

GRASS VOLLEYBALL RULES SPRING QUARTER 2021

General COVID Policies:

- All participants must show the supervisor on duty their approved Campus COVID Symptom Survey, as well as proof of testing within the last 7 days, prior to participating
- All participants will be required to stay home if they are sick
- Participants are expected to report positive cases for themselves or for individuals residing in their household. Participants will require medical clearance from Student Health and Counseling Services and will need to submit clearance to Ben Dao, Rec Sports Coordinator
 - If a participant reports a positive case, that individual will not be allowed to return to participate until they are cleared and submit clearance to the Rec Sports Coordinator.
 - Face coverings are required at all times for all participants, even when actively participating (exception will be activities in the pool)
 - All participants will be expected and continuously reminded to always engage in proper hand washing, good hygiene, good sanitizing practices, etc.

Grass Volleyball Specific COVID Policies:

- i. Physical distancing/No contact
 - Teams and teammates will be 6ft apart when not playing in games.
 - During gameplay, teams will be separated by the middle net. Once a point has finished, teammates will spread out to a distance of 6ft from one another
 - Players not actively participating in a game will be required to maintain a distance of 6ft from each other
 - When beginning a match, sides will be designated as home and away. When changing sides, participants will have to move their equipment to their specified side and bench.
 - Players will sanitize hands at each five (5) point interval
- ii. Equipment
 - Volleyballs are the only shared equipment. During gameplay, balls will be rotated and sanitized at five (5) point intervals.
 - The net will be sanitized between games.
- iii. Small groups < 25
 - Two teams of four, up to a max of 12 players will be the only groups on the court at any given time. Teams can have a roster of up to 20, but no more than 12 can attend the game.

Overview: 4-Aside Grass Volleyball is played by two teams of four players. The object of the game is to win the match by winning 2 out of 3 games. A point is scored on each play. The Rec Sports Staff person will provide a game ball, but please leave behind an ID during play for this equipment.

Changes of Note: During service, the server must call out the score before each serve.

Field of Play

- Marked by the yellow rope enclosing a rectangular portion of the grass.
 - Field dimensions TBD
- **Center line** is the vertical plane dividing the court into two sides. It is unmarked on the field.

Equipment

- Two poles support the net. They should not bend when tension is applied on the net. They should be stable enough to stand if a player collides into the pole during a play
 - The pole is not considered an extension of the net and should the ball contact the pole in the course of play the ball will be judged dead.
- Four stakes will be holding the poles up.
 - These stakes should not be sticking out of the ground. If they are it's a safety hazard. Either push them in with the heel of your shoe or let the IM Staff person know.
- A net attached to the poles is a reference for the **center line**.
 - If the ball hits the net it is still live.
- A ball will be available for each scheduled match. Please check one out from the Rec Sports Staff member by entrusting that person with your ID while you borrow the equipment.
 - A hand pump will be available to add air to a flat ball.

Teams

- The game is played by two teams consisting of four players per team. More than four players may be signed up on the roster.
 - **Maximum four** players and **minimum three**.
- **Open League:** Any combination of players allowed on the court
- **Res Hall:** Players must be living in approved campus housing through the Student Housing department. Any combination of players allowed.

Start of the Match

- During the first week of play, each game will begin with a short captains' talk given by the IM Staff member. At this point all captains on the field will meet at the center.
 - One player on each team is assigned the role of "captain" and is responsible for speaking and making decisions on the team's behalf.
 - After a brief discussion on rules and equipment captains will pair up with their opponent for ro-sham-bo (best out of one).
 - The ro-sham-bo winner may select to choose a side or service order for the first game. The loser receives the remaining option.
 - Teams also have the option to rally for the choice: side or service.
 - **The second game begins with an automatic reversal of the initial choices**
- Teams can start and play with a **minimum three players**.
- Games will begin within **0-5 minutes from the scheduled start time**
 - This allows for warm up time if the nets were late being set up, and also allows for a brief captains talk.
 - Captains: be sure to start your game within 5 minutes of the scheduled start time.
- Forfeits will be called **five minutes after the scheduled start time** if there are not enough players checked in.
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Forfeits

- A forfeit constitutes:
 - **Non-appearance**
 - **Less than 3 players checked in at five minutes after scheduled game time**
 - **Cancellation of the contest with less than 24 business hours' notice to the Intramural Office**
 - **Improper gender ratio**
- A forfeit by a team will result in a \$10.00 fine being assessed. The captain has **7 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 student accounting. Team captains who have Intramural cards must bring a check made out to the UC Regents to the Business Center at the ARC within 14 business days of the forfeit notice.
 - **This fine is not applicable to teams in the Residence Hall League.**

Length of the Match

- All matches are best two out of three rally score games.
- **First 2 games are played to 17 points, with a cap of 19 points in each set** (can win 19-18).
 - Third set is played to 11 with a cap of 13 (can win 13-12)
- The match must be completed within 45 minutes.

Timeouts

- Timeouts can be called when the ball is dead
 - Either team may call a time-out on a dead ball.
- Each team is allotted a **maximum of one (1) full time-outs per game**.
 - Exception: In the event of an injury, one additional five (5) minute time-out may be called.
 - If a player cannot return to play after an injury time-out, an alternate player chosen by the team's captain will replace the injured player.

