



Volleyball Rules Co-Rec League

United States Volleyball Association rules used except where modified

GENERAL

- A team will consist of six (6) players. A roster may consist of a maximum of 10 players.
 - A minimum of two players must be females.
 - A team must have a minimum of 5 players to start the game.
- All players must present a valid Duquesne ID prior to the start of the game.
 - **NO ID, NO PLAY, NO EXCEPTIONS**
- All teams must sign-in before each game.
- As a courtesy to the team playing, players will not be allowed on the gym floor until the preceding game on their court is finished.
- Intramurals will provide a game ball for each scheduled contest. If both teams agree to use a different ball, it may be used. Warm-up balls may be checked out with a valid ID from the Power Center.

FORFEIT

- Game time is forfeit time, if a team does not have five (5) rostered players at game time a victory will be awarded to the other team, 2 of those players **MUST** be females.
- If a team forfeits two (2) games, they will not be eligible for playoffs.

ATTIRE

- Participants are **REQUIRED** to remove all jewelry prior to competing.
- Hats are not permitted to be worn during the game. Additionally headbands are acceptable; however bandanas worn in any fashion are not permitted.
- Athletic shoes and athletic attire are required for participation. Unacceptable attire includes jeans, jean shorts, khaki pants/shorts, button-down shirts, hiking boots, and dress shoes.
- Items of clothing with profanity will not be tolerated and will result in the player(s) not being allowed to participate.

LENGTH OF GAME

- Matches will consist of two out of three games rally scoring to 21 points (straight), the third game is rally scoring until 15 (win by two) with no cap on the point total.
 - Stalling rules will be enforced at the official's discretion.
 - First offense will result in a verbal warning.
 - A second infraction will result in a loss of points.
- The "mercy rule" will be employed at any point in a game that the point differential reaches 15 points.

MISC.

- **Starting the Match:** Teams will volley for first server. The team winning the volley will server first. On following games, **losing teams** serve first.
- A female must always hit the ball before the ball is allowed to pass over the net.
 - Two male hits in a row must be followed by a female hit.
 - Maximum of 3 hits per team.
- Unlimited substitutions can be made during a match. Substitutions can only be made at the server position.
 - An exception will be made for an injury.
- Each team will be allotted two timeouts per match
 - Each timeout will be a 30-second timeout
- The ten foot line rule will be in effect (spiking from the back line).
- Blocking of the serve is not allowed.
- A server's feet must remain behind the "serving line" at all times during a serve.
- A varsity volleyball player must have not played for one academic semester before being allowed to participate.
- The roof, curtains and walls are all **OUT OF PLAY**.

CONDUCT

- All teams are expected to treat their opponents, the officials, Recreational Services employees and spectators with the highest level of respect. Unsportsmanlike behavior **WILL NOT BE TOLERATED**.
- Unsportsmanlike conduct includes: taunting, profanity, obscene gestures, and abusive or obscene language and/or actions. All of these may result in a yellow card or ejection from the game.
- Fighting of any kind will result in expulsion from the league and possible one-year suspension from participating in any Intramural event.
- Any player ejected from a game by an official or supervisor must leave the building immediately and will be suspended from the league for a minimum of one (1) game. If a player is ejected a second time during the season, the entire team will be expelled from the league for the remainder of the season.
- Three yellow cards on the same team in the same game will result in the game being ended.