Rec Sports Official Rules

6v6 Indoor Volleyball
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The UC Davis Rec Sports Soccer rules will be based on the rules elaborated by the National Federation of State High School Associations (NFHS), with modifications deemed necessary by conditions of Rec Sports competition. Any rules not covered by this supplement shall be governed by the NFHS Basketball Rule Guide.

1. GENERAL INFORMATION

1.1 Team
A team consists of six players. However, teams are permitted to compete with no less than four players. In CoRec play, a 3:3 ratio is allowed on the court.

1.2 Players
- Players are required to wear tennis shoes for their own protection (no moccasins, boat shoes, or sandals) and because it also damages the floor.
- All players must comply with the official Rec Sports Eligibility Rules.
- Players with earrings or piercings must either remove them or have them covered with athletic tape before playing.

Penalty for Ineligible Players: Loss of the contest in the concerned sport and possible disqualification of the violator and knowing team members from further intramural (IM) participation in that sport.

1.3 Forfeit
A forfeit by a team will result in a $10.00 fine being assessed to the captain. The captain has seven days to protest the forfeit. Should the team incur a second forfeit, another forfeit fine will be assessed, and the team may be dropped from further play. Fines are automatically billed to the team captain via the University Billing System. Rec Sports captains must pay online or bring a check made to UC Regents within fourteen business days of the forfeit notice to the Business Center at the ARC.

A forfeit constitutes:
- Non-appearance.
- Fewer than four players on the court at game time.
- Late appearance.
- Use of an ineligible player.
- Cancellation of contest with less than 24 business hours’ notice to Rec Sports Office.

2. RALLY SCORE GAMES
A match will consist of best two out of three rally score games.

A rally score game consists of a point awarded on each service. For example:
- When a fault is committed by the receiving team, a point is awarded to the serving team.
- When a fault is committed by the serving team, the opponents are awarded a point and the ball for service.

The winning score shall be 21 points or with a 2-point advantage if the score reaches 20-20 in the first 2 games (non-deciding and deciding games). There will be a 25-point hard cap.

If a third deciding game is necessary, the game will be played to a hard cap of 15 points.

One team captain will call the toss of a coin. The winner of the toss chooses to serve/receive or the team area for the first game.
The loser of the toss shall choose the remaining option. The captain of the team not calling the toss of the coin for the first game shall call the toss of the coin for the deciding third game.

After each game of the match, the teams will switch sides. Teams will also switch sides when 1 team reaches 8 points in a 15-point tiebreaker (third game) or deciding game.

The teams are allowed 1 60-second timeout for the ENTIRE match. If the match is going to a third deciding set, they do not get another timeout.

Teams not ready to play after 5 minutes of the scheduled match time will forfeit the match, and the $10.00 forfeit fee will be assessed to the captain. The supervisor will declare the team on hand ready to play as the winner.

3. SUBSTITUTIONS

Players can only enter the court after their team has been awarded a side out (a side out is when a team wins a point on a play that was originally served by the opponent). Players may only enter the court in position one (serving position/right back). You are allowed to substitute in a side out. They are not allowed to do substitutions otherwise except in the case of an injury.

4. SERVICE

The service is the act of putting the ball into play by the player in position one (right back) who hits the ball into the opponent’s team court from the service zone.

- Each member of the team shall serve in turn and continue to serve until the server or member of the serving team commits a fault. The team receiving the ball for service must immediately rotate one position clockwise.
- Both feet of the server must remain behind the end line of the court and within the hash marks of the serving area until after contact has been made for service.

NOTE: The entire end line is considered the serving area.

- If the served ball touches the net and crosses into the opponent’s court area, it is a playable serve and action continues. If a served ball contacts a teammate, antenna, portion of the net/object outside of the antenna, or ceiling before touching an opponent or the opponent’s court or if the ball passes under the net or beyond the boundaries, a point is earned by the non-serving team, and the ball is also awarded to them.
- The server must contact the ball within eight seconds after the referee whistles for service.

4.1 Drop Ball

One “drop ball” or miss toss is allowed on the serve. For a ball to count as a drop ball once they release it from their hand, they must let it drop to the ground and cannot catch it. Once this occurs, the eight-second service time is reset. Preliminary actions such as bouncing the ball on the floor or lightly tossing the ball from one hand to the other are permitted but must occur within the eight seconds allowed between service authorization and service contact.

5. BOUNDARIES AND BOUNDARY VIOLATIONS

The ball is out-of-bounds when it touches any surface, object, or ground outside of the court. A ball touching a line of the court is considered good.

It is permissible to run out-of-bounds (but not into an adjacent court area being used or scheduled for use) and play a ball before it contacts an object considered out-of-bounds. Once a ball contacts any object other than the ceiling, overhead obstructions, or player out-of-bounds (outside of playable area), it is considered dead.
Any ball that hits the ceiling or overhead obstructions is **live**. Any ball coming in contact with the baskets emanating from the walls is also live. A ball that comes in contact with anything else (such as a wall or divider curtain, bleachers, etc.) is dead. If it hits the top of the ceiling before going over the net it is **dead**.

