



VOLLEYBALL RULES

(FORMAL, CO-REC & 3 ON 3)

*Current USA Volleyball rules will be adhered to with the following exceptions.

Mission Statement
To Serve, Educate and Promote Wellness

Vision Statement
We are a service-oriented department dedicated to excellent fitness, and recreation programs that enhance the university experience.

I. ELIGIBILITY

1. All participants are subject to Eligibility Rules, which are listed, in the current Intramural Sports Handbook.
2. Current UA ID must be presented at each game. UA Faculty/Staff must have a current Department of Campus Recreation Membership or purchase an Intramural Sports participation card.

II. THE GAME, PLAYERS, AND EQUIPMENT

1. Teams consist of six players; however, a team may start or continue with four players.
2. The team that has scored 25 points and is at least two points ahead shall win a game (or first team to 30). A match consists of best two-out-of-three games. If a third game is necessary the first team to score 15 points and is 1 point ahead shall win the match. Third games must be completed within the one-hour time limit.
3. If a team does not have the minimum number of players to start a contest at the scheduled time, they will be given 10 minutes to secure the correct number before the FIRST GAME is declared a forfeit. The same 10-minute rule shall apply to the second game.
4. All players shall wear non-marking shoes.
 - JEWELRY - In an effort to maintain the safest environment possible please abide by the following:
 - All rings, necklaces, studs, and watches, bracelets etc. must be removed prior to playing.
 - Wedding bands maybe taped over
 - Glasses should be secured with a guard strap.
 - Medical bracelets or chains are allowed.
 - All braces with metal/hard plastic must be wrapped.
 - Individuals wearing casts are not allowed to play.

- • ALL body piercing must be removed prior to playing.
 - • In certain sports hats cannot be worn during the game.
5. Boundary lines are inbound. Net Height for men/co-rec is 2.43M (7'11 5/8), women is 2.24M (7'4 1/8).
 6. The ball may not be played off of an adjacent court, nor may players enter adjacent courts before or after playing the ball.
 7. Balls may be played off the ceiling or rafters, provided the ball remains on the same side of the net.
 8. Balls may not be played off the wall. When playing a ball near a wall, players may not use the wall to gain an height advantage. (At least one foot must remain on the floor.)
 9. Participants must provide practice and game balls. Balls are available to be checked out.
 10. Each team is allowed two 30-second time-outs per game.

III. SERVICE

1. Winner of coin toss shall elect to serve, receive or choose a side. There will not be a second coin toss for the third game.
2. Server must remain behind the service line until the ball is contacted (or feet must leave the floor from within the service area). The service zone shall consist of the entire baseline.
3. The ball is re-served if it is served before the referee's whistle.
4. A "point" occurs for the following service faults: a) ball touches the net, b) ball does not pass over the net, c) ball touches teammate or any other object before crossing the net, d) ball lands out-of-bounds, e) ball touches wall, f) server fails to serve the ball within five (5) seconds of the official's beckoning for serve, g) if the server does not serve the ball after being granted a replay.
5. If a team's players serve out-of-order, the team loses serve and any points scored while serving out-of-order. The players must then take their correct positions.
6. Any attempt to screen the receiving team from seeing the trajectory of the serve is side-out. This includes two or more players standing together, or one player with hands above the head as the serve passes over him/her.
7. At the time the ball is contacted for the serve, all players must be in their proper order.

IV. PLAYING THE BALL

1. Each team is allowed three successive contacts of the ball in order to return it.
2. The ball may be hit with any part of the body. Contact with the foot may be active or passive.
3. The ball may contact any number of body parts provided that such contacts are simultaneous and that the ball rebounds immediately and cleanly.
4. Touching a ball in an attempt to block does not count as a hit and the same player may make the first contact.

