

The University of Texas at Arlington
The Department of Campus Recreation

VOLLEYBALL RULES

1. Playing Area

1.1 Net Height: Men's & CoRec (7'11 5/8" / 2.43m), Women's (7'4 1/8" / 2.24m)

1.2 A ball is out of bounds and becomes dead when it touches the floor completely outside the court's boundary lines. A ball that touches the boundary lines is considered to be in play.

1.3 The ceiling, walls, and court dividers are out of play.

1.2 A player cannot enter an adjacent court to play the ball.

1.3 Low obstructions are out of play including anything perpendicular to the floor; however, anything horizontal to the floor is in play, as long as the ball does not cross the net after hitting the obstruction. Both are in the judgement of the officials.

2. Rights and Duties of Players and Teams

2.1 The floor captain is the only player who may address the referee and shall be the team's spokesperson.

2.2 The captain may make requests for time-outs when the ball is dead. Each team is allowed one 30-second time-out per game. Time-outs do not carry over to the following games.

2.3 The following misconducts are subject to sanction (red/yellow card): addressing the officials concerning their decisions or committing actions to influence their decisions. Making profane or vulgar remarks to officials, opponents, or spectators. Shouting, yelling, or crossing the vertical plane of the net in an attempt to distract an opponent who is playing or attempting to play the ball.

2.4 Offenses by players or other team members may result in warning, or disqualification.

Warning:

A minor unsporting offense results in a yellow card.

Disqualification:

A second warning during a match or any attempted/actual physical aggression towards others will result in the red and yellow cards held apart, disqualification for the remainder of the match. Disqualified players must leave the gym for the rest of the night and contact the Intramural Director prior to participating in another contest.

2.5 An improper request that does not affect play shall be rejected (whistled) without sanction. Any additional improper requests during the game will be sanctioned as a team delay. Examples include: Requesting a time-out or substitution after the referee's whistle for service; A request for time-out or substitution by other than the team captain; Request for an excess time-out.

2.6 A team delay is sanctioned with a warning (yellow card) on the first occasion and a penalty (red card - point or side out) on any further occasions during the same game, for any reason. Team delays include: a second improper request during the same game; delay in completing a substitution; delay in returning to play after a time-out; delay in moving to positions after completion of a rally; action by a player which creates unnecessary delay in the start of play; A player on the court wearing jewelry.

3. The Teams

3.1 Players' Equipment: **jewelry is not allowed**, for safety reasons. Medical or religious medals must be removed from chains or taped/sewn under the uniform. Hair barrettes are permitted to secure hair.

3.2 Sweatbands or bandanas worn as sweatbands are permitted; however, hats and other bandanas are not permitted. A guard, cast, or brace made of hard and unyielding leather, plastic, or pliable plastic, metal or any other hard substance, even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm, or elbow.

3.3 Supports are permitted on other parts of the body as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least 1/2" of foam rubber (or 1/4" closed cell, slow recovery foam rubber).

4. Team Composition

4.1 Teams will consist of six (6) players on the floor at a time. Teams must have a minimum of four (4) players to start and continue a match.

4.2 Co-Rec Play:

a. **Number of players:** There must be 3 women and 3 men on the court at all times during co-rec play (no more than three, no less than two of each gender even when playing short).

b. **Both Genders must hit:** If the ball is hit more than once, there must be at least one hit from each gender. In the rare case of a simultaneous hit by teammates, it may count as either gender.

c. **Positioning on court:** The players must alternate themselves in a male/female fashion on the court.

d. **Other Co-Rec clarifications:** Spiking the ball is allowed. Teams may serve the ball either overhand or underhand.

