Volleyball Rules
(Men’s and Women’s)

Note: Rule changes for 2010-11 will be written in this font.

Rules and procedures not covered in this manual shall be enforced using NFHS volleyball rules.

RULE 1. ELIGIBILITY GUIDELINES

Section 1. Eligibility
1. All participants must be current full-time students or Kiewit Fitness Center members.
2. All participants must bring and show their current Creighton picture ID card to participate.
3. Participants may only play on ONE single-sex team (M or W) and ONE co-rec (C) team.

Section 2. Assumption of Risk
1. All participants must agree to the following:
   a. I acknowledge that participation in the activity may involve the risk of bodily injury, property damage, or any other danger. I freely assume all risk of loss, property damage, or personal injury, including death, that may be sustained by me as a result of participating in the activity, whether caused by the negligence of Creighton University, its agents and employees, or otherwise. I hereby release, waive, and discharge Creighton University, its Board of Directors, and its agents and employees from all liability to me, my personal representatives assigns, heirs, and next of kin, for all loss or damage and any claims or demands thereof, including attorney’s fees, on account of injury to myself or my property. I agree to indemnify, defend, and hold harmless Creighton University and any of its directors, employees, and agents from any and all claims and cost arising directly or indirectly as a result of my participation in the activity.

Section 3. Captain’s Meeting
1. A team representative must attend the preseason captain’s meeting. It does not need to be the captain. Unrepresented teams will not be included in the playoffs and/or are subject to a fine.

RULE 2. GENERAL GUIDELINES

Section 1. Teams
1. Teams shall consist of six (6) players. There is no limit as to the number of eligible substitutes.
2. Teams must have at least four (4) eligible players present to start a game and avoid a forfeit.
   a. Teams may continue a game in progress with less than 4 players if they have a chance to win.
   b. The Intramural Supervisor shall rule on all forfeit situations.
3. Players may only be added to the team roster during the regular season. Following the conclusion of the regular season, new players may only be added to teams with the permission of the Intramural Director.
4. Teams may have no more than two (2) Creighton club volleyball players on the team. Teams with one (1) or more Creighton club volleyball players must play at the highest level of competition offered.

Section 2. Participants
1. All participants are subject to the rules of the game and Intramural Sports guidelines. Participants include, but are not limited to: players, non-players, substitutes, coaches, spectators, fans, and trainers.
Section 3. Supervision

1. The game shall be played under the supervision of the Intramural Sports Supervisor(s), and 1-2 officials. The Supervisor has the authority to rule on any situation not specifically covered by the rules.

Section 4. Equipment

1. The net setting in the KFC for Men’s and Co Rec is 42/43 and Women’s is 24/25.
2. Campus Recreation will provide the game ball. Teams may use a different ball, provided both team captains and the game officials agree.
   a. Teams may not use the IM game balls to warm up. Warm-up balls may be checked out from the KFC equipment desk.
3. Players may not wear jewelry of any kind. (Exception: Medical alert bracelets)
4. Players may not wear any equipment deemed to be dangerous or made of unyielding material.
5. Uniform requirements:
   a. Shorts/Pants must be athletic (no jeans, khakis, etc.).
   b. Shoes: Only athletic shoes with rubber or pliable synthetic soles shall be worn. No sandals, boots or marking black soled shoes will be allowed.
   c. Hats with brims are not allowed. Bandanas may be worn, provided it is not tied in a knot.

RULE 3. PREGAME, TIMING AND SCORING

Section 1. Captain’s Meeting

1. Prior to the start of the game, there shall be a pre-game captain’s meeting. The referee will conduct a coin toss. The winner of the coin toss shall make one of two choices:
   a. Choose to serve first.
   b. Choose which side to defend.
2. Teams will alternate sides and first service for the second game.
3. If there is a third game, the referee will conduct another coin toss to determine side and service.

Section 2. Timing

1. Game time is forfeit time.
2. Teams are allowed one 30-second timeout per game. Timeouts do not carry over.

Section 3. Match Length and Scoring

1. Teams will play best two of three games. A game becomes “official” after the first game.
2. The first two games will be played to 25 points, and the winning team must win by at least two (2) points.
   a. There is a 27-point cap.
3. If necessary, the third game will be played to 15 points, and the winning team must win by at least 2 points.
   a. There is a 17-point cap.
4. Rally Scoring: Each serve will result in a point. The team that won the previous point will serve next.

RULE 4. BALL IN PLAY

Section 1. Out of Bounds

1. All overhead apparatus (Basketball hoops and supports, beams, lights, ceiling) are out of bounds.
2. The antenna is out of bounds.
3. Walls, curtains and adjacent courts are out of bounds.
4. A ball that hits the boundary line is in-bounds.
Section 2. Substitutes / Rotations
1. Substitutions must be made during a dead ball and without delay.
2. Players substitute into the game by entering into the service position.
   a. The next entering player may substitute out of order for an injured player. The injured player may not return during that same game.
3. Each time the returning team wins the point, thus gaining the next serve, it must rotate clockwise one position.

Section 3. Playing the Ball
1. A player may contact the ball with any part of the body.
2. Attacking
   a. An attack is any hit (including spikes, tips, and sets) that sends the ball over the net when the ball is completely above the height of the net.
   b. Back row players may not attack the ball if it is on or in front of the 10-foot line.
   c. No player may attack a ball that is completely on the opponent’s side of the net.
3. Blocking
   a. Only front row players may block.
   b. A block does not count as a hit.
   c. Blockers may play the ball on the opponents' side of the net only after the opposing team has completed its attack.

