



# Hardin-Simmons University University Recreation Department

## Volleyball Rules

### The Game

1. The current United States 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. 45-minute match clock – starts with first serve and does not stop except for injury a. If game is tied and clock expires = play one more serve
4. Games 1 and 2
  - a. first to 25 points,
  - b. win by 2 points or first team to 28
5. Game 3
  - a. first team to 15
  - b. Do not have to win by 2
  - c. If clock expires in game three, higher point total wins
6. A match during league play will consist of the best two out of three games.

### Players

1. The game shall be played between two teams of no more than six players each.



2. A team must have four players present and ready to play by scheduled game time or a forfeit shall be declared. The second game of the match will be forfeited 15 minutes past the scheduled starting time and the third game 30 minutes past.
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.

### 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. The serve may not be blocked. **However, the ball may be attacked (spiked) or set, including a served ball, when it has partially crossed the net.**
2. Spiking is a play in which the ball is forcibly hit into the opponent's court from above the top of the net.



### Substitutions

1. The position of the substitute shall be that of the player replaced without changing the serving order as recorded on the score-sheet.
2. 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 4 players are present, the team must play with 2 males and 2 females. If 5 players are present, any combination of 3 and 2 may participate.
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.

