



MIDDLE TENNESSEE STATE UNIVERSITY

Intramural Sports

Indoor Volleyball, 4 v 4 Rules

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All matches will be played according to the National Federation of High School (NFHS) rules except for the differences mentioned in this document. Competitive Sports staff reserves the right to modify these rules at any time. If you have questions, comments, or suggestions, please contact the Competitive Sports Office.

Co-Rec Rules are italicized in addition to the Co-Rec Rules summary.

ELIGIBILITY

1. You must have your physical MTSU ID or virtual ID accessed through the GET Mobile app to participate.
2. No Person shall play on more than one single gender and Co-Rec team per sport.
3. No person shall use false identification in order to participate.

RULE 1 – THE GAME

SECTION 1 – MATCH

Article 1. A match shall consist of the best two-out-of-three games. The first team to win two games shall be declared the winner of the match. The third game shall not be played unless it is necessary to determine the winner of the match.

Article 2. Matches will be scheduled in 45-minute intervals, but there will be no time limit to the duration of matches.

SECTION 2 – SCORING

Article 1. Points will be scored based on a rally scoring system. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve. Each time a team gains the serve, its players must rotate one position clockwise before serving.

Article 2. A point shall be scored by the opponent each time a team commits a fault.

Article 3. The first two games shall be played to 25 points, and a team must win by two points. There will be a 27-point cap on each of the first two games.

Article 4. The third and deciding game shall be played to 15 points, and a team must win by two points. There will be a 17-point cap on the third and deciding game of each match.

SECTION 3 – PREMATCH CONFERENCE

Article 1. Prior to the start of the game, a coin toss shall be conducted between the captains of each team; and the visiting team will call the toss. The winner of the coin toss shall choose either to serve first or on which side of the court they wish to start.

Article 2. In the second game, teams will switch sides of the court and the team that received the serve in the first game will serve first.

Article 3. If a third game is necessary, another coin toss shall be conducted; and the home team will call the toss. The winner of the toss shall choose either to serve or on which side of the court they wish to start.

RULE 2 – THE COURT AND EQUIPMENT

SECTION 1 – THE BALL

Article 1. The Intramural Sports staff will provide game balls. Teams may use and bring their own balls for the match provided each team captain and the match officials approve.

SECTION 2 – THE COURT AND NET

Article 1. The court is 29ft 6in in width and 59ft in length. The net will be placed at men's height (7'11") for Men's and Co-Rec matches and will be placed at women's height (7'4") for Women's matches.

Article 2. Net antennae shall be attached to the net in line with the outside edge of the sideline and extend upward at least 2 ½ feet but no more than 3 ½ feet above the net. The antennas shall be fastened securely to the top and bottom of the net. They shall be of an unbreakable material no more than 3/8 inch in diameter with alternating 4-inch to 6-inch white and red bands.

SECTION 3 – PLAYABLE OVERHEAD OBSTRUCTIONS

Article 1. A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

SECTION 4 – OUT OF BOUNDS

Article 1. A ball is out of bounds and becomes dead when it:

- a. Touches a wall, objects mounted flush with a wall, or objects on the floor outside the court without interfering with a player's legitimate effort to play the ball;
- b. Touches the floor completely outside the court's boundary lines;
- c. Touches the net antennas above or within the net or does not pass over the net entirely between the net antennas;
- d. Touches a nonplayer who is not interfering with a player's legitimate effort to play the ball;
- e. Touches the ceiling or overhead obstructions beyond the vertical plane of the net and it's out-of-bounds extension;
- f. Touches or enters (from the direction of the court) a nonplayable area beyond the legal reach of a player, or adjacent courts scheduled for play.

PENALTY: Loss of rally/point is awarded to the opponent.

SECTION 5 – RESTRICTED PLAY

Article 1. The official shall stop play when:

- a. A wall, floor obstacle, nonplayable area or nonplayer interferes with a player's legitimate effort to play the ball;
- b. A player gains an illegal advantage by contacting any floor obstacle (team benches, bleachers, etc.), wall, or another player
- c. It is necessary to prevent player injury from contact with obstacles or walls;

Article 2. A player may play a ball over a nonplayable area if the player has a body part in contact with a playable area at the time the ball is contacted and may enter the nonplayable area after playing the ball. **EXCEPTION:** When contests are scheduled to occur on adjacent courts, no player or ball may enter or break the plane of the adjacent court before, during, or after playing the ball.

