Any rule not specifically covered will be governed in accordance with the USA Volleyball Rules. Modifications have been made to suit BYU-Idaho Recreational Sports programs.

Rule 1: Players
- Each team shall consist of six (6) players on the court and shall have a minimum of four (4) to start the match. The maximum number of players allowed on each team is ten (10) with at least two (2) players of each gender.
  - Ward Team Exception: The maximum number of players allowed on ward teams shall be fourteen (14) with at least two (2) players of each gender.
- At least four (4) players are required to start the game, two (2) of each gender. No more than three (3) of each gender are allowed on the court at a time.
- If during a game a team has fewer than four (4) eligible players due to ejection, the game shall be terminated.
- If during a game a team has fewer than four (4) eligible players due to injury, the game may continue at the Recreational Sports Staff’s discretion.
- If only four (4) players are available, the person in the serving position is considered the only person upon which back row restrictions apply.
- **Volleyball Competitive Athlete Rule:** A student is considered a “competitive player” if they are currently participating in a related sport in the Competitive Sports Program.
  - Beginner: No competitive players allowed in this league.
  - Intermediate: One (1) competitive player allowed in this league.
  - Advanced: Two (2) competitive players allowed in this league.

Rule 2: Play

**Playing Area**
- A player cannot enter an adjacent court in order to play the ball.
- Balls can be played off of the ceiling or anything hanging from it, as long as they do not make contact before entering the opposing team’s side of the court

**Scoring System and Coin Toss**
- All matches will be the best two (2) out of three (3) games decided by rally scoring. Non-deciding games will be played to at least 25 points with a two-point advantage. No game shall exceed thirty (30) points.
- Each team has two thirty (30) second timeouts per game.
- A coin toss will determine who serves the first game of the match. The captains call the toss of a coin. The winner of the toss chooses; first serve or choice of court for the first game. The loser of the toss receives the remaining options.
- A new coin toss is performed before the third game, if necessary.
- After each game of the match, the teams will switch sides of the court.
- Any action, which, in the judgment of the referee unnecessarily delays the game, may be sanctioned.
- When a fault is committed by the receiving team, a point is awarded to the serving team.
- The deciding game of the match played to fifteen (15) points with a two (2) point advantage. No deciding game shall exceed twenty (20) points. Deciding games shall use the rally point system with a point awarded on each service.

**Substitutions**
- Substitution of players may be made when the ball is dead, upon making the request to either referee.
A team is allowed an unlimited number of substitutions. On a player-for-player basis, a player starting a game may be replaced by a substitute and may re-enter the game, but in the original position in the serving order in relation to other teammates. The starter and the substitute may replace each other an unlimited number of times throughout the game.

A team may also choose to substitute by rotation. Players enter the game from the center back position and exit following their service.

Choice of procedure must be declared prior to the start of each game. Choice of substitution method may change from game to game.

**Odd Number of Players Rule**

- When the odd number of players rule is in effect, the team that has an odd number of players must designate a spot in their serving rotation for a side-out. *(That would be the space the missing player would play if they were present.)*
- When the missing player position rotates to the serving position, the team will automatically lose their serve and the opposing team will gain one (1) point.
- Players arriving late may automatically take over the missing player position at any time during the game.

**Service**

- The server shall have five seconds after the first referee's whistle for service in which to contact the ball for service.
- The service is considered good when the ball passes over the net between the antennae or their infinite extensions. If the ball hits the net and continues over, the ball can be played.
- Co-ed serving order and positions on the court at service shall be an alternation of male-female or vice-versa.
- The team not serving to start the match will serve to start the second game.
- The team who receives the ball for service shall rotate one position clockwise before serving.
- The player(s) of the serving team must not, through screening, prevent the receiving player from watching the server or the trajectory of the ball. Screening is illegal and a fault.
- At the time the ball is contacted for the serve, the placement of players on the court must conform to the service order (server is exempt from this requirement).

**Playing Faults**

- Each team is allowed a maximum of three (3) successive contacts of the ball in order to return the ball to the opponent's area.
- If the ball is contacted three (3) times by a team, a female or male must contact the ball at least once.
- Players may have successive contacts of the ball during blocking and during a single attempt to make the first team hit of a ball coming from the opponents, even if the ball is blocked, provided the ball is not held or thrown.
- When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered to be a form of holding.
- A player is not allowed to attack the ball on the opponent's side of the net. If the ball is contacted above the attacker's side of the net and the follow through causes the attacker's hand and arm to cross the net without contacting an opponent or the net, such action does not constitute a fault.
- Blocking

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May be legally accomplished only by players who are in the front row at the time of service.

Back row players may not block or participate in a block, but may play the ball in any other position near or away from the block.

Any player participating in a block shall have the right to make the next contact, such contact counting as the first of the team's three hits.

Blocking or attacking a served ball is a fault.

Blocking of the ball across the net above the opponent's playing area shall be legal provided that such block is:

- After a player has attacked the ball, or in the first referee's judgment, has intentionally directed the ball toward the opponent's playing area.
- After the opponents have completed their three (3) hits.
- After the opponents have hit the ball in such a manner that the ball would, in the first referee's judgment, clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball.
- If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.
- Co-ed - When only one male is in the front line at service, one male back row player may be forward of the attack line for the purpose of blocking. The male back row player who wishes to participate in the block must be designated to the referee prior to the serve.

Play at the Net

- A player’s hair touching the net is not considered a foul.
- Players are now permitted to penetrate the opponent’s court beyond the center line with the hand and foot. Touching the opponent's area with a hand or foot is not a fault providing that some part of the encroaching foot or feet remain on or above the center line.
- A ball, which has penetrated the vertical plane above the net, may be played by either team.

Faults

- A double fault occurs when players of opposing teams simultaneously commit faults. In such cases, the first referee will direct a replay.
- If faults by opponents occur at approximately the same time, the first referee shall determine which fault occurred first and shall penalize only that fault. If it cannot be determined which fault occurred first, a double fault shall be declared.
- If the serving team, or a player on the serving team, commits a fault, a point is awarded to the receiving team. If the receiving team or a player on the receiving team commits a fault, the serving team shall be awarded a point.

Rule 3: Playoffs

- Teams must maintain a “3.5” sportsmanship average and have zero forfeits during the regular season to be eligible for the playoffs.
- Sportsmanship points for each regular season contest will be added together and divided by the total number of contests held to find each team’s sportsmanship average.
Exception: Women’s Play

- For women’s league, all the same rules apply except the rules that apply to co-ed.

**NOTE:** See Policy and Procedure for more information on captain’s responsibilities, participant’s responsibilities, league definitions, registration information, roster information, rescheduling requests, defaults, forfeits, sportsmanship, honor code policy, protests, post season scheduling and eligibility.