Intramural Volleyball Rules

Any rule not specifically covered will be governed in accordance with the 2011-12 National Federation of High School Volleyball Rules Book. Modifications have been made to suit Ohio State Recreational Sports programs.

Rule 1: Eligibility

A participant may be an Ohio State student taking a minimum of four credit hours. The Department of Recreational Sports defines a student as any individual who is currently enrolled at The Ohio State University and is registered with the university registrar. Students taking four or more credit hours automatically pay the Recreational Sports student fee and therefore do not need to purchase a membership.

The following people are eligible to participate after purchasing the appropriate Recreational Sports membership through the RPAC Welcome Center for the semester in which they intend to participate.

A participant may be:
- an Ohio State student taking less than four credit hours
- the spouse of a student or a faculty or staff member
- a faculty or staff member of The Ohio State University. The Department of Recreational Sports defines Faculty and Staff as all current faculty and staff, as well as visiting professors at The Ohio State University who are paid through the university payroll department.
- an affiliate of the department (alumni, member of the President’s Club, other recognized affiliate groups)
- a member-sponsored adult

To participate in any intramural activity, all participants must show a valid Ohio State University issued photograph identification card. Acceptable identification cards are limited to BuckIDs, Ohio State Medical Center identification cards, and Recreational Sports membership cards. An Ohio State identification card must include the following information and be clearly visible to be considered valid: the individual’s name, photograph, and identification number. Identification cards that do not have one or more of these requirements will not be accepted and the individual will not be allowed to play.

Misuse of an identification card (borrowing, lending, counterfeiting, altering, etc) is a violation of The Ohio State University Student Code of Conduct. The identification card will be confiscated and the individual attempting to use the card will be ineligible to participate. If the card belongs to another student, that student must meet with a professional staff member in order to regain possession of their identification card.

Professional Athlete Rule
Any individual who has been paid to participate in volleyball or sand volleyball, under contract with a professional team, included on a professional team roster, practiced with a professional team, and/or compensated for trying out for a team is NOT eligible to participate in intramural volleyball.
Intercollegiate Athlete Rule
Intercollegiate volleyball athletes are not eligible to participate in an intramural volleyball game, activity, or event until a period of one year has passed following completion of all activities with the team. After the period has passed, former intercollegiate volleyball athletes must participate in the highest level of competition offered. Intercollegiate volleyball athletes are defined as individuals who are practicing with or competing with a team recognized as a varsity sport. Included in this rule are red-shirt athletes and practicing proposition 48 athletes.

Sport Club Rule
No more than two members of the club volleyball team may participate in Intramural volleyball per team. Sport club members must participate in the highest level of competition offered. A sport club member is defined as an individual who has practiced or played in a contest for a registered sport club during the academic year.

Rule 2: Levels of Play

Co-Rec (COA, COB)
Play once per week. You may play with a maximum of either three females or three males at one time. Teams with positive point total and 3.0 sportsmanship rating will make the playoffs. COA tends to be more competitive than COB. You may only play on ONE Co-Rec team per sport.

Men’s (M)
Play once per week. Teams with positive point total and 3.0 sportsmanship rating will make the playoffs. You may only play on ONE Men’s team per sport.

Women’s (WO)
Play once per week. Teams with positive point total and 3.0 sportsmanship rating will make the playoffs. You may only play on ONE Women’s team per sport.

Rule 3: Equipment

- Jewelry is not allowed. Medical or religious medallions must be removed, taped, or sewn under the uniform.
- A head sweatband is permitted; however, hats, bandanas and "do-rags" are not permitted.
- Rubber, cloth, or elastic bands may be used to control hair. Hard items such as beads, barrettes, and bobby pins are not permitted.
- A guard, cast, or brace made of hard and unyielding leather, plaster, pliable plastic, metal or any other hard substance, even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm, or elbow.
- Knee and ankle braces that are unaltered from the manufacturer’s original design/production shall be permitted and do not require additional padding.
- Knee and ankle braces that are altered from the manufacturer’s original design/production shall be permitted as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least ½-inch foam rubber (or ¼ inch closed cell, slow recovery foam rubber).
• Closed toe shoes are required.

Rule 4: Team Captain Responsibilities

• Ensure their team members follow all eligibility requirements. Team captains are also advised to seek clarification on special eligibility requirements, if necessary.
• Responsible for communicating game time, location, and ID policy to teammates.
• Ensure that all teammates sign a Release of Claims form located on the back of the scorecard before participating in their first game.
• Ensure teammates have a valid Ohio State ID at game time to check in.
• Representing the team and communicating with the officials. The captain is the only player permitted to discuss the game with officials.
• Ensure good team sportsmanship among teammates.
• Turning in team conflict sheets reflecting any scheduling problems for the members of your team.
• Cooperating with the competitive sports supervisors at the game site concerning any protests, incidents, or accidents that may occur as well as with the competitive sports staff the day following such occurrences.

