

Rule 1 – The Game

1. The team that wins the rally scores a point.
2. When the receiving team wins the rally, that is called a “Side-out”
 - a. A point is awarded on a side-out
 - b. Each team rotates one spot clockwise after a side-out
3. A game ends when one team scores 25 points with at least a two-point advantage (no cap)
4. The first team to win 3 out of 5 games wins the varsity match (JV play best 2 out of 3 games)
 - a. If a deciding game is necessary it will be rally scoring to 15 points with no cap

Rule 2 – The Court

1. The court is 30 feet wide and 30 feet long on each side of the net
2. The official will stop play when:
 - a. A player gains an advantage from a floor obstacle, wall, or another player (jumps over, pulled away from, pushes off of, etc.)
 - b. It is necessary to prevent injury

Rule 3 – Game Equipment

1. The net is 7 feet, 11^{5/8} inches tall for boys and 7 feet 4^{1/8} inches tall for girls (measured from the center of the net)
2. The net cannot be more than ³/₄ of an inch different at the ends of the net
3. The ball is inflated with 4.3-4.6 pounds per square inch of air pressure

Rule 4 – Player Equipment and Uniform

1. Players may not wear jewelry, body paint, or glitter on any part of their body
2. If undergarments are worn so they are exposed, they must match the color of the uniform
3. Penalty for an illegal uniform is a penalty timeout, side-out, or penalty point

Rule 5 – Officials: Responsibilities and Positions

1. There are two paid officials for each volleyball match
 - a. Referee – is in charge of the match, starts and stops every rally
 - b. Umpire – responsible for subs, score keeping, and assisting the referee for rules violations
2. There are two Line Judges
 - a. These are students, one provided by each team
 - b. Responsible for calling the ball in or out when the paid officials need help

Rule 6 – The Team: Composition and Positions

1. A team needs 6 players to begin a match or they forfeit
 - a. If a team has fewer than 6 players after the start of the match due to illness, injury, or disqualification, the team can continue playing
2. Only the team captain may speak to the officials
3. *OVERLAPPING (see overlapping handout) Also LIBERO RULE (see Libero handout)*
4. Players on the serving team may not try to prevent the receiving team from seeing the server (this is a screen, a side-out will be awarded to the receiving team)

Rule 7 – Roster and Lineup (nothing important for you to know)

Rule 8 – The Serve

1. The server has 5 seconds to serve after the referee blows the whistle
2. The server must serve from between the sidelines
3. The server may not step on the service line (baseline)
 - a. The server may jump from behind the baseline and contact the ball in front of the baseline while in the air
4. The server has one re-serve during each term of service
 - a. A term of service begins when a player rotates to the right back position and ends when a side-out is awarded
 - b. A re-serve is called when a player tosses the ball to serve, but catches it or lets it hit the floor to toss the ball again because the toss was bad
5. The team that did not serve first in game one, will serve first in game two, and the two teams will continue to alternate until a deciding game (game 5 Varsity, or game 3 JV) at which time a coin toss will decide who serves first (the home team’s captain will call the deciding coin toss)
6. A serve becomes dead when:
 - a. It doesn’t cross the net
 - b. It touches the floor outside the boundary lines
 - c. It touches the ceiling
 - d. It touches the antennae or doesn’t pass within the antennae
 - e. The server steps on the baseline while contacting the ball to serve
 - f. The server is not in the correct order
 - g. The server takes longer than five seconds after the whistle to contact the ball
7. NOTE: IT IS NO LONGER A DEAD BALL IF THE SERVE HITS THE NET AND GOES OVER

Rule 9 – During Play

1. Everyone on the bench must remain seated during the game
2. Teams sit on the bench that is on the same side of the court they occupy during play
3. The ball is considered dead when:
 - a. It touches a wall
 - b. It lands completely out of bounds
 - c. It touches the antennae or does not pass inside the antennae
 - d. It touches any part of the net outside the antennae
 - e. It touches a non-player (fan, official, bench player, coach, etc.)
 - f. A team hits the ball over the net and it touches the ceiling on the opposite side of the net from that team
 - g. It goes into a non-playable area (team bench, bleachers, scorers table, etc.)
 - h. It touches a backboard hanging over the playable area
 - i. If you would have been able to make a play on the ball, the official **may** award a replay when the ball hits the backboard over the playable area
 - i. It touches a player below the waist
 - j. An official's whistle sounds
4. Contacting the Ball:
 - a. Legal contact is a touch of the ball by a player's body above and including the waist which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body
 - i. The ball coming to a rest is called a "Lift"
 - b. Multiple contacts during one attempt to play the ball are legal on any first team hit, whether or not the ball is touched by the block
 - i. i.e. You may double contact any first ball over the net, as long as it is in one attempt to play the ball and you do not lift the ball
5. If the ball is hit over the net by a back-row player it is a legal play if:
 - a. The ball was not completely above the height of the net
 - b. The ball was completely above the height of the net but the player jumped from behind the 10ft line before contacting the ball

Rule 10 – Substitutions

1. A substitute must go into the same spot in the serving order when re-entering the game
2. A team is allowed 18 substitutions each game
3. A substitute must wait for the Umpire's signal to enter the game

Rule 11 – Time-Outs and Intermissions

1. Only the coach or team captain may request a time-out
2. Each time-out lasts up to sixty seconds
3. Each team has two time-outs per game
4. The time between games is three minutes

Rule 12 – Conduct

1. Everyone needs to be seated on the bench during play
2. Unsportsmanlike conduct by a player includes:
 - a. Yelling at the opponent at any time
 - b. Being disrespectful to the officials
 - c. Questioning or trying to influence officials' decision
 - d. Showing disgust with officials' decision
 - e. Using profane or insulting language
 - f. Taunting opponents
 - g. Making any contact with an opponent that is unnecessary and incites roughness
 - h. Abusing the re-serve rule
 - i. Spitting
3. Penalty for Unsportsmanlike Conduct
 - a. First offense / Minor offense, player or coach is given a yellow card warning
 - b. Second offense / Major offense, player or coach is given a red card warning and the opposing team is given a point or sideout
 - c. Third offense / any type, player or coach is given a red/yellow disqualification and may not continue the match
 - i. If disqualified from competition the player or coach will also be disqualified from the next scheduled match