

UNIVERSITY OF WASHINGTON
DEPARTMENT OF RECREATIONAL SPORTS PROGRAMS

VOLLEYBALL RULES
MEN'S, WOMEN'S & CO-REC

- A. **ELIGIBILITY:** Eligibility requirements are outlined in the Intramural Handbook. Each eligible participant may play on one (1) men's/women's team and/or one (1) co-rec team in the Intramural leagues. The penalty for violating this rule is the forfeiture of all contests in which the ineligible player participated. Refer to the Intramural Handbook for specific requirements.
- B. **VOLLEYBALL RULES:** National Federation of State High School Associations rules will govern leagues except for the noted modifications below.
- C. **NUMBER OF PLAYERS:** In all matches, teams shall be composed of six players. Five players are required on the floor to start a contest. Teams may play short but may not fall below five players. When a team has the required minimum number (five) of players present to start a game, the game shall begin at that time, you are not given extra time to wait for the sixth player. Players not available at the start of the game may enter the game under normal substitution rules. See additional rules for Co-rec (Page 5).
- D. **POSITIONS OF PLAYERS:** The position of players in order of the serve shall be right back, right front, center front, left front, left back and center back. The libero position is not allowed.
1. The right back player of the serving team shall be the first server. Players rotate in a clockwise direction thereafter upon receiving the serve.
 2. All players shall be in correct serving order. The center front shall not have a foot touching the floor as near the right sideline as the right front nor as near the left sideline as the left front. The center back shall not have a foot touching the floor as near the left sideline as the left back. The center back on the receiving team shall not have a foot touching the floor as near the right sideline as the right back. No back row player shall have a foot touching the floor as near the center line as the corresponding front row player.
 3. After the ball is contacted on the serve, the players may move from their respective positions.
- PENALTY FOR ILLEGAL ALIGNMENT/IMPROPER SERVER:** Loss of rally/point is awarded to the opponent.
- E. **SUBSTITUTION:** Substitution(s) may be made when the ball is dead. There is no limit on the number of entries into the game.
1. The incoming player must take the position and place in the serving order of the player for whom he/she is substituting.
 2. **Rotation:** Instead of substituting players, a team may choose to rotate players. At the time of regular rotation, the right forward leaves the game and the incoming player serves.
 3. Delaying substitution is illegal and is penalized by an unnecessary delay (charged time-out).
- F. **THE GAME:** All three matches will be played in rally scoring fashion. A team which has scored 25 points and has at least a two-point advantage is the winner in the first two games. The cap for the first two games is 30. A match shall consist of the best two-out-of-three games. The first team to win two games shall be the winner of the match. The third game shall not be played unless it is necessary to determine the winner of the match. If a third

game is necessary, a team which has scored 15 points and has at least a two-point advantage is the winner. The cap for the third game is 20.

G. LEGAL SERVE: A service is contact with the ball to initiate play. The server shall hit the ball with one hand, fist or arm while the ball is held, or after it is released by the server.

1. The server shall have five seconds after the first referee's signal in which to serve.
2. The ball shall be cleanly hit for service. (Exception: If, after releasing the ball for service, the server catches or allows the ball to fall to the floor (ground), the service effort shall be cancelled and a replay directed. However, the referee will not allow the game to be delayed in this manner more than one time during a team's term of service).
3. At the instant the ball is hit for service, the server shall not have any portion of the body in contact with the end line, the court or the floor (ground) outside the lines marking the service area.
4. The service is considered good if the ball passes over the net between the antennas or their indefinite extensions. A serve that contacts the net is allowed (Let Serve).
5. If the ball is served before the first referee's whistle, the serve shall be cancelled and a re-serve directed. The first referee will not allow a player to delay the game in this manner more than once.

PENALTY FOR ILLEGAL SERVE: Loss of rally/point is awarded to the opponent.

H. CONTACTING THE BALL

1. A team shall not have more than three hits before the ball crosses the net into the opponent's playing area or is touched by the opponent. When the team's first contact is simultaneous contact by opponents or an action to block, the next contact is considered the team's first hit.
2. A ball is considered to have crossed the net when:
 - a) it has passed beyond the vertical plane of the net;
 - b) it is partially over the net and is contacted by an opponent;
 - c) no part of the ball has crossed the net and it is legally blocked.
3. Legal contact is a touch of the ball by a player's body above and including the waist which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
4. Simultaneous contact is more than one contact of the ball made at the same instant. Simultaneous contact by teammates is permitted and considered one hit (except a block which does not count as a hit). Any player may make the next hit. When opposing players contact the ball simultaneously, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
5. Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not have successive contacts of the ball unless there is:
 - a) simultaneous contact by teammates;
 - b) simultaneous contact by opposing players;
 - c) successive contacts by a player whose first contact is a block, in which case the second contact shall count as the first hit by the player's team.

6. Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only when the ball rebounds from one part of the player's body to one or more other legal part(s) in one attempt to:
 - a) block;
 - b) save a hard-driven spike on the team's first hit, provided there is no setting action.

PENALTY FOR ILLEGAL CONTACT: Loss of rally/point is awarded to the opponent.

I. NET PLAY

1. A ball contacting and crossing the net shall remain in play provided contact is within or above the vertical tape markers and entirely within the net antennas.
2. Recovering a ball hit into the net shall be permitted.
3. A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.
4. Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:
 - a) attacking team has completed its three allowable hits;
 - b) attacking team has had the opportunity to complete the attack or, in the official's judgment, directs the ball with intent to return it to the opponent's court;
 - c) ball is falling near the net and, in the official's judgment, no member of the attacking team could make a play on the ball;NOTE: Players are not permitted to block or attack a served ball at the net.

