



Bridgewater State Intramurals

Co-Ed Volleyball Rules

General Rules

1. In order to be eligible to participate, all players MUST present his/her current, valid Bridgewater State University Connect Card. Individuals who are unable to provide a current, valid BSU Connect Card may present a photo ID along with their class schedule. Both forms of identification must be presented in place of your BSU Connect Card.
2. Only a team's designated captain is allowed to confer with the officials. There is a ZERO TOLERANCE policy for any unsportsmanlike behavior directed towards players, officials, and staff.
3. The supervisor on duty reserves the right to remove any player from competition who has violated any BSU Intramural Policy or Rule and/or endangered any player or Intramural staff member. Ejected players must leave the facility. Any player or team that exhibits a pattern of troublesome behavior will be removed from the Intramural sports league. Supervisors also have the authority to end a game.

Team Composition and Substitutions

1. Players can compete on only one team regardless of league classification.
2. A maximum of twelve (12) players are allowed on each roster. Each team must have a minimum of three women on their roster.
3. Co-Ed League – Maximum of three (3) males and three (3) females are allowed on the court at one time. At no time may there be more than three (3) players of a gender on the court for a team. Therefore, the only legal combinations are 3 males + 3 females, 3 males + 2 females, 2 males + 3 females, and 2 males + 2 females.
4. Rosters may contain no more than two (2) Varsity and/or J.V. volleyball players (including coaches). Current varsity volleyball players are only allowed to play in the competitive league.
5. A team must have four (4) players to start a game (2 males and 2 females). Players who arrive late must check-in with the scorekeeper/s and must wait for a dead-ball situation in order to enter the game.
6. Players must arrive by the middle of the match time in order to play. Any players arriving after half of the match time has expired will not be allowed to play. Since matches are 30 minutes, players must arrive before 15 minutes has expired on the clock.
7. Team rosters will be formed based on the players who are added to the roster online before the deadline date to add players has expired; no new players can be added after that deadline. For players to be eligible to play, they must be added to the team roster on IM Leagues and sign the liability waiver.
8. In order for a player to be eligible for playoffs, he/she must participate in at least HALF of the regular season games for that team.
9. Substitutions may only take place as a male for male or female for female. Substitutions may only be made on dead ball situations. Substitutes must be from the serving team and may enter into any position. The substitute must enter the game before the serve. There is no limit to the number of individual entries or team substitutions in one game but only one player may enter at a time.



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10. Any player who is injured or bleeding, has an open wound, or has an excessive amount of blood on the uniform must leave the game.

Equipment and Playing Field

1. The Campus Recreation Staff will provide game balls only; teams must provide their own practice volleyballs.
2. Individual player equipment must meet the following requirements:
 - a. Shirts: Shirts must be worn throughout the game. Shirts are not allowed to be open on the sides as far as the player's hip.
 - b. Pants: Players may not wear pants or shorts that have belt loops, metal, cargo pockets or exposed drawstrings.
 - c. Headgear: Baseball caps or other rigid headwear is not permitted. Players may wear rubber or cloth elastic headbands that are used to control hair. Bandanas with knots are prohibited.
 - d. Pads or Braces: No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges with slow-recovery padding.
 - e. Shoes: All players must wear a clean pair (i.e. not your street shoes) of non-marking sneakers. Players are prohibited to play in sandals, boots, socks, or bare feet.
3. Jewelry is NOT allowed to be worn by any participant during the game. Jewelry consists of visible rings (wedding bands), watches, necklaces, earrings, studs (including tongue, nose or lip rings), bracelets (metal or cloth) and any other such similar jewelry. Medical alert bracelets must be taped to the body or secured under clothing such as a sock to be worn during play. Jewelry that is unable to be taken off is allowed to be taped. Players who fail to remove or tape jewelry are subject to ejection.
4. Games are played on the all-purpose courts in the Tinsley Center.

Game Timing

1. GAME TIME IS FORFEIT TIME! The minimum number of players must be present on the court and in uniform for a team not to forfeit. Any team that forfeits a game can jeopardize any playoff potential due to a low sportsmanship rating. Teams who forfeit more than once will be dropped from the league.
2. Any team that forfeits a game, their opponent will be awarded the amount of points awarded per mercy rule (2 points).
3. All matches will be best of 3 games. Matches will last a maximum of 30 minutes. Only the championship game in the playoffs will be best of 5 games. There will be no time limit for the championship game.
4. All games will use the rally scoring system with a point awarded on each service regardless of which team served. Points are scored on side-outs with serve also changing sides.
 - a. In the first and second games, the game will be won when one team has scored 21 points and has at least a 2-point advantage over the opponent. No game shall exceed 25 points. If the teams are tied at 24-24, the next point scored will determine the winner.



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- b. The third and final game will be won when one team has scored 15 points and has at least a 2-point advantage over the opponent if enough time is remaining. There will be a cap of 18 points in the third game. If time is an issue, then the team with the most points when time has expired will be declared the winner.
5. Teams will receive one (1) time-out per game lasting thirty (30) seconds. Unused time outs will not carry over into the next game. Time outs can only be requested when play is stopped either in between games or in between points. Only players in the game can call time-outs. Officials will not recognize any time-out called from players or coaches on the bench.
6. The supervisor has the authority to shorten any game due to time restraints or any other reason.