5.1 Crossing the Center Line Within the Court Boundaries

It is not a fault to contact the opponent's team court with a part of the body as long as it does not interfere with the play or contact someone on the other team. It is also not a fault to cross the center line under the net when:

- Some part of the encroaching foot, feet, or hand(s) remains on or above the center line.
- The foot, feet, or hand(s) completely crosses the center line if the encroachment does not present a safety hazard to the opponents, does not interfere with the opponents, and is not a significant distance from the center line.
- The ball has been declared out of play.

6. BALL CONTACT

A player who contacts the ball or is contacted by the ball shall be considered to have played the ball.

- The ball may be contacted with any part of the body including feet. The ball can contact any number of parts of the body providing the **contacts are simultaneous** and that the ball is not held.
- Each team is allowed a maximum of three successive team contacts of the ball to return the ball to the opponent's area.

**EXCEPTION:** See **Blocking and First Team Touch**

- No player may contact the ball twice in succession without another player having touched it in-between these contacts.

**EXCEPTION:** See **Blocking and First Team Touch**

6.1 Held Balls

The ball must be cleanly hit. When the ball comes to rest momentarily in the hands or arms of a player, it **is considered to be held**. Scooping, lifting, pushing, or carrying the ball shall be considered holding. A ball clearly hit with one or both hands from below is considered a good play.

6.2 First Team Touch

Multiple contacts with the ball is **legal** on any play that meets **all** of the following criteria:

- It counts as the First Team Touch of three hits.
- If an overhand play involves finger action on the ball.
- There is a single attempt to play the ball on the First Team Touch.

Thus, a player may legally double-hit a serve reception, the dig of a spike, a retrieval of a block (whether blocked by an opponent or a teammate), or even a free-ball. **The speed of the ball is of no consequence.** Lifts, carries, held balls, and balls which visibly come to rest are still illegal.

7. BLOCKING

Blocking is the action of a player(s) close to the net that deflects the ball coming from the opponent by reaching higher than the top of the net. A blocked ball is considered to have crossed the net. Blocking may only be done by the three players who are in the front row positions of the service order at the time of service (see **Net Violations** for more rules).

- Any player participating in a block shall have the right to make the next contact with the ball, such contact counts as the first of three contacts allowed for the team.
- The team which has affected a block shall have the right to three more contacts in order to return the ball to the opponent's area.
• Any blocker may reach over the net; however, the blocker shall not contact the ball over the opponent's area until after the completion of the opponent’s action which sends the ball toward the blocker’s side.
• It is illegal to block or attack a serve.

8. SPIKING (ATTACK-HIT)
Spiking (an attack-hit) is an action that involves the ball being completely above the height of the net being directed into the opponent’s team area other than a block or a serve. A spike is completed the instant the ball completely crosses the vertical plane of the net or is touched by a blocker. Any front row player of the service order at the time of service is eligible to spike the ball.

• Back-line players of the service order at the time of service are eligible to spike the ball only if the player is behind the 3-meter attack line at the time of the spike or if the takeoff for the spike was clearly behind the attack line.
• Spikers may follow through over the net but may not make contact with the net.

NOTE: Once the ball hits the floor, the play is over.

9. NET VIOLATIONS
9.1 Player Contact with Net or Antennas

9.1.1 Player Contact
It is a fault to touch any part of the net or the antennas, except for contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball.

• If the ball is driven into the net with such force that it causes the net or antennas to contact a player, such contact is not a fault.
• A player may touch a post, a rope, or any other object outside the total length of the net provided this contact does not interfere with the play or is not used as a means of support while playing the ball.

NOTE: Players directly playing the ball, players attempting to fake an attack hit, or players attempting to block such play are considered to be involved in the action of playing the ball.

9.1.2 Under the Net
A player may not reach under the net and touch the ball or a player on the opposing team when the ball is in play on that side. A player may not interfere with the play of the opposing team by entering their court or distracting the opponents while the ball is in play.

9.1.3 Served Ball
A served ball touching the net is not a fault (see The Service, bullet 3).

10. COREC Modifications

10.1 CoRec Play (Regular Style)
The net height shall be 2.43 meters (7’11-5/8”).
The rules in general shall govern play for females and males on the same court with the following exceptions
Serving order and positions DO NOT have to be in alternating order, as long as the team meets the gender ratio requirement. Meaning, there can be successive players of the same gender on the court (i.e. Two male players can be next to each other).
Jump serving by either gender is allowed.
10.2 Acceptable Gender Ratios

- No more than 3 players of any same gender may be on the court during play
- Acceptable gender ratio for 5 players: 3:2
- Acceptable gender ratio for 4 players: 3:1, 2:2

10.3 Teams Playing Down Players

- If a team has less than the regular number of players (six) on the court (such as four or five), they can arrange their line-up in whichever way that would be most advantageous for their team.
- If they are down players, three players may have front row eligibility at all times. The team will have to designate them by the way in which they line up (i.e., if a team only has four players, every player except the server will be eligible to hit front row).

10.4 Res Hall Play/Open Rec

- **There are no gender restrictions on Res Hall and Open Rec games.** Games will be officiated as if they were men’s/women’s games (meaning there will be no CoRec rules applied to the games).
- Teams can have any number of males or females on either side. There are no sex-based restrictions on who is on the court and the number of a particular sex (but we encourage three guys and three girls to provide equal level of play throughout).

***For any other more rule details/disputes contact the UC Davis Rec Sports office at recsports@campusrec.ucdavis.edu***