

# Volleyball

## Rules

### *Game Procedures*

- Matches will consist of 3 games. Teams will play all 3 games.
- Rally scoring shall be used throughout all three games. Games are to 25 pts, winning by two, with a thirty-point cap. During the third game, when one team reaches 13 points, teams will switch sides. The time limit per match will be 45 minutes (15 minutes per game).
- All games will be called at the time limit regardless of score unless there is a tie in which case next point wins.
- A maximum of 6 players are allowed on the court. A minimum of 3 is needed to start the game. **Co-Rec: At no time may there be more males than females on the court.**

### *Forfeit Policy*

- Teams have 5 minutes passed the scheduled time to have a team ready to play. For every minute that goes by, the opposing team will be awarded 2 points. During this time, the game clock will be running.

### *Ball Contact*

- Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's court. **Co-Rec: If a ball is hit 3 times on your side of the net, a female must touch the ball at least once.**
- The ball may not be touched more than three times before being returned to the other team's court.
- Players may contact the ball with any part of the upper body. The ball may not be touched by the legs or feet.
- At the first hit of the team, the ball may contact various parts of the body consecutively provided that the contacts occur during one action.
- When a player touches the ball on a block, he or she may make another play on the ball.
- All passes must be clearly hit, not thrown, lifted, or have a change of direction allowed by a double hit.
- A legal hit must be a "clean" hit.
- Types of Illegal Hits:
  1. Slapping the ball
  2. Bumping the ball with two separated hands (hands must be together) unless the ball came from a hard driven serve or spike
  3. Carrying the ball
  4. Palming the ball
  5. Directing the ball.
  6. 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 a form of holding.
- A player is not allowed to touch the ball twice in succession.

### *Serving*

- Players are allowed to serve anywhere behind the back line. The server will have 5 seconds to serve, or the team will lose the serve. When serving, if a player makes contact with the court or end line before contacting the ball, it will be ruled a foot fault.
- The team not serving first in the game shall serve first in the second game.
- If a player serves out of turn, that is a violation.
- Players must be in their designated areas at time of serve. You may not overlap with other areas. After the serve, players are allowed to move to different areas during a volley.
- You cannot block or attack a serve. You may however, use an overhand pass (set) off of the serve.
- At the moment of the serve, players may not jump, raise their arms or stand together in an attempt to block the view of the opposing team (screening).

### *Substitutions*

- Players will enter the court to the left of the server in the middle back position.
- Each new substitute must complete a full rotation unless injury has occurred.
- Players are not allowed to substitute anywhere.

### *Net Play*

- Women's games will be played at 7ft. 4 1/8 inches and men's games will be played at 7 ft. 11 5/8 inches.
- If the serve touches the net, **IT IS LIVE** and must be played. The ball is also live when it hits the net during a volley.
- A player may not touch the opponent's court with any part of his or her body except the feet or hands. Going under the net with your hands or feet is allowed only if a portion of the hands or feet remain in contact with or directly above the player's court or center line.
- If the net is touched by any part of a player's body or clothing, it is ruled a violation.
- A player is not allowed to attack the ball on the opposite side of the net. Contacting the ball when **reaching over the net** is a violation if the ball has not broken the vertical plane of the net. If the ball is hit above the spiker's side of the net and the follow-through causes the spiker's hand and arm to cross the net without touching an opponent or the net, it is not a fault.
- A back-row player is not allowed to spike the ball while it is completely above the top of the net, unless he or she jumped from behind the attack line without touching the line at the time of attack (the player is, however, allowed to land in front of the attack line)
- A back row player can not participate in a completed block of an opposing team's attack (completed means at least one player touches the ball)

### *Other Rules*

- If the ball passes outside the antennas on the first contact for the team, a player is allowed to go after the ball as long as he or she does not touch the opponent's court and the ball travels back to his or her team's court also outside the antennas.
- A double fault occurs when players of the opposing teams simultaneously commit faults. The point will be replayed.
- After one warning, if a team (in the judgment of the official) unnecessarily delays the match, it will result in 1 point being added to the opposing team's score.
- The ball is considered out if it strikes the poles or the antennas. If the ball strikes the net outside of the antennas, it is considered out. Also, if the ball hits the curtain or the basket on your side of the court, it will be ruled out.
- Teams can play the ball off the rafters or backboards if the ball is still on their side of the court and the team has not hit the ball more than three times
- If the ball hits the rafters on the opponents side of the court or hits the rafters and then travels to the other side of the court, the ball will be ruled out
- If a ball contacts the divider curtains or the railings/ledge of the track, the ball will be ruled out
- If the ball strikes the line, it is considered "in".

**All rules are subject to change by the Program Director for Intramural and Club Sports.**