

# REC SPORTS

## VOLLEYBALL RULES FOR BEACH AND INDOOR

Phone: 532-BALL

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### WOODY'S FACILITY RULES:

1. All beach volleyball players and spectators must park in the far North-East corner of the parking lot.
2. No food (except fruit) or beverages are allowed on the premises! Water will be provided for all participants.
3. You must have on shirt and shoes to enter the restaurant.
4. No glass bottles or glasses are allowed outside the decking area.

\*\*\* WOODY'S AND REC SPORTS THANK YOU FOR YOU COOPERATION \*\*

### GENERAL LEAGUE RULES FOR WOODY'S and WESTWOOD:

*All leagues are governed by the United States Volleyball rule book unless otherwise indicated below. "All participants must know the Official USA Volleyball Outdoor Rules and abide by them." (6.1.1)*

1. **Games will begin with** one team member doing an odd-even behind their back as a member of the other team witnesses the guess by their teammate. The winner chooses either: to serve, or the side of the court on which to start the game. On the second game the choices will be flip flopped. This will also be their choice for the third game.
2. **League Format** - The session lasts for 60 games. All three games will be counted as an overall record. All teams will make the playoffs and seeds will be based on records.
3. **Length of Game** - Teams will play three games against each opponent. Each game will be played to 17 points win by two or first to 19.
4. **Setting Over the Net** – If a player sets the ball over the net, the shoulders need to be square with the direction of the ball. "If the ball is intentionally set into the opponent's court, the player must contact the ball above his/her shoulders and must direct the ball perpendicular to the directions his/her shoulders are facing." (13.4.5) **Commentary:** A legal set directed toward a teammate that unintentionally crosses the net **due to** the elements is not a fault, regardless of the body position. (13.4.5).
5. **Setting the Serve** – Setting the serve will be illegal in all Rec Sports beach leagues. Unless otherwise overruled by the majority vote of the individual league (see supervisor of individual league)
6. **Serves** - Teams cannot hand set or block a serve.
7. **Directional Blocking (Power Dumping)** – Is not allowed. Directional blocks are not clean blocks and can appear that the player is catching the ball and throwing it to a desired location.
8. **Time Limit** - There will be a 50 minute time limit for each 3-game match. The time will begin either at game time, or when the preceding game is complete. Warm-ups may have to be done at the side or in the grass as games must begin immediately to ensure a timely start for all games. If the third game begins within 10 minutes of the next game time, the final game may need to be shortened. Supervisors have the right to handle situations on an individual basis.
9. **Contact with the net**- Contact with the net by a player is not a fault; unless it interferes with play. However touching the top of the net is a fault
10. **No open hand tips/dinks.** Alternatives include palms, heel of the hand, locked straight fingers, knurled fingers, or the back of the hand.

“Players may partially or completely cross the center line below the net...provided this does not interfere with the opponent’s play. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent’s opportunity to play the ball.” (15.2.1)

