

## **Men's and Women's Volleyball Rules:**

### **THE GAME**

- Each team will be given two (2) minutes and thirty (30) seconds to warm up prior to the game. Teams will take turns warming up on the court, for a total of five (5) minutes of warmup time.
- Each match is the best of three sets.
- There will be at least one (1) referee per contest at the net.
- All sets are rally sets.
- Set 1 is straight to 21. No deuce.
- Set 2 is straight to 21. No deuce.
- Set 3 is to 15 with max deuce of 17.
- Sets 1 & 2 during the semifinals and finals will be to 25 with a win by 2. The third set during the semifinals and finals will be to 15 with a win by 2.
- Each team will receive (2) thirty-second timeouts per set.
- No breaks between sets.

### **THE SERVE**

- Server must serve from behind the restraining line (end line) until after contact.
- Ball may be served underhand or overhand.
- Ball must be clearly visible to opponents before serve.
- Served ball may graze the net and drop to the other side for point and will be considered in play.
- First set serve is determined by a volley.
- Serve may be returned by a set.
- When receiving a serve, there cannot be any front row players behind the Libero.

### **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.

### **ROTATION**

- Team will rotate each time they win the serve.
- Players shall rotate in a clockwise manner.
- There shall be 6 players on each side.
- Teams will switch sides after each set.

## PLAYING THE GAME

- Maximum of three hits per side.
- Player may not hit the ball twice in succession (A block is not considered a hit).
- A ball touching a boundary line is good.
- A legal hit is contact with the ball by a player's 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.
- The captain will be the only one who is able to address issues or concerns with the referee. No other team members should approach the referee or scoring table. What the referee calls will be the final call.
- All teams must have a uniform with numbers. Numbers must match to rotation given to the referees before each game.
- Switching positions will be allowed only amongst front row and back row players, but not between the front and back. Switching positions will be allowed only after the serve.
- Unlimited substitutions will be allowed, but subs must be replaced by the same player he/she came in for. A sub may serve for only one player per set.

## BASIC VIOLATIONS

- Stepping on or over the line on a serve.
- Failure to serve the ball over the net successfully.
- Hitting the ball illegally (Carrying, Palming, Throwing, etc.).
- Reaching over/under the net, except under these conditions:
  - When executing a follow-through.
  - When blocking a ball which is in the opponent's 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.
- Reaches under the net (if it interferes with the ball or opposing player).
- Failure to serve in the correct order.
- Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back-row position.
- Touches of the net with any part of the body while the ball is in play will be a foul. 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 will continue in play.
- Crossing the center line is permitted as long as no body part is completely into the other side of the court or there is no interference with the opponent's play.
  - Touching the opponent's court with a foot (feet) is permitted if some part of a penetrating foot (feet) remains either in contact with or directly above the center line.
  - Touching 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.

## **LIBERO**

- Each team has the right to designate from the list of players on the score sheet up to two (2) specialist defensive players: Liberos
- The Libero cannot “complete an attack hit” if the ball is above the net and it cannot perform an overhead set in front of the attack line – commonly called the 10-foot line – while still having teams attack the ball above the net.
- If a team decides to designate two Liberos at the start of the match, they are designated as Liberos for the entire match.
- If a team chooses to designate only one Libero (or no Libero) at the start of the match, the team may choose to change the player designated as Libero for each set including playing any set with no Libero, but may not designate a second Libero for any subsequent set in the match.
- All Liberos must be recorded on the score sheet in the special line reserved for this
- The Libero on court is the Acting Libero. If there is another Libero, he/she is the second Libero for the team.
- Only one Libero may be on court at any time. The Libero must wear a uniform which has a different dominant color from any color of the rest of the team and must clearly contrast with the rest of the team. Libero uniforms must be numbered like the rest of the team.
- Libero may serve after replacing the player in position 1. A rotational fault is committed when the Libero serves in a second rotation position in the same set.

## **NET HEIGHT**

- Men’s: 7 feet, 11 5/8 inches
- Women’s: 7 feet, 4 1/8 inches