



## VOLLEYBALL RULES

### **REGISTRATION RULES**

1. Each team must submit the following materials to the Players Choice by the registration deadline:
  - (A) League registration form;
  - (B) Team Roster (minimum of six (6) players required)
  - (C) Full registration payment
2. It is the team captain's responsibility to see that the team roster and liability forms are correct and up-to-date. Also captains are responsible for seeing that all team members sign the liability form, are familiar with the Players Choice procedures and policies.
3. Roster changes can be made up until the third game of the season.
4. A player may only be listed on one team roster in each league.

### **GENERAL RULES**

1. Teams must have four (4) players on court in order to begin play.
2. There will be three (3) games per match.
3. One thirty-second timeout is allowed per team, per game. If a time-out is not used it will not be carried over to the next game(s).
4. Standings kept on number of matches won. When necessary, the following tie breaker(s) will set final league standings:
  - (a) Total number of matches won or lost against teams, head to head
  - (b) Point differential between the total amount of points each team has scored against the other in head to head competition;
  - (c) Points Allowed;
  - (d) Or points scored.

### **DESIGNATION AND POSITION OF PLAYERS**

1. The position for sixes - players in order of service shall be Right Back, Right Forward, Center Forward, Left Forward, Left Back, and Center Back.
2. The first server of a game shall be the Right Back player of the serving team, who shall serve from within the serving area, behind her end line.
3. All players except the server shall be within the team's playing area and in correct serving order with no overlapping of adjacent player's front-to-back or side-to-side at the instant the ball is contacted for the serve. After the ball is contacted, players may move from their respective positions.
4. Players on the serving team shall not intentionally screen or obstruct their opponent's views of the server.
5. Substitutions:

The offensive team can only make substitutions during the serving rotation. An exception is allowed for players, arriving after the start of a match, to enter the game at any offensive or defensive position upon the first dead ball. Such players are required to raise their hand & be recognized by the referee before entering the court.

### **GENERAL PLAY**

1. Official will determine which team serves the first and second games by captains calling odd or

even. Winner of the call will choose serve or side. If the winner chooses to serve, the opposing team gets their choice of sides. Prior to the third game, another odd or even call will take place to decide who will serve to start the third game.

2. Service may take place anywhere from behind the end line.
3. **LET-SERVE – In the event that the ball hits the net during a serve and falls on the opponent's side of the net, play will continue.**
4. The receiving team, in all leagues, is not allowed to block or spike on a served ball.
5. Front line players may hit the ball from any position above or below the top of the net. They may play the ball while positioned outside the sidelines or end lines of their areas but not while positioned illegally over the centerline or the out-of-bounds extension of the center line.
6. Back line players, while positioned behind the spiking line, may hit the ball from any position above or below the top of the net. They may play the ball while positioned outside the sidelines or end lines of their areas, but not while positioned across the centerline or the out-of bounds extension of the centerline. A back line player may spike providing they have left their feet behind the spiking line.
7. A ball is dead if it: (a) Crosses the net not entirely inside the vertical tape markers; (b) Lands out-of-bounds; (c) Touches the ceiling or any obstruction above the court and is not contacted again by the same team; (d) Becomes lodged or comes to rest on any obstruction over the court; (e) Touches the floor within the playing area; or (f) Touches a player below the waist.
8. A ball which contacts a pole or other obstacle located outside the court area and bounces back into play will be ruled a dead ball.
9. After the ball has contacted any fixture(s) located above the court area the team may continue to play on the subsequent second and third hits.
10. Officials **will not** ask teams if balls in question are in or out of bounds. Official will call either "In, "Out" or "Replay".

### **NET PLAY**

1. Contacting the net or standards while the ball is in play is prohibited unless the force of the ball by an opponent pushes the net into a player.
2. A player may cross the centerline with any limb(s) as long as the limb(s) remain on or above the centerline, and that individual does not interfere with the play of an opponent.
3. Reaching over the net is permitted during: (a) A follow through of a hit made on the player's own side; or (b) Blocking a spike or a set traveling parallel to or away from the net after the opponent has hit the ball (judgment call by official).

### **CONTACTS**

Definitions: (a) Simultaneous contact of the ball are touches of the ball made at the same instant; and, (b) Successive contacts of the ball are two separate touches of the ball by one player with no interrupting touch by a different player between the two touches.

1. A player shall not play the ball twice in succession unless there is: (a) Simultaneous contact by teammates; (b) Simultaneous contact by opponents; or (c) Successive contacts by blocker(s).
2. Simultaneous contacts of the ball by teammates shall be permitted and is considered as one hit. Either player may participate in the next play.
3. Successive contacts by one player shall not be permitted except on a ball, which rebounds from one part of a player's body to another in one attempt as team's first hit.
4. When opponents make simultaneous contact on the ball, the player on the opposite side of the net from which the ball falls shall be considered as having touched the ball last. (ie. on blocks) Either player may participate in the next play and the simultaneous contact shall not count as one of the three hits allowed that team.
5. Legal Hits

- a. A single hand, "fully closed" clinched fist, can be used to contact the ball on any one of a team's three available hits, except when deemed an attack on the serve.
  - b. Properly executed dink, dump, spike or hit with a cupped hand above the shoulders.
6. If a ball that is simultaneously held by opposing players is deemed a double foul and replayed. (Judgment call).
  7. An overhead chop used to return a serve is allowed in ALL LEAGUES.
  8. The ball may be legally hit by any part of the body above the waist. It may not be caught, thrown, pushed or lifted.

#### **TERMINATION OF GAME**

1. The first two games are won when a team has rallied to 21 points and is ahead by at least 2 points cap of 30, and the third game will be rally 15 with no cap.

#### **TEAM CONDUCT RULES**

1. A five-minute grace period will be allowed for any team(s) that is short of players. At the end of this grace period, the first game will be declared a forfeit. Ten minutes after the scheduled starting time, the match will be forfeited. At this point and if time allows, if a team has enough players to play, they may play the third game of the match.
2. \*Note: The five-minute grace period will begin at the time listed on the "official written schedule".
3. Upon the referee's discretion, teams may be allowed a 3 - 5 minute warm-up period following the conclusion of the previous match.
4. Any teams habitually forfeiting games due to lack of players or non-appearances may be removed from league schedule at the Players Choice discretion with no refund. Non-appearance is defined as an instance where no players from a team appear for a scheduled match or they forfeit because they have less than four players.