Rule 5: Players

• A team shall consist of six players on the court and shall have a minimum of four to start the match.
  - All players must check in using a valid Ohio State University issued ID.
  - If only four players are available, the person in the serving position is considered the only person upon who back row restrictions apply.
• Substitution Rule
  - Substitution of players may be made when the ball is dead, upon making the request to either referee.
  - Two Options:
    ▪ Players may substitute into a spot in the rotation. Once they have taken position in that spot, they may ONLY substitute into that spot. Each player may re-enter the game a maximum of two times.
    ▪ Players may substitute after they win the serve in the middle back position (every time they rotate, they would substitute). An unlimited number of re-entries is allowed in this option.

Rule 6: Forfeits/Defaults

NEW: Forfeit Policy:
• All late teams shall start the game with a “B” sportsmanship rating.
• Teams ready for play may choose to decline any and all points.
• Not Ready for Play at Game Time: The team ready for play shall serve first and choose side.
• Five Minutes Late: The team ready for play will be awarded a win for the first game (21-0).
• 10 Minutes Late: Forfeit, recorded 21-0, 21-0, and a sportsmanship rating of an “F.”
• If neither team is ready to play at game time and it is not 10 minutes past the scheduled start time, the game shall be played under normal rules.

There are three situations that will result in a forfeit:
• Not Enough Players – Team does not have the required number of players to participate at 10 minutes past the scheduled game time.
• Eligibility – One or more of the players participating is ineligible and therefore may not participate. Ineligibility may be due to the player being a roster violator, being previously ejected, ruled ineligible for sportsmanship-related issues, etc.
• Sportsmanship – Game is ended by staff for sportsmanship-related issues.

Any team knowing in advance that they will be unable to play a regularly scheduled contest is provided the opportunity to default the contest. This will result in the team receiving a loss and “A” sportsmanship rating for the contest. In order to receive a default, the captain must call the Competitive Sports Office by 4 p.m. on the day of the contest with their request. For teams playing on Sunday, the deadline is Friday at 4 p.m. The opposing team will then be contacted by the Competitive Sports Office to let them know they do not need to arrive for their scheduled contest.

A team is allowed one default per sport per season. Any request after the first default will be counted as a forfeit.

If a team has been granted a default and the contest is then canceled due to weather or scheduling issues, the default will be removed and the contest will be played normally if it is rescheduled.

Rule 7: Protests

Rules Protest
Questions pertaining to interpretation of rules on the part of game officials must be addressed by the competitive sports supervisor at the time the interpretation occurs and prior to the next live ball. The procedure shall be:

1. If a team feels the official has made a misinterpretation of a rule, the captain shall calmly and immediately request a time out and inform the official that he or she wishes to have a ruling on the interpretation by the competitive sports supervisor in charge.
2. No protest that involves the judgment of the official(s) shall be upheld. The judgment of the official(s) is final. This also includes competitive sports staff when necessary.
3. If corrections are necessary, the competitive sports supervisor shall rule immediately and the team shall not be charged with a time out; however, if the official’s interpretation was correct, the team will be charged with a time out.
4. If the participant still does not agree with the decision at the game site, a Protest Form should be obtained from the competitive sports supervisor on site and completed. The contest will continue from this point “under protest.”
Eligibility Protest
Protests involving player eligibility must be called to the immediate attention of the Competitive Sports Supervisor prior to the completion of the contest while the protested individual is present. Participants may not make eligibility protests after the completion of the contest. A Protest Form should be obtained from the Competitive Sports Supervisor and completed. The contest will continue from this point “under protest.”

Rule 8: Play

Start of Game
- A coin toss will determine who serves the first game of the match. The captains call the toss of a coin. The winner of the toss chooses; first serve or choice of court for the first game. The loser of the toss receives the remaining options.
- A new coin toss is performed before the third game, if necessary.
- After each game of the match, the teams will switch sides of the court.

Timing
- All matches will be the best two out of three games, decided by rally scoring.
- Games one and two shall be played to 21, win by two, and a cap of 23.
- If necessary a third game will be played to 15, win by two, and a cap of 17.

Time Outs
- Each team is allowed one 30-second time out per set with a maximum of three time outs per match.
- Time outs do not carry over to the next set.

Scoring
- Rally scoring shall be used during the entire match.
- A point is scored by the serving team if the ball lands inside the court on the receiving team’s side, the receiving team is unable to return the ball over the net, or if the receiving team commits a fault.
- A point is scored by the receiving team if the ball lands inside the court on the serving team’s side, the serving team is unable to return the ball over the net, or if the serving team commits a fault.

Mercy Rule
- There is not a mercy rule.

