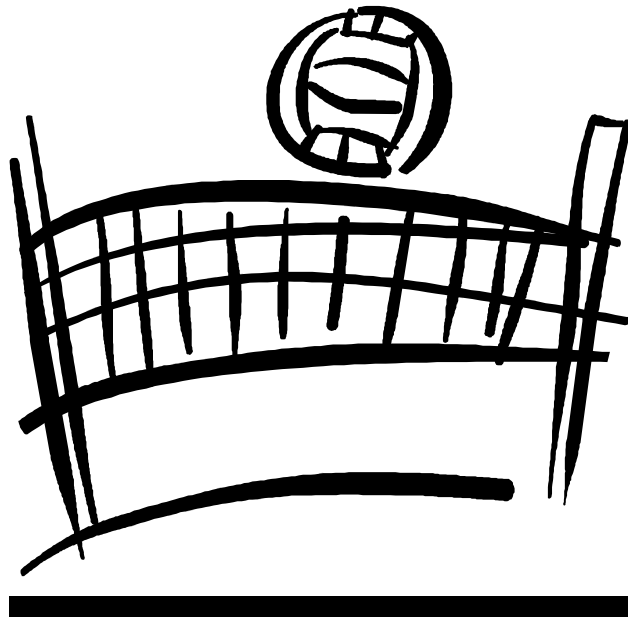




Adult Volleyball Rules



1. **PROTESTS** - There are no protests within the Volleyball league.

2. **DISCIPLINE**

➤ **EJECTION FROM GAME**

A player or coach ejected in (or after) a game by a referee will automatically be suspended from current game plus the next game in the season.

Additional Offenses

A player accumulating three ejection's over a one-year period will be **BANNED** from further participation in any Sports of All Sorts Youth Association sponsored events.

FIGHTING – will not be tolerated on or off the court. Any person ejected for fighting will be banned from the league.

“Jumping-in”: A player jumping from the player bench to the court to break up or participate in a fight will automatically be ejected from the game.

A player or coach/manager ejected for “assaulting an official” will automatically be suspended from any further activities sponsored by the Sports of All Sorts Youth Association.

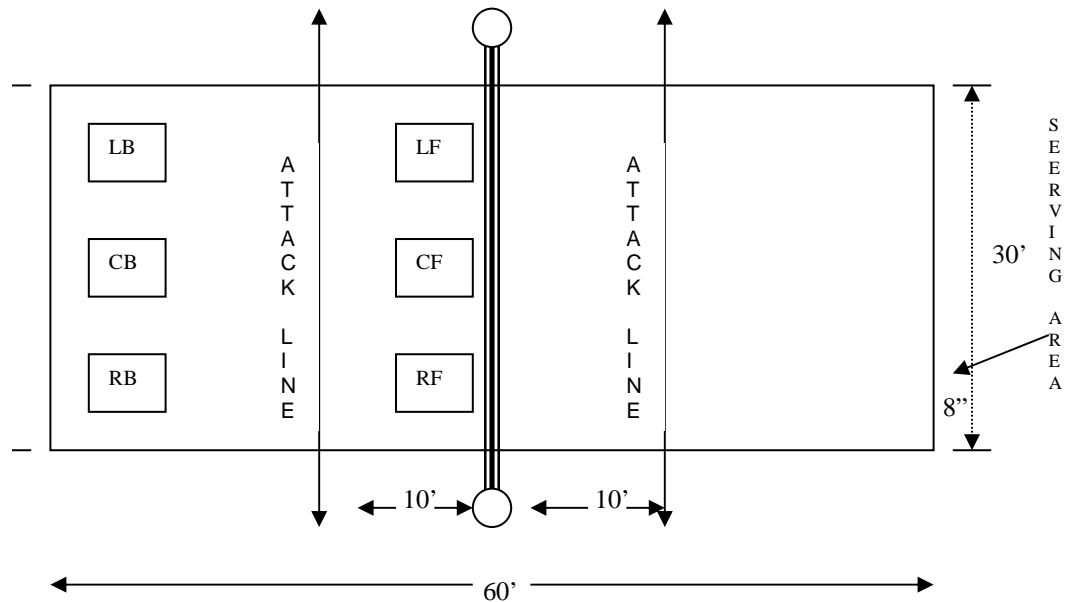
AN “ASSAULT ON AN OFFICIAL” SHALL BE DEFINED AS A BATTERY OR AN ATTEMPT TO COMMIT A BATTERY UPON AN OFFICIAL; AND AN ACT WHICH IS CLOSE TO ACCOMPLISHMENT SHALL BE SUFFICIENT TO CONSTITUTE AN ASSAULT UPON AN OFFICIAL, ANY ASSAULT ON AN OFFICIAL SHALL RESULT IN A PERMANENT BAN FROM SPORTS OF ALL SORTS YOUTH ASSOCIATION AND ITS FACILITIES IN WHICH IT OPERATES ITS LEAGUES. LOCAL AUTHORITIES WILL ALSO BE NOTIFIED.