PENALTIES:

1. When a wall, floor obstacle or nonplayable area that is less than 6 feet (2 meters) from a boundary line, or a nonplayer causes the interference, a replay is declared provided the player had a legitimate opportunity to make a play on the ball.
2. In all other situations, a loss of rally/point is awarded to the opponent.

RULE 3 – PLAYER EQUIPMENT AND UNIFORM

SECTION 1 – PLAYER EQUIPMENT

Article 1. Any equipment that in the judgment of the Competitive Sports staff increases a player's advantage or presents a safety concern, i.e., a towel tucked into the uniform waistband, is prohibited. The Competitive Sports staff shall require a support/brace to be covered or padded if a sharp edge or point is exposed or if it is otherwise dangerous.

Article 2. Hair devices made of soft material may be worn to control the hair. Hair adornment made of soft material and no more than 2 inches wide may be worn.

Article 3. Players shall not wear jewelry. Medical alert bracelets/medals, dog tags, and religious items are allowed but must be taped securely to the body.

PENALTIES:

- 1. Discovery of jewelry on a player(s) during warm-up shall result in the official directing that player to remove the jewelry. A player(s) who does not comply shall be charged with unsporting conduct.**
- 2. When a player wearing illegal equipment attempts to enter the game, unnecessary delay shall be assessed to the team. The player shall not enter the game until the illegal equipment is removed or made legal.**
- 3. When a player wearing illegal equipment is discovered in the game, loss of rally/point shall be awarded to the opponent. The player shall be removed unless the illegal equipment is removed or made legal immediately.**
- 4. For subsequent violations by the same team during the match, a loss of rally/point shall be awarded to the opponent. The player shall be removed unless the illegal equipment is removed or made legal immediately.**

RULE 4 – THE TEAM: COMPOSITION AND POSITIONS

SECTION 1 – TEAM PLAYERS

Article 1. All participants must be listed on the official team roster prior to their participation in any Intramural Sports activity. Roster provisions are outlined in the Intramural Sports Handbook, which can be found on the Campus Recreation website.

Article 2. A team shall have no more than four (4) players on the court at one time. At the scheduled game time, a team must have the minimum player requirement of two (2) players present in order to begin the game.

Article 3. If, at game time, one team has not met the minimum player requirement and their opponents have, the team with the correct number of players will have two options presented to them by the Competitive Sports staff:

- a. Take the win immediately
- b. Wait up to ten (10) additional minutes for enough players from the opposing team to show up in order to meet the minimum player requirement.

Article 4. *Co-Rec matches may be played with any of the following gender ratios on the court only:*

- a. 2 females and 2 males
- b. 2 females and 1 male
- c. 1 female and 2 males
- d. 1 female and 1 male

Article 5. A team may have no more than 10 players on their roster.

SECTION 2 – THE CAPTAIN

Article 1. Each team must designate a team captain for the coin toss to begin the match and prior to any third game in a match.

SECTION 3 – PLAYER POSITIONS

Article 1. At the moment of serve:

- a. All players, except the server, shall be within the team’s playing area and may be in contact with the boundary lines or center line, but may not have any part of the body touching the floor outside those lines.
- b. All players shall be in correct serving order. Each right-side player shall have at least part of one foot touching the floor closer to the right sideline than both feet of the left sideline player in the corresponding row. Each front-row player shall have at least part of one foot touching the floor closer to the center line than both feet of the corresponding back-row player.
- c. After the ball is contacted for the serve, players may move from their respective positions.

PENALTIES:

1. **For illegal alignment, loss of rally/point awarded to the opponent for:**
 - a. **Overlapping by players other than the server at the moment a legal serve occurs;**
 - b. **Positioning, at the moment of a legal serve, of any player, other than the server, outside the boundaries of the playing area.**
2. **For an improper server, loss of rally shall be awarded as soon as the improper server is discovered and verified.**
 - a. **When an improper server is discovered prior to the contact of the first serve by the opposing team, all points earned by the improper server shall be canceled.**
 - b. **When an improper server is not discovered until after the serve has been contacted, there shall be no cancellation of points, and no penalty is assessed.**
 - c. **Proper serving order shall be regained immediately.**

SECTION 4 – SCREENING

Article 1. Players on the serving team shall not take action to prevent receivers from seeing the contact of the serve or the path of the served ball. Potential screens include, but are not limited to:

- a. When a player(s) on the serving team waves arms, jumps, moves sideways, or stands close to the server, and the ball is served over the player(s).
- b. When a group of two or more teammates stand close together, and the ball is served directly over them.

