These rules are an adaptation of the National Federation of State High School Associations (NFHS). They are not designed to emulate those rules. Any rule not stated expressly in this document or situation not addressed by the statements herein will be governed by the current NFHS Volleyball Rules Book used by UMKC.

I. General Information
   A. Rules Understanding
      i. It is the responsibility of each captain to read and understand the rules and relay to his/her team.
   B. Fees
      i. Each team must pay a $25.00 entry fee to participate in the intramural league.
      ii. Each team is required to pay a $20.00 forfeit deposit. If the team does not forfeit any games/matches and/or gives at least 24 hours notice to (816) 235-2719 or via email to intramurals@umkc.edu prior to their scheduled games/matches that they will not be able to participate, a full refund will be issued at the conclusion of the season. If any game is forfeited or proper notice is not given, the forfeit deposit will not be returned.
   C. Participation
      i. Participants are not allowed to have in their possession or their presence any alcoholic beverages or drugs during any intramural event whether on campus or not. Officials reserve the right to prevent any person from participating if they are in possession of or suspected to be under the influence of alcohol or drugs.
      ii. Any student of the University of Missouri-Kansas City is eligible to participate.
      iii. Intramural teams are allowed to carry up to two (2) former junior or senior college/university football athletes.
      iv. ID must be carried by all participants in case of eligibility questions.
      v. Males can participate on one men’s team or one men’s team and one co-rec team. Females can participate on one women’s team or one women’s team and one co-rec team. Conflicts with scheduling for playoffs may force a player on more than one team to choose with which team to participate.
      vi. Roster deletions or additions are allowed until your game/match time of your second scheduled game/match.
D. Sportsmanship
   i. Any player, team, or spectator displaying unsportsmanlike conduct will be assessed the appropriate penalty(ies). If a player, team, or spectator is ejected from the event, they are required to leave the premises immediately. Failure to abide by this rule may preclude future participation in intramural events. Any player, team, or spectator ejected is automatically ejected from their next scheduled game/match (regular season or playoffs). Additionally, they may face further disciplinary action if deemed necessary by the Campus Recreation Sports Council. A second ejection during the season disqualifies a player, team, or spectator from further participation in regular season and playoff games/matches.
   ii. At the conclusion of each contest, each team will be graded on 0-4 scale. If at the end of the regular season, a team does not have a minimum of 3.0 average then that team will not be eligible for playoffs.
      1. Note: Inappropriate language will be considered unsportsmanlike conduct.

E. Protests
   i. Official judgment calls cannot be protested. Rule interpretations must be protested immediately following the play. To do so the team must use a timeout and declare the wish to protest. If the protest is upheld, the team will not be charged the timeout. If the protest is not upheld, the team will lose that timeout.
   ii. Protests concerning eligibility must be filled out prior to, during, or immediately following the conclusion of the game. Protests not filled out during this time period will not be considered.

F. Playoffs
   i. Playoffs will be conducted at the end of the regular season. The format, number of teams making playoffs, dates and times of the playoffs is dependent on the number of teams, field availability, etc. All teams will be contacted prior to the playoffs as to their time, date, and location of games/matches, if applicable.
   ii. To be eligible for the playoffs, a player must have participated in at least one game/match during the regular season.
   iii. A Championship T-Shirt will be awarded to all roster players on the playoff champion team that have played in at least one regular season game/match.
II. Rules
   A. Preparing for the game
      i. Starting the game
         1. Each team must have at least four eligible players to start a game and be at their scheduled court. There is a five minute grace period from the scheduled start time to have the requisite number of players. Failure to have the requisite number of players results in a forfeit. In Co-Rec leagues, each team must have at least as many females as males to be eligible to play unless the opposing team agrees to allow a team without the requisite number of females to play with a different combination.
            a. If a team falls below four players during the match, the match can only continue if the head referee reasonably believes that the team with less than four players has a chance to win.
            b. If neither team has the requisite number of players by the grace period, both teams will receive a forfeit loss (three games at 25-0). Opposing teams will gain a point each minute a team does not have the minimum number of players to start.
      2. Team captains shall call a coin toss/odd even to begin the first game of the match. The winner will choose either to serve/receive or which side to play their first game on. For the second game, the teams will switch first service and side. The same process of the first game will begin the third game.
   ii. Scoring and Timing
      1. Forfeit score is 25-0 for any first or second game of a match forfeited. Forfeit score for a third game of a match forfeited is 15-0.
      2. Three games will be played in a rally scoring format, subject to the time limit in number 3 below. The first two games will be played to 25 points and the first team to 25 points with at least a two point lead will be declared the winner. If a team reaches 25 points without a two point lead, the first team to 27 points will be declared the winner. The third game will be played to 15 points and the first team to at least 15 points with at least a two point lead will be declared the winner. If a team reaches 15 points without a 2 point lead, the first team to 17 points will be declared the winner.
      3. Matches are limited to 50 minutes from the first service. If a third game is in progress at the time limit, any team ahead by two points will be declared the winner. If the second game is still in progress at the time limit, any team ahead by two points will be declared the winner. Additionally, the third game will be played to 11 points (no two point lead required). Intentional delay of the game will result in unsportsmanlike conduct and possible forfeit.
            a. There is no time limit in championship matches.
      4. In cases of extreme necessity, the referee may request that the teams shorten the game/match to a prescribed number of minutes or points to win. Both teams will be requested to give input but the final decision will lie with the head referee. Amongst others, instances that may cause this are weather and game timing issues.
B. The Game
   i. Service
      1. The right back player of the each team will be the first server for their team. Thereafter, teams shall rotate clockwise and the player occupying the right back position will be the next server. Rotation does not occur until the first server from each team has completed his/her first turn at service.
      2. The server may serve anywhere along the endline but may not touch the baseline prior to striking the ball.
      3. The server must wait for the official’s whistle prior to striking the ball. For each team, the first infraction in that match will result in a warning and re-serve. Subsequent infractions will result in a sideout/point.
      4. A server has ten seconds from the official’s whistle to put the ball in play.
      5. If the server is tossing the ball to strike it, the server may allow it to drop to the floor if he/she does not wish to strike the toss. This is allowed only once per service turn.
      6. Serving out of turn:
         a. If a player serves out of turn, sideout shall be called as soon as the mistake is discovered and any points made on the service before the error was discovered shall be cancelled. The serving order shall be corrected immediately.
   ii. During Play
      1. At the instant of service contact, all players shall be in serving order and not overlapping their teammates. To be in legal position, a player’s feet must be clearly behind or clearly beside the feet of a player with whom overlapping is illegal. After the ball is contacted on the serve, the players may move from their service position. All players except the server must be within or on the court boundaries. No part of the foot or other part of body can be outside the court.
      2. Simultaneous contact: If two or more players of the same team contact the ball simultaneously, it is considered one play and players involved may participate in the next play. This next play will be counted as an additional contact for the team.
      3. A replay shall be declared when:
         a. An inadvertent whistle interrupts play
         b. A foreign object enters the proximity of the playing area and obstructs play
         c. A wall or obstruction within six feet of boundary line interferes with a player’s legitimate effort to legally play the ball
         d. A ball becomes motionless in or on an overhead obstruction beneath which the ball can be legally played
         e. A player has been injured and play is stopped due to the injury
      4. Back line players are prohibited from returning the ball in any manner if contact is made higher than the top of the net when the player is positioned on or in front of the 3 meter foot attack line extended out of bounds. If a team is playing with less than 4 or less players, back line players do not have to follow this rule.
      5. Any part of the ball touching any part of a boundary line causes the ball to be declared in bounds.
      6. Any part of the body waist high or above can be used to strike the ball.
7. Players are allowed to step on and beyond the center line as long as part of their foot remains on the line or in their own court. If any other part of the body is within contact of the floor of the court of the opposing team, it is a violation.

