

# Volleyball Rules (6v6, 4v4, & Sand)

## *Mission Statement:*

*Campus Recreation collaborates with the university community to offer exemplary facilities, programs and services that inspire participation and engagement.*

### Rule 1: Eligibility

1. All participants are subject to the Eligibility guidelines, which are listed in the current Intramural Sports Participant Handbook.
2. Participation is limited to currently enrolled U of A fee paying students and U of A Faculty/Staff that have a current Department of Campus Recreation membership.
3. All players must sign in with the Supervisor at site prior to game time with a current Catcard.
4. No ID, no play, no exceptions.
5. **If your team forfeits, \$30 will be charged to the Bursur's account of the captain.**

### Rule 2: The Game, Players and Equipment

1. Current USA Volleyball rules will be adhered to with the following exceptions.
2. Games shall be played between two teams of 6 players each. Teams must start and end with a minimum of 4 players. There is a maximum of 20 players per team.
3. A match will be the best 2 out of 3 games to 25 points, win by two with a cap of 30. All games will be rally scoring. The third game is played to 15. If the match is not completed within the one hour time limit, the team ahead when time is called will be declared the winner.
4. Players of opposing teams must wear contrasting colored jerseys/shirts.
5. All players shall wear non marking shoes.
6. In an effort to maintain the safest environment possible please abide by the following:
  - a. All rings, necklaces, studs, watches, bracelets etc. must be removed prior to playing.
  - b. All braces with metal/hard plastic must be wrapped or removed
  - c. Individuals wearing casts are not allowed to play.
  - d. All body piercings must be removed or covered prior to playing.
7. The Supervisor reserves the right to prohibit any apparel that is deemed unsafe or not within the spirit of the game.
8. Each team shall designate to the official/Supervisor a captain. The captain shall address the official/Supervisor on matters of interpretation or to obtain essential information.
9. Game balls will be provided, but warm up balls must be supplied by participants. The Supervisor does not have any equipment available for check out.
10. If a team does not have the minimum number of players to start a contest at the scheduled time, they will be given 10 minutes to secure the correct number before the first game is declared a forfeit.
11. Boundary lines are inbound. Net Height for men/corec is 2.43M (7'11 5/8), women is 2.24M (7'4 1/8).
12. The ball may not be played off of an adjacent court, nor may players enter adjacent courts before or after playing the ball.
13. Balls may be played off the ceiling or rafters, provided the ball remains on the same side of the net.

14. Balls may not be played off the wall. When playing a ball near a wall, players may not use the wall to gain a height advantage. (At least one foot must remain on the floor).
15. Each team is allowed one 30 second timeout per game.
16. Liberoes are not used for any versions of Volleyball.

### **Rule 3: Service**

1. Winner of the coin toss shall elect to serve, receive or choose a side. There will not be a second coin toss for the third game.
2. Server must remain behind the service line until the ball is contacted (or feet must leave the floor from within the service area). The service zone shall consist of the entire baseline.
3. The ball is re-served if it is served before the referee's whistle.
4. A point occurs for the following service faults:
  - a. Ball does not pass over the net.
  - b. Ball touches teammate or any other object before crossing the net.
  - c. Ball lands out of bounds.
  - d. Ball touches wall.
  - e. Server fails to serve the ball within 5 seconds of the official's beckoning for serve.
  - f. If the server does not serve the ball after being granted a replay.
5. If a teams' players serve out of order, the team loses serve and any points scored while serving out of order. The players must then take their correct positions.
6. Any attempt to screen the receiving team from seeing the trajectory of the serve is side out. This includes two or more players standing together, or one player with hands above the head as the serve passes over him/her.
7. At the time the ball is contacted for the serve, all players must be in their proper order.

### **Rule 4: Playing the Ball**

1. Each team is allowed three successive contacts of the ball in order to return it.
2. The ball may contact any number of body parts provided that such contacts are simultaneous and that the ball rebounds immediately and cleanly.
3. Touching a ball in an attempt to block does not count as a hit and the same player may make the first contact.
4. Contact with the ball must be brief and instantaneous. When the ball visibly comes to rest momentarily on any part of a player, it is considered as having been held. Lifting, pushing, carrying, or changing the direction of the ball are forms of illegal contact.
5. Receiving a served ball with an overhead pass using open hands is not necessarily a fault, however, it is recommended to receive the serve with a forearm pass.
6. When two players of the same team simultaneously contact a ball it is considered one contact and either player may make the next contact.
7. A player is not allowed to attack the ball on the opponent's side of the net.
8. No player shall assist a teammate by holding him/her while he/she is playing the ball. It is illegal to hold a player not playing the ball in order to prevent a fault.
9. A back row player may not cause a ball, which is completely above the height of the net, to cross over to the opponent's side unless he/she is either on the ground completely behind the 3 meter line (spiking line) or is in the air, having jumped from behind the line. If the attacking player touches any part of the line it is a violation.