5. A net foul occurs while the ball is in play and:
 - a) A player contacts any part of the net including net cables or net antennas. 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;
 - b) A player gains an advantage by contacting the floor/wall cables, standards or referee's platform;
 - c) there is dangerous contact by a player with the floor/wall cables or referee's platform;
 - d) there is interference by a player who makes:
 - i. contact with an opponent which interferes with the opponent's legitimate effort to play the ball;
 - ii. intentional contact with a ball which the opponent has caused to pass partially under the net or into the body of the net and the opponent is attempting to play it again.

PENALTY FOR ILLEGAL NET PLAY: Loss of rally/point is awarded to the opponent.

J. PLAYER ACTIONS

1. Definitions.
 - a) Pass: A play in which the ball is hit into the air so another player can get into position to contact the ball.
 - b) Attack: Any play adding force and/or direction to the ball with the intention of returning the ball to the opponent. A team's third hit is always considered an attack.
 - c) Block: A play approximately arm's length from the net in which a player(s), whose hand(s) is raised above the head, contacts the ball near the top of the net in an attempt to:
 - i. prevent the ball from crossing the net;
 - ii. return the ball immediately;
 - iii. deflect the motion of the ball.A block may involve wrist action provided there is no prolonged contact.

2. Front-row players may contact the ball from any position inside or outside the court provided the ball has not completely crossed the vertical plane of the net or the net extended.
3. Back-row players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.
4. A back-row player shall not:
 - a) participate in a block or an attempt to block;
 - b) attack a ball which is completely above the height of the net while positioned:
 - i. on or in front of the attack line or its out-of-bounds extension;
 - ii. in the air, having left the floor on or in front of the attack line or its out-of-bounds extension.
5. A player may touch the floor across the center line with one or both foot/feet provided a part of the foot/feet remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.

PENALTY FOR ILLEGAL CONTACT/BACK-ROW ATTACK/CENTER LINE VIOLATION:
Loss of rally/point is awarded to the opponent.

K. OUT OF BOUNDS: A ball is out of bounds and becomes dead when:

1. It touches an antenna or the net outside an antenna, or does not cross the net completely between the antennas.
2. It touches the floor completely outside the court's boundary lines or touches the wall.
3. It touches a non-player who is not interfering with a player's legitimate effort to play the ball.
4. The ball or player breaks the plane of an adjacent court.

PENALTY FOR OUT OF BOUNDS: Loss of rally/point is awarded to the opponent.

L. PLAYABLE OVERHEAD OBSTRUCTIONS: 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 that is occupied by the team that last played the ball, and the ball is legally played next by that same team.

M. TIME OUT

1. Time-out may be called by the officials.
2. Time-out may be requested by the team captain any time the ball is dead. This time-out shall not exceed 30 seconds. Only two such time-outs are permitted each team during a game without penalty.

N. PENALTY FOR COMMITTING FAULTS: If the serving team commits a fault, a loss of rally/point is awarded to the opponent and the opponent gains the serve. If the receiving team commits a fault, a loss of rally/point is awarded to the opponent and the opponent retains the serve.

O. CONDUCT

1. Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair, honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting.

2. No player or individual affiliated with the team shall act in an unsportsmanlike manner while on or near the court before, during or between games.
3. Unsportsmanlike conduct includes, but is not limited to the following:
 - a) use of disconcerting acts or words when an opponent is about to play the ball;
 - b) attempting to influence a decision by an official;
 - c) questioning an official's judgment;
 - d) derogatory remarks to officials or opponent;
 - e) showing disgust with official's decisions;
 - f) using insulting language or gestures or baiting actions which engender ill will;
 - g) making any contact with any opponent which is deemed unnecessary and which incites roughness;
 - h) using any part of a teammate's body or any object to gain physical support for advantage in playing the ball;
 - i) deliberately serving prior to the signal for serve;
 - j) abusing the re-serve rule.

PENALTIES FOR UNSPORTSMANLIKE CONDUCT VIOLATIONS:

- a) **Warning:** For a first minor offense, a yellow card is administered by the referee at the first dead ball. The warning shall be recorded on the score sheet and no penalty is assessed.
- b) **Penalty:** For a second minor offense by the same individual, or a single serious offense, a red card is administered at the first dead ball. A loss of rally/point is awarded the opponent, and the penalty is recorded on the score sheet.
- c) **Disqualification:** For a third minor or second serious offense by the same individual, or a single, flagrant offense, the yellow and red cards are displayed apart (usually at the first dead ball). The offender is disqualified from further participation in the match and will leave the vicinity of the IMA Building. No other penalty is assessed. Any disqualified player must report to the Associate Director of Programmed Activities before participating further in intramural competition.

ADDITIONAL RULES FOR CO-REC VOLLEYBALL

- A. **NUMBER OF PLAYERS:** A team will consist of three men and three women. Teams must play with either two men and two women (if playing with less than six players) or three men and three women. Teams may not play with an odd number of players.
- B. **POSITIONS OF PLAYERS:** Men and women shall play in alternating positions on the floor.
- C. **SUBSTITUTIONS:** Man/Woman alternation must continue throughout any substitutions.
- D. **PLAYING THE BALL:** When a ball is played by more than one player on a team, at least one of the contacts must be made by a female player. Contact of the ball during blocking does not constitute playing the ball. Failure to accomplish female contact results in a loss of rally/point being awarded to the opponent.
- E. **NET HEIGHT:** The height of the net during co-rec play will be 7'11 5/8" (Men's Height).