Each player must meet one of the following conditions to sign-in:

1) Present their own, valid UF Gator 1 Card before each contest to be eligible to participate.

OR

2) Have a registered IMLeagues.com profile and be part of the team’s roster, in which case they may present EITHER their own, valid UF Gator 1 Card OR a government-issued photo ID to be eligible to participate.

NO EXCEPTIONS!

All Intramural Sports participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the Student Infirmary before participating in Intramural Sports.

Game time is forfeit time.

The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Spectators must remain in the designated seating area. Misconduct of spectators, players or coaches can result in an ejection or forfeiture of the game.

Official Sitting Volleyball rules (approved by the World Organization of Volleyball for the Disabled) will govern all play for any rule not mentioned in the following Intramural Sports rules:

1. Team Requirements and Equipment

1.1 A team shall consist of six (6) players. A team may play with a minimum of four (4) players. All players must be checked in with the intramural supervisor before they are allowed to participate.

1.1.1 A team may begin with three (3) players checked in, but will need their 4th checked in before ten (10) minutes has passed from the scheduled start time. Failure to do so by this time will result in a forfeit.

1.2 All players must wear non-marking rubber-soled athletic shoes.

1.3 Any jewelry that is not an earring with a hoop, a watch or ridged or pointed jewelry, which in the opinion of the Competitive Sports staff may cause harm to any other participant, may be worn during the contest.

1.4 Casts and/or any other item deemed to be dangerous by the official or athletic trainer may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with at least 2 inch of slow recovery rubber or similar material will be allowed.

2. Sitting Volleyball Specific Rules (Key Rule Modifications from Standing Volleyball)

2.1 The position of each player is determined and controlled by the position of their bottoms. This means that the hand(s) and/or leg(s) may lie in the attack zone or free zone outside the court.

2.1.1 "Bottom" is defined as the upper part of the body, from shoulder to one’s buttocks.

2.2 The player must have contact with the court with some part of the upper part of the body at all times when playing the ball, except when making a defensive free zone play. In such defensive play, a loss of contact with the court is permitted for a moment. Standing up, raising the body or taking steps during play will result in the loss of the rally and a point awarded to the opponents.

2.3 Touching the opponents’ court beyond the centerline with a hand is permitted, if some part of the penetrating hand remains either in contact with the centerline. To contact the opponent’s court with any other part of the body is forbidden. The player may penetrate into the opponents’ space under the net, provided there is no interference with the opponent.

2.4 The player is not allowed to lift his/her bottom from the court when executing any type of attack-hit. The back-row player may perform any type of attack-hit from any height, if at the time of the hit the bottom does not touch or cross over to the attack line.
2.5 Contact with the net by a player is not a fault, unless it interferes with the play.
2.6 The referee's official hand signal of "lifting from the court" is raising the upper hand and forearm positioned parallel to the floor and mirror imaging the lower hand and forearm.
2.7 Referees in sitting volleyball will stand to the sides of the court because of the height of the net and the fact that the players are in a seated position.

3. The Game

3.1 All matches will consist of the best two out of three sets. In the first two sets a set shall be won by the team which has earned 25 points and a two point advantage. If the score is tied 24-24, then the first team to gain a two point advantage is the winner. Both sets will have a 30 point cap. In the third set, the team which achieves 15 points first is declared the winner. If the score is 14-14, then the first team to gain a two point advantage is the winner. The third set will have a 20 point cap.
3.2 All sets will be rally scoring: Rally scoring means a point is won on each serve, no matter whether the team who won the point served the ball or not.
3.3 A coin toss at the beginning of the match will determine the choice of court or service. The team which does not serve first in set one will serve first in set two. Teams must switch sides between the first two sets. A coin toss will be conducted for the choice if there is a third set.
3.4 Two time outs will be given to each team per match.
3.5 Liberos will not be used in this sport.