8. Unintentional double hits are allowed only on the first strike of the ball by the team receiving service. Intentional double hits are never allowed.

9. If a ball hits the rafters, basketball goals, ventilation or other obstruction on the hitting team’s side of the net and comes down in play on the hitting team’s side of the net, the ball is in play. If it comes down on the opposing team’s side, point and/or sideout. The curtains and bleachers are always out of bounds.

iii. Net Play

1. The ball must cross the net completely between the net antennae or their indefinite vertical extensions. The ball is dead if it hits an antenna. If there are no antennae present, it is the referees’ discretion as to whether the ball is in fair play.

2. All balls that strike the net within the antennae are within play, including the serve.

3. The ball may be played when any part of it has crossed the top of the net. A ball entirely on the opposing team’s side of the net may be played if it is an attack or a third hit by the opposing team.

4. No player can attempt to or return a serve by striking it above the horizontal plane of the top of the net.

5. Any player, including their hair and clothing, touching the net is in violation. If the net is forced into a player, that is not a violation.

6. If two or more players from opposing teams contact the ball simultaneously above the net, any of the players involved are eligible to participate in the next play of the ball and that next hit will be the first of that team’s series.

7. Reaching under the net is illegal when a player touches the ball or an opposing player when the ball is in play on the opponent’s side.

iv. Substitution

1. Substitution will be allowed by either free substitution or rotation substitution. Each team must declare prior to the game which system they will use. If rotation is to be used, they must declare the players that will be rotating.
   
a. Free Substitution rules:
      
i. Substitutes must report to the official and wait for official’s signal to enter the game.
   
ii. The incoming player must take the position in the serving order of the player for whom he/she is substituting. No change shall be made in the order of rotation. A player who enters or re-enters the game shall be in his/her original position in relation to his/her teammates. Players can substitute as many times as desired with a maximum of 18 total substitutions per game per team.
   
b. Rotation rules:
      
i. All declared players must rotate on each sideout. Rotation may be in any position except back right and must remain the same position the entire game.
C. Co-Recreational Rules
   i. The following ratios are allowed to start a game: 3 males and 3 females; 3 males and 2 females; 2 males and 3 females; 2 males and 2 females.
   ii. Females and males may substitute for each other. However, there must always be at least as many females on court as there are males.
   iii. If a ball is struck on a side of the court more than once, at least one hit must be a female.
   iv. The ball strikes do NOT have to alternate between females and males.

D. Other rules
   i. Appropriate athletic attire is required. Note that jeans are not considered appropriate athletic attire.
   ii. Baseball caps or other headgear or other gear that may come off during the normal course of play is not allowed.
   iii. Jewelry is not allowed. Any jewelry that must remain on for medical or religious purposes must be secured with athletic tape. Officials have final decision regarding the appropriate handling of jewelry.
   iv. No hard casts or braces allowed on hands or arms. Casts or braces on hands or arms must be made of cloth or pliable plastic. Braces with proper padding will be allowed on other parts of the body. Officials will have final discretion on whether the cast or brace is legal.
   v. There is NO libero designation.
   vi. Each team receives two timeouts per game with no carryover to the next game.
   vii. Timeouts must be requested by a player on the court.
   viii. If an official’s call is in question or an interpretation of the rules is requested, the captain can request a conference with a referee through use of a timeout. If the referee changes his/her call, the timeout will be charged to the official.