Volleyball Rules

Registration and Payment
All teams must register online through wellnessregistration.und.edu. A team must be registered AND paid in full, before they are officially in the league. Teammates must register and join the team separately online before being allowed to play.

Schedules
Schedules for league play are posted online through wellnessregistration.und.edu.

Facility
All games will be played at the Wellness Center on the basketball courts.

Questions
Please feel free to contact Intramurals with any questions or concerns.

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Eligibility Liability
Each participant is responsible for their own eligibility. Furthermore, each team captain is responsible for the eligibility of their team members. Inquiring about eligibility in advance of contests precludes delays and potential protest(s). The Intramurals program will check the eligibility of players if an opposing captain lodges a protest or the Intramurals program has reason to believe the person in question is not eligible. The Intramurals office reserves the right to put into immediate effect any rule changes or modifications regarding eligibility. The Intramurals program reserves the right to handle eligibility violations without a formal protest. **IGNORANCE OF ANY INTRAMURALS RULE IS NOT AN EXCUSE!**

Who is Eligible?
Only the following are eligible to enjoy all Intramurals privileges:

- All currently and regularly enrolled UND Students
- Current UND Faculty/Staff Members working in any department or college of the University
  - Must be a Wellness Center Member
  - If not a Wellness Center Member, they must purchase a Wellness Center Day Pass for each day of an intramural contest. The receipt from the Wellness Center must be presented at each contest.

Intercollegiate Team Members, Junior/Community College and Former Varsity Athletes

**Intercollegiate Team Members:** “Active” members, including redshirts of the varsity or other intercollegiate teams, are ineligible to participate in the same or related sport during the same academic year in which they participated as a member of the varsity team. “ACTIVE” members shall be defined as any athlete who is on an intercollegiate team within one week of the intercollegiate team’s first scheduled contest.

**Junior College/Community College:** athletes who have competed for a junior college or community college team are ineligible to compete in those sports or related sports during the same academic year.
**Former University Varsity athletes are eligible to participate, but a maximum of two (2) may be on the same team in their similar or related sport.**

**Identification Cards**
All participants will be asked to present a valid UND ID, Wellness Center membership card, or valid state/federal ID prior to playing in any Intramurals contest. Individuals failing present a valid ID will not be allowed to participate.

**Adding Players to Roster**
Players may be added to the roster at any time during the regular season provided the new players meet all eligibility requirements. Only players that have played in at least one regular season game are eligible to participate in the playoffs.

All players MUST be added to their team through wellnessregistration.und.edu before they can participate. Being on the “Pending Roster” is only acceptable for the first week of competition. After the first game, all players must be on the “Active Roster”, or they will not be able to participate.

**General**
- The Intramurals Handbook will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below.
- Current National Federation of State High School Associations (NFHS) rules will be in effect, with the exceptions of those listed on the following pages.

**Grace Period**
Game time is forfeit time! A forfeit or default will be declared if an individual or a team fails to have the minimum number of players required to start a game at the scheduled game time. However, the opposing team captain will be offered the option of taking the win by forfeit or default or waiting 5 minutes for the minimum number of players to show. In the event the captain decides to wait, that decision is irreversible. The minimum number of players for each sport will be listed on sport rules.

**Default**
A default will be granted to each team that has players present to participate but does not meet the minimum requirement of players to play. Each default will result in a loss for that team. Defaulted games will not be rescheduled. Teams may call the Intramurals office at least 3 hours prior to their game if they are unable to make their game. This will be considered a default.
- One default will result in team receiving a “3” sportsmanship rating.
- Two defaults will result in that team being ineligible for the playoffs in their sport, but left on the schedule.
- Three defaults will result in that team being automatically dropped from league play and will not be allowed to re-enter the league.

**Forfeit**
A forfeit is given to a team if:
- No players are on site by the end of the grace period.
- A team uses a player who is ineligible or participates under an assumed name.
- Unsportsmanlike conduct
Each forfeit will result in a loss for that team. Forfeited games will not be rescheduled.
- One forfeit will result in that team being ineligible for the playoffs.
- Two forfeits will result in that team being automatically dropped from league play and will not be allowed to re-enter the league.

**Playoffs**
• Any team that does not have a forfeit or two defaults on their record, has a “3” or above sportsmanship rating, and has won 2 or more games during league play is eligible for the postseason tournament (a draw counts as a win). Some exceptions may apply.
• During the playoffs, a “1” or “0” sportsmanship rating results in forfeiture of the game and all players on the team being suspended for the first game of the next season, regardless of their new team or involvement in the forfeited game.

