



## RECREATIONAL VOLLEYBALL RULES

1. All players must arrive at the gym 10-15 minutes before a scheduled game. Failure to show up on time will be considered a forfeit. Being late takes away from playing time.
2. Changes to the game schedule will be made by the Wellness Coordinator if needed.
3. If a team is unable to show up for a game please call the Wellness Coordinator as soon as possible, failure to notify the Wellness office will cause your team to be out of the tournament games. NO CALL, NO EMAIL, NO SHOW = NO TOURNAMENT Participation. (calling 30 minutes before a game constitutes as a no show, must be a last a day's notice)
4. A team must consist of 6 players on the court, 3 female and 3 male. You can start with 5 players, 3 female/2 male or 3 males/2 female or 4 female and 2 males for the practice games only. Any other design will constitute a forfeit. DURING tournament games you must have 3 males and 3 females, NO EXCEPTIONS!!
5. The team captain is the only one allowed to call the flip of the coin. They are the only ones allowed to discuss with a referee, wellness coordinator or other team captain on a questionable call.
6. The team captain is responsible for informing each team member of all the rules.
7. Two 1-minute time outs will be allowed per match and can only be called by the team captain.
8. If a person on your team roster has not played 3 or more games they will not be allowed to play in the tournament.
9. If you cancel 2 or more of your practice games you will not be allowed to participate in the tournament.

### SERVES

10. Must be made behind the yellow line. The line cannot be stepped on or crossed. If it is crossed or stepped on, it is considered a side out.
11. If the ball hits and crossed the net on a serve it is good.
12. Serves cannot be blocked.

### ROTATION

13. All players must rotate one position clockwise each time the ball comes into your team's possession.
14. Players must play all 6 positions (left back, center back, right back, right front, left front, etc.)
15. No other rotation setup can be used. This is to avoid confusion with the other teams.
16. If improper rotation is used, this will constitute a side out and the other team will gain the serve.

### GAME

17. The ball can only be hit with the forearms, fits, or palms. If it hits other parts of your body it is considered a side out.
18. The ball can only be hit 3 times on each side. The 3<sup>rd</sup> hit must be crossed.
19. A female must be included in every play unless the ball is crossed on the first hit.

20. If the ball lands on the yellow boundary line it is considered in.
21. A block is a tip and not considered a hit. Players have 3 more hits.
22. If the ball hits the ceiling and comes down on the same side of the team that hit the ball, play may continue. If the ball hits the ceiling and falls on the opposing side it is considered a dead ball or a side out.
23. Substitutions can be made during a match at the discretion of the team captains. Please let the other team know to avoid confusion.
24. If the ball hits any of the poles or backboards while in play it will constitute a side out.
25. It is a foul for a player to touch the net, reach under the net or step over the center line. It will constitute a side out.
26. Spiking is not allowed. Overhand serves are allowed.
27. Carrying or lifting the ball is not allowed. Using an open hand to stop the ball and push it upward or forward is a carry. A player cannot catch the volleyball with both hands and quickly toss it in a forward direction across the net.
28. Down balling is allowed. A down ball is hitting the ball with an open hand while feet are still planted on the floor.
29. Dinking is allowed. A dink is a soft hit with the fist or pads of the fingers. The ball will fall softly onto the other side of the court.
30. A complete game will be declared when one team reaches 25. A team must win by 2 points if you're in a tie match. 2 out of 3 games must be won to win the match. If a 3<sup>rd</sup> game is needed to determine the winner the deciding game will play to 15 pts.

**REMEMBER, we are here to have FUN, Enjoy time with your co-workers, Build comraderie and get some EXERCISE.**

**If you have any questions or concerns please contact the Wellness Coordinator Anisa H. Ramirez at 698-0073. I'm at your service.**

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**THANK YOU for Participating. ENJOY!!!**