Playing Area
- The walls are out of play.
- A player cannot enter an adjacent court in order to play the ball.
- Low obstructions (i.e. basketball backboards in the down position) are judgment replays when the ball makes contact. However, if the ball contacts piping and/or the basketball backboards when raised in the upward position, the ball will be whistled dead and a point will be awarded to the opposing team.
Service
- The server shall have five seconds after the first referee's whistle for service in which to contact the ball for service.
- The service is considered good when the ball passes over the net between the antennae or their infinite extensions. If the ball hits the net and still goes over, the ball can be played.
- The team not serving to start the match will serve to start the second game.
- The team who receives the ball for service shall rotate one position clockwise before serving.
- The player(s) of the serving team must not, through screening, prevent the receiving player from watching the server or the trajectory of the ball. Screening is illegal and a fault.
- At the time the ball is contacted for the serve, the placement of players on the court must conform to the service order (server is exempt from this requirement).

Playing Faults
- Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area.
- The ball may only be contacted above the waist.
- Players may have successive contacts of the ball during blocking and during a single attempt to make the first team hit of a ball coming from the opponents, even if the ball is blocked, provided the ball is not held or thrown.
- When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered to be a form of holding.
- A player is not allowed to attack the ball on the opponent's side of the net. If the ball is contacted above the attacker's side of the net and then the follow through causes the attacker's hand and arm to cross the net without contacting an opponent or the net, such action does not constitute a fault.
- Blocking
  - May be legally accomplished only by players who are in the front row at the time of service.
  - Back row players may not block or participate in a block, but may play the ball in any other position near or away from the block.
  - Any player participating in a block shall have the right to make the next contact, such contact counting as the first of the team's three hits.
  - Blocking or attacking a served ball is a fault.
  - Blocking of the ball across the net above the opponent's playing area shall be legal provided that such block is:
    - after a player has attacked the ball, or in the first referee's judgment, has intentionally directed the ball toward the opponent's playing area
    - after the opponents have completed their three hits
    - after the opponents have hit the ball in such a manner that the ball would, in the first referee's judgment, clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball
    - if the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball
Play at the Net

- A player's hair touching the net is not considered a foul.
- Players are now permitted to penetrate the opponent's court beyond the centerline with the hand and foot. Touching the opponent's area with a hand or foot is not a fault providing that some part of the encroaching foot or feet remains on or above the center line.
- A ball, which has penetrated the vertical plane above the net, may be played by either team.

Faults

- A double fault occurs when players of opposing teams simultaneously commit faults. In such cases, the first referee will direct a replay.
- If faults by opponents occur at approximately the same time, the first referee shall determine which fault occurred first and shall penalize only that fault. If it cannot be determined which fault occurred first, a double fault shall be declared.
- If the serving team, or a player on the serving team, commits a fault, a point is awarded to the receiving team. If the receiving team, or a player on the receiving team, commits a fault, the serving team shall be awarded a point.

Rule 9: Sportsmanship

The team captain is responsible for the actions of his or her team and their spectators. Additionally, the captain will ensure that his or her team is familiar with the rules of play and competitive sports policies and procedures contained in this handbook. Sportsmanship is a vital component for success in every competitive sports contest. Participants and spectators are expected to display good sportsmanship toward opponents and the competitive sports staff at all times.

Unsportsmanlike Conduct

Participants and spectators shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to, arguments with staff, flagrant fouling, fighting, etc. before, during or after a contest. No player or team shall:

- use foul or derogatory language, threaten, or verbally abuse any other participant or competitive sports employee before, during, or after the game
- participate in a game for which he or she is ineligible
- argue or talk back to the competitive sports staff. Only the captain should address an official and only if done so in a courteous manner.
- Intentionally strike, push, trip, or flagrantly foul another participant, spectator, or Recreational Sports employee.
- Mistreat the facility, equipment, or supplies of The Ohio State University and/or the Recreational Sports Department.

Unsportsmanlike Conduct Penalties

Any participant displaying unsportsmanlike conduct will be issued either a conduct warning or ejection by the game officials or Competitive Sports Supervisors.
Disciplinary Action
Any player receiving two conduct warnings in one game or ejected from a game is required to meet with professional staff. The player will be suspended from ALL recreational sports facilities and programs until the meeting occurs and for a minimum of seven days from the time of the meeting.

Rule 10: Co-Rec Modifications

- A team shall consist of a maximum of three men and three women on the court. A minimum of two men and two women is required to begin the game.
- For all Co-Rec play, a women’s net will be used.
- Men are not allowed to attack from the front row.
- If the ball is contacted three times by a team, a woman and man must contact the ball at least once each.
- The serving order and positions on the court at service shall be an alternation of man-woman or vice-versa.
- Substitution is on a player-for-player basis (man-for-man, woman-for-woman), but the two options for substitution are maintained.

Rule 11: Playoffs

In addition to a positive playoff point total, teams must also maintain a “3.0” or “B” sportsmanship average during the regular season to be eligible for the playoffs. Team’s averages will be formulated in the same way a student’s GPA is calculated. Each sportsmanship letter grade is assigned a numerical value:

- “A” – Four (4) points
- “B” – Three (3) points
- “C” – Two (2) points

The grades for each regular season contest will be added together and divided by the total number of contests held. This will equal the team’s sportsmanship average.

For any questions or clarifications, please contact the Competitive Sports Office at (614) 292-2732.