Field of Play
• A ball that hits the ceiling (basketball hoops in the air are considered the ceiling) or curtain and stays on the side of the hitting team is considered live.
• A ball that hits the ceiling (basketball hoops in the air are considered the ceiling) or curtain and crosses the plane of the net is considered a dead ball and a side out shall be awarded.
• Any ball that makes contact with a down basketball hoop will be considered out of play and a point or side-out should be awarded.
• As soon as any ball touches a gym wall it is considered out of play and a side-out should be awarded.
• When the ball lands on the boundary line, it is considered in the court. It is legal for a player to run out of bounds and play the ball; however, a player may not enter another volleyball court to play a ball.

Players, Rosters, and Substitutions
• Teams will consist of 6 players. Teams may start with as few as 4 players. If a team is reduced to less that 4 players at any point during the match, the match will be forfeited.
• Coed teams should play with an equal number of males and females. If needed a team may play with a maximum of ONE more female than male or ONE more male than female. (i.e. if playing with 5 players you may have 2 females and 3 males or 3 females and 2 males).
• Players may only play for one coed and one single sex team. Teams with players found to be playing on more than one team within a division will be required to forfeit those games with the illegal player. The first team you PLAY for is the team you are committed to for the season. If you have not played for a team, you are allowed to transfer teams, with proper notification to the Intramural staff.
• Substitutions
  o Players will rotate in a clockwise rotation.
  o Must rotate in at the serving position.
  o One spot substitution is also allowed.
  o Substitutions must be made on a male for male and female for female basis.

The Game
• The serving order for coed must alternate male/female.
• Ceiling and lights are in play on your side of the net only.
• Games will be played using rally scoring.
• Games are played up to 25 points and must win by 2 points. Third game of the match played up to 15 points with a cap at 21.
• Matches will be best 2 out of 3.
• VOLLEYBALL NET HEIGHT:
  o Women: 7’4”
  o Men/Coed: 7’11”

Serving
• Teams will alternate who serves first between each game. Teams will volley for the first serve prior to the beginning of the first game. In order to be considered an active volley, the ball must cross the plane of the net 3 times.
• The first server of the game is the player in the right back position. After a side-out, the receiving team’s first server would be the player who started the game in the front right position.
• When receiving the ball for service after a “side out” has been called, each member of that team shall rotate one position clockwise.
• Each member of the team shall serve in turn and may have one chance to hit the ball over the net on the serve. A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The official will cancel the serve and direct a second and final attempt at serve. Only one re-serve is permitted per player, per turn in rotation at service.
• The server shall stand with both feet behind the rear boundary line. The serving area shall be behind the end line and from sideline to sideline. Both sideline extension lines are included in the width of the serving area. The server may not step over the line during service.
• Any ball that hits the net on the serve will be considered live and playable.
• The ball may be served underhand, overhand or sidearm and may be hit in any manner by the hand.
• The receiving team may set the serve, but may not block or attack a served ball. A lift call on a serve receive is an official’s judgment call and is FINAL.
• Before the serve, all members of both teams must be in their respective positions on the court. After the server contacts the ball, players may move out of any position, however, back row players may not attack the ball within 10 feet of the net.

Contacting the Ball
• A contact is any touch of the ball by a player (excluding the player’s loose hair).
  o Each contact is counted as on the team’s 3 allowable hits before crossing to the opponent’s side of the net.
  o The block does NOT count as one of the 3 hits.
• A player may not play the ball in succession, unless played once by another player.
  o Exception: One player can make contact with the ball twice if initial contact is a block or a simultaneous hit with another player.
• A ball hit into the net, other than a serve, may be recovered provided a player does not make contact with the net or crosses the centerline.
• If a player is hit by the ball or touches the ball, it is considered legal contact. Legal contact is a touch of the ball by a player’s body above and including the waist (no kicking), which does not allow the ball to visibly come to rest or involve prolonged contact with a player’s body.
  o Play may continue if the ball hits a foot which is stationary on the ground (not kicked).

Fouls/Violations
If the receiving team commits a foul - point for serving team. If committed by the serving team (point plus the service in rally scoring). The following are fouls or violations:
• Serving illegally, or out of turn.
• Touching the net or reaching under the net to interfere with an opponent playing the ball.
• When a player’s foot crosses the centerline into opponent’s court. A player may step on the line however may not make contact with the opposing team or cross the line.
• Attacking (spiking or blocking) the ball in front of 10’ line when playing a back row position.
• Contacting the ball twice in succession, unless the first contact is a block or a simultaneous hit with another player.
• Catching or holding the ball while playing it.
• Contacting the ball in an underhand motion with open hand on hands (slapping/scooping).
• Any prolonged contact between the player and the ball.
• Failure to return ball over the net in 3 or fewer contacts.
• A player that blocks or interferes with the intended set of the opposing team.
• A player or players who move out of their rotation position before the server contacts the ball.
• Blocking or attacking a serve.
• Kicking the ball. (foot is not on the floor when contact is made)