



VOLLEYBALL RULES: DC METRO

Amended August 2017

Thanks to all of you for deciding to play NAKID Social Sports! NAKID is a SOCIAL league - everyone is here to meet people, make friends and have lots of fun.

I. Overview: Teams and Players

1. All players must be registered and paid in full to play NAKID, 21 or older, have health insurance, and signed our waiver.
2. Volleyball team roster sizes shall be a minimum of 10 players and a maximum of 14 players.
3. Games are played with 6 players on the court for each team. A minimum of 2 men, 2 women are required.

THE COUNT

6 Players on the Court
(2 men, 2 women, 2 of any)

Games are best of 3 matches
Match #1: To 25 points
Match #2: To 25 points
Match #3: To 15 points

II. Game Format

1. Matches are best of three games.
2. A game (except the deciding third set) is won by the team which first scores 25 points, with a minimum lead of 2 points.
3. In the case of a 1-1 tie, the deciding set (the 3rd) is played to 15 points with a minimum lead of 2 points. Teams will switch sides once one team has reached 7 points.
4. Each team is allowed to have a max of three touches to the ball before hitting the ball over the net. The same player cannot hit the ball twice in a row.
5. A player is not allowed to hit on the opponent's side, when the ball is higher than the top of the net.
6. Players are not allowed to catch, hold or throw the ball. The ball must bounce off of the hands (or other body part) to be considered a clean hit. The ball must be *hit*, not caught and/or thrown. It can rebound in any direction. A ball may touch any part of the body, feet and legs included.
7. Double Contact: A player is not allowed to hit the ball twice in succession.
8. Referees should call the ball "IN" if any part of the ball hits the lines. Balls are called "OUT" if the ball lands outside the boundary lines (without touching opponent) or if the ball hits any cables or anything outside the boundary, or the ceiling.
9. A block is not considered one of the three touches.
10. In blocking, the player may place their hands and arms beyond the net, provided this action does not interfere with the opponent's play.
11. Blocking an opponent's service is forbidden.
12. The service is the act of putting the ball into play, by the back right player, placed in the service zone. The service zone is anywhere behind the back line, inside the side boundary lines.

13. Ball may be served underhand or overhand.
14. The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).
15. Served balls may graze the net and drop to the other side for a point.
16. Player positional rotation is not required, but it is allowed.
17. Teams are required to rotate through servers, and every player must serve. The service order may not change once any player begins their second serve.
18. Teams may rotate players in/out upon regaining possession of the ball. Only the player that would be serving may rotate out, and the player rotating in must serve for that possession.
19. In blocking, a blocker may touch the ball beyond the net, provided that they do not interfere with the opponent's play before or during the latter's attack hit.
20. It is permitted to penetrate into the opponent's space under the net, provided that this does not interfere with the opponent's play.
21. A player may not touch the net. The only exception is when a player had made a block/attack move at the net and has made contact with the net after the player's move has been executed. In this case, it can only be a single contact with the net.
22. Additional rules may be subject to the referees discretion.

III. Play Nice, Be Safe and Have Fun

1. The Douchebag Rules: Don't be a douche.
 - a. Don't yell "I got it!" so that the opposing team drops/misses the ball.
 - b. Other douchebaggery behavior as determined by NAKID management.
2. Only referees can make calls. Please refrain from making sideline or in-game calls.
3. Abuse of referees, players or anybody else is strictly prohibited.
4. Only captains may inquire about or dispute calls made by the referees.
5. As needed, players or teams will be banned from the league if their conduct is deemed to be detrimental to the league.
6. Calling games on account of rain, lighting issues, and other conflicts is at the sole discretion of NAKID management.