Team
1. Teams consist of six (6) players on the court (MUST have four (4) present to start)
   a. Failure to have the right mix or enough players will result in a forfeit
   b. Co-Rec Modification: Teams MUST have at least two (2) players of each gender on the court at all times

Time Limits & Check-Ins
1. The first five (5) minutes will be used as a warm-up period. Any team not ready to play five (5) minutes after the scheduled game time will forfeit

Match
1. Matches will consist of a two out of three games format. The first two games will be played with rally scoring up to 25 points, with no two point advantage for a win
   a. If a third game is needed, that game will be played until 15 points rally scoring

Timeouts
1. One 30 second time outs are allowed per game

The Ball
1. The ball must be clearly hit; a carry or double hit is now allowed
2. A ball touching the boundary line is considered good or in play
3. A ball may be hit from 1 to 3 times before going over the net
4. A ball may not be hit by any part of the body below waist

Choice and Change of Courts
1. For the first and third games of each match, the captain of the away team will call the toss of a coin
   a. The winner takes the serve or choice of courts
2. Teams shall change court at the end of each game
3. There will be a one minute break between games

Position of Players
1. Players must rotate clockwise
2. After the ball is contacted on the serve, the players may move from their respective positions
3. A back line player spiking from behind the 10 foot line may land on or in front of the line providing the takeoff was clearly behind the line
4. A back line player can play the ball in front of the 10 foot line provided that the ball is below the height of the net when it is hit, the player does not strike the ball with a downward motion and one foot is in contact with the floor
5. A player may be outside his or her court while the ball is in play if he or she does not cross the center line or its assumed extension
6. Unlimited substitutions may be used. A substitute shall take the position of the player who he or she is replacing. Substitutions can be made when the ball is dead
Service

1. The team serving in the first game will not serve first in the second game
   a. The third game will be decided by another coin toss
2. The server may not unnecessarily delay the game
3. A player may not serve out of turn. Doing so will result in a loss of service
4. When returning the serve, the first hit cannot be made with finger tips. The receiving team must bump the serve

Net Play

1. All games will be played at a net height of 8-feet
2. A player shall not make contact with any part of the net or its supports while the ball is in play
3. When a ball driven into the net and the net touches an opposing player it is not a foul
4. A player is allowed to step on the center line, but not beyond
   a. If done, it will result in a side out
5. A ball may be played off the net; other than the serve, may touch the net when crossing to enter the opponent’s court
6. If the ball has broken the plane of the net, it may be spiked or blocked
7. Players may not touch or reach across the net except if their hands cross while spiking or blocking the ball
8. When players contact the ball simultaneously, above or on top of the net, each player may participate in the first of the three hits allowed his team
9. If the ball goes out of bounds on a simultaneous hit, the team on the opposite side of the net is at fault
10. When more than one player participates in blocking the same opposing player and such players make only one attempt to play the ball during the block, they may make successive contact of the ball during the play
11. Simultaneous contact of the ball by more than one player of the same team is allowed and is considered as two plays
   a. Neither player participating in such a play may participate in the next play

Conduct

1. All questions/comments must be done when ball is not in play
2. The supervisor has the right to throw out a player for any reason that they deems appropriate; including (but not limited to) consistent arguing, obscene language, etc.
3. The "Honor System" will be used among the players to aid missed calls

ALL SUPERVISOR DECISIONS ARE FINAL
The CWRU Intramural Sports Program reserves the right to override any of these rules should the situation call for it.