

**UND WELLNESS & HEALTH PROMOTION**  
**UNIVERSITY OF NORTH DAKOTA**  
**VOLLEYBALL RULES**

**General**

The *RecSports Participant Handbook* will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below. The Handbook is available at [und.edu/RecSports](http://und.edu/RecSports). Key Handbook items include:

- **Alcohol, Tobacco, and Illegal Drugs** – Handbook pg. 6
- **Registration & Payment** – Handbook pg. 7
- **Captain Responsibilities** – Handbook pg. 9
- **Team Name Requirements** – Handbook pg. 10
- **Playoff Requirements** – Handbook pg. 12
- **Default/Forfeit Instructions and Consequences** – Handbook pg. 14
- **Participant Eligibility/ID Requirements** – Handbook pg. 15
- **Adding Players to Roster/Participation Limits** – Handbook pg. 18
- **Appropriate Attire** – Handbook pg. 19
- **Team/Participant Conduct** – Handbook pg. 21

**Schedules**

Schedules for league play are posted online through IMLeagues.

**Facility**

All games will be played at the Student Wellness Center on the basketball courts in the main gym.

**Questions**

Please feel free to contact RecSports with any questions or concerns.

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## Rules

The RecSports program utilizes NFHS Volleyball rules unless they are removed/modified below.

### Field of Play

- A ball that hits the ceiling (basketball hoops in the air are considered the ceiling) and stays on the side of the hitting team is considered live.
- A ball that hits the ceiling (basketball hoops in the air are considered the ceiling) and crosses the plane of the net is considered a dead ball and a side out shall be awarded.
  - Extended contact with a basketball hoop in the air (more than one or two bounces) will be ruled out.
- Any ball that makes contact with a down basketball hoop will be considered out of play and a point or side-out should be awarded.
- As soon as any ball touches a gym wall or divider curtain it is considered out of play and a side-out should be awarded.
- When the ball lands on the boundary line, it is considered in the court. It is legal for a player to run out of bounds and play the ball; however, a player may not enter another volleyball court to play a ball.

### Players, Rosters, and Substitutions

- Teams will consist of 6 players. Teams may start with as few as 4 players. If a team is reduced to less than 4 players at any point during the match, the match will be forfeited.
- **Players may only play for one open and one gender specific team. Teams with players found to be playing on more than one team within a league will be required to forfeit those games with the illegal player. The first team you PLAY for is the team you are committed to for the season. If you have not played for a team, you are allowed to transfer teams, with proper notification to the RecSports staff.**
- Substitutions
  - Players will rotate in a clockwise rotation.
  - Must rotate in at the serving position.

### The Game

- Ceiling and lights are in play on your side of the net only.
- Games will be played using rally scoring.
- Games are played up to 25 points and must win by 2 points with a cap at 31. Third game of the match played up to 15 points with a cap at 21.
- Matches will be best 2 out of 3.
- Each team gets 1, 45-second timeout per match.
- VOLLEYBALL NET HEIGHT:
  - Women: 7'4"
  - Men/Open: 7'11"

### Serving

- Teams will alternate who serves first between each game. A coin flip will determine who will serve first in the first and third games.
- The first server of the game is the player in the right back position. After a side-out, the receiving team's first server would be the player who started the game in the front right position.
- When receiving the ball for service after a "side out" has been called, each member of that team shall rotate one position clockwise.
- Each member of the team shall serve in turn and may have one chance to hit the ball over the net on the serve. A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The official will cancel the serve and direct a second and final attempt at serve. Only one re-serve is permitted per player, per turn in rotation at service.

- The server shall stand with both feet behind the rear boundary line. The serving area shall be behind the end line and from sideline to sideline. Both sideline extension lines are included in the width of the serving area. The server may not step over the line during service.
- Any ball that hits the net on the serve will be considered live and playable.
- The ball may be served underhand, overhand, or sidearm and may be hit in any manner by the hand.
- The receiving team may set the serve but may not block or attack a served ball. A lift call on a serve receive is an official's judgment call and is FINAL.
- Before the serve, all members of both teams must be in their respective positions on the court. After the server contacts the ball, players may move out of any position, however, back row players may not attack the ball within 10 feet of the net.

### **Contacting the Ball**

- A contact is any touch of the ball by a player (excluding the player's loose hair).
  - Each contact is counted as on the team's 3 allowable hits before crossing to the opponent's side of the net.
  - The block does NOT count as one of the 3 hits.
- A player may not play the ball in succession, unless played once by another player.
  - Exception: One player can make contact with the ball twice if initial contact is a block or a simultaneous hit with another player.
- A ball hit into the net, other than a serve, may be recovered provided a player does not make contact with the net or crosses the centerline.
- If a player is hit by the ball or touches the ball, it is considered **legal contact**. Legal contact is a touch of the ball by a player's body above and including the waist (no kicking), which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
  - Play may continue if the ball hits a foot which is stationary on the ground (not kicked).

### **Fouls/Violations**

If the receiving team commits a foul - point for serving team. If committed by the serving team (point plus the service in rally scoring). The following are fouls or violations:

- Serving illegally, or out of turn.
- Touching the net or reaching under the net to interfere with an opponent playing the ball.
- When a player's foot crosses the centerline into opponent's court. A player may step on the line however may not make contact with the opposing team or cross the line.
- Attacking (spiking or blocking) the ball in front of 10' line when playing a back-row position.
  - Player may land in front of the line if jumping but must leave their feet behind the line.
- Contacting the ball twice in succession, unless the first contact is a block or a simultaneous hit with another player.
- Catching or holding the ball while playing it.
- Contacting the ball in an underhand motion with open hand on hands (slapping/scooping).
- Any prolonged contact between the player and the ball.
- Failure to return ball over the net in 3 or fewer contacts.
- A player that blocks or interferes with the intended set of the opposing team.
- A player or players who move out of their rotation position before the server contacts the ball.
- Blocking or attacking a serve.
  - Front row players only. Determined if the ball is contacted at or above the net height, including jumping sets.
- Kicking the ball. (foot is not on the floor when contact is made)