

UCDAVIS

CAMPUS RECREATION

Rec Sports

Rec Sports Official Rules

Grass Volleyball

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Overview: 4-Aside Grass Volleyball is played by two teams of four players. The object of the game is to win the match by winning 2 out of 3 games. A point is scored on each play. The Rec Sports Staff supervisor will provide a game ball, but please leave behind an ID during play for this equipment.

Changes of Note: During service, the server must call out the score before each serve.

1. FIELD OF PLAY

1.1 Markings

Field dimensions are recorded by the markings of the yellow rope enclosing a rectangular portion of the grass.

1.2 Center Line

Center line is the vertical plane dividing the court into two sides. It is unmarked on the field.

2. EQUIPMENT

2.1 Poles

Two **poles** support the net. They should not bend when tension is applied on the net. They should be stable enough to stand if a player collides into the pole during a play.

The **pole** is not considered an extension of the net and should the ball contact the pole in the course of play the ball will be judged dead.

2.2 Stakes

Four **stakes** will be holding the poles up. These stakes should not be sticking out of the ground. If they are, it's a safety hazard. Either push them in with the heel of your shoe or let the IM Staff supervisor know.

2.3 Center Line

A net attached to the poles is a reference for the **center line**. If the ball hits the net, it is still live.

2.4 Ball

A ball will be available for each scheduled match. Please check one out from the IM Staff supervisor by entrusting that person with your ID while you borrow the equipment. A hand pump will be available to add air to a flat ball.

3. TEAMS

3.1 Two Teams

The game is played by two teams consisting of **four players per team on the court at one time**.

Although four players per team on the court is preferred, they can legally play only three players at one time if needed.

Up to 10 players can register for one team's roster on Fusion Play.

3.2 CoRec Rules

In CoRec leagues, there are required ratios of genders that must be represented to ensure fair play - no more than 2 players can be of the same gender identity playing at the same time from one team.

Examples of legal gender ratios:

- 2 women, 2 men
- 2 men, 1 non-binary player, 1 woman
- 2 non-binary players, 1 woman, 1 man

Examples of illegal gender ratios:

- 3 women, 1 non-binary player
- 4 men

4. START OF THE MATCH

4.1 Ro-Sham-Bo (Best Out of One)

Prior to the match, please follow all direction from the Rec Sports supervisor ("red shirt") regarding rules, court usage, timing, etc.

Once you have the okay to start your game from the supervisor, team captains will pair up with their opponent for ro-sham-bo (best out of one).

- The ro-sham-bo winner may select a side or service order for the first game. The loser receives the remaining option.
- Teams also have the option to rally for the choice: side or service.
- The second game begins with an automatic reversal of the initial choices

4.2 Start Time

Games will begin within **0–5 minutes from the scheduled start time**

- This allows for warm up time if the nets were late being set up, and also allows for a brief captains' talk.
- Captains: be sure to start your game within 10 minutes of the scheduled start time.

4.3 Forfeits

Forfeits will be called **five minutes after the scheduled start time** if there are not enough players checked in.

5. FORFEITS

5.1 Grounds for Forfeit

A forfeit constitutes:

- Non-appearance
- Less than 3 players checked in at five minutes after scheduled game time
- Cancellation of the contest with less than 24 business hours' notice to the Rec Sports Office
- Improper gender ratio

5.2 Forfeit Consequences

A forfeit by a team will result in a \$20.00 fine being assessed. The captain has **7 days to protest** the forfeit. Should the team incur a second forfeit, another forfeit fine will be assessed and the team *may* be dropped from further play. Fines are billed to the team captain via Fusion.

6. LENGTH OF MATCH

6.1 Rally Score

All matches are best two-out-of-three rally score games.

6.2 Cap Points

All 3 games are played to 21 points, with a cap of 25 points in each set (can win 25-24).

The Deuce rule is in effect where teams must win by a minimum of 2 points, should the score reach 20-20.

6.3 Switching Sides

Teams will change sides after each game of the match. In the third game, teams will switch sides when **one team reaches 11 points**.

7. TIMEOUTS

7.1 Dead Ball

Timeouts can be called when the ball is dead. Either team may call a time-out on a dead ball.

7.2 Maximum Timeouts

Each team is allotted a **maximum of one (1) full time-outs per game**.

Exception: In the event of an injury, one additional five (5) minute time-out may be called.

If a player cannot return to play after an injury time-out, an alternate player chosen by the team's captain will replace the injured player.

8. SUBSTITUTIONS

Substitutes can only enter and leave at the **serving position**. Substitutions are unlimited.

9. SCORING

9.1 Rally Score

Rally score will be played in all games; e.g., a point is scored on every play.

9.2 Calling Score

During service, the server must call out the score before each serve.

9.3 Score Reporting

The winner of the match and the amount of games won must be reported to the supervisor on shift at the end of the match. ("Team A won, 2-1")

10. OFFICIATING/VIOLATIONS

All Rec Sports regular season matches and playoffs will be self-officiated. Teams must settle any disputes before continuing play.

