

## Volleyball Rules

### Season League

Games are played at the Campus Recreation Center

Number of Players: 4 vs. 4

#### MAXIMUM OF 8 PLAYERS ON A ROSTER

- All participants **must** bring a form of identification to each game. Participants without proper identification will **not** be allowed to play. **Every player must sign in for a regular season game at least one time in order to be eligible for the playoffs.**
- Intramural regulations and policies concerning eligibility are in effect.
- **All** injuries must be reported to the supervisor on duty. IM supervisors are trained in first aid and CPR.
- Regulations published in the Intramural Sports Captain's Manual will be the governing policies for all intramural sports. Team captains are responsible for possessing a thorough understanding of these regulations and their implications.
- Situations not specifically covered or implied by these rules shall be governed by current Federation of High School Volleyball Rules. Any exceptions are listed below.

#### SPECIFIC GAME RULES AND SITUATIONS

1. **Players:**
  - a. There shall be four (4) players on a team, designated as follows: 2 front row and 2 back row.
  - b. **The minimum number of players needed to begin a match is two (2).**
    - i. If an injury or disqualification reduces the number to fewer than 2, the game shall be defaulted.
  - c. The player serving is considering the one player who cannot pass the attacking line.
  - d. **OPEN**
    - i. The team shall be open, meaning any combination of men and woman can comprise a team.
    - ii. There may be all men, all women, or any combination of both genders on a team.
2. **Equipment:**
  - a. **Uniform**
    - i. Teams are asked to wear similarly colored shirts.
    - ii. Teams not matching may be asked to put on pennies.
3. **Game Play:**
  - a. **Positions**
    - i. All players except the server shall be within the team's playing area and in correct serving order with no overlapping of adjacent player's front-to-back or side-to-side at the instant the ball is contacted for the serve.
    - ii. The center front shall not be as near the right side line as the right front nor as near the left sideline as the left front. The center back shall not be as near the right sideline as the right back nor as near the left sideline as the left back. No

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back line player shall be as near the centerline as the corresponding front line player.

- iii. After the ball is contacted for the serve, players may move from their respective positions.

## **b. To Start**

- i. The match will be started using paper, rock, scissors, or a coin toss to determine which team will serve first.
- ii. This will be conducted by team captains at the captains meeting before each match.
- iii. The winner may defer the serve and choose a side, or choose to serve.
- iv. At the beginning of the second game, the team that received the first in the previous game shall have first serve in the following game.
- v. Before the third game, the officials shall conduct another coin flip or rock paper scissors with the same options available as the beginning of the match.

## **c. Match Format**

- i. **Two out of three scored to 21.**
- ii. **Teams must win by two points with a cap of 25 points.**
- iii. **If a third set is needed, the game is played to 15, win by two points, cap at 18 points.**
- iv. Time allowed between sets is limited to two minutes.

## **d. Time outs**

- i. Each team is allowed one 30 second time out per set.

## **e. Service**

- i. The match begins with the serve, which the back position is designated as the server during the rotation.
- ii. The official will whistle to signal the server that he/she can start the serve.
- iii. The server has five seconds to complete the serve after the official has signaled service.
- iv. One re-serve will be allowed during the term of service.
- v. The order in which teams are to serve shall be called the serving order.
- vi. **Players must be in the back right position to serve the ball.**
- vii. A server shall continue to serve until their team commits a fault.
- viii. If the serving team wins the rally it scores a point and continues to serve.
- ix. If the receiving team wins the rally, it scores the point and gains the serve.
- x. Each time a team gains the serve it must rotate one position clockwise before serving.
- xi. Failure to do so will result in side out if done intentionally. A server shall hit the ball with one hand, fist or arm.
- xii. A match shall include a let serve.

## **f. Point For**

- i. Serve illegally.
- ii. Fail to return the ball legally to opponents' court.
- iii. Catch the ball.
- iv. Hold the ball (scooping, lifting, and shoving shall be considered holding).
- v. Strike the ball more than once in succession.
- vi. Be the fourth player to play the ball (except when there has been a simultaneous hit.)
- vii. Touch the net with any part of the body at any time except when the ball is dead.

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- viii. Reach under the net and touch the ball or a player of the opposing team when the ball is in play on that side
- ix. Interfere with the play of the opposing team by entering the opponent's court
- x. Touching the floor on the opposite side of the center line when the ball is in play.
- xi. A centerline foot fault shall be called when a players' whole foot or hand crosses the plane of the centerline.
- xii. Make an illegal substitution.
- xiii. Persistently delay the game.
- xiv. Leave the court without permission from the referee except to retrieve the ball.
- xv. Strike the ball while supported by any player or object.
- xvi. Throw the ball.
- xvii. Hold or push the ball against the net.
- g. **Judgment Calls**
  - i. Cannot be disputed with the official, please allow them to call the match while you focus on playing the match.
  - ii. Persistent questioning will result in a yellow or red card.
  - iii. Sportsmanship will be enforced by the match official and our staff.
- h. **Playable area**
  - i. The official will establish playable area.
  - ii. If a legal attempt could have been played, but in the officials' judgment there was interference, a replay shall be awarded.
  - iii. If Team A hits a ball into the ceiling and stays on team A's side, the ball is live.
    - 1. However, if team A hits the ball which strikes the ceiling and travels to team B's side of the court, team B will be awarded a point.
  - iv. Any ball that strikes the wall or track is considered dead.
- i. **Court Boundary Line**
  - i. Any part of the ball contacting the boundary line is considered **IN**.
- j. **Net Boundary Line**
  - i. The ball must cross entirely between the nets' antennas to be a legal play.
- k. **Substitutions**
  - i. May be made only during a dead ball and without delay.
  - ii. There are two types of substitution, classic substitution and rotational substitution, either one is acceptable; however the captain must specify which substitution method he/she will practice before the game.
    - 1. In classic substitution (one for one):
      - a. Any substitute will take the position of the player he/she is replacing.
      - b. No change may be made in the relative positions of other players when a substitution is made.
      - c. After a player has re-entered the game, he/she must be substituted in only for the person who took his/her original position in relation to his/her teammates.
    - 2. In rotational substitution:
      - a. Players always enter and exit at a specified position on the floor, regardless of who is in the position at the time of rotation.
      - b. Everyone on the game roster must sub, you cannot skip players and leave them on the floor the entire game.
- l. **Forfeit**



