VOLLEYBALL RULES

**Team Rosters:** Each team is made up of six (6) players. It is necessary to have at least four (4) players to start and continue play.

**Scoring**
- Matches are best of three games
- Each game will be played to 21 points using rally scoring, with a minimum two-point advantage. If a third game is played, the first team to reach 15 with a minimum two-point advantage will be the winner.
- Rally scoring means that a point is scored on each rally. If the receiving team wins the rally, they score the point and gain the serve.

Rock, paper, scissors will decide which team will have the choice of serving first or selecting sides of the court

**Service**
- The server has 5 seconds to serve the ball or that team loses serve
- The server may serve anywhere behind the end line. Stepping on or over the end line prior to service is a foot fault
- You cannot block or attack a serve
- Let serves are in play. A let is when a ball is served and hits the net, but proceeds to go over the net in play
- A serve may be received with a bump or with hands up. Receiving a serve with your hands up can lead to being called for a carry, though, if contact is maintained too long
- Serving Out of Turn
  - if still serving - the serve goes to the other team and points subtracted since the error took place
  - if opponent is serving - no loss of points, but the serving order is corrected on the next dead ball

**General Play**
- If the ball lands on the boundary line it is considered in play
- Legal Hit –The ball may be hit with any part of the body on or above the knee. A legal hit must be a “clean” hit. The ball may not be carried on the follow through.
- Illegal Hits –
  - Slapping the ball
• Bumping the ball with two separated hands
• Carrying the ball
• Palming the ball
• Directing the ball

- All passes must be cleanly hit, not thrown, lifted, carried, or double hit.
- A back line player may strike providing that he/she takes off from behind the 10-foot line. Both feet must start behind that line, but the player can land on the other side.
- Playing the Ball – A ball may be played up to three times on one side providing the same player does not touch the ball twice in succession.
- A ball hit simultaneously by two teammates is considered as one hit and either player may contact the ball a second time.
- A player may go outside of the court to play a ball as long as the ball is contacted on that player’s side of the court. It will only be considered a legal return as long as it crosses the net in between the antennas within the boundaries of the court as extended.

Rotation / Player Movement
- The rotation order specified by the starting lineup each game must be maintained throughout the game. If there are substitutes, they enter in the same position every time they substitute. In the case of injury, exceptions will be made to this substitution policy.
- Substitutes may only enter on dead-ball situations.
- Players may interchange positions to pass or block after the serve
- Players may switch positions after service provided they return to their original positions after each point. PENALTY: point awarded. Exception to rule: a player from the back line may not strike the ball or block a spike while standing within 10 feet of the net.

Net Play
- When simultaneous contacts by opposing players occur, either player may contact the ball again if it falls on his/her side of the net. This play will constitute the first of three attempts on their side.
- 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, it shall constitute a fault. Hair does not constitute a fault.
- Players are not permitted to have any part of their body touch the net or step over the centerline while the ball is in play. EXCEPTION: ball hits net with such force it causes net to hit opponent, the ball is still in play.
- An attacker may have his/her hand(s) or arm(s) follow through over the net as long as the offensive play has been completed.
- The ball is considered to have crossed the net when any part of the ball is extended over the net.