10.1 Stopping Play

Play continues until a violation or time-out is called by one of the teams, or until the ball touches the ground or an object outside the court.

10.2 Sideout

Whenever the defending team earns a point, that team gains service of the ball. This is called a sideout.

10.3 Poles

If any part of the ball contacts the pole or passes over the (*imagined*) vertical extension of the pole, it is out of play.

10.4 Communication Violations

If a violation occurs after the ball has hit the ground, but during the normal course of continuation of the play, that violation shall forfeit the point.

For example: a player hits a ball which contacts the opposing team's court, after which their forward momentum carries them into the net.

10.5 Contact of Service

The service may not be contacted by the opposing team while the ball is above the height of the net (i.e., it may not be blocked or attacked by the receiving team).

10.6 Passing Over the Pole

If, after three contacts, any part of the ball passes over the poles, it is a violation. The ball must pass entirely within the poles and their (*invisible*) vertical extensions.

11. SERVICE

11.1 Location

The ball may be served from any point behind and between the end lines.

11.2 Order of Service

Teammates are to alternate who serves each time their team earns a sideout.

There is no penalty for serving out of order. An incorrect server, once they have initiated the serve by contacting the ball, will be allowed to complete the duration of their rotation. However, immediately following that term of service, the offending player does not serve again until their three teammates have served in the order established prior to the infraction. In such instances, the opposing team's order of service does not change.

11.3 Rotation

Players may play at any position and hit from any location in the team area. Rotation is for serve only.

11.4 Replay

If the receiving team is not ready and makes no attempt to play the ball, the service may be replayed.

11.5 Net Serves

Net serves are allowed. Thus, if the ball hits the net on a serve and goes over, the serve is still live. In the event a ball hits a net then lands outside the defending team's field, the serve will be determined "out" and the defending team will receive a point.

12. BALL CONTACT

12.1 Contact with Body

The ball may be contacted with any part of the body.

12.2 Team Contact

The ball may be contacted no more than three times by a team. After the third team contact, the ball must cross over the net between the poles and either land in the opponent's court or touch an opposing player. (Block does not count as first team contact).

12.3 Multiple Contacts

A player may make contact with the ball twice in succession, provided it is the first team touch during one effort to play the ball or such contact occurs while blocking.

12.4 Dumps and Tips

Open hand dumps or tips are not allowed. The "Cobra" or "Knuckle" contact is allowed. Dumps and tips must be done with a closed hand. All attempts made with one or both of these skills must be done without prolonged contact.

13. SETS

13.1 Rotation

Rotation should not be an automatic determination of a setting violation.

13.2 Resting Ball

The ball may not come visibly to rest in the setter's hands.

13.3 Contact with Both Hands

During the set, the ball must be contacted simultaneously by both hands to avoid a double hit violation.

13.4 Set Direction

A ball need not travel in the same direction the setter is facing. However, the setter cannot hold or carry the ball to change the direction of the set.

13.5 Intentional Set

The ball may be intentionally set into the opponent's court.

14. PLAYS AT THE NET

14.1 Player Contact with the Net

A player may not contact the net with any part of the body. The violating player is responsible for calling the violation and stopping play. It is not a violation if a player is wearing a hat and the hat contacts the net after inadvertently falling off the player's head. It is not a violation if a player's hair contacts the net.

14.2 Passing Below the Net

A ball crossing the center line below the net may be returned below the net to the attacking team's side by a player of the attacking team, providing the ball has not been touched by the opposing team.

14.3 Pole

If any part of the ball contacts the pole or passes over the (*imagined*) vertical extension of the pole, it is out of play.

14.4 Playing Under the Net

A player may cross under the vertical plane of the net provided there is no interference with the opponent's play.

14.5 Interference

No player may interfere, or threaten to interfere, with an opponent's play.

14.6 Blocking

Any legal player may attempt to block a ball passing the vertical plane above the net. Such a player is determined to be blocking when positioned within arm's distance of the net with a hand(s) above the height of the net.

- When blocking a “hard-driven” ball, the legal blocker may:
 - Momentarily freeze the ball
 - Have multiple contacts with the ball as long as such contacts are judged to be in the course of a single attempt at blocking an attack. Such contact is not considered a team contact and any player may make the next contact, including the legal blocker.
- A blocked ball may be directed by the legal blocker, but may not come to rest or be “carried” by the blocker. When blocking a ball which is not hard driven, the legal blocker must have a clean hit on the ball and may not redirect the ball.

14.7 Player Contact with the Pole

A player may accidentally contact the pole during the play, but not in such a way that it gives them an advantage in making the play.

15. PLAYER CONDUCT

Please practice sporting behavior at all times. The following are a few violations of player conduct. They can affect the Fair Play score.

15.1 Abuse of Equipment

Players may not kick or hit the ball or pull on the net in such a way that play is effectively delayed. Such conduct will result in the forfeit of a point.

15.2 Delay of Game

A player shall not commit any act which in the opinion of those present tends to slow down the game unnecessarily.

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