



## ASI INTRAMURAL SPORTS

### VOLLEYBALL RULES

#### GENERAL INTRAMURAL RULES

The National Federation of State High School Association (NFHS) will govern play with the exceptions of the rules below.

#### 1. ELIGIBILITY

- a. Only LBSU Students, Faculty, Staff, and Alumni
- b. All participants must be **active members of the SRWC** and have a current Fusion Play account.
- c. Participants must present a CSULB Picture I.D. before the start of the game.
- d. Alumni may use Driver's License for picture I.D
- e. NO EXCEPTIONS! NO I.D., NO PLAY.

#### 2. ROSTERS

- a. The team rosters will be updated every Tuesday before the league starts. Players cannot play until they pay their \$20 league fee.
- b. Players MUST BE on the Fusion Play roster in order to play.

#### 3. TRADES

- a. Teams are allowed to add to their roster and trade players between teams up to the first game on the 4<sup>th</sup> week of games.
  - i. There will be no exceptions for this rule.

#### 4. UNIFORMS

- a. All players must bring a black shirt and a white shirt to every game; unless your team has a uniform.

## 5. DIVISIONS

- a. Beginning in **Spring 2026**, the league will be split into **two divisions**:
  - i. **Division 1** – Higher competitive level
  - ii. **Division 2** – Developmental or recreational level
- b. Division placement will be determined prior to the start of the season and is at the sole discretion of the League Supervisor. Placement decisions will be based on factors such as past performance, team composition, and overall competitiveness. The League Supervisor reserves the right to reassign teams as needed to ensure balanced divisions.
- c. This structure is being implemented to:
  - i. Enhance overall player experience
  - ii. Increase the level of competitive play
  - iii. Promote fairness across all matches and teams

## 6. FORFEITS

### Purpose

Our season is short, and every scheduled game matters. Forfeits reduce playing opportunities for teams and participants who look forward to competing each week. To protect the integrity of the league and the experience of all players, the following forfeit policy applies.

#### a. Defaults

- i. A default is recorded when your team forfeits the game by notifying the league supervisor that they are unable to attend the game at least 6 hours prior to game time.
- ii. If a team records two defaults in a single season, it qualifies as one forfeit.
- iii. If a team records three defaults in a single season, they are disqualified from playoff contention

#### b. Forfeits

- i. A forfeit is recorded when your team does not notify the supervisor at all (no call no show) or notifies them but fails to do so at least 6 hours before game time.
- ii. Forfeit Penalty Structure
  - 1. The first and second forfeit will result in a \$10.00 penalty that needs to be paid at the Intramural Desk one day prior to the team's next game. If the fee is not paid, the team will be removed from the schedule until the fee has been paid

2. The third forfeit will result in elimination from playoff schedule

3. The fourth forfeit will result in termination from the league

## 7. SPORTSMANSHIP

- a. Teams must display good sportsmanship throughout the intramural season in order to qualify for playoffs.
- b. Teams that fail to display good sportsmanship throughout the season can potentially be eliminated from the playoffs at the Recreational Sports Manager's discretion

## 8. PLAYER CONDUCT

- a. Actions that are potentially dangerous to participants, spectators, game officials or supervisors and/or conduct that is detrimental to the mission of the Intramural Sports Program will not be tolerated.
  - i. No players may physically intimidate or verbally abuse Intramural Sports Staff. Violations of this nature are considered unsportsmanlike conduct and at the discretion of the game official or supervisor may result in an ejection.
  - ii. Acts of aggression or physical violence will not be tolerated. These include but are not limited to throwing a punch, kicking an individual or any other aggressive act. Any player guilty of such an act immediately before, during, or after an Intramural Sports contest shall be expelled from further participation in Intramural Sports.
  - iii. Leaving the Bench Area or Defensive Position to participate in an altercation; A player, coach, or bench personnel shall be ejected if s/he leaves the bench or coaching area to participate in an altercation. In addition, any player who leaves his position to participate in an altercation, regardless of his/her intentions, shall be ejected.
- b. In any case, if you are ejected from the game for any reason, you are SUSPENDED for one week of league play. The Recreational Sports Manager has the final say on the matter and can extend suspension if deemed necessary.