3. **SPORTSMANSHIP** All teams should promote good sportsmanship.

4. **INCLEMENT WEATHER HOTLINE** You may contact Sports of All Sorts anytime weather conditions are in question.

Law 1-The Court:

Dimensions:



Rule 1. The Game

DEFINITION:

Volleyball is a game played by two teams of six players: each with an inflated ball on a rectangular court separated into two areas by a net. One team serves the ball over the net, trying to make it land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area.

MATCH:

- A match shall consist of three (3) games.
- All games shall be 21 points (no cap)
- A match shall include let server.
- A match shall include two time-outs per game.

SCORING POINTS:

- A point shall be scored by the opponent each time a team commits a fault.
- If the serving team wins the rally, it scores a point and continues to serve.
- If the receiving team wins the rally, it scores a point and gains the serve. Each time a team gains the serve, it must rotate one position clockwise before serving.

Rule 2. The Court

See court diagram above.

PLAYABLE OVERHEAD OBSTRUCTIONS:

- A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

OUT OF BOUNDS:

A ball is out of bounds and becomes dead when it:

- Touches a wall, objects mounted flush with a wall, or objects on the floor outside the court without interfering with a player's legitimate effort to play the ball.
- Touches the floor completely outside the court's boundary lines.
- Touches the net antennas above or within the net or does not pass over the net entirely between the net antennas.
- Touches the net cables or net not completely inside the antenna, net supports or referee's platform.
- Touches a non-player who is not interfering with a player's legitimate effort to play the ball.
- Touches the ceiling or overhead obstructions beyond the vertical plane of the net and its out-of-bounds extension.
- Touches or enters (from the direction of the court) a non-playable area beyond the legal reach of a player, or adjacent courts scheduled for play.
- Touches any part of a backboard or its supports hanging in a vertical position, over a playable area if it is a served ball or, in the judgement of the official, the ball would not have remained in play if the backboard had not been there.

Penalty for out of bounds: Point/Loss of rally is awarded to the opponent.

RESTRICTED PLAY

The official shall stop play when;

- A wall, floor obstacle, non-playable area or non-player interferes with a player's legitimate effort to play the ball.
- A player gains an illegal advantage by contacting any floor obstacle (i.e. team benches, officials' table, bleachers, etc.) wall or another player.
- It is necessary to prevent player injury from contact with obstacles or walls.
- The ball contacts any part of a backboard or its supports which is hanging in a vertical position over a playable area. Supports are considered part of a backboard.
- A player may play a ball over a non-playable area if the player has a body part in contact with a playable area at the time the ball is contacted, and may enter the non-playable area after playing the ball.

Penalties for Restricted Play;

- When a wall, floor obstacle or non-playable area that is less than 6 feet from a boundary line, or a non-player causes the interference, a replay is declared provided the player had a legitimate play on the ball.
- When, in the judgment of the official, the ball would have remained in play had the vertical backboard not been over the playable area, a replay is granted.
- In all other situations, a point/loss of rally is awarded to the opponent.

Rule 3. Game Equipment

See court diagram for basic information

Rule 4. Player Equipment

- A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, even though padded, is not permitted on the finger, hand, wrist or forearm.
- Supports/braces are permitted on other parts of the body (an elbow brace shall not extend more than halfway down the forearm) if in the judgement of the referee, they are not considered dangerous. The referee shall, however, require a support/brace to be covered or padded if a sharp edge or point is exposed.

Rule 5. Officials: Responsibilities and Positions

- Will Follow National Federation High School Codes of Conduct and game mechanics.

Rule 6. The Team: Composition and Positions**TEAM PLAYERS:**

- A team shall consist of six players (3 females, 3 males) to begin the first game of the match.
- If a team has fewer than six players to begin the match then the match will be played however, no team can have more woman or more men on the court at anytime. Men/Women ratio must be equal
- If a team has fewer then six eligible players due to illness, injury or disqualification after the start of a match, it shall continue play.

