

Western Washington Intramural Sports

Volleyball
Rules Clinic

www.wvu.edu/campusrec

Pre-Game Conference

- Do Every Time
 - Should be done at least 5 minutes before game time.
 - Do Earlier If Possible
- Set The Tone For The Entire Game
 - This is your first chance to let the teams know what kind of game they are going to have
 - Take Control But Don't Be Pushy
 - Have Fun But You Have To Be Taken Seriously

Pre-Game Conference

- Every member of the crew should introduce themselves.
- Make sure the score sheet is filled out correctly.
- Verify both teams have the minimum number to start
 - 4 people (2 men, 2 women)

Pre-Game Conference

- Remind Captain's
 - Subs come in at the left-front position
 - Best 2 out of 3
 - Game 1 and 2 to 25, win by 2.
 - Game 3 (if necessary) to 15, win by 2.
 - Rally Scoring in all games.
 - Positions must alternate male-female
 - Exception: When playing with 5.

Pre-Game Conference

- Remind Captain's:
 - You are responsible for your team and spectators
 - If there is a problem, the captain should address officials
 - Take control of your team early to prevent problems later
- Make sure you do a jewelry check.
 - All jewelry is illegal equipment and must come off.
 - Taping does not count!!!

Pre-Game Conference

- Decide who will receive choice
 - Coin Flip, Rock/Paper/Scissors, Odd or Even, etc.
- Winner can choose:
 - Service
 - Receive
 - Side
- Loser will pick the remaining option.

Timing

- Games are limited to 40 minutes.
- If games get to the time limit:
 - If in the second game, the team ahead is declared the winner and a third game will be played immediately. First team to 7 wins.
 - If in the third game, if winning team has seven or more the game is over. If not the game continues until one team reaches seven.
- Do not have to win by two in these situations.

Equipment

- Players must wear appropriate shoes
 - No sandals, boots, bare feet, etc.
- Again, make sure the jewelry is off. If you see it stop the game until it is off.
- Blood Rule
 - If a player is bleeding, they must sub out and have it taken care of.
 - If the player bleeding substituting out causes the team to drop below four players:
 - Game will be stopped for five minutes in an attempt to stop the bleeding.
 - If the bleeding doesn't stop in the 5 minute time limit, the game will become a forfeit.

Time Outs and Subs

- Teams get one time out per game.
 - Give about 30 seconds
- Substitutions must sub in at the left-front position.
 - Must be made for the same gender.
- If a team is playing with 5 players, 3 players must be designated as in the front row.

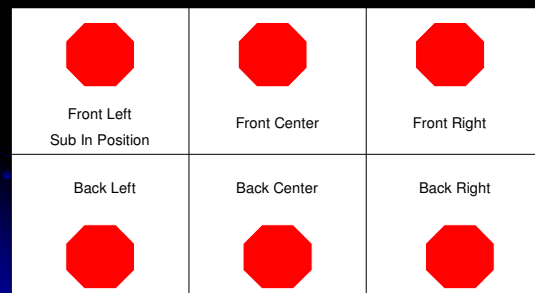
Out of Bounds

- The Ball is out of bounds and becomes dead when:
 - Touches wall or something on the wall
 - Touches the floor
 - Touches the net antennas, the net outside the antennas, or does not pass between the antennas when going over the net.
 - Touches a non-player or referee
 - Touches the ceiling over the opponents side of the court.
 - Enters a non-playable area (another court)

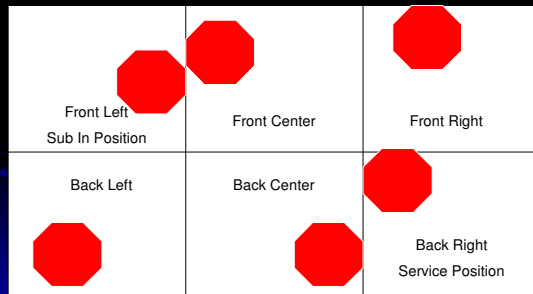
Player Positions

- Back Right (server) right front, center front, left front, left back, center back.
- Players must be in their "area" when the serve is made.
 - Be in the correct serving order.
- Once serve is made, players may move wherever they want.

Player Positions



Player Positions



Penalty For Illegal Positioning

- Point and side out for overlapping or illegal positioning
- For improper server:
 - If discovered before the opposing team makes their next serve, all points are scored by the improper server are canceled and correct order is restored.
 - If after opposing teams serve, penalty is ignored.