Serve and Rotation

1. To determine who will serve first, teams will rock, paper, scissor.
2. Teams will alternate serving first each match. It will not matter who won the previous match.
3. At the instant the ball is hit for service, the server may not be in contact with the endline, the court, or the floor outside the two lines marking the service area. The server may stand on or between the two lines of their extensions which mark the service area. The service area spans the entire endline. All other players must have both feet inside the court.
4. A served ball is legal by hitting the ball underhand or overhand over the net into the opponent's court by a player in the serving area. The ball is live on the serve if it hits the net and goes over. The player serving must not step on or over the end line until after the ball is contacted on the serve.
5. A served ball is dead if it is hit illegally or before the referee has signaled to begin service. The ball must be hit with one hand. An illegally hit serve results in loss of service. If the ball is served before the referee signals for service, a re-serve results, on the first infraction only.
6. A server is given 10 seconds to contact the ball for service after the referee's first whistle.
7. A server will be allowed one release and drop per service term.
8. A served ball is dead and a point is awarded if the ball crosses the net entirely outside the antenna, touches the antenna, touches the ceiling, or any obstruction, lands on the floor on the server's side of the net, passes under the net, or lands outside of the opponent's court. A serve that touches the net and continues over to the opponent's side of the court is a legal serve and the ball is in play.
9. The team which receives the ball for service after a sideout shall rotate clockwise before serving. (This includes a team's first service in a game after their opponent's first serve).
10. Players must stay in serving order. Players may interchange positions to pass or block, only after the serve provided they return to their original positions after each point. Penalty is side out and point awarded to the opposing team.



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11. At the time the ball is served, the players of each team must be within their respective court positions.
 - a. No center position player may be nearer the sideline than that respective sideline player.
 - b. No backline player may be nearer the net than the corresponding front line player.
 - c. Center Back may completely overlap the right back when right back is serving as long as center back does not act as a screen.
 - d. All players except the server must be within the court as the ball is served. After the ball is hit for the serve, players may move from their respective positions. (The position of players is judged according to the position of their feet in contact with the floor at the time the ball is contacted for service.)
12. At the moment of service it is illegal for players of the serving team to wave their arms, jump, or form groups of two or more players for the purpose of forming a screen to conceal the action of the server. The referee will be the sole judge of this action which does not have to be deliberate to be a fault.
13. A player may not attack, spike or block a serve. The action is illegal as soon as contact is made regardless of the player's position on the court or whether the ball is returned to the opponents.

Blocking and Attacking the Ball

1. Only front row players may take part in a block.
2. A player may not reach over or touch the net to attack the ball. A player's foot may land on the center line provided it is not entirely over the line. A player may reach over the net during the follow through after a spike, or during a block on a team's attack or third team hit. While playing the ball in his/her court, a player is allowed to reach under the net, but must not touch the floor over the centerline.
3. Back line players may not block, or attempt to block, nor may a back line player attack the ball above the height of the net in front of the 3-meter line.
4. If two teammates contact the ball simultaneously, this is considered one contact, and either of the players may make the next play on the ball. (This does not include action on block attempts.)
5. If two opposing players contact the ball simultaneously above the net, either may play the ball on the next hit for the first of their team's three hits. If the ball visibly comes to rest during simultaneous contacts by opposing players, the referee will direct a replay. The player on the side opposite the projected flight after a simultaneous contact is considered to have contacted it last.
6. The net may not be touched by a player while the ball is alive. If the ball is driven into the net with such force as to cause the net to contact an opponent, such contact shall not be considered a fault.
7. The lines are considered part of the court; thus any part of the ball hitting a line is inbounds.
8. A player may be on the centerline and over the line as long as some part of their encroaching foot remains in contact with the line. Contact with any other part of a player's body with the opponent's side of the court during play constitutes a fault.



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9. A player may go outside the court and may cross the extension of the centerline, but if playing the ball, the ball must not be completely across the centerline extension. Players may not enter another court that is being used to play a ball.
10. Any attempt to distract a player by yelling, stomping the feet, or distracting action will result in unsportsmanlike conduct and that player will be disqualified.
11. A ball is dead if:
 - a. It touches the floor.
 - b. It hits the antenna.
 - c. The ball becomes lodged or momentarily comes to rest on any obstruction over the court.
 - d. It is whistled dead by an official for any reason.
14. Any ball that has been caused by your team to strike the ceiling or ceiling fixtures on your half of the court may be played again by your team provided that the third hit has not already occurred. The hit on the ceiling does not count as one of your team's three allowed contacts.
15. The ceiling, walls, batting cages and court dividers are out of play. However, teams can play the ball off these objects as long as a player in the playing area touches the ball before it goes over the net to the opponent.
16. A ball may not be held, lifted, pushed, thrown, or carried at any time. Using an open hand to contact the ball in an underhand motion or to direct the ball forward from behind the head with an open hand usually constitutes a lift or carry.
 - a. A legal hit must be a clean hit; the ball may not be carried on the follow-through. To be considered legal, intentional contact of the ball must be made with any part of the hands or arms. Players may not use their head to intentionally hit the ball (as in soccer) or kick the ball. If players use their foot to hit the ball, their foot must be planted on the ground for the hit to be considered legal.
 - b. An illegal hit is bumping the ball with separated hands, carrying the ball, or palming the ball
17. A double foul occurs when players on opposing teams commit rule infractions at the same instant. The ball will be re-served by the serving team.
18. All calls by the first referee and line judges are final. If a judgment call cannot be decided, a replay will occur.

General Rule for all Intramural Sports

Participants are not allowed to play in a manner that is potentially dangerous or reckless. Safety for all our participants is our number one priority. Any action(s) that is deemed dangerous and/or reckless by the game's official or the Intramural Sport Supervisor will result in either an unsportsmanlike penalty or an ejection depending on the severity of the action. Intramural captains and players should consider this rule their warning not to play in a dangerous or reckless manner. Each team must strictly adhere to the BSU Sportsmanship rating system.