation**

SJU Intramural Volleyball League Champions participate in the City 6 Extramural Volleyball Classic. Eligibility rules stipulate that these teams must consist of full-time, undergraduate students. In addition, the following individuals are not eligible to participate: Junior varsity, club, NCAA partial and non-qualifiers, and current, collegiate volleyball athletes. Teams with individuals on their roster who are ineligible for City 6 participation may compete for SJU league championships, but are not permitted to advance to the City 6 Tournament. Questions regarding this policy will be answered by the Director of Recreation.