Substitutions

- Substitutes can only enter and leave at the **serving position**.
- Substitutions are unlimited

Scoring

- Rally score will be played in all games; e.g. a point is scored on every play.
- During service, the server must call out the score before each serve.
- Score for each match will be kept at the court using a flip scoreboard and a score sheet provided during the captain's talk.
 - After each game of the match, teams will switch responsibility for each scoring method (scorecard and scoreboard).
 - This score **must** be reported after the match to the IM Staff person by turning in the scorecard.

Officiating/Violations

All Rec Sports regular season matches and playoffs will be self-officiated. Teams must settle any disputes before continuing play.

- **Stopping Play:** Play continues until a violation or time-out is called by one of the teams, or until the ball touches the ground or an object outside the court.
- **Sideout:** Whenever the defending team earns a point that team gains service of the ball. This is termed a sideout.

- **Pole:** If any part of the ball contacts the pole or passes over the (*imagined*) vertical extension of the pole, it is out of play.
- **Continuation violations:** If a violation occurs after the ball has hit the ground, but during the normal course of continuation of the play that violation shall forfeit the point
 - For example: a player hits a ball which contacts the opposing team's court, after which his/her forward momentum carries him/her into the net.
- **Contact of service:** The service may not be contacted by the opposing team while the ball is above the height of the net (i.e., it may not be blocked or attacked by the receiving team).
- **Passing over the Pole:** If, after three contacts, any part of the ball passes over the poles, it is a violation. The ball must pass entirely within the poles and their (*invisible*) vertical extensions.

Start of Each Game

- Captains: Assign a person to keep track of the score on the score sheet. (by tally works well)
- Teams will change sides after each game of the match.
 - In the third game, teams will switch sides when **one team reaches 6 points.**

Service

- **Location:** The ball may be served from any point behind and between the end lines.
- **Order of Service:** Teammates are to alternate the serve each time their team earns a sideout.
 - There is no penalty for serving out of order. An incorrect server, once he/she has initiated the serve by contacting the ball, will be allowed to complete the duration of his/her rotation. However, immediately following that term of service, the offending player does not serve again until his/her three teammates have served in the order established prior to the infraction. In such instances, the opposing team's order of service does not change.
- **Rotation:** Players may play at any position and hit from any location in the team area. Rotation is for serve only.
- **Replay:** If the receiving team is not ready and makes no attempt to play the ball, the service may be replayed.
- **Net Serves: Net serves are allowed.** Thus, if the ball hits the net on a serve and goes over, the serve is still live. In the event a ball hits a net then lands outside the defending team's field the serve will be determined "out" and the defending team will receive a point.

Ball Contact

- **Contact with Body:** The ball may be contacted with any part of the body.
- **Team Contact:** The ball may be contacted no more than three times by a team. After the third team contact, the ball must cross over the net between the poles and either land in the opponent's court or touch an opposing player. (Block does not count as first team contact).
- **Multiple Contacts:** A player may make contact with the ball twice in succession, provided it is the first team touch during one effort to play the ball or such contact occurs while blocking.
- **Dinks and Tips: Open hand dinks or tips are not allowed.** The "Cobra" or "Knuckle" contact is allowed. Dinks and tips must be done with a closed hand. All attempts made with one or both of these skills must be done without prolonged contact.

Sets

- **Rotation should not be automatic determination of a setting violation.**
- The ball may not come visibly to rest in the setter's hands.
- During the set, the ball must be contacted simultaneously by both hands to avoid a double hit violation.

- A ball need not travel in the same direction the setter is facing. However, the setter cannot hold or carry the ball to change the direction of the set.
- The ball may be intentionally set into the opponent's court.

Plays at the Net

- **Player Contact with the Net:** A player may not contact the net with any part of the body or clothing. The violating player is responsible for calling the violation and stopping play. It is not a violation if a player is wearing a hat and the hat contacts the net after inadvertently falling off the player's head. It is not a violation if a player's hair contacts the net.
- **Passing Below the Net:** A ball crossing the center line below the net may be returned below the net to the attacking team's side by a player of the attacking team providing the ball has not been touched by the opposing team.
- **Pole:** If any part of the ball contacts the pole or passes over the (*imagined*) vertical extension of the pole, it is out of play.
- **Playing Under the Net:** A player may cross under the vertical plane of the net provided there is no interference with the opponent's play.
- **Interference:** No player may interfere, or threaten to interfere, with an opponent's play.
- **Blocking:** Any legal player may attempt to block a ball passing the vertical plane above the net. Such a player is determined to be blocking when positioned within arm's distance of the net with a hand(s) above the height of the net.
 - When blocking a "hard-driven" ball, the legal blocker may:
 - Momentarily freeze the ball
 - Have multiple contacts with the ball as long as such contacts are judged to be in the course of a single attempt at blocking an attack. Such contact is not considered a team contact and any player may make the next contact, including the legal blocker.
 - A blocked ball may be directed by the legal blocker, but may not come to rest or be "carried" by the blocker. When blocking a ball which is not hard driven, the legal blocker must have a clean hit on the ball and may not re-direct the ball.
- **Player Contact with the Pole:** A player may accidentally contact the pole during the play, but not in such a way that it gives him/her an advantage in making the play.

Player Conduct

Please practice sporting behavior at all times. The following are a few violations of player conduct. They can affect the Fair Play score.

- **Abuse of Equipment:** Players may not kick or hit the ball or pull on the net in such a way that play is effectively delayed. Such conduct will result in the forfeit of a point.
- **Delay of Game:** A player shall not commit any act which in the opinion of those present tends to slow down the game unnecessarily.

For questions on the rules description please contact the Rec Sports Office

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