

# Volleyball Rules

## Rule 1: Playing Area

- The walls, basketball goals, and court dividers are out of play.
  - The ball can hit the ceiling and light fixtures as long as the ball remains on the side of the hitting team. If a team hits a ball which then hits the ceiling or lights and crosses into the opponent's court, a side out and/or point will be awarded to the opposing team.

## Rule 2: Rights and Duties of Players and Teams

- The floor captain is the only player who may address the referee and shall be the team's spokesperson.
- The captain may make requests for time-outs when the ball is dead. Each team is allowed a total of two 1-minute time outs per game.
- The following misconducts are subject to sanction (red/yellow card): addressing the officials concerning their decisions or committing actions to influence their decisions. Making profane or vulgar remarks to officials, opponents, or spectators. Shouting, yelling, or crossing the vertical plane of the net in an attempt to distract an opponent who is playing or attempting to play the ball.
- Offenses by players or other team members may result in warning, expulsion, or disqualification:

**Warning:** A minor unsporting offense results in a yellow card;

**Expulsion:** Extremely offensive conduct results in the red and yellow cards held together, expulsion from the remainder of the game. Expelled players must leave the gym until the start of the next game.

**Disqualification:** A second expulsion during a match or any attempted/actual physical aggression towards others will result in the red and yellow cards held apart, disqualification for the remainder of the match. Disqualified players must leave the gym for the rest of the night and contact the Intramural Director prior to participating in another contest.

- An improper request that does not affect play shall be rejected (whistled) without sanction. Any additional improper requests during the game will be sanctioned as a team delay. Examples are:
  - Requesting a time-out or substitution after the referee's whistle for service
  - A request for time-out or substitution by other than the team captain
  - Request for an excess time-out
- A team delay is sanctioned with a warning (yellow card) on the first occasion and a penalty (red card - point or side out) on any further occasions during the same game, for any reason. Team delays include:
  - A second improper request during the same game

- Delay in completing a substitution
- Delay in returning to play after a time-out
- Delay in moving to positions after completion of a rally
- Action by a player which creates unnecessary delay in the start of play
- A player on the court wearing jewelry

### Rule 3: Equipment

- Jewelry is not allowed. Medical or religious medals must be removed from chains or taped/sewn under the uniform.
- Sweatbands or bandanas worn as sweatbands are permitted; however, hats and other bandanas are not permitted. A guard, cast, or brace made of hard and unyielding leather, plastic, or pliable plastic, metal or any other hard substance, even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm, or elbow.
- Supports are permitted on other parts of the body as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least 1/2" of foam rubber (or 1/4" closed cell, slow recovery foam rubber).

### Rule 4: Team Composition

- Before the start of the match, all participants must record their names and student numbers on the gamesheet. Teams must be prepared to start a match at the scheduled match time or risk forfeit. A team shall consist of six players and have a minimum of four players to start.
- If only four players are available, the person in the serving position is considered the only person in the back row.
- Twelve (13) are allowed on the roster.

### Rule 5: Substitutions

- Player substitution may be made when the ball is dead, upon making the request to the referee.
- A team is allowed an unlimited number of subs on a player-for-player basis, as long as the starter and the substitute replace each other in the same locations during the game.
- When using an open substitution, as each player reaches a certain position, he/she is replaced by a waiting teammate (this is usually done at the serving position).

### Rule 6: Team Area, Duration of Matches, and Interruptions of Play

- All matches shall consist of the best 2 of 3 games.
- A coin toss will determine who serves the first game of the match. The team captains will call the toss. The winner will choose: 1) first serve; 2) to receive the first serve; or 3) the choice of the court for the first game. The loser may choose from the other options.
- after each game, and at 8 points in the deciding game, the teams will switch sides.
- Any act, in the judgment of the referee, unnecessarily delays the match may be sanctioned.

## Rule 7: Commencement of Play and Service

- The server shall have five seconds after the referee's "ready to serve" whistle in which to contact the ball for service. If, after releasing or throwing the ball for service, the server allows the ball to fall to the floor without touching it, the service effort shall be cancelled and a reserve directed.
- The server shall serve from within the serving area and shall not touch the end line at the instant the ball is contacted for the serve.
- There may be more than one reserve during any term of service, but not consecutively, nor to purposely delay play.
- A served ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas. It is considered a service fault and becomes dead when the ball passes under the net, is hit by one of the servers teammates, hits the floor on the servers side, touches the ceiling or any other obstruction. A service fault will result in a sideout and a point for the opposing team.
- The team not serving first in the game shall serve first in the second game.
- The team that receives the ball first in a game shall rotate once before serving.
- The players of the serving team must not screen their opponents from the server or the trajectory of the ball. Screening occurs when the serve passes over the player standing at the net with his/her hands over his/her head, or when the ball passes over two or more players standing at the net in close proximity to each other (3 feet).
- At the time that the ball is contacted for service, the placement of the players on the court must be in the proper service order (the server is exempt).

## Rule 8: Playing the Ball

- 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 ball may be hit with any part of the body on or above the waist.
- When the ball is played, it must be contained completely within the antennas without hitting them.
- Players may have successive contacts of the ball during blocking and during a single attempt to make the first team contact (even if the ball is blocked) provided it is one attempt to play the ball, and the ball is not held or thrown.
- 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 ball clearly hit with one or both hands from a position below the ball is considered a good play.
- A player is not allowed to attack the ball on the opposite side 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.
- Only the players who are in the front line at the time of service may legally accomplish blocking.
- Any player participating in a block shall have the right to make the next contact.

- Back-line players may not block or participate in a block, but may play the ball in any other position near and away from the block.
- Blocking a serve is prohibited.
- Blocking the ball across the net above the opponent's court shall be legal provided that such a block is:
  - After a player of the attacking team has spiked the ball
  - In the referee's judgment, has directed the ball into his/her opponent's court;
  - After the opponents have completed their three allowable hits;
  - After the opponents have hit the ball so that, in the referee's judgment, the ball would clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball;
  - If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.
  - A back-line player returning the ball to the opponent's side while forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area.

#### Rule 9: Play at the Net

- If a player's action causes the player to contact the net during play, whether accidentally or not, with any part of the player's body or uniform, it shall constitute a fault. Hair does not constitute of fault.
- Contacting the opponent's playing area with any part of the ball except the feet is a fault. Touching the opponent's area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remain on or above the centerline.
- Either team may play a ball that has penetrated the vertical plane of the net.

#### Rule 10: Team and Player Faults

- A double fault occurs when players of opposing teams simultaneously commit faults. The referee would direct a replay.
- If faults by opponents occur at approximately the same time, the referee shall determine which fault occurred first, and penalize that fault; if this cannot be done, a double fault shall be declared.
- If the serving team, or a player on the serving team, commits a fault, a side-out and point shall be declared. If the receiving team, or a player on the receiving team, commits a fault, the serving team shall be awarded a point.

#### Rule 11: Scoring and Results of the Game

- A non-deciding game (games 1 and 2) is won when a team reaches 25 points and has at least a two-point advantage over its opponents. There is no cap in any game. The third game (if necessary), will be the first team to 15 (one point advantage)
- All games of a match will be played under "rally scoring", awarding a point on each service.