

California Senior Games

Chair Volleyball Rules

Chair Volleyball

Chair volleyball is a physical activity that provides a fun way to be active. Because players are required to remain seated, chair volleyball allows those with physical limitations to participate on a level playing field with those who may be more active. Regular participation in this activity can increase flexibility and stamina.

Chair Volleyball Lite

All the rules remain the same with the exception of: no spiking

Beginning Rules

1. Teams consist of 6 players on the court; you can roster as many people on your team as you want. Placement of players is up to each team and then remains consistent throughout the game. Teams have the option to have alternates available. If due to illness, absence, non-attendance; teams can play with less than 6 players.
 - Substitution takes place for the team who has just won the serve.
 - If the team receiving the ball for a new serve has substitutions, **they must put in a substitute each time** a new serve is won.
 - The Captain chooses the next player to come in; they do not have to enter in a specific order.
 - The person who served last exits the court, the team rotates and the alternate fills in the front left seat.
 - Medical related substitution can be made whenever needed.
2. Court is set up to regulation size: 14' wide by 22' deep. 11' on each side of the net. Net height 60".
3. A 20" beach ball is to be used for play, plus extras as needed.

4. Request no sharp jewelry be worn on the hands and wrists. If unable to remove we suggest taping.
5. First serve is determined by a volley. A volley is a live ball traveling legally back and forth across the net. After the initial send-off, each side must touch the ball once before a determination of the first serve is made.
6. Any call in question by the teams can be replayed at the referee's discretion. Communication to a referee is to come from a team captain.
7. If circumstances necessitate, teams are required to provide 2 qualified referees. These referees must be available to assist during Chair Volleyball and Chair Volleyball Lite games. If a team does not provide referees they will forfeit their games.

Serving Rules and Definitions

A Serve

A hit used to put the ball into play.

- A legal serve cannot hit a teammate, a teammate's chair, or the ceiling; if it does, the opposing team receives the ball.
- If the ball hits the net and goes over, the serve is replayed once. If this serve attempt fails (even if it touches the net and goes over), the possession of the ball is awarded to the opposing team to serve.
- If the ball hits the net and does not go over it is considered a side-out and the opposing team receives the ball.

1. Referee calls the score prior to each serve and the server calls out "Serve" before the hit is made. If serve is not called out, there is a do-over. If there is a 2nd offense on the same serve of not calling out "Serve" the ball is awarded to the other team.
2. The first player to serve the ball on each team is the right back player. The referee will present the ball to the right back player on the team winning the volley.

3. A serve sent off before all players are seated is served again without penalty.
4. One player continues serving until a dead ball is called or the game is won.

Dead Ball

When the ball temporarily suspends play it is considered a dead ball. The ball is considered dead until it is served again.

Examples of a dead ball:

- The ball touches the floor in either the playing or non-playing area.
 - The ball touches a teammate on the serving side, a chair on the serving side, or the ceiling on a serve.
 - The ball touches the net without going over on a serve.
 - **Note:** If the ball touches the net during play, it is considered live.
 - The ball crosses the net entirely outside the posts or lands out of bounds.
 - The ball passes completely under the net.
 - The ball visibly comes to rest, even momentarily, in the hands during play.
 - This is defined as a held ball, a lift, a carry, a scoop, or a push.
 - The ball should crisply leave the hand.
 - When a player touches the net at anytime during play.
 - Exception: If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
 - The ball is whistled dead by a referee for any reason.
5. If a dead ball occurs, the possession of the ball is awarded to the opposing team to serve. The opposing team has then won the serve, but not a point.
 6. When a serve is won, the team rotates. Rotation is - last server comes to the front left chair; front row moves R, back row moves right.

7. All players must be seated and remain seated during the play. If a player gets off the chair, the ball is awarded to the other side.
8. Players may adjust individual chairs as desired within court boundaries and format upon rotation. No intentional movement of the chair during play, especially as it invades another player's territory. If this is done, the ball is awarded to the other side.
9. If a chair is put out of bounds during play, the ball is awarded to the other side. A foot may go out of bounds in order to play a ball and keep balance.
10. Side-out is the termination of a team's right to serve. The ball is deemed dead.

Examples of a side-out:

- Ball touches the ground on the opposing team's side, outside the court boundaries, on a hit from the serving team.
- The ball hits the net, but does not go over the net on a serve.
- The ball touches a serving side's teammate, a serving side's chair, or ceiling on a serve. (Note – the ball is allowed to touch the ceiling during play, just not on a serve.)
- The serving side fails to legally hit the ball over the net to the opposing team.
- Points can only be accumulated by the serving team. The serving team is first awarded the serve and then a point is scored on the next successive serve. **Note:** Unless Rally Scoring is being used.