PENALTY: A loss of rally/point is awarded to the opponent.

RULE 5 – THE SERVE

SECTION 1 – DEFINITION

Article 1. A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, fist, or arm while the ball is held, or after it is released by the server. The Referee will signal and blow their whistle to the server once they determine play is ready to resume. The ball shall be contacted within 5 seconds after the referee’s signal to serve, but not prior to the signal.

Article 2. The server shall serve within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server’s body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area.

Article 3. A team's term of service begins when a player assumes the right back position as the server and ends when a loss of rally is awarded.

Article 4. A player's term of service begins when the player assumes the right back position as the server and ends when a loss of rally is awarded or a substitution for the player is made prior to the end of the team's term of service. Each player may have only one re-serve during a team's term of service.

Article 5. A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The referee shall cancel the serve and direct a second and last attempt at serve. The server is allowed 5 new seconds for the re-serve.

NOTE: A re-serve is considered to be part of a single attempt to serve. Therefore, after the referee's signal for service, no substitution requests may be recognized until after the ball has been served.

SECTION 2 – GENERAL

Article 1. Teams are no longer required to rotate to serve. Teams should let the match officials know what their serving order is before the match begins. If that order changes once the match begins, a point will be awarded to the other team.

Article 2. A team continues serving until it loses the rally or the game ends.

Article 3. The serve alternates when the serving team loses the rally.

Article 4. The team not serving first in the previous game of a match shall serve first in the next game.

Article 5. A serve is illegal and the ball remains dead if the server:

- a. Hits the ball illegally;
- b. Is touching the end line or the floor outside the serving area when the ball is contacted;
- c. Does not contact the ball to serve within 5 seconds;
- d. Is out of serving order or is from the wrong team;
- e. Deliberately serves before the referee's signal to begin the serve;
- f. Releases the ball for service, then catches it or drops it to the floor more than once during a term of service.

Article 6. A served ball is a service fault and becomes dead when the ball does not legally cross the net, such as when it:

- a. Passes under the net;
- b. Touches one of the server's teammates;
- c. Touches the floor on the server's side of the net.
- d. Crosses the net not entirely between the net antennas, or lands out of bounds;
- e. Touches the ceiling or any obstruction.

Article 7. When a receiving team player is out of position on the serve and:

- a. The ball is served illegally, the serving team is penalized;
- b. A service fault occurs, the receiving team is penalized.

PENALTIES:

1. **For an illegal service, a service fault, or the receiving team being out of position when there is an illegal serve, loss of rally/point is awarded to the receiving team.**
2. **For the receiving team being out of position when there is a service fault, a point is awarded to the serving team.**
3. **For the server having a second re-serve during a team's term of service, a loss of rally/point is awarded to the receiving team.**

RULE 6 – DURING PLAY

SECTION 1 – CONTACTING THE BALL

Article 1. A contact is any touch of the ball by a player (excluding the player's loose hair).

Article 2. A hit is a contact/touch of the ball which is counted as one of the team's three allowable plays before the ball is returned to the opponent's side of the court.

Article 3. A team shall not have more than three hits before the ball crosses the net into the opponent's playing area or is touched by the opponent. When the team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit.

Article 4. A ball is considered to have crossed the net when:

- a. It has passed completely beyond the vertical plane of the net;
- b. It is partially over the net and is contacted by an opponent;
- c. No part of the ball has crossed the net, and it is legally blocked.

Article 5. Legal contact is a touch of the ball by any part of a player's body which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.

Article 6. Simultaneous contact is more than one contact of the ball made at the same instant.

- a. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
- b. When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit). Any player may make the next hit.
- c. A "joust" occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A "joust" is not a foul, and play continues as if the contact was simultaneous.
- d. When opposing players contact the ball at the same instant, the player on the opposite side of the net from where the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.

Article 7. Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not have successive contacts of the ball unless there is:

- a. Simultaneous contact by teammates;
- b. Simultaneous contact by opposing players;
- c. Successive contact by a player whose first contact is a block; then the second contact shall count as the first hit by the player's team.

Article 8. Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:

- a. When the first ball over the net rebounds from one part of the player's body to one or more other legal parts in one attempt to block;
- b. On any first team hit, whether or not the ball is touched by the block.

