



Rec Sports Volleyball Rules Winter 2022

GENERAL INFORMATION

1. **A team consists of 6 players.** However, teams are permitted to compete with no less than 4 players. In CoRec play, 3:3 ratio are allowed on the court.
2. **Players are required** to wear tennis shoes for their own protection. (No moccasins, boat shoes, or sandals) (It also ruins the floor)
3. **All players** must comply with the official Rec Sports Eligibility Rules. (These are available online at campusrecreation.ucdavis.edu, see Rec Sports Policies) **PENALTY** for ineligible players: loss of the contest in the sport concerned and possible disqualification of the violator and knowing team members from further Intramural participation in that sport.
4. **A forfeit constitutes:** (1) non-appearance, (2) less than 4 players on the court at game time, (3) late appearance (4) use of an ineligible player (5) cancellation of contest with less than **24 business hours' notice to Rec Sports Office**. **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 University Billing System. Rec Sports Card captains must bring a check made to UC Regents within 14 business days of the forfeit notice to the Business Center at the ARC.

THE GAME

1. A match will consist of best two out of three **"Rally Score"** games.
 - a. A rally score game consists of a point awarded on each service. For example:
 - 1) When a fault is committed by the receiving team, a point is awarded to the serving team.
 - 2) When a fault is committed by the serving team, the opponents are awarded a point and the ball for service.
 - 3) The winning score shall be **21 points** or with a two-point advantage if the score reaches 20-20. 25 point hard cap. In the first two games

(non-deciding and deciding games). If a third deciding game is necessary, the game will be played to **11 points**. 11-point hard cap.

- b. One team captain will call the toss of a coin. The winner of the toss chooses: a) **Serve/Receive** or b) **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.
 - c. After each game of the match the teams will change playing areas and when **one team reaches 6 points in a 11-point tiebreaker (3rd game)** or deciding game.
2. Teams not ready to play within **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.

SUBSTITUTIONS

1. Players can only enter the court after their team has been awarded a side out. Players may only enter the court in **position 1 (serving position or right back)**. You are allowed to substitute in a side out.
2. They are not allowed to do substitutions otherwise except in the case of an injury.

THE SERVICE

1. 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. The service is the act of putting the ball into play by the player in position No. 1 (**right back**) who hits the ball into the opponent's team court from the service zone.
2. 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**).
3. If the served ball **touches the net and crosses** into the opponent's court area, it is considered to be 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.
4. The server must contact the ball within **eight (8) seconds** after the referee whistles for service.

5. **Allowed 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 8 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 (8) seconds allowed between service authorization and service contact.

BOUNDARIES AND BOUNDARY VIOLATIONS

1. 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.
2. It is permissible to run out of bounds (not into an adjacent court area being used or scheduled for use, however) and play a ball before it contacts an object considered out of bounds. **Once a ball contacts any object other than the ceiling or overhead obstructions other than a player out of bounds (outside of playable area); it is considered dead.**
3. Any ball that hits the ceiling or overhead obstructions **is alive**. Any ball coming in contact with the baskets emanating from the walls is also good. A ball contacting a wall or divider curtain, bleachers, etc. is dead. (it cannot be a point if it hits the top of the ceiling and goes over the net)
4. **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:
 - a. Some part of the encroaching foot, feet or hand(s) remains on or above the center line.
 - b. 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.
 - c. The ball has been declared out of play.

BALL CONTACT

1. 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 fault. A ball clearly hit with one or both hands from below is considered a good play.

2. **The ball may be contacted with any part of the body including the feet.** The ball can contact any number of parts of the body providing the **contacts are simultaneous** and that the ball is not held.
3. A player who contacts the ball or is contacted by the ball shall be considered to have played the ball.
4. Each team is allowed a maximum of three successive team contacts of the ball in order to return the ball to the opponent's area. **Exception:** See Blocking and First Team Touch (#6 in this **Ball Contact** section).
5. 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. Multiple contacts of first play of ball
Multiple contact of the ball will **be legal** on any play that meets all of the following criteria:
 - a. It counts as the First Team Touch of three hits.
 - b. If an overhand play involving finger action on the ball.
 - c. 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.

BLOCKING

1. 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).
2. Any player participating in a block shall have the right to make the next contact with the ball, such contact counting as the first of three contacts allowed the team.
3. 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.
4. 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.
5. It is illegal to block or attack a serve.

ATTACK-HIT (Spiking)

1. **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.** An attack-hit 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 attack-hit the ball.
2. 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.
3. Spikers may follow through over the net, but may not make contact with the net.

Commentary: Once the ball hits the floor the play is over.

NET VIOLATIONS

Player Contact with Net or Antennas - 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.

- a. 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.
 - b. 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.
 - c. **Commentary:**
Players directly playing the ball, or players attempting to fake an attack hit, or attempting to block such play, are considered to be involved in the action of playing the ball.
2. 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.
 3. A served ball touching the net is **not a fault** (see **THE SERVICE**, section 3).

CO-REC 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:

1. Contact of the ball during blocking shall not constitute the first of a team's three allowable contacts.
2. All back court players are eligible to attack the ball provided their take-off is from behind the 3-meter line.
3. Jump serving by either gender is allowed.
4. Acceptable Gender Ratios
CoRec Rec: 3:3, 3:2, 2:2
CoRec Competitive: 3:3, 3:2, 2:2
Grad Staff: 3:3, 3:2, 2:2

TEAMS PLAYING DOWN PLAYERS

1. If a team has less than the regular number of players (6) on the court (ex 4 or 5) they can arrange their line up in whichever way that would be most advantageous for their team
2. If they are down players, at all times 3 players have front row eligibility.(The team will have to designate them by the way in which they line up) (ex If a team only has 4 players the every player except the server will be eligible to hit front row)

RES HALL PLAY/ OPEN REC

1. **There is no gender restrictions on Res Hall and Open Rec games** and will be officiated as if they were men's/women's games (therefore meaning there will be no Co Rec rules applied to the games)
2. Teams can have any amount of males or females on either side. There is no sex based restrictions on who is on the court and the number of a particular sex. (But we encourage 3 guys and 3 girls to provide equal level of play throughout)

For any other more rule details/disputes contact the UC Davis Rec Sports office