

## Volleyball Rules



### Game Format

- Each team will have 6 players on their court at a time. (absolute minimum of 4 players)
- Each team can have two spares (registered team members) in the gymnasium to rotate in.
- Each match will be 45 minutes maximum, consisting of 3 games. The first 2 games will go to 25 points, and the last game to 15 points.
- Each set must be won by two points, with the first 2 games capping at 30 points, and the last game at 17.
- The winning team will win 2 of the 3 games.
- If all games are not completed within the 45 minute time limit, the team with the most points at the end of regulation time will win the final game of the match.
- No officials, therefore sportsmanship and honor calls will be made by players. Respect the calls of others.
- To determine who serves first, teams will play rock-paper-scissors.
- If a match concludes early, the teams can continue to play, but the score of the fourth game will not be recorded.

### General Play

- Each rally begins with a serve
- Players may hit the ball with any part of the body
- Same player cannot make 2 consecutive hits on the ball
- Players are to call balls 'in' or 'out' of bounds. If the ball touches any part of a court line, it is 'in'. The ball must completely pass the line to be 'out'. If there is a dispute, resume play by re-serving the ball with no point awarded. If a disagreement escalates, any disputes should be discussed with Recreation/Intramural Student Staff.
- A ball that hits the wall, ceiling, or hanging basketball net, it is considered out of bounds.

### Serving

- A server may serve the ball from anywhere behind the baseline.
- Only one toss or release of the ball is allowed per serve.
- Players can open-hand volley a serve.
- A player may NOT block or spike a serve.
- Net serves are allowed. Meaning, if a serve hits the net but the motion of the ball carries it over, it is a live ball.
- A double hit off of the serve is allowed (e.g. the serve hits the defender's arms and then chest).

## Violations

- Players are to call their own fouls and violations. If an obvious foul is missed, a player on the opposing team may politely point this out, assuming their opponent either does not know the rule or missed their own foul. Generally, teams should not call fouls against their opponents.
- Obvious fouls include – carries, double hits (allowed on serves), touching the net, going under the net and contacting another player.

Illegal (always results in interference with the play):

- Touching the top band of the net in the act of playing the ball (hitting, blocking, setting, etc.).
- Pulling the net down to lower it for a teammate or themselves.
- Taking support from the net simultaneously while playing the ball.
- Purposely touching the net to change the direction of a ball.
- Creating an advantage over the opponent or making actions which hinder an opponent's legitimate attempt to play the ball.
- A player is permitted to pass his hand above the plane of the net in the following scenarios:
  - While blocking an attack.
  - If a player is spiking the ball, their hand can cross the net as long as contact is initiated on their own side.
  - An infraction has occurred if a player interferes with their opponents attack (e.g. if a setter is trying to set their player, the opponent can't reach over the net and block that set).
  - Players are not permitted to penetrate fully into the opponent's space under the net. Player's feet must remain in contact with the centre line and any part of the body above the feet. Players need to be as cautious as possible when crossing under the plane of the net, so as to avoid injury to themselves or their opponents.