

# LCIRSA Volleyball Rules

*Certain risks of injury are inherent to participation in sports and recreational activities. These types of injuries may be minor or serious and may result from one's own actions, the actions of others, or a combination of both. In Intramural Sports, injuries to ankles, knees, and shoulders, and the head are common. Serious injuries, (including death, broken bones, broken ankle, back & neck injuries, head injuries, and paralysis) can occur from, but not limited to, contact with other participants (such as colliding), contact with the ground while sliding and/or tripping, severe injuries due to running on an uneven field.*

LCIRSA playing rules and interpretations are governed directly by those established by the NFHS. Below are modifications deemed necessary. Rules/interpretations not addressed here will be governed by the **NATIONAL HIGH SCHOOL FEDERATION (NFHS) VOLLEYBALL RULE BOOK.**

## GAME PLAY

### ● **Matches will consist best of 3 sets.**

- The first two (2) sets will be played to 25 points, with a cap of 35 points. Teams must win by 2 unless the cap is met.
- The third set will be played to 15 points and will cap at 25. Teams must win by 2 unless the cap is met.
- Three timeouts will be given to each team for the entirety of the match.

### ● **Rosters**

- Volleyball rosters will comprise up to 12 players.
  - Minimum amount of players to play is 4.
- CoRec Only: A team has no minimum or maximum of either sex on their team roster.
  - A maximum of only 3 of either sex may be on the court at any time.
  - There is no minimum requirement of the opposite sex if one sex outnumbers the other on the court as long as the maximum of 3 of either sex is fulfilled.

### ● **Hits**

- A hit is legal with any part of the body, and includes head, feet, shoulders, and arms such as long as the hit does not come to rest at any time and was done so in one single motion.
- A block does not count as a hit.
- In CoRec, when a volley is more than a single hit, a female must be involved in one of the hits before the ball is returned over the net.
  - The female can make the hit in any sequence of the volley.
  - A female block does not count as a female hit.

### ● **Rotation**

- Players must rotate in a clockwise rotation.
- Players must establish their position to the head official before the ready-to-play whistle is blown and may not move from established position until the server contacts the ball.

- If the head official suspects any intent of deceit from the team in rotation and position, the head official may ask the captain for a better defined starting position.
  - Players in the back row may rotate into front court positions during live play, but may not attack nor block. For clarity, back row players may not leave their feet while playing in front of the 10ft line.
  - When playing with less than 6 players, there is no “phantom” player. The team that is short players will always have 3 front court players.
  - In CoRec, males and females must alternate positions on the court.
- **Substitution**
  - The position of the substitute shall be that of the player replaced without changing the serving order as recorded on the score sheet.
  - A re-entering player shall not return to the set during the same dead ball in which the player was substituted. The re-entering player shall assume the original position in the serving order in relation to other team mates.
  - An injured/ill player who is legally replaced may re-enter the set.

## GENERAL

- Only captains may speak to officials.
- All players need to wear jerseys with numbers. Numbers are required for substitution procedures.
- Underneath the net: A player may have a foot on the center line as long as their entire foot is not over. However, a player may not impede the other team while on the line.
- A player may not come over on top of the net unless: the hit is the third hit on the offense, the ball has crossed the plane of the net, or there is no play on the ball from the offense.
- A player cannot attack or block a serve. For clarity, do not leave your feet.
- Players may not create a screen while your team is serving. For clarity, two or more players may not stand next to each other to block the receiving team view of the server.
- Once your position is established, players may not move until the ball is hit on the serve.
- CoRec and Men’s net height will be 7ft 11 5/8 inches while Women’s net height will be played at 7ft 4 1/8 inches.
  - The height of the net will be determined by the host school as some schools do not have adjustability on their equipment. If this is the case, the competition committee will use the CoRec & Men’s height for all games including Women’s.
- **Net**
  - No player is permitted to make contact with the net in any circumstance. This includes any part of their body along with anything that may be construed as an extension of their body such as pony tails, shirts, shorts, shoes, etc.
- **Ready-to-play Whistles**
  - A ready-to-play whistle must be blown before every official serve. If service occurs before the whistle is blown by the head official, then the service is lost.
- **Ball Contact**
  - Any contact of an inanimate object outside the scope of the normal court will be considered out by the last team to contact the ball.
    - Exception: When the contact is made on the offensive side ceiling and the ball returns into play on the same side.

## APPEALS PROCESS

If a team wants to submit an appeal, captains **must** stop play immediately and notify a supervisor. The supervisor will document appeal and forward it to the intramural professional staff. The appeal must be done immediately. If the appeal is not made at the time in question, then the game will be continued in “good faith” and the result will stand. Teams **cannot** appeal referees’ calls.

### **Player Eligibility Appeals**

A player eligibility appeal may **ONLY** be done during the game or 30 minutes before and after a game the player in question is participating. Once the 30 minutes of the conclusion of a game has passed the player in question is deemed eligible for that game and the result of the game stands. This eligibility granted for the game in question **DOES NOT** guarantee eligibility for future tournament games. To ensure the integrity and sportsmanship of the tournament, once a player is found ineligible by the professional staff, that player is automatically disqualified from the tournament. No further appeals or protests are necessary. Any team caught with an ineligible player via protest or professional staff discovery, shall forfeit the game in which the ineligible player participated unless the 30 minutes after the conclusion of the game has elapsed. Player Eligibility Appeals that the above guidelines govern:

- a. Height requirement for 6ft Under Basketball League
- b. Player participation in NCAA Sport in which he/she was an athlete on any collegiate level.

Includes: Scholarship/Non-scholarship. Division I, II, & III, practice squads, Junior Varsity squads, etc. Rule of Thumb: If a player appears on a collegiate roster, he/she is ineligible.

- c. Student enrolled in university/college they are representing.
- d. Maximum number of years participating in LCIRSA Tournament