4.3 Before the start of the match, all participants must record their names and student numbers on the scorecard.

4.4 A team is allowed to have a maximum of three (3) Campus Recreation membership holders and a maximum of two (2) UTA volleyball club members. Active varsity members may not play Intramural Sports (refer to o

5. Substitutions

5.1 Player substitution may be made when the ball is dead, upon making the request to the referee.

5.2 A team is allowed an unlimited number of subs on a player-for-player basis.

6. Beginning the Game, Scoring, and Duration of Matches

6.1 a. All matches shall consist of the best 2 of 3 games, with a time limit of 15 minutes per game. If the game reaches the 15-minute time limit, it will be declared final, and the team that is ahead will be declared the winner.

b. The first two games will be played to 21 points, win-by-two, with a cap of 30 points.

c. The third game, if necessary, will be played to 15 points, win-by-two, with a cap of 15 points.

6.2 Game time is forfeit time. A team must have a minimum number of players to start a game. If there are an insufficient number of players, the waiting team will receive an automatic win for the first game, and the opposing team will have 10 minutes to reach the minimum. If they reach the minimum, the match will begin in the second game; if they do not reach the minimum, the match will be a forfeit for the team that had the required number to begin. Score = 2-0, Sportsmanship = 3 (winning team); 2 (forfeiting team). The **minimum** number of players is **four (4)**

6.3 A coin toss will determine who serves the first game of the match. The team captains will call the toss. The winner will choose: 1) first serve; 2) to receive the first serve; or 3) the choice of the court for the first game. The loser may choose from the other options.

6.3 A new coin toss is performed before the third game, if necessary.

6.4 After each game the teams will switch sides.

6.5 Any act that, in the judgement of the referee, unnecessarily delays the match may be sanctioned.

7. Commencement of Play and Service

7.1 The server shall have five seconds after the referee's "ready to serve" whistle in which to contact the ball for service. If, after releasing or throwing the ball for service, the server allows the ball to fall to the floor without touching it, the service effort shall be cancelled and a reserve directed. (If the server release the ball for service, then catches it or drops it to the floor more than once during one term of service, a serve is illegal; loss of rally/point).

7.2 There may be more than one reserve during any term of service, but not consecutively, nor to purposely delay play.

7.3 The service is considered good if the ball passes over the net between the antenna or their definite extensions even if the ball touches the net before it goes over the net.

7.4 The team not serving first in the game shall serve first in the second game.

7.5 The team that receives the ball first in a game shall rotate once before serving.

7.6 The players of the serving team must not screen their opponents from the server or the trajectory of the ball. Screening occurs when the serve passes over the player standing at the net with his/her hands over his/her head, or when the ball passes over two or more players standing at the net in close proximity to each other (3 feet).

7.7 At the time that the ball is contacted for service, the placement of the players on the court must be in the proper service order (the server is exempt).

8. Playing the Ball

8.1 Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area.

8.2 The ball may be hit with any part of the body.

8.3 Players may have successive contacts of the ball during blocking and during a single attempt to make the first team contact (even if the ball is blocked) provided it is one attempt to play the ball, there is no finger action during the effort, and the ball is not held or thrown.

8.4 When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered a form of holding. A ball clearly hit with one or both hands from a position below the ball is considered a good play.

8.5 A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker's side of the net and the follow-through causes the spiker's hand and arm to cross the net without touching an opponent or the net, it is not a fault.

8.6 Only the players who are in the front line at the time of service may legally accomplish blocking.

8.7 Any player participating in a block shall have the right to make the next contact.

8.8 Back-line players may not block or participate in a block, but may play the ball in any other position near and away from the block.

8.10 Blocking the ball across the net above the opponent's court shall be legal provided that such a block is:

- a) After a player of the attacking team has spiked the ball;
- b) In the referee's judgement, has directed the ball into his/her opponent's court;
- c) After the opponents have completed their three allowable hits;
- d) After the opponents have hit the ball so that, in the referee's judgement, the ball would clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball; If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

8.11 A back-line player returning the ball to the opponent's side while forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area.

9. Play at the Net

9.1 If a player's action causes the player to contact the net during play, whether accidentally or not, with any part of the player's body or uniform, it shall constitute a fault. Hair does not constitute a fault.

9.2 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 or feet is not a fault providing that some part of the encroaching foot or feet remain on or above the centerline.

9.3 Either team may play a ball that has penetrated the vertical plane of the net.

10. Team and Player Faults

10.1 A double fault occurs when players of opposing teams simultaneously commit faults. The referee would direct a replay.

