

# 2022 Capt'n Bill's Volleyball League Rule Book

*The following rules have been taken from the  
2016 USA Beach Volleyball Rule Book.*

*Some rules have been altered to better suit Capt'n Bill's volleyball leagues.*

## 1. Facility and Equipment

### 1.1 Weather

**1.1.1** We play in all sorts of weather. Three fifteen-minute delays may be taken before canceling games.

If it is raining during the day assume that we are still running games that evening. You will be notified if games are canceled ahead of time.

### 1.2 Official Ball for the Match

The serving team shall pick the ball for the game, but the ball must be an official game ball, meeting the specific inflation range for that specific ball (typically listed in small print on the ball.)

### 1.3 Height of the Net

**1.3.1** Placed vertically over the middle of the court there is a net whose top is set at the height of 2.43 (7'11<sup>5</sup>/<sub>8</sub>") for men and 2.24 m (7'4<sup>1</sup>/<sub>8</sub>") for women.

**1.3.2** Its height is measured from the center of the playing court with a measuring rod. The net height (over the two side lines) should be exactly the same and must not exceed the official height by more than 2 cm (3/4").

## 2. Participants

### 2.1 Composition and Registration

**2.1.1 All our leagues are coed unless otherwise stated.** Teams with fewer than the required number of players are incomplete but may still compete under the following conditions:

**2.1.1.1** 6 person teams may play with as few as 4 players. Ex. - 1 female and 3 males, 3 females and 1 male or 2 females and 2 males.

**2.1.1.2** 4 person teams may play with as few as 3 players. Ex. - 1 female and 2 males or 2 females and 1 male.

**2.1.1.3** 2 person teams must always have 2 people on the court and may play with 1 female and 1 male or 2 females. (this is the only league that we allow all of one sex to play together)

**2.1.2** A team does not have the option to play with less than the full amount of players when players are present and able to play. Ex. – For 6's, they can not play with 4 players and have 2 players sitting out. If they have 6 people here they must play with 6.

**2.1.3** Only players and substitutes recorded on the roster may participate in the game. Players will be checked in by the referee prior to the first game. Teams found to be playing with players not on their roster will receive a loss for any game played with illegal players.

**2.1.3.1** Players removed from a roster cannot be re-added during the same season.

### 2.2 Captain

**2.2.1** The captain is the player who represents his/her team in dealings with the corps of officials and the program director.

### 2.3 Substitutes

**2.3.1** Only players recorded on the roster may participate in the match.

**2.3.2** Free substitution is allowed if teams do not gain an advantage by their substitution patterns. This will be determined by the referee.

### 2.4 Player's Equipment

**2.4.1** Players may wear items such as jewelry, casts, hats, visors, or eye wear. Players wear these items at their own risk. It is not a fault if these items fall off during play and contact the net. Capt'n Bill's is not responsible for any lost items.

**2.4.2** It is forbidden to wear any objects that may cause an injury to another player.

### 3. Rights and Responsibilities of the Participants

#### 3.1 Players

**3.1.1** Participants must accept referees' decisions with respectful conduct, without disputing them. In case of doubt, clarification may be requested. **This means you cannot argue with a referee.**

**3.1.2** Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only toward the referees, but also toward other officials, their teammates, the opponents, and spectators.

**3.1.3** Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team.

**3.1.4** Participants must refrain from actions aimed at delaying the set.

**3.1.5** While the ball is out of play, a captain may request an explanation on the application or interpretation of the rules used during the previous rally.

**3.1.6** Communication between members of opposite teams is permitted within the spirit of fair play and sportsmanlike conduct.

#### 3.2 Captain

**3.2.1** The captain of the team is designated with a "c" next to their name on the roster sheet.

**3.2.2** The captain is the only person able to make changes to the roster.

**3.2.3** The captain is the player who the ref should communicate with if a player on their team is causing an issue.

### 4. Scoring System

#### 4.1 Game Format

**4.1.1** Single games are played not matches. 1 game to 21, switching sides of the court at 11 points.

#### 4.2 TO WIN A GAME

**4.2.1** A game is won by the team that first scores 21 points with a minimum lead of two points. In the case of a 20-20 tie, play is continued until a two-point lead is reached (22-20, 23-21, 25-27etc.). **Game cap is 26 during league play.** Game cap is 21 for games to 15 during league play.

