Campus Recreation
Intramural Sports
2024-2025 Seated Volleyball Rules

VOLLEYBALL IS A CONTACT SPORT AND INJURIES ARE A POSSIBILITY. THE INTRAMURAL SPORTS PROGRAM ASSUMES NO RESPONSIBILITY FOR INJURIES; HOWEVER, BASIC FIRST AID WILL BE AVAILABLE.

ALL RULE CHANGES ARE HIGHLIGHTED IN GRAY.

THE GAME WILL BE PLAYED ACCORDING TO THE NATIONAL FEDERATION HIGH SCHOOL VOLLEYBALL RULES WITH THE FOLLOWING EXCEPTIONS:

OPEN, IFC FRATERNITY AND WOMEN'S TEAMS

STARTING THE GAME

1. START TIME: Teams are to be at the court and signed in before the official game time. If any team is not at the court and ready to play at the scheduled game time, the game will be declared a forfeit. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time.

2. IDENTIFICATION: All participants must bring a current valid Photo I.D. to the playing area in order to be checked in and ruled eligible to participate prior to the beginning of each game. Late arriving players must sign in with an Intramural Supervisor before entering the game.

3. SCORING: An Intramural Sports Official will keep the official score for each game.

4. BURDICK HALL RULES: All Burdick Hall rules will be followed during intramural sports volleyball contests.

5. TEAMS: Six (6) players constitute a team; a team may play with no fewer than four (4) players.

6. CLUB TEAM MEMBERS: No more than two (2) members of the active club volleyball teams' rosters are eligible for participation in the game per team. No more than two (2) members of the club volleyball teams may be listed on the same team's roster.

7. GAME EQUIPMENT: Towson University Intramural Sports will provide a game ball.

8. COIN TOSS: A pre-game coin toss will determine service and side of the net teams will play.

9. JEWELRY/ACCESSORIES: No jewelry or accessories may be worn. Earrings may NOT be covered with band aids or tape. A player suspected of covering an earring with tape will NOT be permitted to participate. *Clarification: Medical alert bracelets are not considered jewelry; they must be taped down with the medical information visible.*

PLAYING THE GAME

10. STARTING THE GAME: At the beginning of the game, the ball shall be put in play by the player in the back right position, who may serve from anywhere along the service line.

11. TIME LIMIT: The games will be played best of three or 50 minutes, whichever occurs first. The Intramural Supervisors will give all teams a 5 minute and 1 minute warning. When time expires whichever team is winning will get the win for that game. In the event of a tie, or a one point difference, one final point will be played to completion.

12. TIME-OUTS: Each team will be granted one (1) time-out per game. Time-outs will be one (1) minute; teams must be ready to play immediately following the time-out. Time-outs do not carry over to the next game.

13. THE SERVER: The server must wait to serve until the official has "authorized" the serve by blowing the whistle to begin play. Each server shall continue to serve until the opposing team gains service. When serving, the buttocks are not allowed to leave contact with the floor. Legs, feet and hands may extend over the service line but the buttock must remain behind the line through the whole motion.

14. SCORING: Rally scoring will be used for all games.

15. ALTERNATING SERVICE: Service shall alternate as each team regains possession.

16. LET SERVICE: If a ball touches the net on a service, but crosses onto the opponent's side of the court, that serve will be considered legal and in play.

17. ROTATIONS: The team receiving the ball for service shall immediately rotate one position. *Exception: the first serve of each game (for each team).*

18. SUBSTITUTIONS: When a player is substituted for, they may only return to the game by taking the place of the player that replaced them in the rotation. *Exception: A team may choose to substitute by making all substitutions at the server position. If a team chooses to substitute in this manner, all substitutions must be made this way the entire game.*

19. PLAYING THE BALL: A player may leave the court to play the ball. A ball hitting a sideline or an end line is in bounds. Players must contact the floor at all times during play with a part of the body between the buttocks and shoulders.

20. TOUCHING THE BALL: The ball may be touched only three (3) times by one team before being returned over the net. NOTE: Blocking the ball does NOT count as a touch. However, if the ball then goes out of bounds the person who blocked it shall be the one considered to have caused it to go out of bounds.

21. BACK ROW ATTACKING: Players in the back row must keep their buttocks behind the attack line at the start of the hit and keep in contact with the floor at all times. Contact may be made with the ball in front of the attack line if the contacted part of the ball is lower than the height of the net.

22. WINNING A GAME: The first two games of each match will be played to twenty-five (25), and the third game (if necessary) will be played to fifteen (15). A team must win by 2 points (25-24 is not a win). In the first two (2) games, there will be a twenty-seven (27) point scoring limit (if a team gains a 27-26 lead, the game is over). If a match reaches a third game, there will be a 17 point scoring limit (17-16 is a win).

23. WINNING THE MATCH: The first team to win two (2) games is the winner of the match.

24. VIOLATIONS: The following are violations and will result in a point for the offended team:
    - Catching or holding the ball
    - Touching the net with any part of the body while the ball is in play that interferes with the other team
    - Serving out of turn
    - Illegal serve
    - Illegal volley (Assisted hit or double hit)
    - Lifting or losing contact with the floor between your buttocks and shoulders

25. THE CENTER LINE: A player may cross the center line with his/her foot/feet as long as a part of the foot/feet remain(s) on or above the center line and the player does not interfere with the play of an opponent.

26. CEILING: A ball that touches the ceiling on a team's first or second contact will remain in play as long as the ball remains on that team's side of the net. A ball that touches the ceiling on a team's third contact or a ball that touches the ceiling and crosses over into the opponent's court will be out of play.

SPORTSMANSHIP

27. UNSPORTSMANLIKE CONDUCT: Any unsportsmanlike conduct including, but not limited to, arguments with officials by any player, coach, manager, or spectator, flagrant fouling, fighting, etc. will result in expulsion of that individual and/or team from further participation in that scheduled game. Officials/supervisors have the authority to impose penalties for teams behaving in an unsportsmanlike manner.

28. UNSPORTSMANLIKE CONDUCT FOUL LIMIT: If two (2) players from the same team are ejected from a game (for sportsmanship related issues), that game will be ended and that team will receive a loss and a 0 sportsmanship rating, regardless of the score and the time remaining.

29. BENCH CONDUCT: All substitutes, coaches, and spectators must adhere to Intramural Sports and Burdick Hall Rules, and are subject to the authority of the Intramural Sports Supervisor and all sportsmanship-related rules and policies.

30. DRUG, ALCOHOL & TOBACCO POLICY: Teams and fans are not permitted to bring alcohol and/or drugs, or come under the influence of alcohol and/or drugs. Teams and fans are also not permitted to use any tobacco products in Burdick Hall. Violators may be removed from the facilities with possible forfeiture of the game, at the discretion of the Supervisor.

31. INTRAMURAL POLICIES: Team captains are responsible for making sure that all members of their teams are aware of all Intramural Sports policies and rules. Captains are responsible for their teams' sportsmanship, and may be held accountable for the actions of individuals on their team.

CO-ED TEAMS

All of the above rules apply with the following exceptions:

32. TEAMS: Six (6) players constitute a team; three (3) males and three (3) females. If less than six (6) players are available, the male/female ratio may be 3M: 2F, 2M: 3F; 2M: 2F.

33. SUBSTITUTIONS: Substitutions are permitted as described above, as long as a legal male/female ratio is maintained.