5. Contact with the ball must be brief and instantaneous. When the ball visibly comes to rest momentarily on any part of a player, it is considered as having been held. Lifting, pushing, carrying, or changing the direction of the ball are forms of illegal contact.
6. Receiving a served ball with an overhead pass using open hands is not necessarily a fault, however, it is recommended to receive the serve with a forearm pass.
7. If, after simultaneous contact by opponents, the ball falls out-of-bounds, the team on the opposite side shall be deemed as having caused it to go out-of-bounds.
8. When two players of the same team simultaneously contact a ball it is considered one contact and either player may make the next contact.
9. A player is not allowed to attack the ball on the opponent's side of the net.
10. No player shall assist a teammate by holding him/her while he/she is playing the ball. It is illegal to hold a player not playing the ball in order to prevent a fault.
11. A back row player may not cause a ball, which is completely above the height of the net, to cross over to the opponent's side unless he/she is either on the ground completely behind the 3-meter line (spiking line) or is in the air, having jumped from behind the line. If the attacking player touches any part of the line it is a violation.
12. A player is allowed multiple contacts of the ball on any first ball over the net (block does not count) providing it is one attempt to play the ball.

V. BLOCKING

1. Only the players who are in the front row at the time of the serve may legally accomplish blocking. Back row players may not participate in a block.
2. The team, which has affected the block, shall have the right to three additional contacts after the block.
3. Any player participating in a block shall have the right to make the next contact.
4. Multiple contacts of the ball by a player participating in a block shall be legal provided it is during one attempt to intercept the ball.
5. Multiple contacts of the ball during a block shall be considered a single contact, even though the ball may make multiple contacts with one or more players of the block. The ball may come to rest briefly during the block.
6. Blocking a served ball is prohibited.
7. It is legal to block a ball on the opponent's side of the net provided, in the opinion of the official, the trajectory of the ball would have caused it to break the plane of the net or if there are no attacking players able to play the ball.
8. A blocked ball is considered to have crossed the net.

VI. PLAY AT THE NET

1. A ball, other than the serve, hitting the net may be played off of the net.
2. If a player's action causes him/her to contact the net during play with any part of body or clothes, that player shall be charged with a fault unless contact is incidental.

3. If the ball is driven into the net with such force that it causes the net to contact a player, such contact shall not be considered a fault.
4. If opponents contact the net simultaneously, it shall constitute a double fault and the point will be replayed.
5. If a player accidentally contacts any part of the net supports, such contact should not be counted as a fault provided that it has no effect on sequence of play. Intentional contact or grabbing of such objects shall be penalized as a fault.
6. Contacting the opponent's playing area with any part of the body except the feet is a fault. Touching the opponent's area with a foot is not a fault provided that some part of the encroaching foot remain on or above the centerline and does not interfere with the play of an opponent.

VII. FAULTS OR END OF RALLY

1. Faults result in points and/or point and change of service.
2. A fault shall be declared when:
 - The ball touches the floor.
 - The ball is held, thrown, or pushed.
 - A team has played the ball more than three times consecutively.
 - A player touches the ball twice consecutively.
 - A team is out of position at the serve.
 - A player touches the net.
 - A player completely crosses the centerline and contacts the opponent's playing area.
 - A player attacks the ball above the opponent's playing area.
 - A back row player, while in the attack area, hits the ball into the opponent's court from above the height of the net.
 - A ball lands outside the court or touches an object outside the court.
 - The ball is played by a player being assisted by a teammate as a means of support.
 - A player reaches under the net and touches the ball or an opponent while the ball is being played by the opposite team.
 - Blocking is performed illegally.
 - The ball is served illegally (service fault).

