



Water Volleyball Leagues and Tournaments Rules of Play

Team Size

- A team consists of 7 players. In the case of injury or player ejection a team may continue to play with 6 players. A team cannot play with 5 players, regardless of the circumstances.
- Co-Ed Teams must have at least three females play in the game, either as part of the six players on the court or as a rotator.
- A team may have a seventh player rotate in when they regain the serve. When a team has seven players all players must rotate
- Substitutes are not allowed during the game except for injuries
- If the format of the game requires teams to switch sides halfway through players may reset

Length of Game (*)

- The game length will be predetermined based on the number of teams entered and the time constraints.
- Points are scored on all served balls.
- Each team is allowed one 30 second timeout per game.

Starting the Match – Legal Serve

- A legal serve is the act of putting the ball in play by the player in the back-right corner (facing the net) and within an arm's length of the back line.
- The server must contact the ball with one hand or any part of one arm in an effort to direct the ball into the opponent's court. There must be "air" between the ball and the hand holding the ball at the moment of impact. The ball must not be thrown or pushed.
- Before serving the person serving must call out the score and announce "serving".
- The team receiving will have the last court positioning adjustment.
- A serve that hits the net and drops toward the opponent's side of the court, shall still be considered "in play."
- Only one toss or release of the ball is allowed.

Serve Rotation

- The ball may be played by the receiving team, it may drop outside the court for a point for the receiving team, or it may drop inside the court for a point for the serving team.
- When the serving team commits a foul, fault or violation, the ball shall be given to the receiving team who shall rotate one position clockwise. A point will be awarded to the receiving team.

Play at the Net – Attacking

- An attack, hit, or spike is an intentional effort to direct the ball into the opponent's team area in other than a blocking action. A third hit by a team is considered to be an attack hit, regardless of intention.
- Examples of legal attack hits are:
 - **Spike or Hit** - an overhead single arm swing that forcibly drives the ball into the opponent's court;
 - **Tip or Dink** - a fingertip attack that directs the ball into the opponent's court.
 - **Overhead Pass** - a two-hand overhead contact that directs the ball over the net.
- Example of an illegal attack hit is:

- The front row player spikes (attacks) the ball with two hands. It is considered two hits and thus an infraction.
- A player is not allowed to attack the ball on the opponent's side of the net
- If the ball is hit above the attacker's side of the net and the resultant follow-through causes the attacker's hand and arm to cross the net without contacting an opponent or the net, such action will not be considered a fault.

Play at the Net – Blocking

- Blocking is an action close to the net (typically arm's length or less) and above the net which intercepts the ball coming from the opponent's side by making contact with the ball before it crosses the net, as it crosses, or immediately after it has crossed the net. Blocking the serve is permitted.
- Attacking the ball (arms coming forward) in an attempt to block is not permitted.
- If a ball has not completely crossed the net a defensive player must allow the offensive player a chance to make contact.
- Blocking may be legally accomplished only by players who are positioned in the front row at the time of service.
- An attempt to block does not constitute a block unless the ball is contacted during that effort - an actual block is contact with the ball by one or more of the blockers.
- Blockers may reach over the net to block but may not contact the ball until after the completion of the opponent's action which sends the ball towards the blocker's side of the court.
- Multiple contacts of the ball by a player or players participating in a block shall be legal provided it is during one attempt to intercept the ball.
- Any player participating in a block shall have the right to make the next contact, with such contact counting as the first of a team's 3 allowable contacts.
- When there is simultaneous contact of the ball between opposing players and the ball is momentarily suspended between the hands of opposing players and clearly comes to rest play will continue on.
- Interference: If a defensive player makes contact with the offensive player's hand/arm prior to/or during the offensive player's hit, it is then called Interference and the point is awarded to the offensive team. (If contact is made after the offensive players 'hit', then interference is not called.)

Play at the Net – Violations

- The following are examples of player interference.
 - Touching the top band/ ribbon of the net during his/her action of playing the ball.
 - Taking support from the net simultaneously with playing the ball.
 - Making actions which hinder an opponent's legitimate attempt to play the ball.

Number of contacts

- Each time the ball crosses over the net, a team must make three contacts before they send the ball back to the opponent's side. A player cannot contact the ball twice in a row. A block does not count as a contact. A lift or carry on the first contact is NOT a fault. A ball is allowed to be lifted out of the net.
- The ball can contact any number of parts of the body, providing such contacts are simultaneous and the ball rebounds immediately and cleanly after such contact.
- Simultaneous contacts of the ball by more than one player of the same team are allowed and are considered one contact. Either player participating in such a play may participate in the next play.

Simultaneous Contact with the Water

- If any part of the volleyball touches the surface of the water or if water is 'brought up' by the motion of the hands, a point is awarded to the opposite team. The exception being that if the ball comes 'off the net', a water call will not be enforced if you bring up water. However, if the ball hits the water, it is a dead ball.

Lift, Carry, Throw, Double Contact

- The ball must not come to rest on the hand or hands or be touched for an extended period of time.
- The ball is a lift if you use two open palms beneath the ball to hit it. If you use one open hand beneath the ball the ball should rebound off your hand and not come to rest on your hand.
- A carry is when a player makes contact with the ball for an excessive amount of time. If the contact on the fingers is not momentary, then it would not be considered a proper set or pass and will be called a carry. You may hear some players call this directional. If a player makes contact with the ball and turns their body to either pass, set, or attack, the ball is on their hands for an extended period of time.
- Hitting the ball with two fists is a fault. (double contact).
- Lifts and carries are considered a "fault" when it occurs on the second or third touch. Lifts and carries are allowed on the first touch of an opponent's attack or if the ball is played "out of the net." A throw is NOT allowed on any hit.
- Throw - the ball comes to rest in your hand and you throw the ball. If the ball is behind you the ball must rebound off of your hand.

Out of Bounds

- A ball hitting the wood pole is considered "in bounds". A ball that hits the metal/ plastic pole is considered "out"

Resolving Disputes (no referees)

- A team captain should call infractions (unless there is a referee) on their team with the help of rotators if there are any. The rotators should be advised of their role ahead of time by the captain. The back row stays out of decisions regarding net violations.
- If there is a dispute regarding whether a ball is in or out of bounds the player nearest the ball will make the final decision.
- If the dispute cannot be settled the point shall be replayed
- All team captains are expected to act with good, fair sportsmanship for both teams involved in the game.

Resolving Disputes (with referees)

- When there is a referee do not call your own infractions.
- The only player to communicate with the referee is the captain of each team.
 - The referee's decision is final: no back talk, no complaining
- Wait for the whistle before serving
- Poor sportsmanship can result in the referee awarding the other team warnings or points – a yellow card (warning) and a red card (removal from play and a point awarded to the opponent's team) may be used for violations of the above referee code of conduct.

Sportsmanship

- If a player knows they have caused an infraction (net violation, lift, throw, etc.) they should call it on themselves. (unless there is a referee)
- Obscene language and belittling of other players will not be tolerated.
- The team captain is the only player allowed to give advice and instruction to their fellow players.
- Good sportsmanship and team play is paramount in the sport of water volleyball.
- Violations of the Code of Conduct & player disciplinary matters must be reported to Recreation Department Staff. The Recreation Department has the sole authority to discipline players from league activities via suspension or permanent removal from play.

****Recreation Staff reserves the right to modify or alter any and all rules or policies.***