11. **Playoffs/League Tournament** – The playoffs will be played the last week of the session.
12. **Bad Weather** - In the case of bad weather call the Rec Sports weather number at **222-5010 by 4:45pm**. If games are canceled in the middle of the night we will change the message on the website and weather number as quickly as possible to indicate that the games have been canceled. If weather is questionable you may want to call before you come. Games will either be made up at the conclusion of the session, or a revised schedule will be made.
13. **Forfeit** - Games will start at the scheduled times. If a team is missing players, they can start with one player and add players as they arrive at the courts. In the event a team is more than 5 minutes late for the first game and the three games cannot be completed, the team that is late will forfeit the first game. Due to several circumstances that may arise, supervisors reserve the right to handle situations on an individual basis.
14. **Substitutes:** Substitutes can be made at any time. Substitutes can come in at any position.
15. **Positioning/Server** - “Players are free to position themselves anywhere within their court. There are no positional faults.” (10.1.2). The serving order must be maintained.
16. **Co-ed Leagues** - In co-ed leagues, if the ball is contacted more than one time on a side, it must be contacted by a female player.
17. **Blocking/Spiking** - All players are eligible to block or spike. One-handed fingertip “drop shots” are illegal.
18. **Time outs** - One time out is allowed for each of the first two games. NO time outs for the third game.
19. **Rosters** - All players and substitutes will be required to print and sign an official roster/waiver before participating. Players under the age of 18 must have a parent’s signature. These signatures will serve as the official roster. All substitutes must be printed on the roster by a team member prior to the fourth week of the session and then signed by the substitute prior to participating. If a team suspects their opponent of playing with a substitute not on the official roster they must notify a supervisor immediately. If the player is an illegal player they will not be allowed to play. If after the protest a player continues to play and it is later determined that the player was illegal, then the game will be forfeited. A player must participate in 40% of the matches in order to play in the playoffs. Special requests due to circumstances such as, but not limited to, injury must be cleared prior to the match with the nightly supervisor. Teams may add substitutes within the allowable time.
20. **Hand-sets** - Are allowed and not strictly called on rotation. Obvious double hits, lifts or carries are illegal. “It is forbidden to wear an object that may cause an injury to a player, such as jewelry, pins bracelets, casts, etc.” (5.2.1)
21. **Blocking** - “Blocking does not constitute a team contact.” (13.1.3) “A player may touch the ball with any part of the body.” “A player may have successive contacts with the ball during a single attempt to make the team’s first contact provided the fingers are not used to direct the ball.” (13.4.2)
22. **Dinking** (for Doubles, Triples and Four-Person Competition only) When contacting the ball with one hand..., the ball must be cleanly hit with the heel of hand, a roll shot, or with straight, locked fingertips (cobra), knurled fingers (camel toe) or with the back of the hand from the wrist to the knuckles. One-handed placement or redirection of the ball with the fingers (a “dink” or “open-hand tip”) is a fault.” (13.4.6)
23. **For Six-Person Competition only:** “At the time the ball is contacted for service, the placement of players must conform to the service order...” (10.1.3) “After the ball is contacted for service, players may move

from their respective positions.” (10.1.3.2). The front can switch with the front and the back can switch with the back. However, players cannot move from the front to the back.

24. **Talk with supervisor on your night for questions on rules.**

**INDIVIDUAL LEAGUE RULES:**

**Co-Ed Rule: If a ball is hit more than one time on a side, a woman has to hit it.**

**4 - 4 Teams** must have a minimum of 2 players. **Co-Ed Teams** must have at least one woman present. If one woman is playing the co-ed rule still applies. If a team has two women present, both must be playing. **4 - 4 Teams** do not have to hold their positions during the service, but must maintain the proper serving order. All players are eligible to block or spike. Teams cannot have more than two men playing at a given time without the permission of the opposing team.

**6 - 6 Teams** must begin with a minimum of 3 people. **Co-Ed Teams** must have at least one woman present. If one woman is playing the co-ed rule still applies. All women present must be participating unless more than 3 women are present. It is illegal to participate with more than 3 men without the consent of the opposing team. The ghost rule will not be used.

**INDOOR LEAGUE RULES:**

1. According to the USA volleyball rules, anything less than 6-6 is governed under beach rules. This would mean that setting the serve is not allowed during indoor. I think that an exception should be made for this beach rule. This will also be the case with all REC Sports 4-4 tournaments and leagues (EXCEPT: The indoor rule of going under the net. This will also be illegal if the entire foot is over the line.)
2. **The ceiling** – The ceiling is out of play unless the ball remains on the same side and the team has not used all three hits. The basketball brackets and backboard are out of play. If the rim and net extend into play and it will result in a replay for consistency sake. If the ball hits the curtain, it is out of play. A player may make contact with the curtain as long as he/she is the person to hit the ball.
3. **Length of Games** – Games will be played to 21 points win by two. The maximum length of the game is 25 points.