PLAYER POSITIONS:

- The position of players in order of the serve shall be Right Back, Right Front, Center Front, Left Front, Left Back and Center Back.
- At the moment of serve:
 - All players, except the server, shall be within the team's playing area and may be in contact with the boundary lines or center line, but may not have any part of the body touching the floor outside those lines.
 - All players shall be in correct serving order. Each right-side player shall have at least part of one foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row (except the server and the center back of the serving team). Each left side player shall have at least part of one foot touching the floor closer to the left sideline than both feet of the center player in the corresponding row. Each front-row player shall have at least part of one foot touching the floor closer to the center line than both feet of the corresponding back-row player.
 - After the ball is contacted for the serve, players may move from their respective positions.
- When a loss of rally occurs, the team preparing to serve shall rotate clockwise one position. A point is awarded as this team rotates.
- When a team plays with fewer than six players due to illness, injury or disqualification which occurred after the start of the game, a loss of rally shall be awarded to the opponent each time the vacant position is the right back position. If a team started with less than six players and the male/female ratio was equal, this rule will not apply unless illness, injury or disqualification occurred after the start.

PENALTIES FOR ILLEGAL POSITIONING:

1. For illegal alignment, point/loss of rally is awarded to the opponent for:
 - a. Overlapping by players other than the server at the moment a legal serve occurs;
 - b. Positioning, at the moment of a legal serve, of any player, other than the server, outside the boundaries of the playing area.
2. For an improper server, loss of rally shall be awarded as soon as the improper server is discovered and verified
 - a. When an improper server is discovered prior to the contact of the first serve by the opposing team, all points earned by the improper server shall be canceled.
 - b. When an improper server is not discovered until after the serve has alternated and the first serve has been contacted, there shall be no cancellation of points, and no penalty is assessed.
 - c. Proper serving order as written in the score book shall be regained immediately.

SCREENING

1. Players on the serving team shall not take action to prevent receivers from seeing the contact of the serve or the path of the served ball. Potential screens exist, but are not limited to:
 - a. When a player(s) on the serving team waves arms, jumps, moves sideways or stands close to the server, and the ball is served over the player(s)
 - b. When a group of two or more teammates stand close together, and the ball is served directly over them.

PENALTY FOR SCREENING:

1. A point/loss of rally is awarded to the opponent.

Rule 7. Roster and Lineup

All Players must appear on the roster.

Rule 8. The Serve

- A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, fist or arm while the ball is held, or after it is released by the server. The ball shall be contacted within five seconds after the referee's signal to serve.
- The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area.
- A team's term of service begins when a player assumes the right back position as the server and ends when a loss of rally is awarded.
- A player's term of service begins when the player assumes the right back position as the server and ends when a loss of rally is awarded or a substitution for the player is made prior to the end of the team's term of service. Each player may have only one re-serve during a team's term of service.
- A re-serve shall be called when the server releases the ball of service, then catches it or drops it to the floor.
- The referee shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new five seconds for the re-serve. A re-serve is considered to be a part of a single attempt to serve. Therefore, after the referee's signal for service, no requests (i.e. time-out, service order, lineup, substitution, etc.) may be recognized until after the ball has been served.
- The first server of the game is the right back position. Thereafter, when a team is awarded a loss of rally, the player in the right front position rotates to the serving area.
- A team continues serving until it loses the rally or the game ends.
- The server alternates when the serving team loses the rally.
- The team not serving first in the previous game of a match shall serve first in the next game.

ILLEGAL SERVE

A serve is illegal and the ball remains dead if the server;

- a. Hits the ball illegally
- b. Is touching the end line or the floor outside the serving area when the ball is contacted
- c. Does not contact the ball to serve within five seconds
- d. Is out of serving order or is from the wrong team
- e. Deliberately serves before the referee's signal to begin the serve
- f. Releases the ball for service then catches it or drops it to the floor more than once during one term of service.

SERVICE FAULT

A served ball is a service fault and becomes dead when the ball:

- Does not legally cross the net, such as when the ball
 1. Passes under the net
 2. Touches one of the server's teammates
 3. Touches the floor on the server's side of the net
 4. Crosses the net not entirely between the net antennas, or lands out of bounds
 5. Touches the ceiling or any obstruction

Rule 9. During Play**LIVE AND DEAD BALLS**

- A live ball is in play, from the moment the ball is legally contacted by the correct server until a dead ball occurs.
- A dead ball is declared by an official for any decision temporarily suspending play until the ball is legally contacted again for the serve.

A live ball becomes dead when:

- The ball touches the net antennas or does not pass entirely between the net antennas and passes beyond the plane of the center line extension;
- The ball lands out of bounds
- The ball contacts the ceiling or an overhead obstruction after the third hit
- The ball contacts a wall or ceiling obstruction which is over a non-playable area.
- The ball becomes motionless in the net or on an overhead obstruction

- The ball touches the floor
- The ball passes completely under the net
- The ball contacts a non-player in a playable area
- A ball from the direction of the court breaks the plane of a nonplayable area and goes beyond the leagl reach of a player
- An official's Whistle sounds
- In the official's judgement, a timer's audio signal interrupts play.