## THE GAME

### 1. START TIME

- a. Game time is start time. If the minimum number of players are not present at game time, there will be a five-minute grace period. After five minutes, the game will be forfeited. All players must check in with the ASI Intramural League Supervisor with their student ID card.

### 2. THE PLAYERS

- a. Indoor volleyball will be played by two teams of six players. Four players are required at the start of game time to avoid a forfeit.
  - i. If the team cannot fill a fifth player after the five-minute grace period, the game will result in a forfeit
  - ii. A coed indoor team which does not have at least two players of each gender ready at game time will forfeit the game.
- b. Sand volleyball will be played by two teams of four players. Three players are required at the start of game time to avoid forfeit.
  - i. If the team cannot field a third player after the five-minute grace period, the game will result in a forfeit.
  - ii. A coed sand team is required to have at least one member of each gender to meet minimum player requirement. (I.E., 2 males and 1 female or 2 females and 1 male).
- c. All co-rec games must abide by the n+1 rule: There may only be a difference of one between the number of male and female players on the court at a time.
- d. Any team may pick up current rostered player(s) from another team in the same league (nomad) to avoid a forfeit. (See nomad section).
- e. Gender is determined by participants Fusion Play account.

### **3. MANAGERS MEETINGS**

#### **a. PRE-GAME MANAGERS MEETING**

- i. Prior to the start of the game, a meeting between the two team managers and the official will take place at the official's stand. They will discuss rules and regulations which the manager must relay back to the team.
- ii. Team managers will play rock, paper, scissors to determine who gets to choose serve or side. The winner has two options: (1) to serve or (2) to receive and choose side. The other manager then has the next choice.

#### **b. BETWEEN SET MANAGERS MEETING**

- i. In between sets, a meeting between the team managers and the officials will take place. They will discuss the flow of the game and any changes to the style of officiating for the second set.

#### **c. THIRD SET MANAGERS MEETING**

- i. If a third set is required, captains will play rock, paper, scissors to determine choice of serve or receive and side.

### **4. TEAM SPOKESPERSON**

- a. The team manager is the only person who may address the official and is the spokesperson for the team.

### **5. THE COURT**

- a. Games will take place in the MAC Gym at the Student Recreation and Wellness Center.
- b. To ensure the safety of participants and staff, the maximum capacity for each team, including spectators, is 15 people. Only during playoffs may this number be exceeded at the discretion of the supervisor.
- c. Intramurals Sports staff reserves the right to stop a game if any team exceeds this capacity.

## **6. EQUIPMENT/ DRESS CODE**

### **a. UNIFORM**

- i. The home team wears white and the away team wears black.
- ii. Players must check their schedules on Fusion Play to know which color shirt to wear. If there is any doubt, bring both colors.
- iii. A player with blood anywhere on their uniform will be instructed to leave the game until the uniform has been changed or approved after an evaluation by an ASI Intramural Sports supervisor or an ASI facility supervisor.

### **b. DRESS CODE**

- i. Closed-toe shoes must be worn at all times during play.
- ii. Athletic attire must be worn at all times during play.
- iii. Wearing a hat is not allowed during play.
- iv. Intramural officials can remove a player for improper dress code at their discretion.

### **c. JEWELRY**

- i. Jewelry is not permitted; players must remove all jewelry before the start of a game.

## **7. CO-REC RULES**

- a. When only one male player is in the front row at service, one male back row player may be forward of the attack line for the purpose of blocking only (Indoor Only).
- b. The height of the net for co-rec play shall be 7' 11 5/8" (11th pin from the top). The height for women's play shall be 7' 4 1/8" (8th pin from the top).
- c. Teams must line up and be easily identifiable as 3 in the front and 3 in the back before every serve.
  - i. If 3 males and 3 females are on the court they must be alternating. (i.e. boy-girl-boy and girl-boy-girl).
  - ii. If only 2 of one gender and 4 of another then there must be at least one participant of each gender in the front and back at all times.
  - iii. Teams must then rotate in a clockwise manner. If a player chooses to sub in (not injury related) they must sub in to the server's spot on the court.