Spike

A ball hit with an angular downward force by a front row player. Identified by a ball hit with force and angle – generally indicated by forceful forward movement of player's arm – that lands anywhere on the opposing team's court.

Chair Volleyball Lite – Spikes are not allowed. A spike will be called immediately by the referee and either a point or side-out will be awarded. (Spikes are allowed in Regular Chair Volleyball.)

In Play Rules

1. Teams can contact the ball no more than three times before the ball crosses the net and consecutive contacts must be made by different players.
2. A legal hit is considered any contact with the ball by a player's body (one or both hands, head, shoulder, etc.), contact with any part of the chair, and not allowing the ball to visibly come to rest.
3. A ball is considered in play from the moment it is served until a dead ball occurs.
4. One cheek rule; players are allowed to lift one side of the body but are not permitted to rise completely off the chair.
5. If a player leaves their seat during play, possession of the ball is awarded to the opposing team.
6. A ball visibly coming to rest between the hands of two, opposing front row players will be replayed.
7. If the ball lands on any part of the boundary line (masking tape or other material), it is considered **in** bounds.
Note: Since the thickness of some of the materials used for the lines is different, please follow this rule:
The outermost part of the tape, rubber, etc, will be considered the boundary line and should be measured and set up accordingly for the court.
8. Players are not permitted to reach across the plane of the net, **except as fingers follow through on a hit**. No body parts are permitted over or under the net's boundary line.
9. A ball hit into the net or ceiling and rebounding to the same side is in play; if it lands on the same side of the net, the hitter cannot play the ball again until it's touched by another player.

10. Teams are allowed 2 time outs of 2 minutes per time out for each game. Time outs are to be called by the captain.

Scoring Rules

1. If the ball touches the ground on the opposing team's side within court boundaries, the other team earns the ball.
2. The ball is awarded to the other side if the opposing team commits a fault.
3. One point is awarded for each successful serve.
4. The first team to score 15 points wins the game.
5. The winning team must win by two points.
6. An option for speeding up game time when there are many games to be played is to call the game by Rally Score. This means that for every serve there is a point awarded. The point goes to the team winning the volley. Example: If team A serves the ball, but team B wins the volley, team B would get the point and get to serve. If team A wins that volleyball, then they would win the point and the serve.

Yellow Card/Red Card Ruling

Yellow Card

- A *player/coach/spectator* will receive a yellow card if, in the opinion of the referee:
 - He/she shows by word or action, continued dissent from any decision given by the referee(s).
 - He/she is guilty of unsportsmanlike conduct.
 - If the referee stops the game to distribute a yellow card, the opposing team will receive either a point for serve or be awarded the serve.

- In all cases the yellow card must be shown to, and acknowledged by the player/coach/spectator receiving the yellow card.

Red Card

- A *player/coach/spectator* will receive a red card if, in the opinion of the referee, he/she:
 - Is guilty of violent conduct or serious foul play.
 - Persists in misconduct after receiving a yellow card.
 - Uses threatening actions or words.
- If a *player* receives a red card the individual will not be permitted to play in the time remaining in the match. **Note:** If the player (who received the red card) continues misconduct as a spectator, they will be asked by Site Supervisor to leave the game area.
- If a *coach/spectator* receives a red card the individual will be asked by Site Supervisor to leave the game area.
- If a *player/coach/spectator* continues misconduct and refuses to leave the game area, referee may call game and award the match win to the opposing team.
- If the referee stops the game to distribute a red card to a *player/coach*, the opposing team will receive a point for serve or be awarded the serve.
- In all cases the red card must be shown to, and acknowledged by the *player/coach/spectator* receiving the red card.

Coaching Tips

During Competition:

Each team is required to supply 2 referees.

Successful teams:

- Sit up straight with feet flat on the floor and never lean back in the chair.
- Keep their hands up during the opposing team's serve.
- Play the game with control rather than power. The ball is under greater control when moving slowly!
- Have fun and are an example of good sportsmanship.
- Talk to each other when they need help advancing the ball over the net.
- Encourage teammates with positive feedback such as "good hit" and "nice save."

Note: Sideline coaching or assisting will not be permitted from the opposite team's side or back line while ball is in play. Players might find this distracting.