

Volleyball

All players must sign the activity consent form and present their valid ZipCard ID prior to each game. No one will be permitted to play without their ZipCard. No Exceptions!

National Federation High School volleyball rules, with certain modifications, are used as a guideline for rules. Campus Recreation Staff will have the final say on all rules and their application. Spectators must remain in the designated seating area. Misconduct of spectators, players or coaches can result in an ejection or forfeiture of the game.

1. NUMBER OF PLAYERS

1.1. Teams consist of 6 players, but may start and/or play with 4 players. All players must be checked in with the Intramural staff before they are allowed to participate.

2. LENGTH OF GAME

2.1. All matches will consist of the best 2 out of 3 games. The games will have a 13 minute time limit.

2.2. All games will be rally scoring: Rally scoring means a point is scored on each serve, no matter whether the team who won the point served the ball or not.

2.3. Each of the three games will be won by the **first team to score 21 points or the team ahead at the end of 13 minutes**. A two point advantage is not required. There is a 21-point cap in all 3 games. If both teams are tied at the end of the 13 minute time limit, the next team to score will be declared the winner.

2.4. A coin toss at the beginning of the match will determine the choice of court or service. The team which does not serve first in game one will serve first in game two. Teams must switch sides between the first two games. A coin toss will be conducted for the choice if there is a third game.

2.5. Two time outs will be given to each team per game.

3. FORFEIT POLICY

3.1. When a team does not have the minimum number required to play, a forfeit is declared at game time. A forfeit of this nature will count as a loss and result in an automatic 2 for sportsmanship.

a. EXCEPTION: The opposing team grants a 10 minute grace period, in which case the game clock starts at game time, and play continues with remaining time once the team becomes ready.

3.2. Should a team be granted the grace period, the following penalties will be assessed:

a. Within 5 minutes of game time, opposing team receives 5pts and the serve.

b. Within 5-10 minutes of game, opposing team receives additional 5pts.

c. Final forfeit score is a 2-0 match win for opposing team; granted at the end of 10 minute grace period.

3.3. If a team takes a win by forfeit without allowing the grace period, the win is recorded as 1-0, with a 4 for sportsmanship.

3.4. If neither team is present with at least the minimum number to play, a double forfeit is issued.

3.5. Teams are allowed 2 forfeits per season. After 1 forfeit, team is no longer eligible for playoffs. After 2 forfeits, team is removed from league.

4. EQUIPMENT

1.1. **NO jewelry allowed.** The only exception is a medical alert bracelet that must be taped down. Penalty: Ejection if not removed after initial warning.

4.1. Casts and/or any other item deemed to be dangerous by the official or supervisor may not be worn during the game.

4.2. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2" of slow recovery rubber or similar material will be allowed.

4.3. All players must wear non-marking rubber-soled athletic shoes.

4.4. Campus Recreation provides game balls only. Teams must bring their own for warm-up. Team balls may also be used for games if both teams agree on usage.

5. PLAYING THE BALL

5.1. 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 only exception to this rule is a block, which is not considered to be one of the three contacts.

5.2. A player who contacts the ball shall be considered as playing the ball.

5.3. The ball may be hit with any part of the body on or above the waist, but cannot come to rest visibly on the body. If the ball hits below the waist, it shall become dead.

5.4. An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. **This is a judgment call by the official and cannot be questioned.** Holding, catching, throwing, lifting, and pushing are illegal hits because of prolonged contact with the ball. Rolling is considered an illegal hit because there is continued and steady contact between the ball and the player's body.

