



Volleyball Rules

Rule One: Playing Area

- A. The ceiling, beams, and walls are out of play. The ball may hit the ceiling or beams provided the ball does not cross the net plane, and the ball comes back to the team who hit the ball into the ceiling, and the team still has a hit left.
- B. A player cannot enter an adjacent court in order to play the ball.
- C. Unusually low obstructions (i.e. basketball backboards in the down position) are judgement replays when the ball makes contact with the object

Rule Two: Rights and Duties of Players and Team Personnel

- A. The playing captain is the only player who may address the referees and shall be the spokesperson for the entire team
- B. The captain shall make sure teammates and opponents are eligible to play. A woman may play for one co-rec and one women's team and a man may play for one co-rec and one men's team throughout the season
- C. All players must sign a release of claims form located on the team roster form before participating.
- D. The captain may make request for a time-out when the ball is dead. Teams are allowed one 30 second time-out per game
- E. The following acts are subject to sanction (yellow/red card):
 1. Addressing officials concerning their decisions or committing actions to influence their decisions
 2. Making profane or vulgar remarks to officials, opponents, or spectators
 3. Shouting, or crossing the vertical plane of the net in an attempt to distract an opponent who is playing or attempting to play the ball
- F. Offenses by players or team members may result in warning, penalty, expulsion or disqualification and subsequent sportsmanship ratings
 1. Warning: minor unsporting offenses result in a yellow card and no higher than a B sportsmanship rating
 2. Penalty: rude behavior, serious offense or second minor offenses result in a red card (no ejection) and no higher than a C sportsmanship rating
 3. Expulsion: external offensive conduct results in red and yellow cards together, expulsion from the remainder of the game and no higher than a D sportsmanship rating.
 4. Disqualification: a second expulsion during a match or any attempted/actual physical aggression toward others results in red and yellow cards apart, disqualification for the remainder of the match and no higher than an F sportsmanship rating.
- G. Any improper request that does not affect play or delay the game shall be rejected (whistled) without sanction. Any additional improper requests during the same game shall be sanctioned as a team delay. Examples of improper request are:
 1. Requesting a timeout or substitution after the 1st referee's whistle for service
 2. A request for timeout or substitution by any other than the playing captain.
 3. Request for excess timeout.
- H. A team delay is sanctioned with a warning (yellow card) on the first occasion and penalty (red card—point or side-out) on any subsequent occasion during the same game, regardless of reason. Team delays include:
 1. A second improper request during the same game.
 2. Delay in completing a substitution
 3. Delay in returning to play after a timeout
 4. Delay in moving to positions for serving or receiving service after completion of a rally.
 5. Action by a player which creates an unnecessary delay in the start of play
 6. A player on the court wearing jewelry

Rule Three: The Teams

- A. Players' Equipment
 1. Jewelry is forbidden. Medical and religious medals must be removed from chains and taped/sewn under the uniform. A flat wedding band is the only exception to this rule.
 2. Hair barrettes are permitted as a means of securing the hair. A head sweatband or bandanna worn as a sweatband is permitted; however, hats and other bandannas are not permitted
 3. A guard, cast or brace made of hard and unyielding leather, plastic, pliable plastic, metal or any other hard substance even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm or elbow.
 4. Supports are permitted on other parts of the body as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least ½" foam rubber (or ¼" closed cell, slow recovery foam rubber)
- B. Team Composition
 1. Before the start of the match all participants must record the names of team members present at the time on the scorecard.
 2. Teams must be prepared to start a match at the scheduled match time or forfeit on the scorecard.
 3. A team shall consist of six players on the court and shall have a minimum of four players to start the match.

4. Corec teams must have at least 2 men and 2 women on the court. If five players are available, the team can be 3 men and 2 women or 3 women and 2 men. If six players are available it must be 3 men and 3 women
5. If only 4 players are available the person in the serving position is considered the only person upon which back row restrictions apply

C. Substitutions

1. Substitutions of players may be made when the ball is dead, upon making the request to either referee.
2. A team is allowed an unlimited number of substitutions. On a player-for-player basis a player starting a game may be replaced by a substitute and may subsequently re-enter the game, but in the original position in the serving order in relation to other teammates. The starter and the substitute may replace each other an unlimited number of times throughout the game.
3. Corec substitution is only a player-for-player basis, man for man, woman for woman
4. A team may choose to substitute by rotation. Players enter the game from the center back position and exit following their serve
5. Choice of substitution procedure must be declared prior to the start of each game. Choice of substitution method may change from game to game.