**4.2.2** Teams will play for a 1hr and 50 min period playing 1 game to 21 points at a time before rotating with the other teams assigned to that court. At the end of the 2-hour period, the team's win percentage will be recorded to determine standings for the next week's games.

#### 4.3 Default and Incomplete Team

**4.3.1** All teams assigned to the court need to be present at the time of the first game. **This includes the sitting team.**

**4.3.2** Teams are not given losses for forfeiting but teams are only allowed a maximum of 2 weeks of forfeits during the league (for a 10-week league). If they miss more than 2 weeks the team will become ineligible for any post season awards or play.

### 5. Preparation for the Match

#### 5.1 Coin Toss

**5.1.1** Before the game, the referee conducts a coin toss/games of odds or evens in the presence of the team captains. The winner of the coin toss chooses either: (1) to serve or receive the first ball or (2) the side of the court on which to start the game. The loser takes the remaining alternative.

### 6. Players' Positions and Rotation

#### 6.1 Players' Positions

**6.1.1** At the moment the ball is contacted by the server, each team must be within its own court (except the server).

**6.1.2 Four Person Competition Only:** Players are free to position themselves anywhere within their court. There are no positional faults.

**6.1.3 Six Person Competition Only:** At the time the ball is contacted for service, the placement of the players must conform to the service order.

**6.1.3.1** After the ball is contacted for service, players may move from their respective positions, but they hold their positional designations i.e., front and back row.

**6.1.4** A captain may request the referee to indicate which player should be serving for his/her team.

**6.1.5** 6 person teams playing with 4 people must rotate as if they were playing with a full team. A front and back row must be established, and rotation order must be followed.

## 6.2 Rotation

**6.2.1 Six Person Competition Only:** When the receiving team has gained the right to serve, that team's players must rotate one position clockwise.

## 6.3 Rotation Fault

**6.3.1 Six Person Competition Only:** A rotation fault is committed when the service is not made according to the rotation order. The error is corrected, and the serving team is penalized with the loss of rally.

## 7. States of Play

### 7.1 Ball "In Play"

The rally begins with the referee's whistle. However, the ball is in play from the service hit.

### 7.2 Ball "Out Of Play"

The rally ends with the referee's whistle. However, if the whistle is due to a fault made in play, the ball is out of play from the moment the fault was committed.

### 7.3 Ball "In"

The ball is "in" when it touches the ground of the playing court including the boundary lines.

### 7.4 Ball "Out"

**7.4.1** The ball is "out" when:

(a) The ball falls on the ground completely outside the boundary lines without touching them. (The line moving because sand splashed into it or the wind from the ball made the line move does not mean that the ball touched the line.)

(b) The ball touches an object outside the court, i.e., the posts or a person out of play.

(c) The ball crosses the vertical plane of the net outside the crossing space on an attack hit or service.

(i) The crossing space is defined as the area **completely** between the poles. In doubles it is the area completely between the antennas.

(d) The ball crossed **completely** under the net

(e) The ball hits the pole, mounting hardware or antenna

(f) The ball hits the net outside of the crossing space (for 2 person competitions)

**7.4.2** If a non-attack hit crosses the vertical plane of the net a player may chase the ball down and bring it back in play as long as

(a) They do not run under the net, they have to run outside the pole. (this is for player safety)

(b) The ball is played back outside the pole or antenna

## 8. Playing Faults

### 8.1 Definition

**8.1.1** Any playing action contrary to the Rules is a playing fault.

**8.1.2** The referees judge the faults and determine the penalties according to these Rules.

### 8.2 Consequences of a Fault

**8.2.1** There is always a penalty for a fault; the opponents of the team committing the fault win the rally.

**8.2.2** If two or more faults are committed successively, only the first one is counted.

**8.2.3** If two or more faults are committed by two opponents simultaneously, a **DOUBLE FAULT** is counted, and the rally is replayed.