Section 4. Serving
1. The serve may be taken across the entire endline, from sideline to sideline.
2. A foot fault occurs when the server steps on or over the endline during the act of serving. Part or all of server’s body may be in the air over the lines.
3. The touching of the net by the ball during the serve is to be ignored. Play as normal.
4. It is legal to set a serve.
5. It is illegal to block or attack a serve.

Section 5. Violations / Points
1. A point will be awarded to the opposing team for a violation. Includes but not limited to:
   a. Out of bounds
   b. Failing to return the ball across the net
   c. Illegal Serve
   d. Double hit
   e. Four hits
   f. Handling the ball (holding, throwing, catching, scooping, lifting, shoving, etc.)
   g. A player’s whole foot crosses the center line into the opponent’s court
   h. Touching the net during a live ball
   i. Making an illegal substitution
   j. Blocking or attacking a serve

RULE 5. CONDUCT OF PLAYERS AND OTHERS
Section 1. Yellow Card (Player Caution)
1. Non-contact acts. Include but are not limited to:
   a. Participate while wearing illegal equipment.
2. Prohibited acts. Include but are not limited to:
   a. Using profanity, taunting, insulting, or vulgar language or gestures.
   b. Refusal to comply or abide by the request or decision of an official or supervisor.
   c. Attempting to influence a decision by an official or supervisor.
   d. Disrespectfully addressing an official or supervisor.
   e. Indicating objections to a decision made by an official or supervisor.
   f. **Penalty: A point, followed by the next serve opportunity, will be awarded to the offended team.**

3. All cards carry over from game to game throughout the match.

4. Three yellow cards, or one yellow and one red card, against the same team in the same match shall result in forfeit.

Section 2. Red Card (Player Ejection)

1. Two yellow cards against the same participant in the same game shall result in a red card.

2. Prohibited Acts. Include but are not limited to:
   a. Intentionally contacting an official or supervisor.
   b. Fighting
      i. Any attempt to strike or engage an opponent in a combative manner unrelated to the game, whether or not there is contact (ex. Spitting, throwing a punch). Leaving the team bench and entering the court during a fight is also considered a flagrant unsporting act.

3. Any act of fighting shall result in the game being ended immediately, with the offending team(s) forfeiting.

4. **Penalty: A point, followed by the next serve opportunity, will be awarded to the offended team.**

Volleyball Rules

*(Co-Rec)*

Note: Co-Rec rules are the same as men's and women's rules, with the following modifications:

**RULE 2. GENERAL GUIDELINES**

Section 1. Teams

1. Teams shall consist of six (6) players. There is no limit as to the number of eligible substitutes.
   a. Teams must have at least two (2) men and two (2) women to start the game.
   b. Teams may play with the following combinations: (2M/2W, 3M/2W, 2M/3W, 3M/3W)
   c. Teams may continue a game in progress with less than 4 players if they have a chance to win.

**RULE 4. BALL IN PLAY**

Section 2. Substitutes / Rotations

1. When setting the serving rotation, teams must alternate by gender.

2. Subs may only enter for a player of the same gender.
   a. A female may substitute for an injured male if not other male substitute is available.

3. If playing with five (5) players, a team will automatically lose a point once they reach the “empty” slot.
   a. A team playing with four (4) players will not automatically lose points on serve.

Section 3. Playing the Ball

1. If the ball is hit more than once, a player of each sex must play the ball before it returns to the other side of the net. The order is irrelevant. A block does not count as a hit for the purposes of this rule.
4v4 Volleyball Rules
(Co-Rec)

Note: 4v4 rules are the same as men’s and women’s rules, with the following modifications:

RULE 2. GENERAL GUIDELINES

Section 1. Teams
1. Teams shall consist of four (4) players. There is no limit as to the number of eligible substitutes.
   a. Teams must have at least three (3) eligible players present to start the game and avoid the forfeit.
   b. Teams may play with the following combinations: (2M/2W, 1M/2W, 2M/1W)
   c. Teams may continue a game in progress with two (2) players if they have a chance to win.
2. Teams may have no more than one (1) Creighton club volleyball players on the team. These teams must play at the highest level of competition offered.

RULE 4. BALL IN PLAY

Section 2. Substitutes / Rotations
1. There are no restrictions as to rotations.
2. A team playing with three (3) players will not automatically lose points on serve.

Section 3. Playing the Ball
1. If the ball is hit more than once, a player of each sex must play the ball before it returns to the other side of the net. The order is irrelevant. A block does not count as a hit for the purposes of this rule.

2v2 Volleyball Rules
(Open)

Note: 2v2 rules are the same as men’s and women’s rules, with the following modifications:

RULE 2. GENERAL GUIDELINES

Section 1. Teams
1. Teams shall consist of two (2) players. There is no limit as to the number of eligible substitutes.
   a. Teams must have at least two (2) eligible players present to start the game and avoid the forfeit.
   b. Teams may play with the following combinations: (2M, 1M/1W, 2W)
   c. Teams may not continue a game in progress with less than two (2) players.
2. Teams may have no more than one (1) Creighton club volleyball players on the team. These teams must play at the highest level of competition offered.

RULE 4. BALL IN PLAY

Section 3. Playing the Ball
1. There are no unique restrictions to this game.