PENALTIES:

1. **Loss of rally/point is awarded to the opponent when a team has more than three hits.**
2. **Loss of rally/point is awarded to the opponent when there is any illegal contact, illegal successive contacts, and/or illegal multiple contacts of the ball.**

SECTION 3 – PLAYER ACTIONS

Article 1. Definitions:

- a. Pass – A play in which the ball is hit into the air so another player can get into position to contact the ball.
 - i. Forearm pass – a controlled skill, generally used as a team’s first hit, in which the ball rebounds from the forearms of the receiver to a teammate.
 - ii. Overhead pass (setting action) – two-hand finger action directing the ball.
 - iii. Set – two (or one)-hand finger action directing the ball to an attacker.
 - iv. Dig – an underhand or overhand defensive saving skill in which the ball is contacted by the forearms, fists, or hands.
- b. Attack – Any action other than a block or serve that directs the ball toward the opponent’s court. A team’s third hit is always considered an attack. A completed attack occurs the instant the ball completely crosses the vertical plane of the net or is legally blocked.
 - i. Spike – an attack play in which the ball is forcibly hit into the opponent’s court with an onehand, overhead motion.
 - ii. Tip – a fingertip attack on the ball which directs the ball into the opponent’s court.
 - iii. Dump – a fingertip attack most commonly used by a setter on the second hit to direct the ball into the opponent’s court.
 - iv. Overhead pass – two-hand finger action directing the ball over the net.
- c. Block – The action of a player(s) close to the net that deflects the ball coming from the opponent by reaching higher than the top of the net. A block may involve wrist action provided there is no prolonged contact.
 - i. Block attempt – the action of blocking without touching the ball. An attempt to block does not constitute a block.
 - ii. Completed block – when the ball is touched by a blocker. Only front-row players are permitted to complete a block.
 - iii. Collective block – a block executed by more than one blocker in close proximity. It is completed when one of the players touches the ball. It is a blocking fault if a back-row player participates in a completed collective block.

Article 2. A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the line with any other part of the body is illegal.

Article 3. A player may cross the extension of the center line outside the court at any time provided he/she does not interfere with play by the opposing team.

NOTE: While across the center line extension outside the court, any player may play a ball that has not completely crossed the vertical plane of the net extended.

PENALTY: Loss of rally/point is awarded to the opponent for an illegal hit or center-line violation.

SECTION 4 – NET PLAY

Article 1. A ball contacted and crossing the net shall remain in play provided contact is entirely within the net antennae. A serve contacted and crossing the net shall remain in play provided that the ball is entirely within the net antennae.

Article 2. Recovering a ball hit into the net shall be permitted.

Article 3. A player shall not contact a ball which is completely on the opponent’s side of the net unless the contact is a legal block.

Article 4. Blocking a ball which is entirely on the opponent’s side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered to be complete when the:

- a. Attacking team has completed its three allowable hits;
- b. Attacking team has had the opportunity to complete the attack or, in the official’s judgment, directs the ball toward the opponent’s court;

- c. Ball is falling near the net and, in the official's judgment, no member of the attacking team could make a play on it.

Article 5. Blocking a served ball is not permitted.

Article 6. A ball may be attacked, excluding a served ball, when it has partially crossed the net.

NOTE: Attacking a served ball while the ball is completely above the height of the net is not permitted. However, the contact is legal, and the ball is not out of play until it completely crosses the vertical plane of the net or is legally contacted by an opponent.

Article 7. A net foul occurs while the ball is in play and:

- a. A player contacts any part of the net including net cables or net antennas. It is not a foul when a player's loose hair touches the net, or the force of a ball hit by an opponent pushes the net into the player.
- b. A player gains an advantage by contacting the floor, standards, or referee's platform;
- c. There is dangerous contact by a player with the floor, standards, or referee's platform;
- d. There is interference by a player who makes:
 - i. Contact with an opponent which interferes with the opponent's legitimate effort to play the ball;
 - ii. Intentional contact with a ball which the opponent has caused to pass partially under the net or into the body of the net and the opponent is attempting to play it again.

PENALTY: For a net foul or over-the-net foul, loss of rally/point is awarded to the opponent.

SECTION 5 – FOULS

Article 1. A foul is a failure to play as permitted by the rules.

Article 2. A double foul occurs when opposing players commit rules violations at the same instant.

