



RULES FOR VOLLEYBALL

Introduction

The purpose of *The Rules* is simply to help players and spectators become familiar enough with the rules of Volleyball to play or enjoy the game.

*These rules are **based** on the USAV rules and regulations. They are meant for a basic guideline for volleyball at the Virginia Beach Field House. Some rules have been altered for use at the Field House but most of the basics remain intact. If points are called into question that are not printed in Field House rules the USAV rules can be screened as long as they do not conflict with the Field House changes.*

All Field House leagues are devoted to the enjoyment of all levels of play. Leagues will be separated according to skill level when there is an amount of participation that lends itself to separation.

Scoring

- ❖ A team scores by successfully grounding the ball on the opponent's court.
- ❖ When the opposing team commits a fault.
- ❖ When the opposing team receives a penalty.

Fault

- ❖ A team commits a fault by making a playing action contrary to the rules or by violating them in some way.
- ❖ If two or more faults are committed successfully only the first one is counted.

Rally and Completed Rally

- ❖ A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play.
- ❖ A completed rally is a sequence of playing actions which results in the award of a point
- ❖ If the serving team wins the rally, it scores a point and continues serving.
- ❖ If the receiving team wins the rally, it scores a point and it must serve next.

The Match

- ❖ Each match will consist of three games – all three games are played and count in the standings.

To Win A Set

- ❖ Regular Season: all 3 sets are won by the team that scores 25 points first by rally scoring (no win by 2) or expiration of the 55 minute play clock, whichever occurs first.
- ❖ Post Season: all post season matches are best of 3 series. The first team to win 2 games wins the match. The first two games are won by the team that scores 25 points first by rally scoring (win by 2 no cap). The third game, if required, is won by the team that scores 15 points first by rally scoring (win by 2 no cap) or expiration of the 55 minute game clock, whichever occurs first.
- ❖ Championship: all championship matches are best of 3 series. The first team to win 2 games wins the match. The first two games are won by the team that scores 25 points first by rally scoring (win by 2). The third game, if required, is won by the team that scores 15 points first by rally scoring (win by 2 no cap) – no clock is in effect for championship matches.

Team Makeup

- ❖ All players must be registered and paid for before they play their first game.
- ❖ A Team can consist of as few as 4 players to begin the match. For a coed league, at least one female player is required at all times. If a team has only 1 female player on the court, the maximum allowable number of men is 3.
- ❖ We do not enforce the “Ghost” rule (skipping a serve and/or receiving a point). The correct rotation must still be maintained and when there are more males than females on a team the placement of a female shall be maintained on the front row.
- ❖ All substitute players must pay \$15 per night before they play their first match. They must sign in at the front desk and receive a wrist band. Substitutes can only play for one team per night. No substitutes are allowed during playoff matches.
- ❖ Regular rostered players are not allowed to move between teams.

Officials

- ❖ Officials have the final rule. Any arguments or disrespectful comments or behavior may constitute in a warning or ejection from the game.
- ❖ Formal complaints may be made in writing to the Virginia Beach Field House Volleyball Sports Director, in reference to an official’s performance.

Beginning Play

- ❖ 1st game will be forfeited after 10min, 2nd game will be forfeited after an additional 5min, and 3rd game will be forfeited after an additional 5min. A total of 20min must expire in order for it to be a full forfeit for the match. At that time a pick-up game may ensue with Virginia Beach Field House volleyball registered participants only.
- ❖ There is 3 a minute warm-up time between matches. All matches will begin on the hour. First match teams are allowed to come on the court during setup and begin warming up.
- ❖ The Advanced Flooring (Green floor) is playable space.
- ❖ A coin toss determines either serve or side to begin the match.

Positions

- ❖ At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order (except the server).
- ❖ Each front-row player must have at least a part of his/her foot closer to the center line than the feet of the corresponding back-row player.
- ❖ Each right (left) side player must have at least a part of his/her foot closer to the right (left) sideline than the feet of the center player in that row.

- ❖ After the service hit, the players may move around and occupy any position on their court, and the free zone.
- ❖ The team commits a positional fault if any player is not in his/her correct position at the moment the ball is hit by the server.
- ❖ If the server commits a serving fault at the moment of the service hit, the server's fault is counted before a positional fault.
- ❖ The server is allowed to drop the ball and to continue with the serve without a fault as long as the opposing team is ready to receive.

Reverse Coed

- ❖ The net height for reverse coed will be women's regulation height.
- ❖ Male players are not allowed to block or attack from the front row.
- ❖ All other coed rules apply.

Playing Actions

Ball "In" and "Out"

- ❖ The ball is "in" when it touches the floor of the court including any part of the boundary lines.
- ❖ The ball is "out" when:
 - It contacts the floor completely out of the boundary lines.
 - It touches the court, any part of the wall, or a person out of play.
 - It touches net, ropes, posts, or antennae outside the bands of play.
 - It crosses the vertical plane of the net either partially or totally outside the crossing space.
 - It crosses completely the lower space under the net.
 - The ball enters the other court.
- ❖ Do not enter the other court to retrieve the ball, yell "ball" and wait for the other game to cease and then retrieve the ball.

