

# Oswego State Campus Recreation

## Volleyball Rules

### **A. Length of Match**

1. Each game will be played to 21 points with rally scoring
  - a. A team must win by (2) points in a regular season game, with a point cap at 26.
  - b. There will be no point caps during playoffs.
2. A match will be the best two (3) out of three (5) games or a maximum of 60 minutes. During the regular season the team winning at the end of 60 minutes will be declared the winner.

### **B. Start of Match**

1. Teams must arrive ready to play within 5 minutes of the scheduled game time or else a forfeit will be declared.
2. The coin toss winner may elect to serve, receive the serve, or the side. The other team has the opposite choice.
3. A team is allowed (1) 30 second time-out per game.

### **C. Court Boundaries and Ground Rules**

1. The yellow line around the court is the official boundary.
2. In the event of a ball from another court entering the court in use, the official has the right to call a replay if he/she feels the ball interfered with the fairness or safety of the play.

### **D. Number of Players, Rotation, and Substitutions**

1. A team consists of 6 players on the court at one time.
2. In the Co-Rec division, all teams must always maintain equal or more women on the court at all times. A 6 player team must have a minimum of 3 women on the floor. i.e. 3 women and 3 men, 4 women and 2 men, or 6.
3. A team must start and finish the game with a minimum of 4 players. If the number of players drops below 4 players during the match that team will be forced to accept a loss.
4. A team will be allowed unlimited substitutions from the bench. However, once a player has substituted into a position on the floor, he/she may not substitute into another position during the same game.
5. All substitutes must first be recognized by the official before entering the court.
6. Players must rotate clockwise to the net prior to a new service rotation. The next server will rotate to the back right corner of the court.

### **E. Service Rules**

1. Service can be from any position behind the yellow end line (service line), while remaining within the two end hash marks.
2. The server must wait for the referee's whistle to serve the ball. If the ball is served before the whistle, a replay will be called. If the server repeats this violation on the same service attempt, there will be a side-out and the other team will gain possession of the ball.
3. The following service faults result in a side out:
  - a. Ball hits the net and does not go over.
  - b. Ball goes under net.
  - c. Ball touches player on serving team or any object, before going over the net.
  - d. Ball lands out of bounds on the opponent's side of the court.
  - e. Server steps on or over the service line prior to contacting the ball.
4. A serve is legal if the ball hits the net and goes over.

5. Each player must remain in his/her area until the ball is served.

## **F. Contacting the ball during play and blocking**

1. A team is allowed a maximum of 3 contacts before sending the ball over the net.
2. A block at the net does not count as one of the three contacts.
3. Any part of the body may be used to contact the ball.
4. The ball must be hit cleanly and not held, scooped, lifted, thrown, pushed, or carried.
5. A player may not contact the ball more than once in succession.
6. If 2 players from the same team contact the ball simultaneously it counts as one hit and either player may hit the ball again.
7. Blocking is the act of intercepting a ball coming from the opponent's side by making contact with the ball as it crosses the plane of the net. A block does not count as one of the three contacts per side or as a hit for the blocker(s). Multiple contacts are legal as long as only one effort is being made. Blockers may reach over the net, but cannot contact the ball on the opponent's side of the court until after an opposing player sends the ball over/towards the net, or if the ball is clearly breaking the pane of the net.
8. A serve cannot be blocked or spiked.
9. Contacting the ball with a foot is legal, however the player's foot MUST NOT leave the ground during the effort. The foot must be slid across or dropped into position on the floor into the path of the ball. The foot/leg cannot be lifted from the ground to contact the ball at any time. Violating this rule will result in an automatic side out or point.

## **G. Miscellaneous Rules**

1. A ball that contacts the net is still in play.
2. If the ball drives the net into a player on the opposing team, it is not a fault.
3. If two opponents contact the net simultaneously, it is a double fault and a replay will be called.
4. Hands may pass over, but not touch, the net on a spike or a block. Clothes are considered part of the player and also may not touch the net.
5. A player may not cross the vertical plane of the net with any part of the body while the ball is in play with the purpose of distracting or interfering with the opponent.
6. A player may not step over the center line for any reason. Stepping on the line while landing or turning is acceptable.

## **H. Conduct**

1. During the match, only the designated team captain may speak to the official and only in a respectful manner.
2. The following are acts subject to penalty and possible ejection from the game:
  - a. Persistent addressing of officials concerning decisions.
  - b. Making derogatory remarks to officials or opponents.
  - c. Committing actions intending to influence officials.
  - d. Disruptive coaching from anyone outside the court.
3. Penalties
  - a. **Minor Offenses:**
    - i) Arguing with opponents, spectators or officials, shouting, delay of game, etc., will result in a verbal warning
    - ii) Second minor offense in the same game will result in a penalty: point awarded to the opposing team.
  - b. **Serious Offenses:**
    - i) Derogatory remarks to officials or opponents, fighting, etc. will result in automatic ejection of the player(s) involved.
    - ii) Second serious offense during the same game is automatic disqualification of team for remainder of game or match at the discretion of the official.
    - iii) Any player who is ejected will meet with the Director/Coordinator of Intramurals before reinstatement.