Rule Four: Team areas, duration of matches and interruptions of play

- A. All matches shall consist of the best 2 of 3 games
- B. A coin toss will determine who serves the 1st game of the match. The captains still call the toss of a coin. The winner of the toss chooses: 1) first serve 2) to receive the first serve or 3) choice of court for the first game. The loser of the toss may choose one of the two remaining options.
- C. A new coin toss is performed before the third game if it is necessary.
- D. After each game of the match and at 8 points of the deciding game, the teams will switch sides of the court.
- E. Any action which, in the judgement of the 1st referee, unnecessarily delays the game may be sanctioned (see Rule 4.H.).

Rule Five: Commencement of Play and Service

- A. The Service
 1. The server shall have five seconds after the first referee's readiness to serve whistle in which to contact the ball for service. If, after releasing or throwing the ball for service, the server allows the ball to fall to the floor without being hit or contacted the service effort shall be cancelled and a reserve directed. The server is permitted a re-serve without penalty once during each service attempt.
 2. The service is considered good if the ball passes over the net between the antenna or the indefinite extensions. The serve is considered good if it hits or touches the net and continues across to the opposing side within the out-of-bounds lines.
 3. Corec serving order and positions on the court at service shall be an alternation of male and female or vice-versa.
 4. The team not serving the first in the preceding game of a match shall serve first in the next game of the match, except in the deciding game of a match.
 5. The team that receives the ball for service shall rotate one position clockwise before serving.
 6. The player(s) of the serving team must not, through screening, prevent the receiving player from watching the trajectory of the ball. Screening is illegal and a fault.
 7. At the time the ball is contacted for the serve, the placement of players on the court must conform to the service order (the server is exempt from this requirement)

Rule Six: Playing the Ball

- A. Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area.
- B. Female players are required to handle the ball before it is returned to the other side only when there is more than one contact on their side of the net. The block is not considered a contact for purpose of this rule
- C. The ball may be hit with any part of the body, as long as contact is not prolonged and the ball and there is not a double hit
- D. Players may have successive contacts of the ball during blocking and during a single attempt to make the first team hit of a ball coming from the opponents, even if the ball is blocked, provided it is one attempt to play the ball, there is no finger action used during the effort, and the ball is not held or thrown.
- E. When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing or allowing the ball to roll on the body shall be considered to be a form of holding. A ball clearly hit with one or both hands from a position below the ball is considered a good play.
- F. Blocking
 1. a player is not allowed to attack the ball on the opposite side of the net
 2. Only players who are in the front line at the time of service may legally accomplish blocking.
 3. Any player participating in a block shall have the right to make the next contact. Such contact counting as the first of three hits allowed the team.
 4. Back line players may not block or participate in a block, but may play the ball in any other position near or away from the block.
 5. When only one male is in the front line at service, one male back line player may be forward on the attack line for the purpose of blocking
 6. Attacking and blocking a served ball is prohibited.
 7. Blocking of the ball across the net above the opponent's court shall be legal provide that such a block is:
 - a) after a player of the attacking team has spiked the ball, or after the opponents have completed their allowable three hits.
 - b) If the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.
 - c) After the opponents have hit the ball so that, in the 1st referee's judgement, the ball would clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball.

8. A back line player returning the ball to the opponent's side while forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area.

Rule Seven: Play at the Net

- A. If a player's action causes the player to contact the net during play, whether accidentally or not, with any part of the player's body or uniform, that player shall be charged with a fault
- B. Contacting the opponent's playing area with any part of the body except the feet is a fault. Touching the opponent's area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remain on or above the centerline.
- C. A ball which has penetrated the vertical plane above the net may be played by either team.

Rule Eight: Teams and Player Faults

- A. A double fault occurs when players of opposing teams simultaneously commit faults. In such cases, the first referee will direct a play over.
- B. If faults by opponents occur at approximately the same time, the first referee shall determine which fault occurred first and shall penalize only that fault. If it cannot be determined which fault occurred first, a double fault shall be declared.
- C. Either team may play a ball that has penetrated the vertical plane above the net.

Rule Nine: Scoring and Results of the Game

- A. When a fault is committed by the receiving team, a point is awarded to the serving team
- B. A non-deciding game (games 1 and 2 in a best of 3 match) shall use the "rally point" system with a point awarded on each service. For example:
 1. When a fault is committed by the receiving team, a point is awarded to the serving team
 2. When a fault is committed by the serving team, the opponents are awarded a point and the ball for service.
 3. The winning score shall be the first team to reach 25 rally points; teams must win by 2 points. No games shall go over 30 points, regardless of winning by 2 points or not.
- C. If necessary, the third game of a match is owned when a team scores 15 points, by side-out scoring, and has at least a two point advantage over the opponents. No game shall exceed 20 points. If teams are tied at 16-16, the first team to score the 20th point shall be the winner.

NOTE: RULES ARE BASED UPON THE 1994 UNITED STATES VOLLEYBALL ASSOCIATION RULE BOOK.