5.5. A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball.

- 5.6. Simultaneous contact by the opponents:
- If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times.
 - If the ball is held simultaneously by two opposing players, it is a double fault and the official will direct a replay.
- 5.7. A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area. Exception: A service hitting and not clearing the net results in a dead ball.
- 5.8. A net foul occurs while the ball is in play and:
- A player contacts any part of the net including the cable attachments. It is not a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or net cables into the player.
 - There is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball.
- 5.9. A screen is an intentional act, which obstructs the receiving players' view of the server or the flight of the ball from the server. Screening includes:
- The server being hidden behind a group of two or more teammates who are standing in an erect position and the ball is served over a member of the group.
 - A player with hands extended clearly above the height of the head or with arms extended sideways at the moment of service if the serve passes over the player(s).
- 5.10. A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack. **(Note: The serve may NOT be blocked)**
- 5.11. The attack is considered complete when the:
- Attacking team has completed their three allowable hits.
 - Attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with the intent to return it to the opponent's court.
 - Ball is falling near the net on the attacking teams' side and in the official's judgment; no member of the attacking team could make a play on the ball.
- 5.12. Front line players may contact the ball from any position inside or outside the court (except crossing the center line and its out-of-bounds extension).
- 5.13. A player may cross the center line or its out-of-bounds extension with one or both feet/hands, provided a part of the foot/feet or hand/hands remains on or above the center. Contacting the floor across the center line with any other part of the body is illegal.
- 5.14. A back-line player may attack the ball only if he/she leaves the floor from behind the 10 foot line and its imaginary extension. If any part of the player's foot touches the 10 foot line at the time of contact; a foul shall be called.
- 5.15. Back-line players may not attempt to block the ball in front of the 10 foot line. A back-line player shall not return a ball which is completely above the height of the net while:
- On or in front of the 10 foot line or its out-of-bounds extension.
 - In the air, they left the floor on or in front of the 10 foot line.
- 5.16. A team can have no more than 3 front-line players on the court during a particular rotation, regardless of the total number of players (4, 5 or 6) on the court.

6. SERVICE

- 6.1. The server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted. If the ball is served before the official's beckon, a re-serve shall be directed. During a team's term of service if the ball is served a second time before the official's beckon, then it is a side-out.
- 6.2. If the serve hits the net and still falls inside the non-serving team's court, then the ball is ruled in play. If a serve hits the net and does not fall inside the non-serving team's court, then it is considered to be illegal and a point will be awarded to the non-serving team.
- 6.3. 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. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from the serving area.
- 6.4. A good serve must land on the line or inside the court. If any part of the ball touches the line, then the ball is considered to be "good". If the ball lands out and is not touched by any player on the receiving team before it hits the ground, then a point is awarded to the receiving team.
- 6.5. The server has five seconds to make a legal serve. The server may toss and catch a bad toss as long as no swinging motion has been made to attempt the serve. The server is allowed only one re-serve per term of service.
- 6.6. The positions of players at the moment of service must be in proper alignment. This means that no player on the court may be closer to a sideline, end line, or centerline, than an adjacent player on the court.
- Front-line players may not overlap with any back-row player, and vice-versa.
 - Players in the front-line may not overlap with one another, and the same is true for players in the back-row.
 - After the ball has left the server's hand, players may go anywhere on the court.

7. LIVE BALL/DEAD BALL

7.1. The ball becomes live when it is legally contacted for the service.

7.2. The ball becomes dead when:

- a. The ball touches the antennas or any part of the net outside the playing court
- b. The ball strikes the floor.
- c. The ball contacts a permanent object (excluding the net) above or outside the playing court.
 1. EXCEPTION: A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.
- d. A player commits a fault.
- e. A served ball contacts and does not clear the net.
- f. The official blows the whistle for any reason.

7.3. The point shall be replayed if a ball from an adjacent court enters the playing area.

8. ADDITIONAL COED RULES

8.1. Teams consist of 6 individuals but may start and/or play with 4 individuals. Only the following combinations are acceptable: 3 men and 3 women, 3 men and 2 women, 2 men and 3 women, or 2 men and 2 women.

8.2. Men and women must alternate positions, unless playing with 5 players.

8.3. A female must hit the ball at least once if the ball is contacted two or more times before being returned over the net. Failure to do so will result in either a point or a side-out.