

NOVA Intramural Volleyball Rules

- A match will be best of 3 games out of 5.
- Games are played to 21 points, and the team must win by 2.
- If a 5th game is necessary the game will be played to 15, win by 2.
- There is no time limit, but the last game must be over before the next game is scheduled to begin.
- Rally point system used, which means that points will be scored on every serve, not just when you are serving.
- Game begins with volley for serve before the first match. Winner of the match takes serve of next match.
- Teams switch sides after each game.
- Six player's maximum on the court. You may play with less.
- There must be 2 females on the court at all times. Teams can play with one female but they will only have 5 on the court, as well as if they have no females they can play with 4 on the court. Any less than 4 results in a forfeit.
- Substitutions may be made before any serve.
- All players must rotate on your change of serve, and have a set rotation.
- Serves may be over-hand or under-hand. Server must start serve with both feet behind end line. If server crosses line one reserve is allowed, on the second ball is given to other team and the point.
- Players may reach over the net only in an attempt to block. Touching the net during such a process is prohibited. A block does not constitute a hit.
- Boundary lines are considered in bound.
- You must not cross the line while serving

Playing the ball

- A legal hit is contact with the ball by any part of a player's body, including the head, which does not allow the ball to come to rest even momentarily.
- The ball must be clearly hit: throwing, lifting, or shoving the ball are illegal.
- A team has three hits to return the ball over the net.
- One player may not intentionally hit the ball twice in succession; however, the ball may unintentionally bounce off one player twice on a team's first hit.
- Simultaneous contact by two or more players on the same team is considered one play, and any player is eligible to play the ball again.
- If two opponents simultaneously contact the ball above the net, the ball remains in play, and the team receiving the ball is entitled to another three hits. If the ball lands out of bounds, it is the fault of the team opposite the net from where the ball lands.
- No one is allowed more than one serve if the first does not clear the net.

Spiking the ball

- Only front row players may attack the ball (spike).
- Attacking a serve is prohibited.
- All NCAA rules will be followed.