## 9. Playing the Ball

### 9.1 Team Hits

**9.1.1** Each team is entitled to a maximum of three hits for returning the ball over the net.

**9.1.1.1 For Four and Six Player Competition Only:** Blocking does not constitute a team contact, and any player may make the first contact of the ball after the block.

**9.1.1.2 For Two Person Competition Only:** A blocking touch counts as the team's first touch and either player is allowed to make the next touch.

**9.1.2** These team hits include not only intentional hits by the player, but also unintentional contacts with the ball.

**9.1.3** A player may not hit the ball two times consecutively except during or after blocking or at the team's first contact. The first contact exception applies to serve receive.

## **9.2 Simultaneous Contacts**

**9.2.1** When two teammates touch the ball simultaneously, it is counted as two hits and any player may make the next contact. If two teammates reach for the ball but only one player touches it, one hit is counted. **9.2.2** If there are simultaneous contacts by the two opponents over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes "out," it is the fault of the team on the opposite side. If simultaneous contacts by the two opponents over the net lead to a "held ball," it is NOT considered a fault.

## **9.3 Assisted Contact**

Within the playing area, a player is not permitted to take support from a teammate or any structure/object in order to reach the ball. However, the player who is about to commit a fault (touch the net or interfere with an opponent, etc.) may be stopped or held back by a teammate.

## **9.4 Characteristics of the Hit**

**9.4.1** The ball may touch any part of the body.

**9.4.2** The ball must be hit, not caught or thrown. **(It cannot come to rest or roll on any part of the body)** It can rebound in any direction.

### **Exceptions of when a lift/held ball is legal:**

**(a)** In defensive action of a hard-driven ball. In this case, the ball can be held momentarily overhand with the fingers, as well as doubled with the fingers.

**(b)** If simultaneous contacts by the two opponents leads to a "held ball."

**9.4.3** The ball may touch various parts of the body, only if the contacts take place simultaneously.

### **Exceptions of when a double contact is legal:**

**(a)** When blocking, consecutive contacts by one or more blockers are authorized, provided that they occur during one action.

**(b)** At the first hit of the team, unless it is played overhand using fingers (see exception "a" of rule 9.4.2), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action. Plays involving finger action require special attention. If the play is defensive and reactive in nature, as in the case of a hard-driven ball, momentarily held or double-hit balls are not considered faults. If the player decides/intends to employ finger action, as in the cases of off-speed hit defense or setting, the action must be "clean." **This does NOT include the serve. Receiving the serve with "a setting motion" must come out clean.**

## **9.5 Faults at Playing the Ball**

**9.5.1 Four Hits:** a team hits the ball four times before returning it.

**9.5.2 Assisted Hit:** a player takes support from a teammate or any structure/object in order to reach the ball within the playing area.

**9.5.3 Held Ball:** a player does not hit the ball unless when in defensive action of a hard-driven ball or when simultaneous contacts by the two opponents over the net lead to a momentary "held ball."

**9.5.4 Double Contact:** a player hits the ball twice in succession or the ball touches various parts of his/her body successively.

## **10. Ball at the Net**

### **10.1 Ball Touching the Net**

While crossing the net, the ball may touch the net.

## **10.2 Ball in the Net**

**10.2.1** A ball driven into the net may be recovered within the limits of the three team hits.

**10.2.2** The ball may be played off any part of the net or "rigging," including wires inside but not including the posts.

**10.2.3** In 2 person competitions the ball may not be played out of or off the net outside the antenna.

## **11. Player at the Net**

### **11.1 Reaching Beyond the Net**

**11.1.1** In blocking, a blocker may touch the ball beyond the net, provided that he/she does not interfere with the opponent's play, before or during the latter's attack-hit.

**11.1.2** A player is permitted to pass his/her hand beyond the net after his/her attack-hit, provided that his/her contact has been made within his/her own playing space.

