

# VOLLEYBALL RULES

## The serve

- a. Server must serve from behind the restraining line (end line) until after contact.
- b. Ball may be served underhand or overhand.
- c. Ball must be clearly visible to opponents before serve.
- d. Served ball may graze the net and drop to the other side for point.
- e. First game serve is determined by a volley, each subsequent game shall be served by the previous game loser.
- f. Serve must be returned by a bump only. No setting or attacking a serve.

## Scoring

- a. There will be a point scored on every play.
- b. Offense will score on a defense miss or out of bounds hit.
- c. Defense will score on an offensive miss, out of bounds hit, or serve into the net.

## Duration of the Game

There will be three sets in a game. Each set consists of 21 points. The team leading the game after the three sets will be the winner.

## Rotation

- a. Team will rotate each time they win the serve.
- b. Players shall rotate in a clockwise manner.
- c. There shall be four to six players on each side.

## Playing the Game

- a. Maximum of three hits per side.
- b. Player may not hit the ball twice in succession (a block is not considered a hit).
- c. Ball may be played off the net during a volley and on serve.
- d. A ball touching a boundary line is good.
- e. A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.
- f. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- g. A player must not block or attack a serve.
- h. Switching positions will be allowed only between front line players (after the serve only).

## Basic Violations

- a. Stepping on or over the line on a serve.
- b. Failure to serve the ball over the net successfully.
- c. Hitting the ball illegally (carrying, palming, throwing, etc.).
- d. Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- e. Reaching over the net, except under these conditions:
  1. When executing a follow-through.
  2. When blocking a ball which is in the opponents court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes



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- contact) except to block the third play.
- f. Reaches under the net (if it interferes with the ball or opposing player).
- g. Failure to serve in the correct order.
- h. Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.

## **The Court**

### **PLAYING AREA**

Both indoor and outdoor courts are 18 meters x 9 meters (29'6" x 59').

Indoor courts also include an attack area designated by a line 3 meters (9'10") back from the center line.

Lines on the court are 5 cm (2" wide).

### **NET HEIGHT**

Net height for men, co-rec, and outdoor is 2.43 meters (7'11 5/8").

Net height for women is 2.24 meters (7'4 1/8").

The height of the net shall be 2.44 meters (8').

### **BALL**

The ball weighs between nine and 10 ounces. Ball pressure is between 4.5 and 6.0 pounds

### **Medical, Accident, Injury Procedures**

Campus Recreation participants are involved at their own risk and the university accepts no responsibility in the case of an accident.

### **Voluntary Participation**

Participation in the Campus Recreation program is completely voluntary, and therefore the Department of Campus Recreation and university will accept no responsibility for injuries sustained while participating in any facet of the Campus Recreation program. A staff person must be notified of any injuries and the proper paperwork must be completed.

### **Alcohol policy**

Follow policy for campus buildings CANNOT COMPETE IF DRINKING/NO ALCOHOL ALLOWED ON PREMISES

### **Cancellations/Defaults/Forfeit Cancellations**

Games that are cancelled due to inclement weather or other reasons will not be rescheduled. If there is ever a question of whether or not there is a cancellation, call the Mort Harris RFC at (313) 577-2348. A cancellation of an event will be determined an hour before competition is to begin. If there is a cancellation due to weather, that decision may be made at any point during the night.

Once decisions have been made to cancel a game, all subsequent games will also be cancelled.



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## Team Captain/Manager

The team captain/manager is a vital link between the Sports League office and each team. It is very important to choose a captain who is a conscientious person and a good communicator. Each team must have a captain. If the captain is going to be out of town or unable to be reached for an extended period of time, he/she must contact the Sport League office in order to forward all communications to the co-captain.

Responsibilities of the captain/manager include, but are not limited to:

- a. Organize teams' members, enter registration form and provide the Sport League office with the forfeit fee on or before the deadline.
- b. Keep name and all necessary contact information on file with the Sport League office
- c. Check eligibility of all players
- d. Attend scheduled rules meetings
  - If the captain/manager cannot attend the scheduled meetings, an alternate representative must be assigned for that meeting
  - Relay all rules, policies and procedures to the team
  - Accept responsibility for the conduct of team members before, during and after all Sport League events
- e. Pick up league and tournament schedules when advised to do so by the Sport League office
- f. Notify team players of date, time and place of all events
- g. Periodically check-in with the Sport League office to pick-up, post and distribute any necessary information
- h. Evaluate the program and officials when requested
- i. Make sure that all teammates have signed the waiver form prior to their participation
- j. The spectators for your team can affect the eligibility of your team in playoffs. The team captain is responsible for keeping their spectators under control (no profanities, discouraging the opposing team, comments to the Sport League staff, etc)

The team captain is the only person on the team able to add/drop an additional player to the team roster. They are responsible for filling out the paper work and having the additional player as well as themselves signing the form.

## Number of players

A minimum of six players will make up a team. Each team needs a minimum of four players to start each game. After the start of a game the number of players on the court can be as low as four. If a team drops below four players they will automatically forfeit the game.

## Policy on Forfeits

Teams will forfeit if:

- They drop to less than four players during a game due to ejections. (If a team drops below four players due to injury they will just receive the loss)
- They fail to show up for the scheduled game
- They do not have the minimum number of players to start the game on time. **GAME TIME IS FORFEIT TIME**



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## Fighting

Fighting of any kind will not be tolerated. Involvement in a fight will result in ejection from that game and others. There will also be a penalty from the Mort Harris RFC. Involvement in a fight includes but is not limited to the following:

- Instigation
- Retaliation
- Physical and mental intimidation

## Substitutions

Substitutions are allowed on any dead ball play only on emergencies or a time-out. When making a substitution, the player must notify the official prior to entering. A player may not substitute at will and must be motioned in by the officials.

## Protests

1. **An official's judgment call CANNOT be protested.**
2. Protests concerning a rules violation must be made on the field/court **immediately** after the play in question. Rules violation protests **cannot** be made after the game is completed or the day after the event. **The team captain** must notify a Sport League staff person in an attempt to correct the situation and record all game conditions.
3. Eligibility protests may be accepted throughout regular season play until the tournament draw. During tournament play, protests must be received by noon the day following the contest in question. If a player is found to be ineligible, previous infractions will be investigated.

## Jewelry rules

For safety purposes no jewelry will be allowed to be worn during competition. This includes and is not limited to

- Earrings
- Necklaces
- Rings
- Facial/body piercing
- Hats/bandanas
- Bracelets
- Hair clips (bobbie pins will be accepted)

If there is a question about anything ask the official prior to the start of the game. If jewelry is discovered to be worn during a competition, the team may be penalized (loss of possession, added score to opposing team, player in violation may have to sit for a portion of the game, etc).



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