

## **Rules & Regulations for Volleyball:**

Strict rules will be followed in accordance to the USA Volleyball regulation (<http://usavolleyball.org/resources/officials-rules>).

The committee expects full cooperation from the team members and the coach.

### **Number of Players:**

- Minimum 6 and Maximum 10 players per team will be allowed.
- During the play 6 players should always be in the court or the team shall be dismissed

### **THE SERVE:**

- The referee will toss for the first serve and the side of the court.
- The winner of the toss will choose either of the first options.
- Server must serve from behind the restraining line until after contact.
- Ball may be served underhand or overhand and must be clearly visible to opponents before serve.
- Serve must be returned by a bump only & no setting or attacking allowed during a serve.

### **SCORING:**

- Rally scoring will be used
- There will be a point scored on every score of the ball
- Offense will score on a defense miss or out of bounds hit
- Defense will score on an offensive miss, out of bounds hit, or serve into the net
- In order to win a set the team must first scores 25 points with a minimum lead of two points.

### **ROTATION:**

- When the receiving team has gained the right to serve, its players rotate one position clockwise:
  - the player in position 2 rotates to position 1 to serve,
  - the player in position 1 rotates to position 6, etc

### **PLAYING THE GAME (VOLLEY)**

- Each team will be allowed a maximum of three hits per side.
- A block is not considered a hit.
- Ball may be played off the net during a volley and on serve.
- A ball touching a boundary line is considered good.
- A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.
- If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- A player must not block or attack a serve.
- Switching positions will be allowed only between front line players (After the serve only).

**Time Out & Substitution:**

- Each team is entitled to request a maximum of two timeouts and six player substitutions per set.

**BASIC VIOLATIONS to Avoid:**

- Stepping on or over the line on a serve.
- Player may not hit the ball twice in succession
- Failure to serve the ball over the net successfully and hitting the ball illegally (Carrying, Palming & Throwing) is violation.
- Touching of the net with any part of the body during the play except:
  - 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.
- Reaching over/under the net, except under these conditions: Executing a follow-through blocking a ball which is in the opponents court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact) except to block the third play.
- Failure to serve in the correct order.

\*Management decision is the final decision & has the right to make changes in needed.