### **11.2 Contact with the Net**

**11.2.1** It is forbidden to touch any part of the net.

**11.2.2** When the ball is driven into the net, which causes it to touch an opponent, no fault is committed. Including a "blocking" stance – player must be set and stationary, not moving when contact is made.

**11.2.3** Incidental contact of hair is not a fault.

**11.2.4** Clothing is considered as part of the player. (Some leniency is given during cold weather)

### **11.3 Player's Faults at the Net**

**11.3.1** A player touches the net.

**11.3.2** A player penetrates into the opponent's space, court and/or free zone interfering with the latter's play either above or below the net. Entering the opposing team's zone under the net is dangerous and faults will be called strictly for doing so.

**11.3.3** A player touches the ball or an opponent in the opponent's space before or during the opponent's attack-hit.

## **12. Service**

### **12.1 Definition**

The service is the act of putting the ball into play by the correct serving player who, positioned in the service zone, hits the ball with one hand or arm.

(a.) The service zone is defined as the space behind the end line and between the imaginary extensions of the sidelines.

### **12.2 Execution of the Service**

**12.2.1** The server may move freely within the service zone. At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) nor the ground outside the zone. His/her foot may not go under the line. After his/her hit, the server may step or land outside the zone, or inside the court.

**12.2.2** If the line moves because of sand pushed by the server's foot, it is not considered a fault.

**12.2.3** The server must hit the ball within 5 seconds after the referee whistles for service.

**12.2.4** A service executed before the referee's whistle is cancelled and repeated. This may only be done one time per term of service.

**12.2.5** The ball shall be hit with one hand or any part of the arm after being tossed or released and before it touches the playing surface.

**12.2.6** The server may have two attempts at releasing the ball for service. If the server chooses to have a second attempt, he/she must let the first attempt drop to the ground untouched. This may only be done one time per term of service.

### **12.3 Screening**

#### **12.3.1 Definition**

The teammates of the server must not prevent the opponent from seeing the server or the path of the ball. On the opponent's request, they must move sideways or bend over. If the referee judges that screening did occur the rally is stopped and replayed.

### **12.4 Serving Faults**

The following faults lead to a change of service. The server:

- (a) Violates the service order.
- (b) Does not execute the service properly.

### **12.5 Serving Faults after Hitting the Ball**

After the ball has been correctly hit, the service becomes a fault if the ball:

- (a) Touches a player of the serving team or fails to cross the vertical plane of the net.
- (b) Lands out of bounds.

## **13. Attack Hit**

### **13.1 Definition**

**13.1.1** All actions to direct the ball toward the opponent except when serving and blocking, are considered attack-hits.

**13.1.2** An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by the blocker.

**13.1.3** Any player may carry out an attack-hit at any height, provided that his/her contact with the ball has been made within the player's own playing space. **For Back Row Players in Six Person Competition:** If a player contacts the ball completely above the height of the net and the player's foot is touching or has last touched the ground on or in front of the ten-foot line, the attack-hit must have an upward trajectory. (The ten-foot line is an imaginary line on the court 10 feet from the net)

### **13.2 Attack Hit Faults**

**13.2.1** A player hits the ball within the playing space of the opposing team.

**13.2.2** A player hits the ball "out."

**13.2.3 Four and Two Player Competition:** A player completes an attack-hit using an "open-handed tip or dink" directing the ball with the pads of the fingers.

**13.2.4** A player completes an attack-hit on the opponent's service when the ball is entirely above the height of the net.

**13.2.5** An overhand set that gives the ball a trajectory not perpendicular to the line of the player's shoulders travels over the net (called a lateral set).

## **14. Block**

### **14.1 Definition**

Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net.

### **14.2 Hits by the Blocker**

The first hit after the block may be executed by any player, including the one who has touched the ball during the block.

### **14.3 Block Within the Opponent's Space**

In blocking, the player may place their hands and arms beyond the net provided that their action does not interfere with the opponent's play. Thus, it is not permitted to touch the ball beyond the net until the opponent has executed an attack-hit.

