



Indoor Volleyball 6vs6

Schedules

League schedules will be posted on the bulletin boards at the Student Activity Center and on imleagues.com

General Procedures

1. All participants must register on imleagues.com and be accepted by the captain 24 hours prior to the game they wish to play. Upon the start of a competition, the IM Sports staff will check all rosters to ensure eligibility. Players who do not appear on a team's roster will be classified as ineligible and will be required to register before being allowed to play.
2. No roster additions will be allowed after the completion of regular season play.
3. Default vs Forfeit - Any team knowing in advance that they will be unable to play a regularly scheduled game has the opportunity to default. If a team defaults, they will receive a loss in the standings, an "Exceptional Sports" sportsmanship rating, and does not count as a forfeit. In order for a team to default, the team captain must contact the Intramural Coordinator in writing by 5:00 p.m. on the day prior to their contest. Otherwise, it is considered a forfeit. If a team forfeits, they will receive a loss in the standings and a "Needs Improvement" sportsmanship rating.
4. Teams must arrive 15 minutes before their scheduled start time to insure that the event runs on schedule. A 10 minute grace period will be allowed before a forfeit is awarded.
5. All players must have their valid LSSU ID card at the appropriate playing area in order to play.
6. Teams must present their LSSU ID's to the Student Activity Center to enter the facility and must present their LSSU ID to the site supervisor to check-in prior to play that night. Community members and alumni must present a photo ID to the site supervisor to check-in prior to play that night
7. Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before the player can continue. If there is blood on any clothing or jersey, it must be changed before the player resumes play.
8. The Sport Supervisor and Intramural Assistant is responsible for recording scores, running clock, and keeping order. The Sport Supervisor has the authority to eject any player for unsportsmanlike behavior (profanity, fighting, and participating in a contest under the influence of alcohol or other drugs, etc.). See Intramural Participant Handbook for more details.

Reporting Scores

1. Final scores and team sportsmanship ratings must be reported to the Sport Supervisor.
2. If you have another game, always check with the Sport Supervisor about return time before you leave the facility.

Game Format

Players

1. The game will be played between two teams of six (6) players each.
2. A team may begin with a minimum of four (4) players. If a team only has four players available for play, they must have at least one (1) female as one of their players on the court at all times.
3. Teams must consist of a minimum of 2 females on the court at all times.

Games and Timing

1. Each game will begin with a volley for serve
2. The captain winning the volley will have the option to serve/ receive or playing area
3. Matches going to a third game will require another volley for serve with the same options as above

4. Match is best two of three games.
5. Game is to 25 points, must win by two, rally scoring, no cap on number of points needed to win.
6. Third game (if necessary) is played to 15, win by two, rally scoring, no cap on number of points needed to win
7. Time Outs: Each team is entitled to one, thirty-second time outs per game.
(If game goes three sets teams will be allowed an additional 30-second timeout)

In Play Rules

Player Position

1. Six players will compose a full playing team.
2. All players must be in their correct position when the serve is made. Once the serve has been contacted, the players may change their line position. In other words, a front court player can switch with any other front or back court player and the same is applicable for the back court player. However, if a backcourt player exchanges with a front court player, they may not spike or block from there position in the front line.

Legal Serve:

The server:

1. Must throw or release the ball from the hand or hands before it is hit.
2. Must serve from within the service area.
3. May not hit the ball directly off the holding hand.
 - a. Exception: Recreational league players may underhand serve and may hit the ball directly off the holding hand.
4. May not hit the ball with both hands.
5. May not step on the back line or inside the court until the ball is hit.
6. **Re-serve:** There is never a re-serve permitted even when the ball fails to clear the net or when the ball touches the net while crossing into the opposition's court.

Legal Hit

1. A ball must be cleanly hit. It cannot come to rest momentarily in the hands or arms of a player. Scooping, lifting, pushing, and carrying the ball is illegal. A ball cleanly hit with two hands from below is considered a good play. Helpful hints:
 1. Receive the serve with the two hand "bump".
 2. Do not attempt to change directions of the ball with a two hand set.
 3. Do not follow-through with the hands or arms in contact with the ball.

Blocking and Contact

1. When the team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit.
2. When teammates contact the ball at the same instant, it is considered one hit (except a block which does not count as a hit) and any player may make the next hit.
3. Recovery of a ball hit into the net is permitted.
4. A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.
5. Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:
 - a. attacking team has completed its three allowable hits;
 - b. attacking team has had the opportunity to spike the ball or directs the ball with intent to return it to the opponent's court.

- c. ball falling near the net, and in the official's judgment, no member of the attacking team could make a play on the ball.

Hitting Ceiling

1. A ball striking the ceiling or apparatus over the court may remain in play providing it is played again by the offending team before it contacts an opponent, the opponent's' playing area, or the out-of-bounds area.

Boundary Line

1. A ball landing on a boundary line is considered good.

Contact with the Net

1. Contact with the net is permitted as long as it does not interfere with the with the play of the ball by the opposing team.

Playing the ball

1. The ball may be hit by any part of the body above and including the waist except if the ball contacts one or more players participating in a block. These players may participate in the next contact.

Simultaneous contact with ball

1. The ball can contact any number of parts of the body down to the waist providing the contacts are simultaneous and that the ball is not held but hit and rebounds clearly.

Double contact

1. A player contacting the ball more than once with whatever part of the body, without another player having touched it between these contacts will be considered as having committed a double hit, unless the first contact was a block. If it was a block, then the same player may make the next contact.

Three contacts by team

1. The ball may be contacted a total of three times by a team in order to return the ball to opponents area. A team that has effected an actual block shall have the right to three more contacts in order to return the ball to opponents area.

Net play

1. A ball other than the serve may be recovered from the net provided the player avoids touching the net.

Reaching Over Net

1. In returning the ball, a player may follow through over the net, providing there first contacts the ball on their own side of the net. Players in the act of blocking may reach across the net but may not contact the ball there until their opponent has hit the ball to return it.

Crossing Centerline

1. During play, any part of a player's body may touch the center line, and in addition, there foot or feet may contact the playing area on the opposite side of the center line providing that some part of each encroaching foot remains on or above the centerline at time of such contact. Any part of a player's body may be in the air below the net and beyond the center if they does not interfere with the opponent's play by touching the ball or an opponent. A player may reach under the net to retrieve a ball that is in play by their team.

Substitutions

1. The continuous substitution rule will be in effect. There will never be a case where player for player substitution will be used
2. Once a service has been delivered no more subs may enter the game should they arrive late.
 - a. EXCEPTION: Should a team begin with only 4 players, they may add the fifth and/or sixth any time during the match with this person entering as the server.