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## VOLLEYBALL RULES

### Season League

Games are played at the UCCS Recreation Center

Number of Players: 6 vs. 6

**MAXIMUM OF 9 PLAYERS ON A ROSTER**

#### 1. GOVERNING RULES

- a. Situations not specifically covered or implied by these rules shall be governed by the National High School Volleyball Rules except where a special University of Colorado Colorado Springs Intramural Sports rule applies.

#### 2. ELIGIBILITY

- a. All Participants must be either students registered at the University of Colorado Colorado Springs or Faculty/Staff/Affiliate with a Recreational Sports Membership.

#### 3. PREGAME

- a. All participants will need to bring their ID card to sign in for their game.
- b. Team managers must fill out jersey numbers of players participating in that night's game. If a player is not currently printed on the score sheet, the player must see a supervisor to gain approval before playing. Players will need their ID to be added.
- c. Team captains will take part in meeting with the officials prior to game time.
- d. Teams must have jerseys with numbers (each player must have their own number). Team jerseys may be checked out at Equipment Issue.

#### 4. GENERAL

- a. All participants **must** bring their current UCCS ID to each game. Participants without proper identification will **not** be allowed to play. No other forms of identification (driver's license, class schedule, etc.) will be accepted. **Every player must sign in at least one time in order to be eligible for the playoffs.**
- b. **Intramural regulations and policies concerning eligibility are in effect.**
- c. **All** injuries must be reported to the supervisor on duty. IM supervisors are trained in first aid and CPR.
- d. 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. They alone may appeal to the official, and then only on interpretations of the rules. Judgment calls may not be protested.

### **SPECIFIC GAME RULES AND SITUATIONS**

#### 1. **NUMBER OF PLAYERS:**

- a. There shall be 6 players on a team,
- b. The minimum number of players needed to begin a match is four.



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- i. If an injury or disqualification reduces the number to fewer than 4, the game shall be defaulted.
2. **EQUIPMENT:**
  - a. Teams are asked to wear similarly colored shirts.
  - b. Players must be wearing non-marking, closed toe, athletic shoes while participating.
3. **GAME:**
  - a. **Open**
    - i. The team shall be open meaning no gender requirements.
4. **POSITIONS:**
  - a. 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.
  - b. 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.
  - c. 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.
  - d. No back line player shall be as near the centerline as the corresponding front line player. After the ball is contacted for the serve, players may move from their respective positions.
5. **TO START:**
  - a. **Forfeit Time**
    - i. Forfeit time is game time. 5 minutes will be allotted to allow for late arrivals.
  - b. The match will be started using paper, rock, scissors, or a coin toss to determine which team will serve first.
  - c. This will be conducted by team captains at the captains meeting before each match. The winner may defer the serve and choose a side, or choose to serve.
  - d. 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.
  - e. 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.
6. **MATCH FORMAT:**
  - a. Two out of three scored to 21. Teams must win by two points with a cap of 25 points.
  - b. If a third set is needed, the game is played to 15, win by two points, cap at 18 points.
  - c. Time allowed between sets is limited to two minutes.
  - d. **Weather**
    - i. If for any reason the game must be called before completion, it will be called official if two sets have been played
      1. Whichever team is ahead in the third match will be declared winner.
7. **TIMEOUTS:**
  - a. Each team is allowed one 30 second time out per set.
8. **SERVICE:**
  - a. The match begins with the serve, which the right back position designated as the server during the rotation.

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- b. The official will whistle to signal the server that they can start the serve.
- c. The server has five seconds to complete the serve after the official has signaled service.
- d. The order in which teams are to serve shall be called the serving order. Players must be in the correct serving order when the ball is served.
- e. A server shall continue to serve until their team commits a fault. If the serving team wins the rally it scores a point and continues to serve.
- f. If the receiving team wins the rally, it scores the point and gains the serve. Each time a team gains the serve it must rotate one position clockwise before serving. Failure to do so will result in side out if done intentionally.
- g. A server shall hit the ball with one hand, fist or arm. A match shall include a let serve.
- h. If the server tosses the ball in the air, they must hit the ball. Should the ball hit the floor, it will be a service fault.

## 9. **POINT FOR:**

- a. Serve illegally.
- b. Fail to return the ball legally to opponents' court.
- c. Catch the ball.
- d. Hold the ball (scooping, lifting, and shoving shall be considered holding).
- e. Striking the ball more than once in succession.
- f. Be the fourth player to play the ball (except when there has been a simultaneous hit.)
- g. Touch the net with any part of the body at any time except when the ball is dead.
- h. Reach under the net and touch the ball or a player of the opposing team when the ball is in play on that side, or interfere with the play of the opposing team by entering the opponent's court, or touching the floor on the opposite side of the center line when the ball is in play.
- i. A centerline foot fault shall be called when a players' whole foot or hand crosses the plane of the centerline.
- j. Make an illegal substitution.
- k. Persistently delay the game.
- l. Leave the court without permission from the referee except to retrieve the ball.
- m. Strike the ball while supported by any player or object.
- n. Throw the ball.
- o. Hold or push the ball against the net.

## 10. **JUDGMENT CALLS:**

- a. Cannot be disputed with the official, please allow them to call the match while you focus on playing the match.
- b. Persistent questioning will result in a yellow or red card.
- c. Sportsmanship will be enforced by the match official and our intramural supervisor.