### **14.4 Blocking Contact**

**14.4.1** A blocking contact is not counted as a team contact. The blocking team will have three contacts after a blocking contact. (Except in doubles competitions)

**14.4.2** Consecutive (quick and continuous) contacts may occur by one or more blockers provided that the contacts are made during one action. These are counted as only one team hit.

**14.4.3 For Six Player Competition Only:** Back row players may not participate in a block.

### **14.5 Blocking Faults**

**14.5.1** The blocker touches the ball in the opponent's space either before or simultaneously with the opponent's attack-hit.

**14.5.2** A player blocks the opponent's service.

**14.5.3** The ball is sent "out" off the block.

**14.5.4 For Six Player Competition Only:** A back row player participates in a block.

## **15. Timeouts**

### **15.1 Definition**

A time-out is a requested game interruption, and it lasts for 30 seconds.

### **15.2 Number of Time Outs**

Each team is entitled to two timeouts per game, games to 15 included

### **15.3 Requests for Time Out**

Timeouts may be requested by the captain only when the ball is out of play and before the whistle for service. Time-outs may follow one another with no need to resume the game.

## **16. Delays to the Game**

### **16.1 Types of Delay**

An improper action of a team that defers the resumption of the game is a delay and includes, among others:

- (a) Prolonging timeouts, after having been instructed to resume the game,
- (b) Delaying a substitution.

### **16.2 Sanctions for Delays**

**16.2.1** The first delay by a team in a game is sanctioned with a DELAY WARNING i.e., a yellow card.

**16.2.2** The second and subsequent delays of any type by the same team in the same game constitute a fault and are sanctioned with a DELAY PENALTY i.e., a red card which is a point or side out for the opposing team.

## **17. Exceptional Game Interruptions**

### **17.1 Injury**

Should a serious accident occur while the ball is in play, the referee must stop the game immediately. The rally is then replayed. Always use your best judgment when handling an on-court injury.

### **17.2 External Interference**

If there is an external interference during the game, play must be stopped, and the rally replayed. A shouted warning (such as "ball on!") is sufficient to affect the outcome of play, provided a player had a chance to make a legal play on the ball. Misuse of this privilege constitutes minor misconduct.

**Commentary:** Players should not stop play until the referee whistles the play dead and states "ball on." Referees use judgment to decide if the ball on the court affected the rally. If so, a replay is issued.

## **18. Misconduct**

Incorrect conduct by a team member toward officials, opponents, their teammates or spectators is classified in four categories according to the degree of the offense.

### **18.1 Categories**

**18.1.1 Unsportsmanlike Conduct:** argumentation, intimidation, etc.

**18.1.2 Rude Conduct:** acting contrary to good manners or moral principles, expressing contempt.

**18.1.3 Offensive Conduct:** defamatory or insulting words or gestures.

**18.1.4 Aggression:** physical attack or intended aggression.

### **18.2 Sanctions**

Depending on the degree of the incorrect conduct, according to the judgment of the first referee, the sanctions to be applied are:

**18.2.1 Misconduct Warning (Yellow Card):** for unsportsmanlike conduct, no sanction is given but the team member concerned is warned against repetition in the same set.

**18.2.2 Misconduct Penalty (Red Card):** for rude conduct or repeated unsportsmanlike conduct, the team is sanctioned with the loss of a rally. Example: cussing at you or kicking ball out of frustration and it hits something or someone.

**18.2.3 Expulsion:** repeated rude conduct or offensive conduct is sanctioned by expulsion. The team member who is sanctioned with expulsion must leave the playing area. (for the game only).

**18.2.4 Disqualification:** for aggression, the player must leave the playing area. (for the rest of the night until a meeting with the volleyball coordinator)

**18.3 Sanction Scale**

A player may receive more than one MISCONDUCT PENALTY in a set. Sanctions are cumulative in nature only within an individual game. DISQUALIFICATION due to aggression does not require a prior sanction.

**18.4 Misconduct Before and Between Games**

Any misconduct occurring before or between games is sanctioned and the sanction is applied in the following set.