CO-REC VOLLEYBALL MODIFICATIONS

I. THE TEAM, GAME AND PLAYERS

1. Teams consist of six players; however, a team may start or continue with a minimum of four players. If a team has five players, they must play with four until a sixth player arrives.
 - 6 players = 3 men + 3 women
 - 5 players = 2 men + 2 women
 - 4 players = 2 men + 2 women

3 on 3 VOLLEYBALL RULES

1. Games shall be played between two teams of 3 players each. Team must start and continue with a minimum of 2 players. For Co - Rec. a team must have at least one player on the court of opposite gender at all times.
2. A match will be the best 2-out-3 games to 25 points, win by two with a cap of 30. If a third game is needed games will be played to 15 points with a cap at 17 points. There is a one-hour time limit on matches. The team ahead when time is called will be declared the winner.
3. Open handed "dinks" or tips are not legal from anywhere on the floor.
4. The server may serve from any spot behind the end line.
5. For hitting purposes all players are considered to be front row players and therefore all three are eligible to attack or block the ball.
6. Players need not rotate positions on the court. Only the serving order must change with each player.
7. Crossing the centerline will be legal provided the player does not interfere with an opposing player.
8. There are no officials for 3 on 3 Volleyball, therefore all illegal hits, net violations and line calls are honor calls and must be made by the person(s) making the play on the ball.
9. Concentrate on playing the game and do not to get too involved with officiating.

ADDITIONAL INFORMATION

1. No animals in indoor/outdoor facilities. (Exception: Assisted living animals)
2. Forfeit Policy:
 - If a team does not have the minimum number of players to start a contest at the scheduled time, they will be given 10 minutes to secure the correct number before the game is declared a forfeit.
 - The Sport Assistant will declare a forfeit and award a "win" to the team that is ready to play with the correct number of players after they have properly entered their team on the scorecard.
 - If neither team is ready to play with the minimum number of players after the 10-minute forfeit period then both teams will receive a forfeit.

- A team that does not have the minimum number of players after the 10-minute forfeit period shall forfeit the game. Example: game time is at 6pm, the game will be declared a forfeit at 6:10pm. In all cases the game must remain within the time period allotted, this means that the game clock will start at the time the game is scheduled to be played so that the 10 minutes will be deducted from normal playing time.
- A team must start and continue the game with the minimum number of players as stated in the rules for that sport or a forfeit will be declared.
- A team may receive a forfeit due to improper team attire.
- Teams found to have ineligible players in the game or on the game roster may forfeit that game, depending upon time of discovery and the player's effect on the game's outcome.
- Any Intramural Staff may assess forfeits for the use of an ineligible player or for player/spectator misconduct.
- Forfeited games will not be rescheduled.
- If a team forfeits ONCE the first team on the waiting list may replace it (without a refund). If there is no waiting list, the team may continue to play by paying a \$30.00 Re-entry fee at the Intramural Office within 48 hour of the forfeit.
- If a team forfeits or defaults twice (in league) it is dropped without notice.
- A contest completed prior to a team being dropped from the league is official. A contest not played is recorded as a "win" for the opposing team.
- A team will receive a forfeit if a game cannot be continued due to misconduct. The team will also be assessed the re-entry fee.

3. Forfeit Penalties:

- Lose right to protest the game
- Opposing team gets first serve in each game
- Start the first game with an 8-point deficit

4. Default Policies:

- As a courtesy to their opponents and to avoid a forfeit, a team may request to receive default for any game they will be unable to attend. In order to do so they must notify the Intramural Office at 621-8723 during normal business hours at least 24 hours prior to that game (Sunday games notification deadline is Friday at 4pm).
- Default is recorded as a loss but does not require a fee payment.

5. ID Policy:

Why must a participant have an ID for each and every game? This is an often-asked question during the early part of the activity season. The answer is quite simple. During any and all transactions with the university you student ID officially recognizes you. This is what defines your status as a member of the student body or the campus community. The Department of Campus Recreation, Intramural Sports Program wants to provide the very best services to "OUR" participants. If outside people participate in the program, they are putting participants and the university at risk. The other reason is: if an outside person is allowed to participate, these ineligible individuals would be, in essence, taking the opportunity to participate away from an eligible participant who we are here to serve. Before each game players must present their Cat Card ID so that they may be signed in on the scorecard. Only the names of those players present will be placed on the game score card. Any player arriving after that game has started must present their Cat Card ID to the game official and have their name added to the game score card before entering the game. NO ID, NO PLAY, NO EXCEPTIONS!