## **8. FOULS & PENALTIES**

### **a. PLAYERS**

- i. Any player who is violating the player code of conduct in any capacity is subject to receiving a yellow card or red card at the official's discretion. Receiving a yellow card serves as a warning and there is no immediate penalty. Receiving a red card will result in an automatic ejection from the game and the player will serve a one-week suspension for the following week. If a player receives two yellow cards in the same game, then the second yellow card serves as a red card and the same penalties for a red card apply.

### **b. SPECTATORS**

- i. Spectators who interfere with the court or play are subject to ejection from the Student Recreation and Wellness Center.
- ii. Teams are responsible for their spectators. Poor spectator behavior may cause a team to receive a "minus" behavior rating.

### **c. ZERO TOLERANCE POLICY**

- i. There is no alcohol or drugs allowed at ASI Intramural Sports games. If a player or fan is under the influence, they will be ejected immediately and disciplinary action may follow. If an ASI Intramural Sports supervisor feels that there is a threat to participant safety or suspects that a team might be under the influence, they are required to stop the game immediately. If there is no proof of substance use, the game will be rescheduled for another time.

## **VOLLEYBALL RULES**

### **1. GAME LENGTH**

- d. A team must win two out of three games, each to twenty-five points by rally scoring, to win a match.
- e. Set win must be by at least 2 points. If a team reaches 30 before the win by 2 then that team wins the set.

### **9. SCORING**

- a. A game is won when a team scores twenty-five points and has a two-point advantage. The first two games will be capped at thirty points. If a third game is necessary, it will consist of rally scoring to fifteen points.

### **10. SUBSTITUTIONS**

- a. There are unlimited substitutions. Players may substitute for anyone on the court as long as the rotations remain intact and are subbing for the same gender. The team making the substitution must be the serving team.
- b. Substitution of players may be made when the ball is dead or when recognized by the official.

- c. Players may not advance in the serving rotation via substitution.
- d. Players must substitute out for one rotation before substituting back into the game in a position behind their previous position in the rotation.
- e. Abnormal substitutions are allowed in case of injury.

## **11. OUT OF BOUNDS**

- a. A volleyball court is 30 feet wide and 60 feet long; each side of the net is 30 feet by 30 feet. A 2-inch line borders the court to serve as the out-of-bounds line. Any ball that touches the line during play is still considered "in" the court. Everything else is considered out of bounds.

## **12. TIME-OUTS**

- a. Each team is allowed two, one minute time-outs per three-set game.

## **13. THE SERVICE**

- a. A service is considered a fault when:
  - i. The server is touching the service line when the ball is contacted.
  - ii. The served ball crosses under the net; the ball touches or crosses over the antenna.
  - iii. The ball touches a player on the server's team.
  - iv. The ball lands outside the opponents' playing area.
  - v. The ball hits the ceiling or ceiling lights.
- b. The server may serve anywhere behind the back line. It is legal for the ball to touch the net then go over on a service.

## **14. CHANGE OF SERVICE**

- a. The team which receives the ball for service shall rotate one position clockwise before serving.
- b. Co-rec teams must alternate between male and female serves; if there are only five players, two players of the same gender may serve consecutively.

## **15. SCREENING**

- a. At the moment of service, no members of the serving team may have any part of their hand(s) above the height of the head or move their hands side to side for the purpose of screening the server.

## **16. DEAD BALL**

- a. A live ball becomes dead when:

- i. The ball touches an antenna or the net outside the antenna.
- ii. The ball does not cross the net completely.
- iii. The ball hits the floor.
- iv. The ball contacts side wall, back wall, or basketball hoop.
- v. A player commits a serving error.
- vi. The same player contacts the ball twice.
- vii. The ball is hit four times before going over the net.
- viii. A player makes contact with the live part of the net.
- ix. Any part of the body fully crosses the middle line (unless he/she is outside the boundaries of the court).
  - 1. A player may step on, but not over, the centerline.
- x. A double hit is called; a lift is called.
- xi. A player and/or ball crosses into another court.