## 11. **PLAYABLE AREA:**

- a. The official will establish playable area.
- b. If a legal attempt could have been played, but in the officials' judgment there was interference, a replay shall be awarded.
- c. If team a hits a ball into the ceiling and stays on team their own side, the ball is live. However, if they hit the ball which strikes the ceiling and travels to the other team's side of the court, the other team will be awarded a point.
- d. Any ball that strikes the wall or track is considered dead.

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12. **COURT BOUNDARY LINE:**

- a. Any part of the ball contacting the boundary line is considered **IN**.

13. **NET BOUNDARY LINE:**

- a. The ball must cross entirely between the nets' antennas to be a legal play.

14. **SUBSTITUTIONS:**

- a. May be made only during a dead ball and without delay.
- b. There is one type of substitution:
  - i. Rotational Substitution
    - 1. Players always enter and exit at a specified position on the floor, regardless of who is in the position at the time of rotation.

15. **PLAYING THE BALL:**

a. **Legal Contacts**

- i. All players must legally contact the ball either by passing (digging) or overhead passing (setting action).
  - ii. The ball may not have pro-longed contact with the hands, fingers, or any upper body part.
- b. A player may go out of bounds to play a ball, but not beyond the centerline extended. If a player plays a ball that would have been out of bounds, it is considered good. A player may not enter a non-playable area to play the ball (i.e. bleachers or another court.)
  - c. A foot fault occurs when the server steps on or over the line bounding the serving area during the act of serving. Part or all of the server's body may be in the air over the lines.
  - d. A double foul shall be called when players on opposing teams commit a rules infraction at the same instant. In case of a double foul, the point shall be replayed.
  - e. If a ball is driven into the net with such force it causes the net to contact a player on the opposing team, no foul shall be called, and the ball shall continue to be in play.
  - f. Kicking is legal and will be counted as one of the 3 touches per side.

g. **Multiple Contacts (Legal)**

- i. Touches by a player during one play of the ball and are permitted:
  - 1. When a ball rebounds from one part of a players body to another in one attempt to save a hard driven spike not already touched by a teammate, it is a legal multiple contact and considered one hit.
  - 2. When a ball rebounds form one part of a players body to another in one attempt to block, it is a legal multiple contact and the team's next play is considered its first hit.

h. **Multiple Contacts (Illegal)**

- i. The same player may not contact the ball twice in a row.

i. **Simultaneous Contact**

- i. By the same team is allowed and either player may contact the ball again.

16. **NET PLAY:**

a. **Net Violation**

- i. Players may not contact the net during a rally, exceptions to this is the player's hair or the net being pushed into a player by the ball.

b. **Encroachment (Illegal)**

- i. A player must not cross the center line with the foot. Any portion of the foot that is in contact with the line or the plane is legal.
  - ii. 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.
  - iv. Ball in the vertical plane of the net is free to be played by either team.
- c. **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 of 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.
- d. **When 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.
- e. If two or more players from opposing teams hit the ball simultaneously, it shall not count as one of the three hits.
- f. 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.
- g. A back line player may not return a ball which is completely above the top of the net while positioned on or in front of the spiking line (or it's out of bounds extension).
- h. 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

## 17. **DEFINITIONS:**

- a. **Illegal Hit**
  - i. Occurs when the ball visibly comes to rest or has prolonged contact with a player during contact.
- b. **Double Hit**
  - i. Occurs when a player illegally contacts the ball twice in succession.
  - ii. 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 play the ball.
- c. **Quick Set**
  - i. Approximately 1 foot above the net right next to the setter.



- d. **Low Set**
  - i. Set 2 to 3 feet above the net, either in front or behind the setter.
- e. **Normal Outside Set**
  - i. Set directed toward the sideline 8 to 15 feet above the net.
- f. **Shoot Set**
  - i. The set will travel quickly about 1 to 3 feet above the net.
- g. **Dump**
  - i. 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.
  - ii. 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**
  - i. This is performed by a skilled player from a poorly controlled pass.
  - ii. 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**
  - i. 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**
  - i. A setter may be forced to set the ball with one hand due to the ball being passed tight to the net.
  - ii. Usually the setter is in the air and sets the middle for a quick attack.
- k. **One Hand Open Dink/Tip**
  - i. This skill is similar to the legal setting motion.
  - ii. 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**
  - i. This is a rebounding skill where the ball can be bounced off the fisted hand, or punched in a certain direction.
  - ii. This becomes illegal only when the ball stays on the hand long enough to constitute a carry.
- m. **Spike**
  - i. This may be performed open or close-handed. The hand must contact the ball rapidly enough so the ball is hit, not thrown.
  - ii. A ball spiked with the top of the open hand (fingers) may be a miss hit rather than an illegal hit.
- n. **Backhand Hit**
  - i. Usually this deceptive move is used by the hitter to change the obvious intended direction of the ball.
  - ii. The hitter jumps and hits the ball with the back of the hand. Be sure the ball is hit, not pushed or thrown.
- o. **Block**
  - i. 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.**

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- p. **Forearm Pass:**
  - i. 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**
  - i. 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**
  - i. This is a set that is characterized by a deep flex of the wrist followed by extension and wrist snap.