CONTACTING THE BALL

- A contact is any touch of the ball by a player (excluding the player's loose hair)
- A hit is a contact/touch of the ball which is counted as one of the team's three allowable plays before the ball is returned to the opponent's side of the court
- A team shall not have more than three contacts before the ball crosses the net into the opponent's playing area or is touched by the opponent. When the team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit.
- A ball is considered to have crossed the net when:
 - It has passed completely beyond the vertical plane of the net
 - It is partially over the net and is contacted by an opponent;
 - No part of the ball has crossed the net, and it is legally blocked
- 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
- Simultaneous contact is more than one contact of the ball made at the same instant
 - When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
 - When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit). Any player may make the next hit.
 - A "joust" occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A "joust" is not a foul, and play continues as if the contact was instantaneous.
 - When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the balls falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
 - Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between he two plays. A player shall not have successive contacts of the ball unless there is:
 - Simultaneous contact by teammates
 - Simultaneous contact by opposing players
 - Successive contacts by a player whose first contact is a block, then the second contact shall count as the first hit by the player's team.

Multiple contacts are more than one contact by a layer during one attempt to play the ball. Multiple contacts are permitted only:

- When the first ball over the net rebounds from one part of the player's body to one or more other legal parts oin one attempt to block;
- On any first team hit, whether or not the ball is touched by the block.

PENALTIES FOR ILLEGAL CONTACT: Point/loss of rally is awarded to the opponent when:

- A team has more than three hits
- There is any illegal contact, illegal successive contacts and / or illegal multiple contacts of the ball.

PLAYER ACTIONS

Definitions

- Pass – A play in which the ball is hit into the air so another player can get into position to contact the ball
 - Forearm pass – a controlled skill, generally used as a team's first hit, in which the ball rebounds from the forearms of the receiver to a teammate
 - Overhead pass (setting action) – two-hand finger action directing the ball.
 - Set – two (or one) hand finger action directing the ball to an attacker.
 - Dig – an underhand or overhead defensive saving skill in which the ball is contacted by the forearms, first or hands.
- Attack – Any action other than a block or a serve that directs the ball toward the opponent's court. A team's third hit is always considered an attack. A completed attack occurs the instant the ball completely crosses the vertical plane of the net, or is legally blocked.
 - Spike – an attack play in which the ball is forcibly hit into the opponent's court with a one-hand overhead motion.
 - Tip – a fingertip attack on the ball which directs the ball into the opponent's court

- Dump – a fingertip attack most commonly used by a setter on the second hit to direct the ball into the opponent's court.
- Overhead pass – two-hand finger action directing the ball over the net.
- Block – A play approximately arm's length from at or near the net in which a player(s) whose hand(s) is raised above the head, contacts the ball near the top of the net in an action that would:
 - Prevent the ball from crossing the net
 - Return the ball immediately
 - Deflect the motion of the ball
 - A Block may involve wrist action provided there is no prolonged contact.

Front row players may contact the ball from any position inside or outside the court provided the ball has not completely crossed the vertical plane of the net or the net extended

Back row players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.

Play continues when a back row player (on or in front of the attack line), contacts the ball, which is completely above the height of the net on the team's first or second contact, directing the flight of the ball toward a teammate, and the opponent legally contacts the ball that breaks the vertical plane of the net. If the ball is hit back into a back row player, it is ruled as the team's first hit/contact. It is a back row player foul if the flight of the ball is toward the opponent's court and not toward a teammate and is legally touched by an opponent above the net, or completely crosses the net.

A Back row player shall not

- participate in a block or an attempt to block
- Attack a ball which is complete above the height of the net while positioned on or in front of the attack line or its out-of-bounds extension;
- In the air, having left the floor on or in front of the attack line or its out of bounds extension.

NOTE: An illegal back row attack shall not be called until the ball has completely crossed the net or is legally blocked by the opponent

A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.

A player may cross the extension of the center line outside the court at any time provided he/she does not interfere with play by the opposing team.

While across the center line extension outside the court, any player may play a ball that has not completely crossed the vertical plane of the net extended.

PENALTIES FOR ILLEGAL PLAYER ACTION: Point/loss of rally is awarded to the opponent for an illegal hit, center-line violation or back-row player foul.

NET PLAY

A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas. A serve contacting and crossing the net shall remain in play provided that the ball is entirely within the net antennas. Recovering a ball hit into the net shall be permitted.

**THIS LEAGUE IS INTENDED TO PROVIDE YOU WITH THREE VERY IMPORTANT ITEMS,
FUN, FITNESS AND FELLOWSHIP**