4. Playing the Ball

4.1 Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. The only exception to this rule is that a block is not considered to be one of the three contacts.
4.2 A player who contacts the ball shall be considered as playing the ball.
4.3 Contact of the ball with the body: The ball may be hit with any part of the bottom, but cannot come to rest visibly on the body. If the ball hits below the bottom, it shall become dead.
4.4 Illegal hit: An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. This is a judgment call by the official and cannot be questioned. Holding, catching, throwing, lifting and pushing are illegal hits because of prolonged contact with the ball. Rolling is considered an illegal hit because there is continued and steady contact between the ball and the player's body.
4.5 Double hit: A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another part of the body on a single attempt to play the ball. Exception: A player who blocks an opponent's hit may hit the ball once after the block.
4.6 Simultaneous contact by the opponents:
   4.6.1 If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times.
4.7 Net play: A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area. Exception: A service hitting and not clearing the net results in a dead ball.
4.8 Net foul: A net foul occurs while the ball is in play and there is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball and this contact inhibits their play. Contact with the net by a player is not a fault, unless it interferes with the play.
4.9 Screening: A screen is an intentional act, which obstructs the receiving player’s view of the server or the flight of the ball from the server. Screening includes:
   4.9.1 The server being hidden behind a group of two or more teammates who are sitting in an upright position and the ball is served over a member of the group.
   4.9.2 A player with hands extended clearly above the height of the head or with arms extended sideways at the moment of service if the serve passes over the player(s).
4.10 Blocking the ball: A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack. (Note: The serve may NOT be blocked) The attack is considered complete when:
   4.10.1 The attacking team has completed their three allowable hits.
4.10.2 The attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with the intent to return it to the opponents’ court.

4.10.3 The ball is falling near the net on the attacking team’s side and in the official's judgment, no member of the attacking team could make a play on the ball.

4.11 Front row players may contact the ball from any position inside or outside the court (except crossing the center line and it’s out-of-bounds extension). A player may cross the center line or its out-of-bounds extension with one or both feet/hands before or after contacting the ball. Contacting the floor across the center line with any other part of the body is legal so long as it does not inhibit the opponent’s ability to make a play on the ball.

4.12 Back row player attack: A back row player may attack the ball only if he/she remains on the floor behind the attack line and its imaginary extension. If any part of the player’s bottom touches the line at the time of contact a fault shall be called. Back row players may not attempt to block the ball in front of the back row line.

5. Service

5.1 The server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted. If the ball is served before the official’s beckon, a re-serve shall be directed. During a team’s term of service if the ball is served a second time before the official's beckon, then it is a loss of rally and a point is awarded to the opponent.

5.2 The server shall serve from 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.

5.3 A good serve must land on the line or inside the court. If any part of the ball touches the line, then the ball is considered to be “in.” If the ball lands “out” and is not touched by any player on the receiving team before it hits the ground, then a point is awarded to the non-serving team. If the serve hits the net and still falls inside the non-serving team’s court, then the ball is ruled in play. If a serve hits the net and does not fall inside the non-serving team’s court, then it is considered to be illegal and a point will be awarded to the non-serving team.

5.4 The server has five seconds to make a legal serve. The server may toss and catch a bad toss as long as no swinging motion has been made to attempt the serve. The server is allowed only one re-serve per term of service. If the server attempts two re-serves, the result will be a loss of rally and a point for the opponent.

5.5 Positions of players at service: The positions of players at the moment of service must be in proper alignment. This means that no player on the court may be closer to a sideline, end line, or centerline, than an adjacent player on the court. Front row players may not overlap with any adjacent back row player, and vice-versa. Players in the front row may not overlap with one another, and the same is true for players in the back row. After the ball has left the server’s hand, players may go anywhere on the court.

5.6 Front row players: A team will have exactly three (3) front row players on the court, during a particular rotation, regardless of the total number of players (4, 5 or 6) on the court.

6. Live ball/Dead ball

6.1 The ball becomes live when it is legally contacted for the service.

6.2 The ball becomes dead when:

6.2.1 The ball touches the antennas or any part of the net outside the playing court.

6.2.2 The ball strikes the floor.

6.2.3 The ball contacts a permanent object (excluding the net) above or outside the playing court. EXCEPTION: 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.

6.2.4 A player commits a fault.

(revised 2016)
6.2.5 A served ball contacts and does not clear the net.
6.2.6 The official blows the whistle for any reason.
6.3 The point shall be replayed if a ball from an adjacent court enters the playing area.

7. Co-Rec Rules

7.1 A team consists of six (6) individuals but may play with four (4) individuals. A team can have no more than three (3) players of either gender on the court at any given time.
7.2 Men and women must alternate positions.
7.3 A female must hit the ball at least once if the ball is contacted two (2) or more times before being returned over the net. Failure to do so will result in a point awarded to the opponent.
7.4 Men may both block shots and attack the net when permitted by rules 3.10 and 3.12.