

WOU INTRAMURAL VOLLEYBALL RULES

1. The captain shall toss a coin for choice of court halves or serve. The winner takes the serve or his/her choice of half courts as the case may be.
2. Teams may not block (set) serve.
3. A point shall be scored every serve (rally scoring).
4. The server shall stand with both feet behind the rear boundary line. Server may be anywhere behind end line.
5. There are no restrictions as to how the ball may be served except that it must be clearly hit, not thrown or pushed. Only one (1) toss per serve.
6. A served ball that hits the net and goes into the opponent's court is considered live and in play.
7. Each team may take only one time-out during each game.
8. If a player touches the ball or a ball touches a player, he/she is considered as having played the ball.
9. A player must use any part of his/her body in playing the ball.
10. A ball touching any part of the boundary line is good.
11. It's permissible to run out of bounds to play the ball.
12. Players aren't permitted to scoop or hold the ball. The ball must not visibly come to rest on the player's hands, fingers, or any part of the body. Ball must be hit- NOT scooped or thrown.
13. A player shall not make successive contacts of the ball except that when playing a hard driven spiked ball not already touched by a teammate, he/she may make successive contacts if they constitute one attempt to play the ball.
14. A player may play the ball twice during a volley but not twice in succession.
15. A ball may be recovered from the net; provided the player avoids contact with the net and doesn't catch or hold the ball (rule 12).
16. The ball must always be returned over the net by the third contact.

17. Regarding net play:
 - a. A player may reach under the net as long as he/she doesn't interfere with an opponents attempt to play ball.
 - b. A player may reach over the net to complete a spike which has begun on his/her side of the net.
 - c. A player may never touch the net or step on the opponent's side of the court except player not attempting to play ball accidentally touches net is legal.
 - d. A player may reach over the net to block a ball.
18. A backline player is allowed freedom in moving about the court, but can not run up to the net and "spike" or "kill" the ball.
19. A backline player may not 'spike' the ball unless he/she is behind the 10-foot line. A backline player may never block the ball.
20. A ball striking an overhead obstruction shall be in play if it's on the side of the team that last hit the ball.
21. The official shall have the power to warn, declare side out, or point, or disqualify from play any player committing, in the official's opinion, any of the following;
 - a. Persistently addressing the officials about decisions.
 - b. Making derogatory remarks about or to the official.
 - c. Committing acts derogatory to the officials.
 - d. Making personal or derogatory remarks about or to the opponent.