

Basic Volleyball Rules

NUMBER OF PLAYERS:

All age levels will have six players on the court.

TIME LIMIT:

Matches are limited to 50 minutes.

Teams can play as many games as possible within the fifty minute time frame.

Each game consists of 25 points (a team needs to win by two points if the game is tied at 24).

At the end of the 50 minutes, whether the game is tied or a team is ahead by one point, the game will end as is.

Each team is allowed two 30 second time-outs per game.

ROTATION OF PLAYERS:

Coaches have the option to rotate players into center back position or request for substitutions. Coaches need to signal the officials for substitutions, and the officials must acknowledge the subs before the players enter the game. Whichever option a team chooses at the beginning of a match, it must continue the same option for the entire game.

Each player must play half of a match and must play all front and back row positions, including serving.

BACK ROW ATTACK:

Back row players cannot attack the ball front row. If they attack, they have to perform the jump behind the attack line (10 feet line, 3 meter line).

IMPORTANT! The ball has to be completely above the net for it to be an illegal attack

ANTENNAS:

It is ALLOWED to play the ball off the net. It is a fault, if the ball contacts net outside antennas.

The ball has to travel between the antennas (or the imagined extensions of them) when flying to the other side of the net.

IN OR OUT:

Referee calls the ball "IN", if any part of it hits the lines. (Imagine the ball is painted. If the ball left a mark that touches the lines, the ball is judged IN

- the ball lands outside the boundary lines (without touching the opponent)
- The ball hits the antenna
- any of the net or cables outside the antennas
- a referee stand or poles or the ceiling (EXCEPTION: in high school, club or college volleyball in United States it is allowed to play after ball hits the ceiling)

SCORING

Rally scoring will be used for all ages – any team can score a point when it wins the rally or the opposing team commits a fault. If the receiving team wins the rally, it scores a point and gains the right to serve.

SERVING:

Play/rally begins with a serve by the serving team. Players may serve underhand or overhand at all levels.

Players may serve anywhere behind and along the end line.

Maximum of 3 contacts before the ball goes over the net.

No catching allowed.

Serve can be performed by hand or any part of the arm. (Kick is not allowed in serving).

A ball has to be released from the hand before hitting it (common mistake, especially with underhand servers is to hit to ball without releasing the ball. However, remember that even quarter of an inch release is enough. It is correct as long as the ball is leaves the hand before hitting it.)

At the moment of the serve (or when jumping on the jump serve), the player has to be in the serving area.

In other words the player cannot touch the back line or the ground outside the serving area. (For example jump server is not allowed to jump outside "the width of the backline".)

After the serve, the player is allowed to land or step on the court. (For example jump servers are allowed to land inside the court after serve).

Server has to hit the ball within 8 seconds after the whistle.

Only one toss is allowed. (In the past two tosses were allowed and the limit for each was 5 seconds)

ATTACKING/SPIKING/BLOCKING

Attacking, spiking, and blocking are allowed in all age levels however, it is illegal to attack or block a serve. Blocking does not count as the team's first contact. VIOLATIONS

Net fouls: Will be called on all age levels.

Illegal hits: Two hand open/palm hits (underhand or overhand) or throwing hits will be called on all age levels. One hand is legal as long as the ball does not come to a rest.

KICKING: It is legal to hit the ball with any part of the body, the foot and leg included.

OBSTRUCTIONS

Any ball touching an obstruction (basketball hoop, poles of the net, antennae, ceiling, etc.) of the opponent's side is considered out-of-bounds. Any ball touching the ceiling on your playing side is considered playable. A ball that touches the net but continues to the opponent's side is permitted.

BASIC VIOLATIONS:

The back row player performs the attack front row. (It is ILLEGAL for the back row player to step on the attack line when hitting.)

The back row player blocks the ball (the player having any part of the body above the net and touching the ball)

The player double contacts the ball when setting the ball (you CAN NOT double hit the ball when setting it)

Player touches the net while the ball is in the play

(EXCEPTION: if the ball is hit the net and it pushes the net to the opposing player)

Stepping on the back line when serving the ball.

Reaching over the net to block the ball is ALLOWED, if the other side as used all the three touches. It is a FALSE, if opposing team has not used all the touches (and there is somebody trying to make a play there.)