

## Volleyball Rules

### Overview

Each team consists of no more than 6 players on the court at one time (4 males/2 females).

Teams will have an allotted amount of time to play 1 match, (3 games).

Rally/Speed scoring

(There is no designated “warm-up” time)

Teams will forfeit 1 game for every 10 minutes past the designated start time that they do not have the legal amount of players. If no one is present from a team by 15 minutes after the designated start time the entire match will be forfeited and the team that is present will receive all three wins of the match.

### **Beginning A Match**

The beginning of the game will start with a volley for serve. Each match will consist of three games. Each game will count in the overall standings for regular season standings. All games are played to 25 Rally scoring (win by 2 or first to 27). One time-out per game is allowed.

### **Blocking**

A defensive block does not count as one of the allowable contacts. A player may reach over the net to block a ball if:

- a.- Any portion of the ball breaks the plane of the net.
- b.- After the offense has come in contact with the ball on the third attempt.

### **Forfeits**

Teams will forfeit 1 game for every 10 minutes past the designated start time that they do not have the legal amount of players. If no players are present from a team by 15 minutes after the designated start time the entire match will be forfeited and the team that is present will receive all three wins of the match. Shorthanded teams may play a legal game with a minimum of 4 players. Teams fielding less than 4 players will receive a forfeit. *Exception: Teams with less than 4 players may still play a “legal” game but only with the opposing teams consent. All teams consenting to play a legal game with less than the allowed minimum waive their right to a forfeit win.* Teams may pick up players during the regular season in order to field a full team. Substitutes will not be allowed during playoffs (*exceptions apply to teams that will have substitute female players each week. Because some of the teams are short on female players this season, substitute female players from other teams may fill in on other teams when needed. If teams can't*

*find female substitutes, they may play with 4 males/1 female or 4 males. Substitute male players are allowed except during playoffs)*

### **Game Times**

Teams will receive a schedule that will list when their team will play each week. Teams will be given an allotted amount of time to play 1 match, (3 games). There is no designated “warm-up” time. “Warm-up” time is to be included in the allotted amount of time that teams will have for their match. Teams will decide if they wish to “warm-up” or not. The longer teams take/choose to “warm-up” the less time they may have to complete their match. Teams may have to “speed score” or “rally score” depending on how far along they are in the match and/or how much time is left in their designated match time. Teams will have 10 minutes to field a team before they receive their first forfeit.

### **Team Size**

Each team consists of 6 players on the court at one time, no more than 4 males. If a team has either 4 or 5 players, with a minimum of 2 females, it will be considered a legal game. Teams may have as many players on their roster as they want. There is no maximum limit on the amount of females on the court at one time. All rosters must be finalized by the second week of the regular season. Players added after the second week that are not on the team roster or waiver will not be eligible for playoffs.

### **Serving**

The server may not step on or over the end line until the ball has been contacted. The width of the service area is from sideline to sideline. The depth of the service area is infinite.

The serve may not be blocked or spiked.

Players can return the serve by:

- Bump pass
- Clasp ing their hands
- A closed fist
- A set

### **Hitting**

There are no male/female hitting rules. There can be no more than 4 males on the court at any time.

## **Violations**

No part of the body may touch the net at anytime unless a ball or person driven into the net causes the contact. Player contact with the net in a manner not directly relating to or affecting the course of play is not a violation.

Contact of the ball when spiking is legal only if a portion of the ball is in contact with the plane of the net or on the spiker's side of the net. Spikers may follow through over the net after legal contact.

The ball must be cleanly hit when spiking with an open hand. Guiding or carrying is illegal.

A carry is any use of an open hand(s) while making contact with the ball that is not in a firm manner.

Out of bounds is the area outside the designated court line, (some facilities may also have "antennas" attached to the net, at these facilities the "antennas" will be considered out of bounds as well). The line is in bounds.

A player may touch but not completely cross over the center line with his/her foot.

The ball can contact any number of body parts down to, and including the foot.

USA VOLLEYBALL rules apply unless stated otherwise.