

Cross Volleyball League

Rules and Regulations

Updated September 18th, 2025

Contents

Section A: Intramural Universal Rules and Regulations	2
Section B: League Specific Equipment Regulations	2
Section C: League Specific Rules of Play	2
1. The Court.....	2
2. The Players	2
3. Ghost Players	2
4. Gameplay Time	3
5. Tie/Overtime Rules	3
6. Scoring	3
7. Out of Play.....	3
8. Playing the Ball.....	3
9. Net Play	4
10. Penetration under the net	4
11. Service	4
12. Attack hit	4
13. Blocking	5
14. Substitutions.....	5
15. Time-outs.....	5
16. Ejections	5
17. Unofficial Games in Competitive levels of play	5

Section A: Intramural Universal Rules and Regulations

All Intramural leagues are subject to the [UBC's Student Code of Conduct](#) and [UBC Recreations' Code of Conduct and Policies](#), and the [Intramural Universal Rules and Regulations](#).

Section B: League Specific Equipment Regulations

The Cross Volleyball League requires that all participants wear clean, non-marking gym shoes in order to enter the playing facility.

Section C: League Specific Rules of Play

The Cross Volleyball Rules are subject to the official FIVB rules of Volleyball, which can be found [here](#).

The laws listed below are designed to affirm specific FIVB Rules and denote exceptions to those rules specific to The Cross Volleyball League.

1. The Court

- a. At all levels, the court shall have the lines and markings delineated in the FIVB rule book.
- b. Heights for nets are regulated as follows
 - i. Open Tier 1 and 2 – Net height of 2.43m
 - ii. Mixed Tier 1 and 2 – Net height of 2.35m
 - iii. Women (Trans Women Welcome) Tiers, Just For Fun, Open and Mixed Tier 3 – Net height of 2.24m

2. The Players

- a. No more than 6 players may play on the court at any period in time
- b. A minimum of five players from each team must be on the court before the game can start. In all levels, a ghost player is permitted. See Section B3 for more information on a ghost player.
- c. Over the course of the game, a team can legitimately continue with less than five players to a minimum of three players as a result of disqualification or injury.
- d. In competitive mixed divisions, teams can have a maximum of three (3) self-identified men on the court at any time

3. Ghost Players

- a. Teams may play with only five players, whereby they designate the “ghost” player a position on the team
- b. When it is the “ghost’s” turn to serve, it is an automatic side-out and the opposing team serves.

4. Gameplay Time

- a. Game structure for each tier in the regular season shall be as follows
 - i. Tier 1 (Competitive)
 - 1. Matches are best of 3
 - 2. First two sets are to 25, with a cap at 30
 - 3. Final set will be played to 15, with no cap (time permitting)
 - 4. Matches should not exceed a total time of 45 minutes
 - ii. Tier 2, 3 (Competitive) & Just For Fun (Recreational)
 - 1. Matches are best of 3
 - 2. First two sets are to 21, with a cap at 25
 - 3. Final set will be played to 15, with no cap (time permitting)
 - 4. Matches should not exceed a total time of 45 minutes
- b. To win a set, a team must have either have a minimum lead of two points once they reach the appointed score for the set-in question, or they must be the first team to reach the point cap, regardless of the size of their lead.
- c. Time Limitations - In the event that the game is late to start or is beyond allotted time, it is the discretion of the official or supervisor to shorten the last set. As a guideline to shorten a set, a minimum of 5 points more than the leading team's score is reasonable. In the event that time does not permit a deciding set during the regular season, the game shall be called a tie.

5. Tie/Overtime Rules

- a. Regular season overtime/tied games shall follow rules above and only be in effect during the regular season
- b. Playoff overtime shall have no cap on set scores or match time.

6. Scoring

- a. All games are rally point resulting in a point being scored on every serve.

7. Out of Play

- a. The ball is "out" when:
 - i. The part of the ball which contacts the floor is completely outside the boundary lines
 - ii. It touches an object outside the court, the ceiling or a person out of play
 - iii. It touches the antennae, ropes, posts or the net itself outside the side bands
 - iv. It crosses completely the lower space under the net

8. Playing the Ball

- a. The ball may be played with any part of the body.

- b. The ball must be hit, not caught and/or thrown.
- c. Multiple contact hits (double hits) are allowed on the first contact provided the contacts occur simultaneously.
- d. Each team has three hits with which to return the ball, not including a block.

9. Net Play

- a. A ball driven into the net may be recovered within the limits of the three team hits.
- b. A served ball may touch the net.
- c. Contact with the net by a player is not a fault, unless it is made during the action of playing the ball, or it interferes with the play.

10. Penetration under the net

- a. To touch the opponent's court with a foot (feet) or hand (s) is permitted, provided that some part of the penetrating foot (feet) or hand (s) remains either in contact with or directly above the center line.
- b. To contact the opponent's court with any other part of the body is forbidden.

11. Service

- a. The ball shall be hit with one hand or any part of the arm after being tossed or released from the hands.
- b. Only one toss or release of the ball is allowed.
- c. The server may serve from anywhere on the end line.
- d. A served ball may not be blocked or spiked.
- e. The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server or the flight path of the ball.

12. Attack hit

- a. During an attack hit, tipping is permitted only if the ball is cleanly hit, and not caught or thrown.
- b. A back-row player may complete an attack at any height from behind the front zone:
- c. At their take-off, the player's foot (feet) must neither have touched nor crossed over the attack line;
- d. After their hit, the player may land within the front zone
- e. A back row player may also complete an attack hit from the front zone, if at the moment of the contact the ball is not entirely higher than the top of the net.

13. Blocking
 - a. In blocking, the player may place their hands and arms beyond the net provided that this action does not interfere with the opponents' play.
 - b. Per H13a, it is therefore not permitted to touch the ball beyond the net until an opponent has executed an attack hit.
14. Substitutions
 - a. There are no limitations on the number of substitutions a team is permitted.
15. Time-outs
 - a. Each team is permitted a 1-minute timeout per match.
16. Ejections
 - a. Any participant who is removed from play or conducts themselves in an inappropriate manner will be reported to the Supplementary Discipline System and could face further discipline.
17. Unofficial Games in Competitive levels of play
 - a. In games where there is no official present the conduct of players is the responsibility of the captains
 - b. Disputes regarding player eligibility and rules should be settled by captains or with the Intramurals supervisor.

Learn more at: recreation.ubc.ca

