

## Augustana College Co Rec 4's Volleyball Rules

1. Matches will be 2 out of 3 games, rally scoring, each game to 25 points. A team must win by 2 points (28 point cap). If a third game is needed, the third game will be played to 15 points (18 point cap).
2. Each team may have 3 hitters in the front row at all times.
3. Teams are allowed 2 time-outs per match. Each time-out will be 30 seconds.
4. Teams are allowed 2 minutes between games
5. Teams need a minimum of 2 players to begin
6. Teams may substitute players in at any position, but it must continue to be at that position throughout the entire game.
7. A male and female must be on the court at all times. Never more males than females.
8. The server may serve from anywhere behind the service line.
9. 3 contacts per team.
10. Blocks do not count as one of the team's contacts.
11. The ball may not come to rest or sit in a player's hands, or roll up there are. Scooping, lifting, shoving, or throwing the ball shall be considered a lift.
12. One player may not contact the ball twice consecutively.
13. A ball landing on the line is in.
14. A back row player may not contact the ball above the net from the front row. He/she may contact the ball above the net from the back row providing he/she jumped from behind the 10 foot line or below the net from the front row.
15. A player may not make any attempt to block a serve.
16. A player cannot be in the net at any time.
17. A player may go over the center line as long as he/she doesn't come in contact with a player from the other side of the net.
18. An overhead serve receive is legal in both competitive and recreational.
19. Only the captain may address the referee about questions involving rules interpretation. Any unsportsmanlike or disrespectful conduct during the match will result in:
  - Yellow card (warning)
  - Red card (Ejection) - results in a point or side out

Saved as: K:/RecServe/Intramurals/IMRules/mw4svolleyball

Updated: 6/18/12 by Brittany Jaminet