

University of Washington Bothell

Intramural Sports

Volleyball Rules

1. Players and Substitutions

- 1.1. Each team will consist of 6 players on the court per team. 4 players are required to start the game and avoid a forfeit.
- 1.2. Substitutions will be permitted after any point. A substituted player may not keep coming in to play at the same position. For example, Player A cannot sub in to serve, then sub out, then sub back in to serve again.

2. Player's Equipment

- 2.1. A player's clothing must be presentable and appropriate for competition.
- 2.2. Players may wear hats, visors, or sunglasses at their own risk.
- 2.3. Players may play barefoot, in socks or booties. Shoes may be worn, but they cannot have any type of nonflexible cleats or spikes.
- 2.4. It is forbidden to wear any objects that may cause an injury to a player, such as jewelry, pins, bracelets, casts, etc.

3. Scoring System

Matches consist of the best 2 out of 3 games with rally scoring in each game.

- 3.1. For each game, the first team that scores 21 points and is ahead by 2 points is declared the winner. Otherwise, the winner will be the first team to 25. If a third set is needed, the winner will be the first team to reach 15 points, winning by 2 points or until 20 points is reached.
- 3.2. Whenever a team fails to serve or return the ball, or commits any other fault, the opposing team wins the rally.
- 3.3. If the serving team wins a rally, it scores a point and continues to serve.

4. States of Play

- 4.1. The ball is in play from the service contact until the ball is out of play.
- 4.2. The ball is out of play from the moment the ball lands or a fault is committed.
- 4.3. A ball is in when its first contact with the ground is on the playing court or a boundary line.
- 4.4. The ball is out when: Its first contact with the ground is completely outside the playing court, and it does not cause boundary lines to move; it completely crosses the net outside the posts or under the net after the attacking team's third contact; or it touches an object out of play.

5. Playing Faults

- 5.1. Any playing action contrary to the rules is a fault. If two or more faults are committed successively, only the first one is counted, except when the first fault is the ball contacting the ground and the second fault occurs during the continuation of the play. If two or more faults are committed by two opponents simultaneously, the rally is replayed.

6. Playing the Ball

- 6.1. Each team is entitled to a maximum of three contacts to return the ball to the opponents. A player may not contact the ball two times consecutively except during or after blocking or at the team's first contact. Blocking does not constitute a team contact, and any player may make the first contact of the ball after the block.
- 6.2. If two opponents simultaneously and instantaneously contact the ball over the net, the ball remains in play and the team receiving the ball is entitled to another three hits. If such a ball lands out-of-bounds, it is the fault of the team on the opposite side of the net from where the ball lands.
- 6.3. A joust occurs when players of opposing teams cause the ball to come to rest above the net through simultaneous contact. A joust is not a fault and play continues as if the contact was instantaneous.
- 6.4. A player is not permitted to take support from a teammate or any object in order to reach the ball. However, a player who is about to commit a fault may be stopped or held back by a teammate.
- 6.5. A player may touch the ball with any part of the body. A player may have successive contacts with the ball during a single attempt to make the team's first contact with the ball, provided that the fingers are not used to

direct the ball. The ball must be contacted cleanly and not held (including lifted, pushed, caught, carried or thrown). The ball cannot roll or come to rest on any part of a player's body.

- 6.6. An exception is allowed during the defensive play of a hard-driven ball, which is an attack-hit or blocked ball traveling at a high rate of speed. In that case, the ball may be momentarily lifted or pushed, providing that the attempt is one continuous motion and the player does not change the direction of the motion while contacting the ball. A contact of the ball with two hands, using the fingers to direct the ball, is a set. A player may set the ball in any direction towards their team's court, provided that the ball is contacted simultaneously by both hands and does not visibly come to a rest. Rotation of the ball after the set may indicate a held ball or multiple contacts during the set, but in itself is not a fault. A legal set directed towards a teammate that unintentionally crosses the net is not a fault, regardless of the player's body position.
- 6.7. If the ball is intentionally set into the opponent's court, the player must contact the ball above their shoulders and must direct the ball perpendicular to the direction their shoulders are facing
- 6.8. When contacting the ball with one hand, it must be cleanly hit with the heel or palm of the hand (a roll shot), with straight, locked fingertips (a cobra), knurled fingers (a camel toe) or the back of the hand from the wrist to the knuckles.

7. Ball at the Net

- 7.1. A ball is directed to the opponent's court must go over the net within the crossing space limited as follows: Below, by the top of the net, at the sides, by the posts and their imaginary extensions, and above, by any structure or obstacle.
- 7.2. The ball may touch the net while crossing the net, including during the serve.
- 7.3. A ball driven into the net may be recovered within the limits of the three team contacts.

