

The University of Maine  
Campus Recreation  
**INTRAMURAL SPORTS PROGRAM**

Volleyball Rules

*To participate in intramural sports here at the University of Maine, players must be a member through campus recreation and be either a student or an employee by the University of Maine. (Note: High School age students are not allowed to participate in intramural sports even they are a member through the recreation center.)*

1. 6 players to a team, you may start a match with 4, less than 4 is a forfeit. For Coed teams you need a minimum of 2 from each sex.
2. Teams shift in a clockwise direction on receiving the serve.
3. Scoring 15 points is a game. A match is best out of 3 games. During regular season you only need to win by 1 point.
4. A ball landing on a boundary line is considered in.
5. A “net” ball is one that goes into the net. A serve is legal if it contacts the net and goes over.
6. The server is allowed to stand anywhere behind the baseline to serve.
7. Points are made only on the part of the team that serves during the first 2 games. The team not serving wins the chance to serve but scores no points. During the 3<sup>rd</sup> game we will use a rally format, where you can score off your opponents serve.
8. The ball cannot be hit more than 3 times before it must be sent over the net. It can't be hit twice in succession by the same player except on:
  - a. simultaneous contact by teammates
  - b. successive contact by teammates
  - c. simultaneous contacts by opponents
  - d. Multiple hit. (Hits hands or arms and then bounces off chest or head.)
9. A player taken out of the game may re-enter the game only if the same position they left.
10. A server has only one chance to get the ball over the net.
11. Serves may not be blocked or spiked.
12. Only 2 time-outs of 1 minute duration during each game.
13. Plays may follow thru over the net as long as they do not touch it. They may also reach over the net to block a shot as long as the spiker has already touched it. At no time may a player step over the center line under the net.
14. The ball may not be struck with the open hand(s) when it is played below chest height or when it is played above chest height in any position except directly above the face. Spike with open hand is OK if not carried.

**15. Fouls:**

- a.** catching the ball
- b.** stepping into opponent's territory. Foot must be completely over the line
- c.** touching net
- d.** batting ball while it is supported by an object or another person
- e.** serving out of regular order or stepping over the service line

**16.** After the serve, players may take any position except:

- a.** back line player may spike only if he takes off from a point clearly behind the 10 foot line.
- b.** back line player may not participate in a block.

**17.** Player may not step in opponent's territory even if he is out of bounds. (imaginary line)

**18.** A player is allowed to return the serve using an overhead "V". A double hit is also allowed on returning the serve only.

**19.** You aren't allowed to hit a ball with an open palm or hand.

Last Modified: 12/18/2012