MIDDLE TENNESSEE STATE UNIVERSITY
Campus Recreation
Intramural Sports

OUTDOOR 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 Associate Director of Intramurals, Sport Clubs, and Wellness.

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") 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 6 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). 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 21 point cap.

4. Time-Outs: There will be no time-outs in Outdoor 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.
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.

- **Serve Receive:** The serve must be accepted with either a forearm pass or a set.

- **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.

- **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.

- **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 afoot or feet is not a fault providing that some parts of the encroaching foot or feet remain on or above the center line.

- **Recovering Ball from Net:** A ball may be played from the net.

- **Player in Net:** If a player comes in contact with the net while blocking or hitting, the other team will receive the point and serve.
THE CO-REC GAME

- 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.)

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

  **Female Contact Rule:** When the ball is played a female must hit it before returning to the other side of the net, unless ball is played back over the net on the first touch.

- **Front Line Blocking:** Any or all players in the front line are permitted to block; however, males cannot block girls but are permitted to jump to cause distraction.

- **Males are prohibited from spiking the ball from in front of the 10ft. line (Co-Rec Only).**

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.

Outdoor Volleyball……… 8/12/15