8. Player at the Net

- 8.1. While blocking, a player may touch the ball beyond the net, provided they do not interfere with the opponent's play, before or during the attack-hit.
- 8.2. A player is permitted to pass their hand(s) beyond the net after an attack-hit, provided that the contact was made within their team's playing space.
- 8.3. Within the limits of the three team contacts, a player may contact a ball that has crossed the net below the net (or outside the posts) in an attempt to recover a ball that has not been contacted by the opponents. The recovered ball must cross the net below the net (or outside the posts).
- 8.4. Players may partially cross the center line below the net or outside the poles, either before, during or after a legal play of the ball, provided that this does not interfere with the opponent's play. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent's ability to play the ball. While opposing players are not required to avoid the ball or the player, they cannot intentionally interfere with any legal attempt to play the ball on their court.
- 8.5. If a player crosses the center line and interferes with an opponent during the continuation of a play, it is a fault.
- 8.6. It is a fault for a player or a player's clothing to touch any part of the net. Exceptions are: Incidental contact of the net by a player's hair if a player's hat, visor or glasses fall off during play and then contacts the net when a ball is driven into the net or the wind blows the net and causes the net to touch a player, no fault is committed. Once a player has contacted the ball, the player may touch the posts, ropes or any other object outside the total length of the net, provided that it does not interfere with play.

9. Service

- 9.1. The service (or serve) is the act of putting the ball into play by the serving player in the service zone.
- 9.2. If the serving team wins the rally or a replay is directed, the player who served the previous rally serves again. If the serving team loses the rally, the next server on the receiving team serves the ball.
- 9.3. If a player is discovered serving out of order, that player continues to serve with no loss of points. The opposing team remains in their service order, but the offending team will reverse their original order of service to ensure that no player will serve three consecutive terms of service. Excessive misuse of this privilege is unsportsmanlike conduct.
- 9.4. It is the responsibility of the server to assure that both teams are ready for service. A player on the receiving team may stop play when not ready for a service as long as no attempt to play the ball is made. In this case, the rally is canceled and replayed. Misuse of this privilege is unsportsmanlike conduct.

- 9.5. The server may move freely behind the end line. At the moment of the service or take-off for service, the server must not touch the ground outside the service zone. The player's foot may not go under a boundary line. After the service contact, the player may land on the court or outside the service zone.
- 9.6. The server contacts the ball with one hand or any part of the arm after clearly tossing or releasing the ball and before the ball touches the playing surface.
- 9.7. If the server releases the ball for service but does not attempt to complete the service motion, the referee will cancel the rally and direct a replay. A player may only receive one such replay during any one term of service.
- 9.8. The server's teammates must not prevent the opponents, through screening, from seeing the server or the path of the ball. On an opponent's request, a player must move sideways, bend over or bend down.

10. Attack-Hit

- 10.1. All actions to direct the ball towards the opponent's playing area, except in the act of serving and blocking, are considered to be attack-hits. An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker. A player may contact an attack-hit at any height, provided that contact with the ball is made within the player's own playing space.
- 10.2. If a player contacts the ball completely above the height of the net, and the player's foot is touching or has last touched the ground on or in front of the attack line, the attack-hit must have an upward trajectory.
- 10.3. It is a fault when a player completes an attack-hit on the opponent's service, if the ball is entirely above the height of the net.

11. Block

- 11.1. Blocking is the action of player(s) close to the net to deflect the ball coming from the opponent by reaching above the height of the net.
- 11.2. The first hit after the block may be executed by any player, including the player who touched the ball at the block.
- 11.3. In blocking, the player may place their hands and arms beyond the net provided that action does not interfere with the opponent's play. The player is not permitted to touch the ball beyond the net until the opponent has made an attack-hit.
- 11.4. A blocking contact is not counted as a team hit. The blocking team will have three hits after a blocking contact. Consecutive, quick and continuous contacts may occur by one or more blockers, provided that these contacts are made during one blocking action.
- 11.5. There are no restrictions on which players may participate in a block.
- 11.6. When a ball is blocked back into an attacking player, the attacker is considered to be a blocker and that contact does not count as the first of the team's three hits.

12. Time-Outs

- 12.1. A time-out is a regular game interruption. It lasts for 30 seconds. Each team is entitled to a maximum of one per game.

13. Delays to the Game

- 13.1. A delay is an improper action of a team that defers resumption of the game and includes: Prolonging time-outs after having been instructed to resume the game; repeating an improper request in the same game delaying the game; or delaying substitution.
- 13.2. The first delay by a team is sanctioned with a delay warning. The second and any subsequent delay of any type by the same team in the same game constitutes a fault and is sanctioned with a delay penalty, which is the loss of a rally.

14. Exceptional Game Interruptions

- 14.1. If an injury occurs as the result of a fault or does not affect the outcome of the rally, the rally counts. Otherwise, the rally is immediately canceled and replayed. When no legal or abnormal substitute is available, an injured player is given a five minute injury time-out. This will not be granted more than twice for the same player in one game.
- 14.2. If external interference does not affect the outcome of play, the rally counts. Otherwise, the rally is immediately canceled and replayed. A shouted warning (such as "Ball On!") is sufficient to affect the outcome of play, provided that a player had a chance to make a legal play of the ball. Misuse of this privilege is unsportsmanlike conduct.