INTRAMURAL VOLLEYBALL RULES
San Francisco State University
Campus Recreation Department
Intramural Sports
E-mail: ims@mail.sfsu.edu

The team captain is expected to read and familiarize themselves with the SF State Intramural Sports Handbook and is responsible to inform their team of all rules listed here and within the handbook.

The SF State Campus Recreation Department/Intramural Sports Program reserves the right to implement and/or revise any rules without prior notice to protect the integrity of the leagues, ensure fairness of competition, and for the safety of participants.

GAME AND PLAYER EQUIPMENT
1. The IM Program will furnish the game ball, but not for warm ups
2. Only court or tennis shoes are allowed.
3. A player may not wear anything which could be dangerous to another player (e.g. jewelry, rings, watches, etc.) Only stud earrings are permitted. Knee braces are permissible provided all metal is covered by protective padding.
4. Hard casts of any kind are not allowed.

TEAM COMPOSITION
1. Teams may carry a maximum of 10 players on their roster.
2. You have up to the fourth week of league games to finalize your official team roster.
3. Each indoor volleyball participant may compete for only one team in the league.
4. Current SF State intercollegiate volleyball players, listed on the team roster for that current academic year, are not permitted to play in the intramural volleyball league.
5. Club players must play in Division A Leagues. No more than two club players can play on any intramural team.

THE GAME
1. A team consists of five players on the court.
2. Each team must have no less than four players to officially start the game.
3. A five minute grace period will be given for late arriving teams. After 5 min. the game will be considered a forfeit, 0.0 sportsmanship points given, and loss of half the forfeit fee for the "no show" team.
4. SF State ID cards are REQUIRED at the beginning of every game prior to a participant playing on the court. You must have your SF State ID card to play. NO EXCEPTIONS!
5. The best of 3 games will determine the match winner.
6. After each game of the match teams will change playing areas.

SCORING
1. All 3 games will be Rally Scoring. A Rally Score game consists of a point awarded on each service.
2. The winning score shall be 21 points with a 23 point cap in the first two games. Teams MUST win by 2 points or reach the point cap of 23 first to be declared the game winner. If a third game is needed, the first team to 15 points with a cap of 17 points will win the match.
3. In playoffs there is a 25 point cap on rally scoring for all 3 games in a match.

THE SERVICE
1. Each member of the team shall serve in turn and continue to serve until the server or another member of the serving team commits a fault.
2. The team receiving the ball for service must immediately rotate one position clockwise.
3. Both feet of the server must remain behind the end line of the court.
4. If the served ball touches the net and crosses over into the opponent’s court area, it is considered a playable ball and action continues.
5. If a served ball contacts a teammate, antenna, pole, the net without going over, area outside the antenna before touching an opponent or the opponents court a point is earned by the opposing team and the ball is awarded to them.
6. If a served ball passes under the net or beyond the boundaries of the court without being touched a point is earned by the opposing team and the ball is awarded to them.
7. The ball is re-served by the serving team only if it hits the basketball hoops, backboards, or ceiling over the court on a serve.
8. After being clearly released or tossed from the hand(s) of the server, the ball must be clearly hit for service. In lower levels of play, this rule may be waived.
BOUNDARY AND BOUNDARY VIOLATIONS
1. The boundary lines of the court are marked by the green painted line on the inside of the court, the black line in the back of the court, and the black line on the outside of the court on the floor.
2. The ball is out of bounds when it touches any surface, object, or ground outside of the court. A ball touching a boundary line of the court is considered good.
3. It is permissible to run out of bounds (not into an adjacent court being used) and play a ball before it contacts an object considered out of bounds.
4. If the ball hits the ceiling and returns to the same side, the team that hit the ball can play it. If the ball goes over, however, it is considered out of bounds and a point is awarded to the opposing team.
5. On a serve, if the ball hits the ceiling and does not go over the net, the serving team gets a re-do and no points are awarded. If the ball goes over, the receiving team gets a point.
6. It is a fault to cross the center line within the court boundaries into the opponent team’s court with any part of the body. The ball and a point is awarded to the other team.

BALL CONTACT
1. During play, there are 3 contacts permitted per side.
2. The ball must be cleanly hit. The ball may not come to rest in a player’s hands, or arms. Scooping, lifting, pushing, or carrying the ball shall be considered a holding fault.
3. No player may contact the ball twice in succession without another player having touched it in between these contacts.
4. Any player participating in a block shall have the right to make the next contact with the ball, such contact counts as the first of three contacts allowed by the team.
5. It is illegal to block or attack a serve.

NET VIOLATIONS
1. It is a fault to touch any part of the net, or the antennas, except for contact by a player’s hair.
2. A player may not reach under the net and touch the ball or another player on the opposing side.

SUBSTITUTIONS
1. There will be no game timeouts, unless called by the official. Substitutions can be made one player at a time and only when the ball is not in play. Once the ball is served a substitution can not be made.

PENALTIES
1. Any player that receives two yellow cards in one game OR one red card in a game will be required to discontinue playing in the game and must leave the facility. He/She will be suspended from playing in the team's next scheduled game, including playoffs. At that time, the suspended player is banned indefinitely from participation in all further IM competitions pending a meeting with the Intramural Coordinator, who will determine the appropriate period of suspension. Any team with two players receiving red cards within a single game will result in an automatic forfeit by the team.
2. The IM staff has the authority, at any time, to recommend that a player/team not be allowed to continue participating within a game or league.

SPORTSMANSHIP RATING & PLAYOFFS
1. All teams are given a sportsmanship rating at the end of every game (0-4.0).
2. If a team forfeits, they will be given a 0 rating in sportsmanship. If a team captain knows his/her team will be forfeiting a game ahead of time, the team should notify the intramural sports office. Teams that notify the intramural sports office via email by 12:00noon on the day of their game will be given a 2.0 sportsmanship rating for their forfeited game. [An email must be sent by 12:00noon to ims@mail.sfsu.edu]
3. The overall sportsmanship average(SPA) will determine whether or not a team is eligible for playoffs. A team with a total sportsmanship average(SPA) at the end of the season below a 2.7 will not be eligible to participate in playoffs. 
4. All teams with a sportsmanship average(SPA) above 2.7 are eligible for playoffs, which will be held in a tournament format. Regular season records will determine tournament seeds.

ZERO TOLERANCE POLICY
There is ZERO TOLERANCE towards all violent and/or threatening behavior in all SF State Intramural Leagues. Players and/or spectators involved in any behavior which could potentially cause harm or injury to another player, ie: body checking, throwing punches, tripping, excessive taunting, verbal or physical abuse, and other malicious acts will be severely dealt with. In addition, talking to a game official is strictly prohibited and trash talking, arguing, or harassing a Campus Recreation employee will not be
tolerated. Individuals choosing to engage in such behavior will be banned from future participation within the SF State Intramural Program forever, and a report will be filed with the University Police Department, possibly resulting in assault charges being filed against the individual.