### Intramural Indoor Volleyball Rules and Regulations

<table>
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<th>Objective</th>
<th>- Indoor volleyball is a team sport played by two teams on a court divided by a net. The objective is for each team to send the ball over the net attempting to ground it on the opponent's court, and to prevent the ball from being grounded on its own court</th>
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| Game Length        | - Most matches are 35 minutes; however, can vary depending on how many sets they go to  
                     - If the match is still not finished after 40 minutes and is headed to the third set the ref can make the call to lower the amount of points needed to win in the third. |
| Equipment          | - Players are asked to wear clean running shoes  
                     - Bring your own ball for warm up as only game balls are supplied |
| Roster and Eligibility | - Teams are comprised of 6 players on the court  
                        - There is a maximum of 4 self-identified males allowed on the court at once  
                        - A minimum of 4 people are needed to start the game |
| Game Rules         | - Matches are best of three sets and sets must be won by two points  
                     - The first two sets are first to 21 and cap at 25  
                     - If needed the third and final set goes to 11 and caps at 15  
                     - Matches start with captains doing rock paper scissors for serve  
                     - Players may play the ball off of any body part, including their feet  
                     - Rotation must occur after winning back a serve  
                     - Teams are only permitted 3 touches on the ball everytime it comes over the net from the other team  
                     - A player may not hit a ball twice except where the player has contacted the ball on a block  
                     - Subs can be made between serves as long as the player exits the court before the new player comes on - the ref will not stop game play for this  
                     - If the ball lands anywhere on the baseline or sidelines it is considered in play  
                     - If the ball hits the antenna or the roof it is considered out and will result in a point for the other team  
                     - If a setter is trying to set their player the opposing team cannot reach over the net interfering with the opponents attack |
| Violations         | - A player cannot step on the baseline while serving the ball in  
                     - Only one toss or release of the ball is allowed per service  
                     - Players cannot block a serve |
- Net touches will result in a point for the other team
- Back row players must hit from beyond the 3 metre line
- Back row setter cannot hit front row
- Obvious fouls include - carries, double hits, going under the net and contacting another player, net touches, 4 hits