

# Sandy Parks and Recreation Girls Volleyball Rules

## Game Format

Games are scheduled for a block of 1 hour and 15 minutes. The first 30 minutes will be an optional practice time where both teams can warm up and prepare for the game. The 30 minutes can be utilized however coaches best see fit. If both teams would like to practice serving, they will each be given 15 minutes. While one team serves, the other team will help shag balls. Games will begin immediately after the 30 minutes have expired.

## How to Play Volleyball

**Objective** - A volleyball game consists of two teams of six players each, separated by a net. The objective is to score points by sending the ball over the net and grounding it into the opponent's court. To start, flip a coin to determine which team serves the ball first.

**Players/Positions** - The six volleyball court positions are setter, middle blocker, outside hitter, opposite hitter, libero and serving specialist. Each player shall play a minimum of half (50%) of the total playing time in each game. This league plays 6v6. The maximum number of players on the court at any given time is 6, the minimum is 4. A game may start and end with 4 players on the court. If a team has less than the minimum number of players, both coaches along with the referee can agree to change the player minimum for that game. A team may borrow player(s) from the team they are playing against if they are short. They may not borrow from a team that they are not playing against. There will be no forfeits. All efforts should be made by the coaches and officials to have a game if enough players are present.

**Matches** - Volleyball matches are made up of 3 sets. Three-set matches are made up of two sets to 25 points and a third set to 15 points. Each set must be won by two points. The first team to win two sets is the winner of the match. There is a time limit of 50 minutes. At the end of the 50 minutes, the series will end as is. Each team will be allowed one 20 second timeout per game. If there is still time on the clock after 3 games teams may continue to play for fun if they choose until time has expired.

**Scoring** - Rally scoring will be used. The two teams will rally—or hit the ball back and forth over the net—until a fault occurs. There is a maximum of three hits per side. Any team can score a point when they win the rally, or the opposing team commits a fault. If the serving team wins the rally, they score a point and continue to serve. If the receiving team wins the rally, they score a point and gain the right to serve.

**Rotation** - Teams must all rotate clockwise. If there are substitutes, the front right players will rotate out and the substitute will rotate in to serve. Players are not allowed to sub out and then go back in to serve if they were not substituted out from the front right position.

**Serving** - Play/rally begins with a serve by the serving team. Each server is allowed 2 attempts at getting their FIRST serve over the net or in bounds on every service rotation. Players can serve from as close as 25ft. from the net but are encouraged to try and serve from as far back as possible for their skill level. The 25ft. line will be the best judgement by the coaches and generally will be two steps in from the end line. If the 1st serve (of the rotation) is missed, server may move closer to the net (no closer than the 25ft. line) if they choose for their second attempt. Once a server has made 5 successful serves in a row, the team will rotate and a new server from the same team will serve.

**Attacking/Spiking/Blocking** - Attacking, spiking and blocking are allowed in all levels. It is illegal to attack or block a serve. Blocking DOES NOT count as the team's 1st contact.

**Net Fouls** - All net fouls will be called. Lifts and double hits will be the referee's decision. A Referee's decision is the FINAL decision, there will be no negotiating.

**Rule Questions** - All questions on rules will be discussed on the floor by the officials and/or supervisor. If there is/are a specific rule(s) in question, please contact the Recreation office so we can address the situation for future games. Please keep in mind that the example you set as a coach will be one your players are sure to follow.

## Volleyball Rules

Here are the fundamental, must-know rules of a volleyball game:

- Only 6 players on the floor at any given time: 3 in the front row and 3 in the back row.
- Points are made on every serve for the winning team of the rally (rally-point scoring).
- Players may not hit the ball twice in succession (a block is not considered a hit).
- Ball may be played off the net during a volley and on a serve.
- A ball hitting a boundary line is considered in.
- A ball is out if it hits the floor completely outside the court, any of the net or cables outside the antennae, the referee stand/pole, or the ceiling above a non-playable area.
- It is legal to contact the ball with any part of a player's body.
- It is illegal to catch, hold, or throw the ball.
- A player cannot block or attack a serve from on or inside the 10-foot line.

- After the serve, front-line players may switch positions at the net.

## Volleyball Rule Violations

Committing any of these volleyball rule violations results in a point for the opponent.

- Stepping on or across the service line when serving while contacting the ball.
- Failure to serve the ball over the net successfully.
- Ball-handling errors and contacting the ball illegally (double touching, lifting, carrying, throwing, etc.)
- Touching the net with any part of the body while the ball is in play.
- When the opponent has not used 3 contacts on the ball, has a player to make a play on the ball, and a player on the opposing team blocks the ball coming from the opponent's court by reaching over the net.
- Attacking a ball coming from the opponent's court by contacting the ball before it has crossed the plane of the net.
- Crossing the court centerline with any part of your body, except for a partial hand or foot. It is only considered a violation if the entire hand or entire foot crosses the court centerline.
- Serving out of rotation or out of order.
- Back row player blocking. At the moment of contact, the back row player is near the net and has part of their body above the top of the net. This is an illegal block.
- Back row player attacking a ball inside the front zone (the area inside the 3M/10ft line) when, at the moment of contact, the ball is completely above the net. This is an illegal attack.

## Players Equipment

- Knee pads are optional.
- Jewelry is not permitted during a game for player safety. This includes *any* watches, bracelets, rings, necklaces and earrings.
- Appropriate court shoes that have non-marking rubber soles.