

## Volleyball Rules & Regulations

One match will always consist of 3 games played to 25 using Rally Scoring. Team records consist of how many games they win (up to 3 in each match). For consistency's sake, we will observe the following standards.

### **Basic Principles of the Game**

Knowing and understanding the basic tenets of volleyball can be helpful for volleyball rookies and veterans alike. That being said, here is an outline of fundamental rules of the game:

#### **Don't Let the Ball Hit the Floor on Your Side of the Net**

The primary objective in volleyball is make the ball hit the floor on the opponent's side of the court, while simultaneously preventing it from dropping on your side. Volleyball players go to great lengths to keep the ball from hitting the court—and they have the bruises to prove it.

#### **Three Contacts/Hits per Side**

Each team is allowed a maximum of three contacts before it must send the ball back over the net. The preferred sequence is a dig (an underarm pass made with the forearms), followed by a set (an overhead pass with the hands), and then an attack (overhead one-handed hit directed over the net and towards the opponent).

Teams are also permitted to block the ball as it comes over the net. The resulting contact does not count towards the three contacts per side. In theory, this means that a team could technically contact the ball four times (with the first contact being a block) without penalty. In fact the person who blocked the ball can immediately hit it a second time....counting as the team's FIRST hit. It is **illegal to block the serve** in volleyball. Don't do it. The only things **you can block** are returns over the net.

#### **Players Must Rotate Clockwise**

For our Volleyball games, between 3 and 6 players are allowed on the court. Players must rotate clockwise. Teams must rotate with each new server.

#### **No Player Can Hit the Ball Twice in Succession**

The rules state that no player is allowed to hit the ball multiple times in row. While this principle appears to be straightforward, it can get a little confusing: If the double contact occurs on a team's initial hit it is a legal play. However, the double becomes illegal if a player makes two separate attempts to hit the ball. In other words, you may "double the ball" (volleyball slang for hitting the ball twice) as long as it is on your team's first contact and you made a single motion to contact the ball.

#### **A Player May Not Cause the Ball to Come to a Rest During Contact**

Volleyball can be categorized as a "rebound" sport because the rules prevent participants from contacting the ball for a prolonged amount of time. Players are not allowed to carry, palm (lift) or throw the ball.

## **The Net is Off-Limits**

No part of a player's body is allowed to touch the net, but, participants are permitted to play the ball out of the net during a volley. Your feet/body/hands SHOULD NOT completely cross over the centerline under the net. Your feet are allowed to touch the center line **under the net**, but cannot be completely across the line. The net may touch your body only if the ball hits the net and causes the net to hit your body. Hands may cross the centerline **above the net only after** hitting or blocking the ball. Again, no part of a player's body is allowed to touch the net. Because our nets are set at the women's net height and we have men playing, we are not allowed to reach over the net **before** the block is made. Contact with the ball must occur first on your side of the net. You must "block" with your arms on your side of the net.

## **Game Play**

Our Volleyball matches consist of 3 games; a team's record is determined by how many games they win (up to 3 games each match). Before the start of a match, teams will conduct a coin toss. The winner of the coin toss has the option of choosing to serve or to receive the serve. The privilege of the "first serve" will then alternate between teams in subsequent games.

The first team to 25 points wins the game, but play continues until one team wins by at least two points. For example, if the score is tied at 24-24 and team "A" scores point 25, the game is not yet done because neither team has gained a two point advantage. If there is **less than 20 minutes left** when the 3<sup>rd</sup> game starts, this 3<sup>rd</sup> game will end at a score of 15 (still must win by two).

## **Scoring**

A point is awarded when play stops at the end of each rally. A team does not need to be serving to score points. This scoring method is called "RALLY SCORING."

Some common scoring tactic include: Setting up hits to aim at the weaker players on the team; aiming for vacant areas on the court; or spiking the ball close-in to the opponent's side of the net. Any rule infraction will also results in a point for the other team.

## **Substitutions (Players coming late or leaving early)**

We require at least 3 players and no more than 6 players on the court at one time for a game to count. A late player may join into the game only during dead ball situations. The late player must be positioned to be the next player to serve the ball. If a team has more than 6 players, additional players rotate in and out at the service position.

## **Time Outs**

Each team is allowed one 60 second time out per game.

## **The Skills**

There are five fundamental skills in the sport of volleyball: serving, passing, setting, blocking, and hitting. While it is natural to have a greater inclination towards certain skills and not others, a player should have a general grasp of all the basic skills.

Below is a brief description of the skills and the rules that pertain to each.

### **Serving**

The serve initiates play. While there are several different serving techniques—the underhand serve, float serve, jump serve, and top spin serve to name a few—the objective is always the same: send the ball over the net and into the opponent’s court.

To complete a legal serve, and thus begin the rally, the server must contact the ball behind the end line and between the sidelines. While we don’t have officials for our games, it should only take about 10 – 15 seconds to serve the ball. Please don’t delay the game.

The serve may touch the net as long as it passes over to the opponent’s side. If the server misses the serve and the ball does not go over the net, a sideout is called and a point is awarded to the other team.

### **Passing**

The pass is a method of receiving an opponent’s serve and/or overhand attack. There are two popular forms of this skill: the forearm pass and the overhand pass. Proper technique for the forearm pass requires the passer to join the forearms together at waist level to form a platform with which to direct the ball to the desired target. When executing an overhand pass, the player uses the hands to direct the ball.

The rules that most affect this skill are those regarding legal contact of the ball. Because it is illegal to catch, palm, or throw the ball, the passer receiving a hard driven ball must be sure to keep contact brief and precise.

### **Setting**

When setting the ball, the goal is to position the ball in the air so that a teammate is able to easily complete an overhand attack/hit. The overhand technique –contacting the ball above the head with two hands simultaneously—is the most common method of setting. A team generally executes the set during its second contact.

### **Blocking**

A block is an attempt to halt an opponent’s attack by jumping with the hands overhead to create a barrier at the net. The most common blocking violation is touching the net. Good technique can help prevent mishaps, but sometimes, net violations are inevitable. It is not a net violation if the ball hits the net and causes the net to touch a player.

It is illegal to **block** a serve in **volleyball**. The only things **you can block** are returns over the net, or a hit from the back or front row. If you block a serve it results in a point for the other team.

Because our nets are set at the women's net height and we have men playing, we are not allowed to reach over the net **before** the block is made. Contact with the ball must occur first on your side of the net. You must "block" with your arms on your side of the net.

### **Hitting/Spiking**

The attack usually takes place on a team's third and final contact. Because an attacker's goal is to down the ball on the other team's side of the court, players often jump when striking the ball to increase the difficulty of receiving the hit. While any player is allowed to jump and attack a ball, only female players may spike the ball in the front row zone (the area between the middle line and the center line). Guys are only allowed to spike from behind the front zone. Guys must start their attack completely behind the 10' attacking/middle line. They can finish in front of the line.

Open handed "Spikers" must also be conscious of the rules regulating prolonged contact with the ball.

**LASTLY – We don't have Refs. Disagreements will result in do-overs.**

**REMEMBER WE'RE TRYING TO HAVE FUN ... follow the rules and instruct one another gently when rules are broken.**