

**SUL ROSS STATE UNIVERSITY**  
**Department of University Recreation**  
**Volleyball Rules**

**The Game**

1. The current National Federation Volleyball Rules will govern play except where modified herein.
2. A coin toss shall be conducted between the designated player of each team prior to the first and third game of the match. The winner shall choose either to serve/receive or playing area. The loser shall be given the remaining choice.
3. They are 25-point games for the first 2 sets, and 15-points for the third set; a game shall be won by the team that has reached the points needed for that set, and is at least 2 points ahead (win-by-2-format). It's a best of 3 game; if a team has won the first 2 sets, a third set is not needed.
4. Rally scoring is used, meaning that a point is awarded after each rally. A rally is the time between the serve and the end of the play. All matches have an allotted amount of time of one hour to play all three games. Warm-up time is included within this hour, so be sure to warm up as much as possible before the actual start time.

**Players**

1. The game shall be played between two teams of no more than six players each. A team must have four players present and ready to play by scheduled game time to avoid a forfeit. However, if a team plays with less than 6 players, a point and side-out will be awarded to their opponent when the open positions rotate to serve.
2. A team will have a 10-minute grace period from the scheduled game time to arrive with the minimum number of players to avoid a forfeit. At the scheduled game time, the supervisor will start the game clock. For every minute the team is not ready begin play, the offended team will receive one (1) point. When the team arrives with the minimum number of players and is ready to being play, the score will reflect the point(s) awarded due to the lateness of the team, and the clock will not be reset. If the team has not arrived within 10 minutes, they will forfeit the game. The game will be recorded as a forfeit with a score of 10-0.
3. The first server of the game is the player in the Right Back position. Thereafter, when a team is awarded a side-out, the player in the Right Front position rotates to the serving area.

**The Court**

1. A ball striking the ceiling or an overhead obstruction shall remain in play. However, the ball must return to the side of the court where it was last played before returning it over the net.
2. Net height will be set to NFV height for each division.

**General Time Factors**

1. The clock shall run continuously throughout the entire playing time except where stopped by rule.

2. The time between games of a match shall be no more than 2 minutes.
3. Each team is limited to two time-outs per game that should not exceed 30 seconds.
4. In case of injury, the referee may interrupt play and, after sufficient time for replacement of the injured player, direct a replay.

### **During Play**

1. 3 contacts allowed per side
2. Double contact only allowed if there is a block and hits your hand
3. Throwing the ball up and hitting it is the proper serve.
4. A serve into the net results in a point for the opposite team.
5. Cannot step on or go over the line during serve, this will result in a point for the opposite team.
6. Going under or into the net is illegal and results in a point for the opposite team.
7. The net serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.
8. The first opponent in contact with the ball is allowed to unintentionally double hit the ball without penalty provided it is not prolonged.
9. A block is having a player close to the net who is reaching higher than the net and deflects the ball coming from an opponent. It is illegal for back-row players, on or in front of the attack line, to complete a block or collective block while the ball is completely above the height of the net. The serve may not be blocked.
10. The ball may be attacked (spiked) or set, including a served ball, when it has partially crossed the net. When a back-row player, on or in front of the attack line, contacts the ball completely above the height of the net and completes an attack, it is illegal (back row attack).
11. Spiking is a play in which the ball is forcibly hit into the opponent's court from above the top of the net.

### **Replay**

1. There can be a do-over with no points awarded if there is an unclear call if someone touched it or not.
2. If two people go into the net simultaneously, a replay can be assessed.

### **Substitutions**

1. Only 12 substitutions allowed the whole game
2. The position of the substitute shall be that of the player replaced without changing the serving order as recorded on the scoresheet.
3. Free substitutions during a dead ball.

### **Co-Rec. Competition**

1. A team shall consist of 3 males and 3 females who shall be placed in alternate positions on the floor. If 5 players are present, any combination of 3 and 2 may participate. If 4 players are present, the team must play with 2 males and 2 females. However, if a team plays with less than

6 players, a point and side-out will be awarded to their opponent when the open positions rotate to serve.

2. Participants shall only substitute for their gender.
3. Any ball touched legally more than once by the same team and then returned must have been touched by a female.
4. The height of the net shall be that which is regulation for men's competition.