



# Intramural Sports

## Volleyball Rules Summary:

Central Texas College intramural volleyball will be governed by rules of the National Federation of State High School Associations (NFHS) with the following modifications:

### Players:

1. A roster is required. A team can carry a maximum of 10 players. Once a player has played for one team in a regular season game, that player cannot play for another team. A player may only be on one team.
2. If a player is removed from a roster, they cannot be added back on again and cannot be picked up by another team. Any roster changes must be made with the consent of the Intramural Director.
3. To be eligible for the playoffs, a player must have participated in one regular season game.
4. A team shall consist of six (6) players. At least two women have to be on the court during the entire match.
5. A team must have at least four (4) players to start or continue play. In this case, the players must be two men and two women.
6. All participants must be currently enrolled at either Central Texas College. Each participant must bring their valid student ID card to the games for proof of eligibility.

### The Game:

1. The net height will be 7 ft. 11 5/8 inches.
2. A game is played using rally point scoring. The first team to 25 with a two point lead shall be declared the winner; game cap is **(30)**.
3. A match will consist of two out of three games.
4. If a third game is necessary, the game will be played to 15 with a cap of **(20)**.
5. If there is more than one contact on a side, one of the contacts must be made by a female player. A block does not constitute a hit or contact. **\*(see example below)\***
6. Each team is allowed two (2) timeouts per game – 30 seconds in length.
7. Only the on-court captain may confer with the official.
8. Substitutions may be made anytime the ball is dead.
9. Game time is forfeit time of the first game. If the forfeiting team does not have enough players fifteen minutes after the first game is declared a forfeit, that team will forfeit the match.
10. The ball may hit the net on a serve.

**\*CONTACTS:** One Hit = Guy-or-Girl.

Two Hits = Guy, Girl-or-Girl, Guy.

Three Hits = Guy, Girl, Guy-or-Guy, Guy, Girl-or-Girl, Guy, Guy-or-Girl, Girl, Girl.

### Ejections and Suspensions:

Any player ejected or disqualified from a match, for any reason, will be suspended for the team's next match (at least). A second ejection from a match will result in suspension from all remaining matches. The judgment of the official is final.