Screening

- Players on the serving team can not intentionally screen the opposing team from seeing the serve.
 - Waiving arms.
 - Jumping
 - Standing too Close to the Server
- Penalty—Point and Side Out

Serve

- Ball will be hit with one hand, fist, or arm while the ball is held or thrown by the server.
- Must be completely behind the serving area.
- Player can have one re-serve during their term of service.

Illegal Service

- A serve is illegal when the server:
 - Hits the ball illegally.
 - Is touching the end line
 - Is out of serving order
 - Does not serve within 5 seconds of whistle
 - Attempts to use more than one re-serve.
- Penalty—Point and Side Out

Service Faults

- A served ball becomes a service fault when:
 - Does not cross legally over the net.
 - Let Serves are Legal.
 - Touches the ceiling, does not pass through antennas, or lands out of bounds.
- When receiving team is out of position and the ball is served illegally, serving team is penalized.
- When receiving team is out of position and a service fault occurs, receiving team is penalized.

Live and Dead Balls

- Ball becomes live the moment it is served legally.
- Ball is dead when:
 - It becomes out of bounds
 - Ball or PLAYER breaks the plane of a non-playing area.
 - Player commits a foul.

Contacting The Ball

- A contact is any touch of the ball by a player.
- A hit is a contact that is counted as one of the teams 3 allowable plays before the ball is returned to the other side.
- Ball crosses the net when it is completely over the net, is partially over the net and is contacted by an opponent, or no part of the ball is over the net and is legally blocked.

Contacting The Ball

- Legal contact is a touch of the ball by a player's body that does not allow the ball to visibly come to rest or involve prolonged contact.
- Joust—When two opposing players make contact with the ball simultaneously causing the ball to stop.

Contacting The Ball

- Multiple Contact—More than one contact by a player during ONE ATTEMPT at the ball.
 - Counted as one hit only when first ball over the net rebounds from one part of the body to another on a block attempt or teams first hit.
 - No finger action can occur.
- Simultaneous Contact—Contact by teammates simultaneously. Any player may make the next hit

Contacting The Ball

- Successive Contacts—TWO or MORE ATTEMPTS at the ball by the same player without the ball being contact by another player.
 - Illegal
- Penalty for Illegal Contact—Point and Side Out

Player Action and Front Row

- Attack
- Block
- Front Row Players—May contact the ball anywhere on the court as long as it is a legal contact.

Back Row Players

- When behind the attack line, may contact the ball from any position.
- Back row players may not attack the ball if they take off from on or in front of the attack line. Penalty called as soon as the ball completely passes the net.
 - Exception: If ball is touched before it completely crosses the net the play is legal.
- Back row players may not participate in a block or block attempt.
 - Call is not made until the ball passes over the net.

Net Play

- Ball contacts the net and then goes over is fine, except on the serve.
- Player may not contact a ball that is completely on the opponents side, except for a legal block.
- To call a foot fault, the guilty player must have foot or hand COMPLETELY over the line.
- Net Foul—Any time a player contacts the net, or another player, while the ball is live it is a penalty.
 - Exception—When the ball moves the net into a player.

Blocking

- Blocking a ball that is entirely on the opponent's side of the net is fine as long as:
 - Team has completed their attack
 - Team directs the ball toward the opponents side (referee's judgment)
 - Ball is falling near the net and no member of the attacking team could play the ball (referee's judgment)
- Can not block a serve.
- Ball may be attacked as soon as it is partially over the net (except on a serve).

Fouls

- Double Fouls—Occur when opposing players commit violations at the same time
- Double Hit—Successive or multiple hits by one player
- Foot Fault—Player crosses completely over the service or center line.
- Penalties:
 - Single Foul: Point and Side Out
 - Live Ball, Double Foul: Replay
 - Dead Ball, Double Foul: Both penalties assessed. Teams receive points and rotate.

Replays

- Replay is awarded when:
 - Official's mistake whistle interrupts play
 - Player unintentionally serves before signaled to.
 - Live Ball, Double Foul occurs.
 - Conflicting calls that cannot be resolved
 - Ball becomes dead in the net inside the antennas or overhead obstruction over playable area.
 - When a player is interfered with by a non-player in a playable area
 - Foreign object enters the court (another ball or player from a different court)
 - Ball hits a backboard or supports in a vertical position AND the official believes the ball would have been good