## **17. REPLAY**

- a. When a ball from another court comes onto a court in progress, play is stopped, no point is awarded, and the call is a replay.

## **18. CONTACT**

- a. Each team is allowed a maximum of three successive contacts of the ball in order to return the ball over the net onto the opponent's side; a block is not considered a contact.
- b. The ball may be hit with any part of the body.
- c. When contacting the ball with one hand, the ball must be hit:
  - i. With the heel or palm of the hand (roll shot)
  - ii. Locked fingertips
  - iii. Knurled fingers
  - iv. Back of the hand

## **19. SUCCESSIVE CONTACTS**

- a. Players may have successive contacts with the ball during a block and during a single attempt to make the first team hit of a hard driven ball coming from the opponents.
- b. Any other player committing successive contacts with the ball will be called for a double hit. To the discretion of the official, a set is considered a double when the ball is not simultaneously contacted with both hands, made evident by excessive rotation of the ball after contact.

## **20. ILLEGAL CONTACT**

- a. The ball may not be thrown, held, or pushed.
- b. If a ball is contacted into the net by Team A, on the first or second contact, and Team B contacts said ball (through the net) with a forward motion, a point will be rewarded to Team A.
- c. Redirection of the ball with the fingers or prolonged palm contact in a non-athletic play is considered a lift.

## **21. BLOCKING**

- a. Any player participating in a block shall have the right to make the next contact, such contact counts as the first of three hits allowed for the team.

## **22. ROTATIONS**

- a. Teams with 6 players will follow a 3x2 rotation.
- b. Teams with less than 6 players must state the rotation that they will follow for the duration of the set to the official during the manager's meeting.

### **NOMAD POLICY**

**Purpose:** To establish a guideline for teams short of the minimum number of participants required to participate in a scheduled intramural game the opportunity to field a competitive roster without compromising the integrity of the league.

**NOMAD DEFINITION:** Any current LBSU student/faculty/staff/alumni with an active SRWC membership and eligible Fusion Play account; rostered and playing an intramural sport

**HOW IT WORKS:** Any team may pick up current rostered player(s) from another team in the same league to play for their team to avoid forfeit and play competitively. Teams must be scheduled for a sanctioned intramural game and have at least one less player than the required minimum per sport. Teams may only add enough nomads to bring their team roster up to the required minimum needed to participate.

#### **TEAM ELIGIBILITY:**

- i. Teams may not play nomads at any "position of significance" as defined by sport
- ii. Teams must announce nomads to officials and opposing captain during pregame captains meeting
- iii. Teams may only pick up enough players to field the minimum required participants as defined by sport
- iv. If at any time during the game a current rostered player signs in, a corresponding nomad must sign out.
- v. Teams are responsible for the sportsmanship/actions of entire team

- vi. Teams may NOT use nomads during the playoffs

#### **NOMAD ELIGIBILITY**

- vii. Nomads must be eligible to participate in LBSU Intramural Activities
- viii. Nomads must prove that they have a current Fusion Play account
- ix. If a nomad is currently not on a roster, they will automatically be added to the first team they play with.
- x. Nomads cannot play a “position of significance” at any time during the game or serve as a team captain
- xi. Nomads cannot play in playoffs
- xii. Any sportsmanship/behavior penalties will carry over to Nomads current team.

#### **Nomad “Position of Significance” Chart:**

Sport	Position of Significance
Indoor Soccer	Keeper and PK Shooter
Coed Softball	Pitcher and Top Six Hitter
Coed Volleyball	N/A
Flag Football	Quarterback
Open Soccer	Keeper and PK Shooter
Coed Basketball	Tech Shooter
Open Basketball	Tech Shooter
6v6 Coed Soccer	Keeper and PK Shooter