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McGILL INTRAMURALS VOLLEYBALL RULEBOOK

Updated – August 2026

Sections **highlighted yellow** are major rule changes for the 2026-27 season.

ID. CARDS

- Before the start of intramural games students must present their valid McGill ID card to the timer. Staff and Alumni must present their valid Sports Complex Membership Cards. Please indicate to the timer which team you will be playing for. **NO ID. - NO PLAY!**
- All player IDs will be inspected by the scorekeeper and immediately handed back to the participant. IDs will NOT be kept by the scorekeeper and are not the responsibility of the McGill Intramural program.

DEFAULT RULE

- Teams will be given a 10-minute grace period. However, a team will start down 5-0 and lose one point for every minute they are late past the 5-minute mark. Ex. If a team shows up 7-minutes into the grace period they will start the game down 7-0. Should a team still not have enough players by the 10-minute mark the game will be defaulted.
- The offending team will automatically lose the game **2-0 (21-0, 21-0)**. If both teams do not have enough players, it will be considered a double default.
- The defaulting team will be deducted 2 points in the standings
- The defaulting team is also subject to a \$60 Default Fee (IM Handbook article 6.1).
- This fee must be paid [online](#) before the team's next game or the team will be disqualified from their respective league.
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- To begin the game, each team must have a minimum of five (4) players to start the game, signed in and ready to play.

EQUIPMENT

- The last game of the night will have their nets taken down once their game has been completed. They will not necessarily have the entire 60 minutes if their game finishes early.
- In MIXED leagues, a women's net height is used for all games.

RULES

- **FIVB** (Fédération Internationale de Volleyball) rules apply to all Intramural Volleyball games with the following modifications and exceptions:

PLAYERS

MIXED

- Maximum: 3 male matching players* + 3 female matching players*
- Minimum: 2 male matching players* + 2 female matching players*

- Should a team, at any given time (due to ejections or injuries), be unable to align at least 2 male matching players* AND 2 female matching players*, that team will forfeit the game

*To better enable players of all gender identities to play, we have adopted more inclusive terminology when referring to players. Now, players are classified as either “male-matching” or “female-matching”. Players are asked to choose what gender to wish to “match up” against, but are not required to specify a gender. For the purposes of our program, the terms 'male' and 'female' are inclusive of two-spirit, trans, and gender non-conforming members of our community. We have trained our staff to understand gender as a spectrum and encourage individuals to self-select where they feel they belong within the participation structure. McGill Recreation welcomes and encourages all participants

TIMEOUTS

- Each team has 2 timeouts per set (30secs). They do not carry over from set to set.

SCORING

- All matches are played to the best of 3 sets, rally point system. The first two sets are played to 25 points. The third set (if applicable) is played to 15 points.
- Matches will have a sixty (60)-minute time limit. In the event that a match approaches the maximum time allotted, the 3rd set may be capped at a score less than 15 points.
- The officials will notify captains of the point cap at the beginning of the 3rd set.
- Games begin and end on the whistle of the officials.

MIXED LEAGUE SPIKING, BLOCKING, SERVING

SPIKES

- MALE players may only spike from behind the 3m line (i.e. must initiate the spiking motion from behind the 3m line but may land in front of the line after the spike).
- FEMALE front-row players may spike from anywhere on the floor. Backcourt hitting regulations still apply.
- If a MALE player contacts the ball above the height of the net (ball is entirely above the net) and the player's foot is touching (or has touched) the ground on or in front of the attack line, the attack/hit must have an upward trajectory.

BLOCKS

- MALE players can block ANY opposing MALE player touches. Cannot block FEMALE players. FEMALE players can block anyone.

DINKS

- For MALE players, one-handed placement or redirection of the ball with the fingers (a "dink" or open-hand tip) must have an upward trajectory after being hit, but may land anywhere in the court.

SERVES

- Both overhand and underhand serves are permitted, for players of either gender.

SUBSTITUTION

The following two substitution options are available, but one must be chosen before the start of each match (switching mid-game is not permitted):

- 1) **SUBSTITUTE ON ROTATION**
 - Substitution takes place on a rotational basis, taken from the service position.
 - It is obligatory to substitute on every rotation
- 2) **SIX SUBSTITUTES, THREE ENTRIES**
 - Substitution takes place on a player-for-player basis, maximum six (6) substitutions per set.

- Each player may enter the set a maximum of three (3) times (starting the set counts as an entry).
- No changes in the order of rotation are permitted. Players entering the game must assume the position in the serving order of the player they are replacing.
- In PLAY-FUN there are no substitution limits

Note that if a **LIBERO** is used, the referee must be made aware before the match starts.