



# UNIVERSITY RECREATION

## Indoor Volleyball Rules

The following is a summary of rules and regulations for Recreational Indoor Volleyball. It is not the complete set of rules but includes those rules most frequently in question. All other rules are deferred to the NFHS Volleyball rules. Some alterations may have been made specifically for UWG University Recreation. A complete list of our policies and procedures can be found in the [Recreational Sports Handbook](#). Questions can be directed to the Competitive Sports Office during normal business hours at [imsports@westga.edu](mailto:imsports@westga.edu).

### Facility

All Recreational Indoor Volleyball games are played in the Campus Center Front Courts. Your game schedule on "My Rec Portal" will indicate which court you will be playing on. Should you need assistance locating your court, please ask the on-duty Recreational Sports Supervisor in the red or white polo. The address for the Campus Center is: 302 W Georgia Dr, Carrollton, GA 30117

### Teams

#### Men's and Women's

Teams consist of 6 players with a minimum of 4 required to start a game. A team can have a maximum of 12 players on their roster.

#### CoRec

Teams consist of 6 players, 3 women and 3 men. A minimum of 4 players is needed to start a game, with no more than 3 being of a single gender and no less than 2 of a single gender. A team can have a maximum of 12 players on their roster.

### Equipment

A player wearing illegal equipment may not be permitted to play. This applies to any equipment which, in the opinion of the Recreational Sports staff, is dangerous or confusing. Types of equipment or substances which will always be declared illegal include:

- Jewelry
- Cut-off shirts
- Hard hats, billed hats, or visors
- Open-toed shoes, cleats, or non-athletic shoes (such as Crocs)
- Hooded sweatshirts
- Medical braces with any exposed metal
- Headgear with knots of any kind
- Sunglasses

# Gameplay

## Timing and Scoring

Matches will be the best 2 out of 3 games, rally scoring.

- Set 1 & 2 to 21 cap at 25, Set 3 to 15 straight up

Each team will be allotted one (1) 30second timeout per match.

Substitutions can either be by rotation or player for player

## Game Rules

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

- The only exception to this rule is that a block is not counted as one of the three contacts.

The ball may be hit with any part of the body, but cannot come to rest visibly on the body.

A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball.

- Exception: A player who blocks an opponent's hit may hit the ball once after the block.

Simultaneous contact by the opponents:

- If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times
- If two opposing players hold the ball simultaneously, it is a double fault and the official will direct a replay.

Net play: A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area.

- Exception: A service hitting and not clearing the net results in a dead ball.

Net foul: A net foul occurs while the ball is in play and:

- A player contacts any part of the net including the cable attachments
  - It is not a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or net cables into the player
- There is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball

Blocking the ball: A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack

- Note: The serve may NOT be blocked

The attack is considered complete when the:

- Attacking team has completed their three allowable hits
- Attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with the intent to return it to the opponent's court
- Ball is falling near the net on the attacking team's side and in the official's judgment; No member of the attacking team could make a play on the ball.

Front line players may contact the ball from any position inside or outside the court

- Exception: completely crossing the centerline is illegal

A player may cross the centerline, its out of bounds extension with one, both feet/hands, provided a part of the foot/feet or hand/hands remains on, or above the center line or it's out of bounds extension.

Backline player attack: A backline player may attack the ball only if he/she leaves the floor from behind the 10-foot line and its imaginary extension.

- If any part of the player's foot touches the 10 foot line at the time of contact; a foul shall be called.
- Backline players may not attempt to block the ball in front of the 10-foot line.
- A backline player shall not return a ball which is completely above the height of the net while:
  - On or in front of the 10 foot line

### **Serving:**

The server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted.

- If the ball is served before the official's beckon, a reserve shall be directed.
- During a team's term of service if the ball is served a second time before the official's beckon, then it is a side out.

The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve.

The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from the serving area.

If the serve hits the net and still falls inside the non-serving team's court, then the ball is ruled in play

If a service hits the net and does not fall inside the non-serving team's court, then it is to be considered illegal and a point will be awarded to the non-serving team.

The server may toss and catch a bad toss as long as no swinging motion has been made to attempt the serve.

The server is allowed only one reserve per term of service

- If the server attempts two reserves, the result will be a side out and a point for the opponent

### **Out of Bounds:**

The ball is out of bounds if it comes into contact with the net antennas, or floor/wall beyond the boundaries of the court.

The ball is in play if it comes into contact with the ceiling, if and only if, the ball remains on the side of the team who hit the ball, and the following hit will not exceed the maximum of 3 hits per side.

You may not play a ball that is out of bounds and then proceed to call the ball "out", expecting to benefit from the side out.

Once a ball is touched by the receiving side it is considered "in"

## **Injury and Blood Rule**

University Recreation does not provide accident insurance coverage for injuries received by Recreational Sports participants. Each participant should make sure they have their own coverage prior to participating. Injuries are a possibility. UREC Recreational Sports assumes no responsibility for injuries. However, basic First Aid will be available.

A player who is bleeding, has an open wound, or has any amount of blood on his/her uniform or on the player shall be considered an injured player. No player will be permitted to enter or reenter the game as long as there is blood on his/her jersey or uniform.

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

**\*Recreational sports staff has the right to withhold a player from play\***

## **Sportsmanship**

The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the regular season and the playoffs. Behavior before, during, and after a Recreational Sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system. Furthermore, the team is responsible for the actions of the individual team members and spectators related to it.

At the conclusion of each contest, the Recreational Sports Staff present will assign each team a Sportsmanship rating based on a grading scale of "1-4".

**4 pts- Good Conduct and Sportsmanship:** Players cooperate fully with the officials and Recreational Sports staff. The captain is the only player to converse about rule interpretations and calls and does so in a polite and respectful manner. The captain also has full control of their teammates. Team is respectful to their opponents, officials, scorekeepers, spectators and Recreational Sports staff.

\*Teams who default will receive a 4-sportsmanship rating

**3 pts- Average Conduct and Sportsmanship:** Team members complain about decisions made by the Officials and/or show minor dissent. Team members show minor disrespect to someone involved in the contest.

**2 pts- Below Average Conduct and Sportsmanship:** Team shows verbal dissent towards officials And/or the opposing team. Captain exhibits minor self-control and little or no control over their team.

**1 pts- Poor Conduct and Sportsmanship:** Players constantly comment to the officials and/or opposing Team from the playing area or sidelines. Team captain has no self-control and no control over their team's actions.

**0 pts- Very Poor Conduct and Sportsmanship:** Team is completely uncooperative. Captain has no Control over teammates and/or themselves.

\*Teams who no show

\*3 Unsportsmanlike infractions or game forfeiture.

Any player that is ejected during a recreational sports game will be removed from the game. Please see the ejection process outlined in the Recreational Sports Handbook to review the process of returning to play.