### **Rule 5: Blocking**

1. Only the players who are in the front row at the time of the serve may legally accomplish blocking. Back row players may not participate in a block.
2. The team, which has affected the block, shall have the right to three additional contacts after the block.
3. Multiple contacts of the ball by a player participating in a block shall be legal provided it is during one attempt to intercept the ball.
4. Multiple contacts of the ball during a block shall be considered a single contact, even though the ball may make multiple contacts with one or more players of the block. The ball may come to rest briefly during the block.
5. Blocking a served ball is prohibited.
6. It is legal to block a ball on the opponent's side of the net provided, in the opinion of the official, the trajectory of the ball would have caused it to break the plane of the net or if there are no attacking players able to play the ball.
7. A blocked ball is considered to have crossed the net.

### **Rule 6: Play the Net**

1. Any ball hitting the net may be played off the net.
2. If a player's action causes him/her to contact the net during play with any part of body or clothes, that player shall be charged with a fault unless contact is incidental.
3. If the ball is driven into the net with such force that it causes the net to contact a player, such contact shall not be considered a fault.
4. If opponents contact the net simultaneously, it shall constitute a double fault and the point will be replayed.
5. If a player accidentally contacts any part of the net supports, such contact should not be counted as a fault provided that it has no effect on sequence of play. Intentional contact or grabbing of such objects shall be penalized as a fault.
6. Contacting the opponent's playing area with any part of the body except the feet is a fault. Touching the opponent's area with a foot is not a fault provided that some part of the encroaching foot remains on or above the centerline and does not interfere with the play of an opponent.

### **Rule 7: Faults**

1. Faults result in a point and change of service.
2. A fault shall be declared when:
  - a. The ball touches the floor.
  - b. The ball is held, thrown, or pushed.
  - c. A team has played the ball more than three times consecutively.
  - d. A player touches the ball twice consecutively.
  - e. A team is out of position at the serve.
  - f. A player touches the net.
  - g. A player completely crosses the centerline and contacts the opponent's playing area.
  - h. A player attacks the ball above the opponent's playing area.
  - i. A back row player, while in the attack area, hits the ball into the opponent's court from above the height of the net.
  - j. A ball lands outside the court or touches an object outside the court.
  - k. The ball is played by a player being assisted by a teammate as a means of support.

- l. A player reaches under the net and touches the ball or an opponent while the ball is being played by the opposite team.
- m. Blocking is performed illegally.
- n. The ball is served illegally (service fault).

## 6v6 CoRec Modifications

1. Teams consist of six players; however, a team may start or continue with a minimum of four players.
  - a. 6 players = 3 men + 3 women
  - b. 5 players = 2 men + 2 women + 1 of either gender
  - c. 4 players = 2 men + 2 women

## 4v4 Volleyball Rules

1. Games shall be played between two teams of 4 players each. Teams must start and continue with a minimum of 2 players. For CoRec a team must have one male and one female on the court.
2. Open handed dinks or tips are not legal from the net area. You must use a fist for tips.
3. The server may serve from any spot behind the end line.
4. For hitting purposes all players are considered to be front row players and therefore all three are eligible to attack or block the ball.
5. Players do not need to rotate positions on the court. Only the serving order must change.
6. Crossing the centerline will be legal provided the player does not interfere with an opposing player.
7. There are no officials for 3v3 Volleyball, therefore all illegal hits, net violations and line calls are honor calls and must be made by the person(s) making the play on the ball.

## Sand Volleyball Rules

1. Games shall be played between two teams of 4 players each. Teams must start and continue with a minimum of 2 players. For CoRec, if there are only 2 players, then one must be male, and one female. If there are 4 players, then 2 must be male, and 2 female.
2. The server may serve from any spot behind the end line.
3. Players must rotate positions on the court. The serving order must change with each rotation.
4. Crossing the centerline will be legal provided the player does not interfere with an opposing player.
5. There are no officials for Sand Volleyball, therefore all illegal hits, net violations and line calls are honor calls and must be made by the person(s) making the play on the ball.

**ADDITIONAL INFORMATION ON RULES CAN BE FOUND IN OUR  
CURRENT INTRAMURAL SPORTS PARTICIPANT HANDBOOK.**