

# UNIVERSITY RECREATION WELLINGTON

## VOLLEYBALL SOCIAL SPORTS LEAGUES

### GENERAL INFORMATION

#### Teams

- 6 players per team are allowed on the court at any one time (3 front row players, 3 back row players).
- Teams must have a minimum of 4 players to start or they will forfeit the game.
- Substitutions can roll on at the start of each of their own teams serve. The whole team rotates round one position and the back-row player cubs off.

#### Game Times

- Games consist of 30 minute slots.
- Due to the tight nature of bookings, games will start at the scheduled time whether teams are ready or not.
- If a team is more than 5 minutes late then they will receive 1 penalty set against them.
- If a team is more than 8 minutes late then they will default the game.

#### Defaults

- It is expected that teams are able to play every week; defaults should be avoided where at all possible and no-shows will not be tolerated.
- In the case of a default, a 3-0 score will be awarded to the non-defaulting team.
- **Any team who does not turn up to their match without providing at least a day's notice, will receive one warning and repeat offenders will be removed from the league without a refund.**

#### Misconduct

- The emphasis of the leagues is on fun, enjoyment and a social atmosphere. They provide an opportunity to get active in a friendly environment. While healthy competition is encouraged, this should not be at the expense of these goals.
- Players and teams must compete and conduct themselves in a spirit of fair play and should accept officials' decisions without gesture or argument. Aggressive play, violent misconduct and foul language will not be tolerated, and any incidents of this nature will be dealt with seriously. Consequences can include the withdrawal of specific players or a whole team from games/the league, without a refund.
- Any players (or spectators) who are intoxicated will be asked to leave the facility.
- If you have any concerns relating to any behaviour or incidents that occur during the leagues, please complete a feedback form that will be given to the Sports Manager.

#### Eligibility

- Players must have played two games during pool play to be eligible to play during finals rounds. The exception to this is if both teams agree that a fill-in player can be used; in this case, the fill in player can play and the result of the game will stand.
- Participants can play for multiple teams throughout the different leagues but are only allowed to play in ONE team in any given league. Exceptions may be granted in special circumstances.

### **Finals Rounds**

- In finals rounds (quarters, semis & finals – depending on the format of the league), a result is required in all games.
- If teams are tied at the end of a game in finals rounds, this will result in extra time until the first team is ahead in the set by 2, to determine a winner.

### **Warming Up**

- Players are responsible for ensuring they are sufficiently warmed up and physically prepared to participate in sporting activity. It is recommended that a warm-up involves some light cardio and stretching to help prevent the chance of injury.

### **Clothing**

- Suitable sports shoes and clothing must be worn (no bare feet).
- No sharp or dangling jewellery is to be worn.
- No hats or sunglasses to be worn.

**Volleyball rules are outlined on the next page.**

**Please note these are subject to change.**

# VOLLEYBALL RULES

Games are played under standard volleyball rules, except for specific rules on fouls (see below), and it's expected that players are familiar with these.

## General Rules

- Each team is allowed to have a maximum of three touches to get the ball over the net (blocks do not count as a touch).
- The same player cannot hit the ball twice in a row.
- The ball has to travel between the imaginary antennas when travelling over the net (the line from the end of the net to the ceiling).
- The server is allowed to serve the ball any spot behind the backline.
- It is legal to hit the ball with any part of the body, the foot and leg included.
- If any team member has anything to say to the ref, it has to be said through the team captain.
- Games will be played to 15 points. Teams can score a point off any serve.
- Matches will be won by the team who has won the most completed sets in the allocated time slot.

## Fouls

- A foul will be given when:
  - Players spike and step over the "net line" (both feet) before the volleyball is dead
  - Players touch the white tape of the net when spiking, blocking or setting
- Players are not allowed to catch, hold or throw the ball.
- Players are not allowed to hit or block the opponents serve, before it drops below the white tape line.

## Outs

- The referee will call the ball "OUT" when:
  - The entire ball lands outside the boundary line
  - The ball hits / goes outside the antennas
  - The ball hits the ceiling or wall
- The referee will call the ball "IN" if any part of the ball hits the lines.