

Sonoma State University
Glacier Bay Office
Intramural Sports
(707) 665-3951

Intramural 6 on 6 Volleyball

Section 1 - The Game

1. The game shall be played by two teams of six players on each.
2. Each team must have a minimum of four players to start the game.
3. Official Roster must be completed by the 3rd regular season game.
4. Game Sheet must be filled out before the game time.
5. Game time is forfeit time
6. The ball is dead if it has any contact with the ceiling or object attached to the ceiling.

Section 2 - Referee's

1. There will be one Supervisor per game to referee.
2. The Supervisors will rely on the honesty of both teams when it comes to tough calls.

Section 3 - The Team Spokesperson

The playing captains are the only players who may address the supervisor and shall be the team spokesperson.

Section 4 - Getting the game started

1. The captains will be calling the toss of a coin for the choice of team area of the service. The winner of the toss chooses side or service.
2. If a third game is needed, the captain of the team not calling the toss of the coin for the first game shall call the toss for the deciding game. Winner of the toss will choose sides or service.

Section 5 - Substitutions and timeouts

1. Substitutions of players may be made when the ball is dead.
2. Substitutes do not have to go in for the same person, but must be the same position as the player coming out.
3. Substitutions only male for male, female for female.
4. Each team is allowed one time out per game.

Section 6 - Playing the Ball

1. Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area.
2. The ball may be hit with any part of the body on or above the knee.
3. Players may have successive contacts of the ball during blocking and during a single attempt to make the first team contact (even if the ball is blocked) provided it is one attempt to play the ball, there is no finger action during the effort, and the ball is not held or thrown.
4. When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered a form of holding. A ball clearly hit with one or both hands from a position below the ball is considered a good play.
5. A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker's side of the net and the follow-through causes the spiker's hand and arm to cross the net without touching an opponent or the net, it is not a fault.

6. Only the players who are in the front line at the time of service may legally accomplish blocking.
7. Any player participating in a block shall have the right to make the next contact.
8. Back-line players may not block or participate in a block, but may play the ball in any other position near and away from the block.
9. Blocking a serve is prohibited.
10. Blocking the ball across the net above the opponent's court shall be legal provided that such a block is:
 - After a player of the attacking team has spiked the ball;
 - After the opponents have completed their three allowable hits;
 - After the opponents have hit the ball so that, in the player's judgment, the ball would clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball; If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.
11. A back-line player returning the ball to the opponent's side while forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area.

Section 7 Plays at the Net

- 1 If a player's action causes the player to contact the net during play, whether accidentally or not, with any part of the player's body or uniform, it shall constitute a fault. Hair does not constitute of fault.
- 2 Contacting the opponent's playing area with any part of the ball except the feet is a fault. Touching the opponent's area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remain on or above the centerline.
- 3 Either team may play a ball that has penetrated the vertical plane of the net.

Section 8 Dead Ball

1. A live ball becomes dead when:
 - a. the ball touches or crosses outside the net poles.
 - b. The ball does not cross the net completely between the poles. (if there is not an antennae)
 - c. The ball strikes the floor, wall or any objects attached the wall, basketball backboard is out.
 - d. The ball contacts the ceiling or object attached to the ceiling.**
 - e. A player(s) commits a fault i.e., service fault.
 - f. A served ball contacts the net or other objects.

Section 9 Coed

1. Team comprised of three men and three women on the court.
2. Coed games the net will place between men's and women's height.
3. If playing with five players you can have 3 men and 2 women or 3 women and 2 men.
4. If playing with four players you can have 2 men and 2 women