



# VOLLEYBALL RULES AND REGULATIONS

---

## **BASICS:**

Any and all calls are the sole discretion of the referee

Teams play a minimum of two sets ending at 25 with each volley counting as a point. If the same team has won both sets the match is over. If both teams have won a set a third set will be played to 15.

Each team gets two 30 second time outs for the first two sets and one 30 sec timeout during 3rd set (Must be called during dead ball).

The toss is taken in the presence of the two team captains.

The winner of the toss chooses: EITHER to serve, to receive the service, OR pick a side. The loser takes the remaining choice.

A Ball is considered in, if ANY part hits the line; It is out if it hits the ground anywhere outside of the boundary lines. A ball is out if it touches the antennae, ropes, posts or the net itself outside the side bands. Line judge to determine with referee giving final call.

If an official, media equipment or personnel or spectator interferes with a player's legal attempt to play the ball over the playing area, a replay shall be directed.

A player may not hit the ball two times consecutively but may hit the 1st and 3rd hit or the player may block the ball and then hit.

A block contact is not counted as a team hit. Consequently, after a block contact, a team is entitled to three hits to return the ball.

The ball may touch any part of the body.

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

A ball, other than a served ball, shall remain in play if it contacts the ceiling or other overhead objects and remains on the side of the player who hit it, unless it is after that sides 3rd hit.

When two opponents touch the ball simultaneously 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.

When two or more teammates touch the ball simultaneously, it is counted as one hit. Any player may play the ball next if the simultaneous hit is not the third team hit.

No back row player may spike over the 10ft line.

## **SERVICE:**

Each server gets a max of 5 serves at a time. After the 5th serve the serving team will rotate and continue serving.

Service must not be started before whistle is blown or it is cancelled and repeated. Once blown, players have 8 seconds to initiate serve.

Any serve that hits the net and goes over is counted as a live ball.

Blocking a serve is not allowed.

### **JUNIOR LEAGUE ONLY:**

Players may take one step above the back line to serve for 2 consecutive serves. After two successful serves the player must be behind the line. Junior players are allowed 2 attempts to get the ball over the net with no faults, if it does not go over on the second attempt the point is awarded to the opposing team and the ball is turned over.

### **SENIOR LEAGUE ONLY:**

Players must get first attempted serve over the net unless it is a bad toss; players are allowed one bad toss and may try again, as long as the ball does not touch any part of the player's body before hitting the ground. Once it hits the ground the server must again wait for the referee to blow whistle and call service. When receiving a serve, the players may move around and occupy any position on their court and the free zone after the serve is made (it does not have to be over the net, but players cannot move until contact is made with the ball).

### **SUBSTITUTIONS:**

Substitution must be carried out within the substitution zone.

All substitutions must be made before the ref blows the whistle to start service.

Substitutions are ONLY made by rotation for the next serve. This league does not entertain libero or individual switching. This gives equal and fair opportunity for each child to have play time.

### **ROTATION:**

Each team must rotate in from sideline to FRONT Left and out from the BACK Left position during dead ball before the serve. Rotation goes from Front L to Front Middle to Front R to Back R (serving), Back Middle, Back Left, sideline then repeat.

### **FAULTS:**

Entire foot over the line under the net

Entire hand over the net (fingers allowed but up to referee's judgement)

Touching the net or antenna (Players may touch the post, ropes, or any other object outside the antennae, including the net itself, provided that it does not interfere with play...referee judgement)

A collision of players DOES NOT constitute a fault.