10.2 If faults by opponents occur at approximately the same time, the referee shall determine which fault occurred first, and penalize that fault; if this cannot be done, a double fault shall be declared.

10.3 If a team, or a player on the team, commits a fault, a loss of rally/point shall be awarded to the opposing team.

THE GAME

1. The coin toss winner may elect to serve, serve receive, or side.
2. The server has 5 seconds to serve, or team loses the serve.
3. Substitutions may occur when the ball is dead. Time-outs are not required for substitutions.
4. Players may interchange positions to pass or block, only after the serve.
5. All passes must be clearly hit, not thrown, lifted, or change of direction allowed by a double hit.
6. A back line player may spike providing that he/she jumps from behind the 10 foot line.
7. No player may reach over or touch the net, or step over the center line (A player's foot may land on the center line provided it is not entirely over the line. Also, while playing the ball in his/her court, a player is allowed to reach under the net, but must not touch the floor over the center line.
8. Successive contacts may be made only after blocking a spike attempt.
9. Opponents simultaneously hitting the ball directly over the net may play the ball again if it falls into their court.
10. Each team is allowed one 30 second time outs per game.
11. The intramural supervisor will have the ability to make final decisions.

ADDITIONAL RULES AND CLARIFICATIONS

The official National Federation rules govern all play with the following intramural modifications and specifications.

1. LEGAL SERVE

Each serve must be put into play by hitting the ball underhand or overhand over the net into the opponent's court by a player in the serving area. The player serving must not step on or over the end line until after the ball is contacted on the serve. (Foot fault: penalty-loss of rally/point). Players must stay in serving order. Players may switch positions after service provided they return to their original positions after each point. PENALTY: loss of rally/point. Exception: a player from the back line may not spike the ball or block a spike within 10 feet of the net.

2. SERVING OUT OF TURN

- A. Discovered while server still serving: side out called, mistaken points subtracted, serving order corrected.
- B. Discovered in interval between change of serve: opponent serves, mistaken points subtracted, and serving order corrected.
- C. Discovered after opponents begin serving: no loss of points, serving order corrected, on next dead ball.

3. LEGAL HIT

A contact of the ball to be legal must be made with any part of the body. A legal hit must be a "clean" hit. The ball may not be carried on the follow through.

4. ILLEGAL HITS

An illegal hit is: 1) slapping the ball, 2) bumping the ball with two separated hands (hands must be together), 3) carrying the ball, 4) palming the ball, 5) directing the ball.

*NOTE: in order to not be an illegal hit, the ball must leave the player's hand immediately upon contact of the ball.

5. PLAYING THE BALL

A ball may be played three times on one side providing the same player does not touch the ball twice in succession.

EXCEPTIONS:

- A. A ball hit simultaneously by two teammates is considered as one hit, and either player may contact the ball a second time.
- B. When simultaneous contacts by opposing players occur, either player may contact the ball again if it falls on his side of the net. This contact will constitute the first of three attempts.
- C. A blocker may recover from his own block and make a second play on the ball. This play will constitute the first of three attempts.
- D. A serve may be received with a bump or with hands up. **WARNING:** by receiving serve with hands up, it is difficult to avoid being called for a carry
- E. The ball is in play when it hits the net and passes over the net including on the serve.

6. NET AND LINE PLAY

- A. Players are not permitted to have any part of their body touch the net or step over the center line while the ball is in play, although stepping on the center line is permitted. **EXCEPTION:** ball hits net with such force it causes net to hit opponent, the ball is still in play.
- B. A spiker may have his hand(s) or arm(s) follow through over the net as long as the ball is contacted on his own side of the net.
- C. Players may reach over the net and block the ball, provided the opposing team has completed their attempt to return the ball over the net.
- D. The ball is considered to have crossed the net when any part of the ball is extended over the net.
- E. A player may go outside of the court to play a ball as long as the ball is contacted on that player's side of the court, and it will only be considered a legal return as long as it crosses the net and antennas within the boundaries of the court as extended.