



MIDDLE TENNESSEE STATE UNIVERSITY

MIDDLE TENNESSEE STATE UNIVERSITY

Campus Recreation

Intramural Sports

INDOOR VOLLEYBALL

RULES

ELIGIBILITY RULES:

1. You must have an MTSU ID to participate. NO ID, NO PLAY...NO EXCEPTIONS!!
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Competitive Sports Coordinator.

THE GAME:

1. **The Court:** The court is 29ft 6in in width and 59ft in length. The net will be placed at men's height (7'11") for Men's and Co-Rec games and will be placed at women's height (7'4") for Women's games.
2. **Team:** Teams will consist of 4 players, but a team may begin a game with 2 players. A maximum of 10 players allowed on the roster.
3. **Game / Scoring:** A "match" is finished when a team has won 2 out of 3 games (**Exception – Unsportsmanlike Conduct**). The first two games will be won when a team scores 15 points and has at least a 2 point advantage. Rally scoring is used for all games, and game will have a 20 point cap. The third game will be won when a team scores 21 points with a cap at 25.
4. **Time-Outs:** There will be no time-outs during Indoor Volleyball
5. **Substitutions:** Substitutions shall only occur at the serving position and before a serve can take place. Teams must rotate the servers, but players allowed to play any position desired.
6. **Equipment:** Teams must wear proper clothing while playing and players must wear appropriate closed-toe footwear. Hats, bandanas, metal cleats or spikes, or jewelry MAY NOT be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter.

RULES & THE PLAYING AREAS:

- **A REFEREE WILL NOT BE PROVIDED BY THE INTRAMURAL SPORTS OFFICE. ANY DISCREPANCIES BETWEEN 2 TEAMS WILL BE DECIDED BY THE INTRAMURAL SUPERVISOR ON DUTY.**
- **Server:** The server may serve anywhere along the baseline of the court.
- **Service Faults:** The ball shall be declared dead, and the service changed to the other team when:
 - The ball passes under the net.
 - The ball does not pass over the net above the playing area.
 - The ball touches a player of the serving team or any object before entering the opponent's playing area.
- **Serve Receive:** The serve must be accepted with either a forearm pass or a set.
- **Blocking Serve:** It is illegal to block a serve or spike a serve.
- **Front Line Blocking:** Any or all players in the front line are permitted to block. All 4 players on the court are considered front line. There is no back row player.
- **Back Row Attack:** Any or all players are permitted to jump in front of the 10 ft. line because all 4 players are considered front row.

RULES & THE PLAYING AREAS:

- **Reaching Over Net:** In returning the ball, a player may follow through over the net, providing he first contacts the ball on his own side of the net. Player(s) in the act of blocking may reach across the net, but may not contact the ball until an opponent has hit the ball to return it or if the ball has broken the plain of the net.
- **Crossing Center Line:** Contacting the opponent's playing area with any part of the body except the feet is a fault. Touching the opponent's area with a foot or feet is not a fault providing that some parts of the encroaching foot or feet remain on or above the center line.
- **Ball Contacts Ceiling:** A ball contacting the ceiling or overhead objects above playable areas shall remain in play. The ball must have contacted the hitter's side in order for the ball to remain in play.



MIDDLE TENNESSEE STATE UNIVERSITY

- **Player in the Net:** When a player comes in contact with the net while blocking or hitting, the other team will receive the point.
- **Dead Balls & Out of Bounds:** A ball will be considered out of bounds when:
 - It hits the antennas
 - Passes outside the antennas
 - Hits the goal support beams
 - Hits the ac units and the gym divider
 - Hits the walls or bleachers

CO-REC RULES:

- The match is played between two teams of 4 players each. Teams must begin and end each match with a minimum of 2 players. **(Co-Rec matches involving 2 players must have 1 male and 1 female.)**
- Co-Rec matches may be played with the following even/uneven player ratios on the court:
 - 1 Male/1 Female
 - 2 Males/1 Female
 - 1 Male/2 Females
 - 2 Males/2 Females

Serving: Serving order and position on the floor will be an alternation of male and female or vice versa.

- **Front Line Blocking:** Any or all players in the front line are permitted to block
- **Males are allowed to spike the ball from in front of the 10ft. line.**

CONDUCT

- **Unsportsmanlike conduct:** When an opponent is about to play or in the act of playing a ball, players should not attempt to distract them.