- b. **Encroachment**
    - i. Is illegal. A player must not cross the center line with the foot.
    - ii. Any portion of the foot that is in contact with the line or the plane is legal. Players may not reach over the net to interfere if the opposing team is attempting to pass.
    - iii. If the opposing team is attacking or playing the ball over, the defender is allowed to cross the plane to block.
  - c. **Ball in the vertical plane of the net is free to be played by either team.**
  - d. **Block/Attack**
    - i. It is illegal to block/ attack the serve (attempts included).
    - ii. Legal blocks or attacks are made by any player in the front row.
    - iii. Legal attacks for back row players are when the ball is contacted by the player entirely behind the ten foot line.
    - iv. It is illegal for back row players to attack or block the ball in front if the ten foot line after leaving their feet.
    - v. It is legal for a blocker to attempt to block and attempt contact with the ball immediately following the block (i.e. blocks/passes) because a block does not count as a contact.
  - e. **In blocking**
    - i. The player must wait for the ball to break the plane of the net before contacting it with the exception of the attacking hit from the opposing team.
    - ii. The attack is considered complete when:
      - 1. The attacking team has had the opportunity to spike the ball or, in the official's judgment, intentionally directs the ball into the opponent's court.
      - 2. The attacking team has completed their 3 allowable hits.
      - 3. The ball is falling near the net and, in the official's judgment, no member of the attacking team could reasonably make a play on the ball.
    - iii. If two or more players from opposing teams hit the ball simultaneously, it shall not count as one of the three hits.
    - iv. If only one player is attempting to block and in doing so contacts the ball, he/she is permitted to contact it a second time.
    - v. A back line player may not return a ball which is completely above the top the net while positioned on or in front of the spiking line (or it's out of bounds extension).
  - f. Reaching over the net is permitted using:
    - i. A fake hit
    - ii. The follow through on a hit made on the player's own side
    - iii. An attempt to hit
    - iv. A block or attempt to block
6. **Definitions:**
- a. **Illegal Hit:** Occurs when the ball visibly comes to rest or has prolonged contact with a player during contact.
  - b. **Double Hit:** Occurs when a player illegally contacts the ball twice in succession. It can be either 2 attempts in succession or the ball rebounding from one part of the body to one or more other parts on a single attempt to pay the ball.
  - c. **Quick Set:** Approximately 1 foot above the net right next to the setter.
  - d. **Low Set:** Set 2 to 3 feet above the net, either in front or behind the setter.
  - e. **Normal outside Set:** Set directed toward the sideline 8 to 15 feet above the net.
  - f. **Shoot Set:** The set will travel quickly about 1 to 3 feet above the net.

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- g. **Dump:** This skill is performed with the shoulders perpendicular to the net. Usually, the setter is trying to be deceptive by sending the ball across the net on the second hit instead of setting to the attacker for a third hit. It usually is kept very low so that after reacting to the surprise maneuver, little time will be left for the opponents to recover and make a strong offensive play.
- h. **Deep Court Overhead Pass:** This is performed by a skilled player from a poorly controlled pass. The player must run deep into the court and convert the deep ball to a front striker, or send the ball over the net.
- i. **Jump Set:** The skill is performed with the setter in the air. Depending on how it is used, it can be for the purpose of deception, for a “quick” set, for maneuvering a bad pass into a useful set (usually too close to the net), or it can be poor technique.
- j. **One Hand Set:** A setter may be forced to set the ball with one hand due to the ball being passed tight to the net. Usually the setter is in the air and sets the middle for a quick attack.
- k. **One Hand Open Dink/Tip:** This skill is similar to the legal setting motion. The length of time the hand contacts the ball in execution is the same as a legal set. Wrist action is essential in proper set and therefore is permissible in the “dinking” action.
- l. **Closed Fist Dink:** This is a rebounding skill where the ball can be bounced off the fisted hand, or punched in a certain direction. This becomes illegal only when the ball stays on the hand long enough to constitute a carry.
- m. **Spike:** This may be performed open or close-handed. The hand must contact the ball rapidly enough so the ball is hit, not thrown. A ball spiked with the top of the open hand (fingers) may be a miss hit rather than an illegal hit.
- n. **Backhand Hit:** Usually this deceptive move is used by the spiker to change the obvious intended direction of the ball. The spiker jumps and hits the ball with the back of the hand. Be sure the ball is hit, not pushed or thrown.
- o. **Block:** This is a rebounding skill. Make sure the blocker does not carry or have prolonged contact with the ball. Blocking techniques may involve use of wrist action.  
**There is no forward motion of the arm in a one-hand block.**
- p. **Forearm Pass:** This is a passing skill. It can be performed with arms together with hands clasped, hands separated with simultaneous contact, or with one hand or arm.
- q. **Receiving with the Overhead Pass:** Look carefully at a hard spiked or served ball received and converted by an overhead pass. This pass is very difficult and requires great strength on the part of the receiver to overcome that forceful momentum and turn it into a quick snappy pass. A held ball may result.
- r. **The Soft Set:** This is a set that is characterized by a deep flex of the wrist followed by extension and wrist snap.