Article 3. A multiple foul occurs when the same team commits more than one violation of a single rule at the same instant during play or dead ball.

Article 4. A simultaneous foul occurs when a team violates more than one rule at the same instant during play or dead ball.

Article 5. A double hit occurs when a player's successive or multiple contacts are illegal.

Article 6. A foot fault occurs when a player violates the serving area or center line restrictions.

PENALTIES:

- a. For a single foul, e.g., double hit or foot fault, loss of rally/point is awarded to the opponent.
- b. For a double foul during a:
 - a. Live ball play, a replay is called;
 - b. Dead-ball, the penalty is assessed against the serving team followed by the receiving team with both teams rotating.
- c. For a multiple foul, only one penalty is assessed (loss of rally/point or a charged timeout).
- d. For simultaneous fouls during a:
 - a. Live ball play, only one penalty is assessed;
 - b. Dead-ball, all applicable penalties are assessed.

SECTION 6 – REPLAY

Article 1. A replay is the act of putting the ball in play without awarding a loss of rally/point and without rotation for the serve. A replay may be declared when:

- a. An official's mistaken whistle or a timer's audible signal interrupts play;

- b. A double whistle occurs on the serve;
- c. A player unintentionally serves the ball prior to the referee's signal to serve;
- d. There is a double foul during a live ball;
- e. There are conflicting calls which the referee cannot resolve;
- f. A player's legitimate effort to legally play the ball, in the judgment of the official, is affected by a:
 - i. Nonplayer anywhere in a playable area;
 - ii. Wall, floor obstacle or nonplayable area within 6 feet of the court;
 - iii. Ball becoming motionless in the net inside the net antennas or on/in an overhead obstruction over a playable area.
- g. Play is interrupted because:
 - i. A foreign object enters the proximity of the playing area;
 - ii. The official determines that a player has been injured.

SECTION 7 – UNNECESSARY DELAY

Article 1. Unnecessary delay includes, but is not limited to when:

- a. A team is not immediately ready to start play when indicated by the official;
- b. Delay results from a substitute attempting to enter, or when a player in the game is wearing illegal equipment or an illegal uniform;
- c. A coach/captain makes excessive requests for the serving order;
- d. A team delays substitution;
- e. An illegal substitute enters or attempts to enter the game;
- f. A team repeatedly uses improper substitution procedure;
- g. A team does not make a decision about an injured player within 30 seconds;

PENALTY: For coach, player, substitute, or team charged with unnecessary delay, loss of rally/point is awarded to the opponent, and the game is resumed immediately.

RULE 7 – SUBSTITUTIONS

SECTION 1 – SUBSTITUTION REQUESTS

Article 1. A substitution is the exchange of at least one player in the game by a teammate (substitute) who is listed on the roster.

Article 2. A request for substitution shall not be recognized if made:

- a. By anyone other than the captain/substitute
- b. During a live ball;
- c. After the referee has signaled for serve.

SECTION 2 – PROCEDURE FOR SUBSTITUTION

Article 1. To request a substitution the captain or substitute may visually request and signal to the officials that substitution is desired.

Article 2. After the official's recognition of the request, each substitute shall enter the game and replace a player in the game.

Article 3. The exiting player shall go to the bench.

Article 4. Improper substitution occurs and is corrected when a substitute enters in a position other than that of the player being replaced.

PENALTIES:

- 1. Unnecessary delay is charged to the offending team when a:**
 - a. Substitution is delayed;**
 - b. Substitution is denied by the referee after the request has been recognized because the substitute is illegal; or**
 - c. Team repeatedly uses improper substitution.**
- 2. After a team is charged with unnecessary delay:**
 - d. The team may withdraw the request;**
 - e. For illegal substitution, substitution is allowed after corrections are made, if there is no further delay of the game.**

SECTION 3 – SUBSTITUTES

Article 1. The position of the substitute shall be that of the player being replaced.

Article 2. *Co-Rec Rule* – Any male substitute must only replace a male player, and any female substitute must only replace a female player.

Article 3. A team is allowed an unlimited number of substitutions.

Article 4. A re-entering player shall not return to the game during the same dead ball in which the player is replaced.

Article 5. An injured/ill player who is legally replaced may re-enter the game.

Article 6. A substitution is illegal when the substitute:

- a. Is in the game without following the required substitution procedure;
- b. Is not listed on the team roster;
- c. Re-enters or attempts to re-enter the game during the same dead ball.