Team Hits

- ❖ A hit is any contact with the ball by a player in play.
- ❖ In coed, if there is more than one hit made, one of the hitters must be a female before the ball crosses the net.
- ❖ The team is entitled to a maximum of three hits, (in addition to blocking) for returning the ball. If more are used, the team commits the fault of: "FOUR HITS".

Consecutive Hits

- ❖ A player may not hit the ball two times consecutively unless the first touch is a block.

Simultaneous Hits

- ❖ Two or three players may touch the ball at the same moment.
- ❖ When two (three) team-mates touch the ball simultaneously, it is counted as one hit (with the exception of blocking). If they reach for the ball, but only one of them touches it, one hit is counted. A collision of players does not constitute a fault.
- ❖ 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.
- ❖ If simultaneous hits by two opponents over the net lead to extended contact with the ball, play continues.

Assisted Hits

- ❖ Within the playing area, a player is not permitted to take support from a team-mate or any structure/object in order to hit the ball.
- ❖ However, a player who is about to commit a fault (touch the net or cross the center line, etc.) may be stopped or held back by a team-mate.

Characteristics of a Hit

- ❖ The ball may touch any part of the body.
- ❖ The ball must not be caught and/or thrown. It can rebound in any direction.
- ❖ The ball may touch various parts of the body, provided that the contacts take place simultaneously.

Exceptions

- ❖ At blocking, consecutive contacts may be made by one or more blocker(s) provided that the contacts occur during one action;
- ❖ At the first hit of the team, the ball may contact various parts of the body consecutively provided that the contacts occur during one action.

Ball Touching the Net

- ❖ While crossing the net the ball may touch it.
- ❖ A ball driven into the net may be recovered within the limits of three team hits.

Ceiling

- ❖ Contact with the ceiling is considered "out".
- ❖ A serve which hits the ceiling is faulty.

Reaching Beyond the Net

- ❖ In blocking, a blocker may touch the ball beyond the net, provided that he/she does not interfere with the opponent's play of three hits, before or during the latter's attack hit.
- ❖ After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

Penetration Under the Net

- ❖ It is permitted to penetrate into the opponent's space under the net, provided that this does not interfere with the opponent's play.
- ❖ Penetration into the opponent's court, beyond the center line:

To touch the opponent's court with a foot (feet) is permitted, provided that some part of the penetrating foot (feet) remains either in contact with or directly above the center line and does not interfere with the opponent's play;

To touch the opponent's court with any part of the body above the feet is permitted provided that it does not interfere with the opponent's play.
- ❖ Players may penetrate into the opponent's free zone provided that they do not interfere with the opponent's play.

Contact With The Net

- ❖ Contact with the net by a player is not a fault, unless it interferes with the play.
- ❖ 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.
- ❖ When the ball is driven into the net, causing it to touch an opponent, no fault is committed.

Execution of Service

- ❖ The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s). The serve may not be executed with the foot or any other body part.
- ❖ At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the floor outside the service zone.
- ❖ After the hit, he/she may step or land outside the service zone, or inside the court.

Screening

- ❖ 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.
- ❖ A player or group of players, of the serving team makes a screen by waving arms, jumping or moving sideways, during the execution of the service, or by standing grouped to hide the flight path of the ball.

Restriction of the Attack Hit

- ❖ A front-row player may complete an attack hit at any height, provided that the contact with the ball has been made within the player's own playing space
- ❖ A back-row player may complete an attack hit at any height from behind the front zone
- ❖ At his/her take-off, the player's foot (feet) must neither have touched nor crossed over the attack line;
- ❖ After his/her hit, the player may land within the front zone.
- ❖ A back-row player may also complete an attack hit from the front zone, if at the moment of the contact part of the ball is lower than the top of the net.
- ❖ No player is permitted to complete an attack hit on the OPPONENT'S service, when the ball is in the front zone and entirely higher than the top of the net.

Faults of the Attack Hit

- ❖ A player hits the ball within the playing space of the opposing team.
- ❖ A player hits the ball "out".
- ❖ A back-row player completes an attack hit from the front zone, if at the moment of the hit the ball is entirely higher than the top of the net.
- ❖ A player completes an attack hit on the opponent's service, when the ball is in the front zone and entirely higher than the top of the net.
- ❖ A Libero completes an attack hit if at the moment of the hit the ball is entirely higher than the top of the net.
- ❖ A player completes an attack hit from higher than the top of the net when the ball is coming from an overhand finger pass by a Libero in his/her front zone.

Blocking

- ❖ Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net, regardless of the height of the ball contact. At the moment of contact with the ball, part of the body must be higher than the top of the net.
- ❖ Consecutive (quick and continuous) contacts with the ball may occur by one or more blockers provided that the contacts are made during one action.

Blocking Within the Opponents Space

- ❖ In blocking, the player may place his/her hands and arms beyond the net provided that this action does not interfere with the opponent's play. Thus, it is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.
- ❖ The first hit after the block may be executed by any player, including the one who has touched the ball during the block.

Blocking the Service

- ❖ To block an opponent's service is forbidden.
- ❖ The blocker touches the ball in the OPPONENT'S space either before or simultaneously with the opponent's attack hit is a fault.
- ❖ Back row players may switch with front row players after the server hits the ball and participate in blocking but not in spiking.

Timeouts

- ❖ Each team gets one 30-second time out per game.