PENALTIES:

- 1. Unnecessary delay is charged to the offending team when an illegal substitute attempts to enter or is found in the game.**
- 2. For the serving team, any points known to have been scored during a term or service in which an illegal substitute is discovered in the game shall be cancelled.**
- 3. For the receiving team prior to the contact of the serve by the opposing team, all points earned during the previous term of service by the violating team while the illegal substitute was in the game, shall be cancelled.**
- 4. After the serve has alternated and the first serve is contacted, there shall be no cancellation of points. In all cases, the illegal substitute must enter legally or be replaced by a legal player.**

RULE 8 – CONDUCT

SECTION 1 – DEFINITION

Article 1. Unsportsmanlike conduct includes actions which are unbecoming of an ethical, fair, honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting.

SECTION 2 – CONDUCT: PLAYERS AND/OR TEAM ATTENDANTS

Article 1. No player and/or team attendant shall act in an unsportsmanlike manner while on or near the court before, during, after, or between games.

Article 2. It is considered a serious offense (red card) for any player and/or team attendant to use any form of tobacco product.

Article 3. A team shall not refuse to play when directed to do so by the referee.

Article 4. Unsportsmanlike conduct for a substitute or team attendant includes, but is not limited to the following:

- a. Use of disconcerting acts or words when an opponent is about to play the ball;
- b. Entering the court while the ball is in play;
- c. Attempting to influence a decision by an official;
- d. Disrespectfully addressing an official;
- e. Questioning an official's judgment;
- f. Disrespectfully addressing, baiting, or taunting anyone involved in the contest;
- g. Holding an unauthorized conference;
- h. Attempting the re-entry of a disqualified player;
- i. Illegally leaving the designated team bench area during the game;
- j. Making any excessive requests designed to disrupt the game;
- k. Abusing the re-serve rule.

Article 5. Unsportsmanlike conduct by a player includes, but is not limited to the following:

- a. Use of disconcerting acts or words when an opponent is about to play the ball;
- b. Disrespectfully addressing an official;
- c. Questioning or attempting to influence officials' decisions;
- d. Showing disgust with officials' decisions;
- e. Using profane or insulting language or gestures or baiting/taunting anyone involved in the contest;
- f. Making any contact with an opponent which is deemed unnecessary and which incites roughness;
- g. Using any part of a teammate's body or any object to gain physical support for advantage in playing the ball;
- h. Deliberately serving prior to the signal for serve;
- i. Abusing the re-serve rule;
- j. Spitting other than into the proper receptacle;
- k. Making any excessive requests designed to disrupt the game.

SECTION 3 – PROCEDURE FOR UNSPORTSMANLIKE CONDUCT VIOLATIONS

Article 1. All officials shall be responsible for responding to and monitoring the unsportsmanlike conduct of players and/or other team personnel.

Article 2. For a first minor offense, an official warning is administered by the referee at the first dead ball. The warning shall be recorded on the score sheet. No penalty is assessed. No card is displayed.

Article 3. For a second minor offense by the same individual or for a single serious offense, a yellow card is administered at the first dead ball. A loss of rally/point is awarded to the opponent, and the penalty is recorded on the score sheet.

Article 4. For a third minor or second serious offense by the same individual or a single flagrant offense, the red card is displayed (usually at the first dead ball). The offender is disqualified from further participation in the match, and must be removed from the gym. A loss of rally/point is awarded to the opponent and the official shall notify the appropriate captain of the reason for disqualification. The disqualification is recorded on the score sheet.

Article 5. If the situation warrants, the officials may issue a red card or a yellow and red card on a first unsportsmanlike conduct violation.

Article 6. All cards carry over from game to game throughout the match. Any cards issued for unsportsmanlike conduct prior to the first game or between games shall be administered at the beginning of the game immediately following the violation.

Article 7. If a team refuses to play when directed to do so by the referee, the team shall forfeit the match.

CO-REC RULES SUMMARY

Article 1. The net will be placed at men's height (7'11") for *Co-Rec* matches.

Article 2. *Co-Rec* matches may be played with any of the following gender ratios on the court only:

- a. 2 females and 2 males
- b. 2 females and 1 male
- c. 1 female and 2 males
- d. 1 female and 1 male

Article 3. *Co-Rec* Rule – Any male substitute must only replace a male player, and any female substitute must only replace a female player.