

Volleyball Basic Rules



***No food, drinks, or gum will be allowed on the court(s).**

THE SERVE

NET HEIGHT - The height of the net shall be approximately 6'6".

Serving:

- A. **3rd & 4th Grade**: For the first serve, the server must serve from behind the **green line** (marked on the court) until after contact. After the initial serve, (if the server is not capable of serving over the net) the server may move up to the **red line** marked on the court(s).
 - B. **5th & 6th Grade**: The server must serve from behind the end line until after contact. After the initial serve, (if the server is not capable of serving over the net) the server may move up to the **green line** marked on the court.
1. The ball may be served underhand or overhand.
 2. The ball must be clearly visible to opponents before serving.
 3. The served ball may graze the net and drop to the other side for a point.
 4. Regarding a player's initial serve - each player has two chances to serve the ball in. Any fault on the first serve will result in a second chance to serve the ball in. After the initial serve, they may serve up to 2 more times for a maximum of 3 points. (4 total serves possible)
 5. The first serve, for the first game, is determined by a coin toss. For each subsequent set, the losing team will start the set with the first serve. (This includes the 3rd set)
 6. The player may not serve the ball until signaled by the referee. Serving before the referee signal may result in a loss of serve.

ROTATION

1. Teams will rotate after the opposing team has reached their maximum amount of serves, or points, and it becomes their turn to serve.
2. All players (including those on the sidelines) shall rotate in a clockwise manner. No substitutions shall be allowed unless due to injury.
3. There shall be 4-6 players on the court for each team during the game. Each team must have a minimum of 4 players to start a game. Teams will play 4-vs-4 or 5-vs-5 if teams do not have enough players. (I.e. teams will not play 4-vs-5, 5-

vs-6, etc.)

SCORING

- Rally scoring will be used.
- There will be a point scored on every score of the ball, with the exception of missed serves. No points are scored on missed serves.
- Offense will score on a defense miss or out of bounds hit.
- Defense will score on an offensive miss, or out of bounds hit.
- The game will be played to 25 points or 20 minutes, whichever comes first. If a third game is played, it will be played to 15 points or 10 minutes, whichever comes first. A team must win each set by 2 points.
- If the ball hits the ceiling on your side then it's a "live" ball and your teammates may play the ball.
- If the ball hits the ceiling on the other side of the net, then it's a "dead" ball and the other team gets the ball or point (example: my team bumps the ball over the net but it hits the ceiling anywhere along the way then the other team gets the ball/point)
- If the ball hits the basketball goals or the walls of the gym, regardless of which side/where the ball lands next, it is a "dead" ball.

PLAYING THE GAME (VOLLEY)

1. Teams have a maximum of three hits, per side, during a volley. If a team hits the ball more than 3 times, the opposing team will receive 1 point.
2. A single player may not hit the ball two times in a row. Blocks are NOT considered a hit.
3. The ball may be played off the net during a volley and off of a serve.
4. A ball touching a boundary line will be counted as "In" resulting in 1 point.
5. A legal hit is contact with the ball by any part of a player's body, including their feet. However, we will not allow players to kick the ball during a volley.
6. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
7. A player must not block or attack a serve.
8. Switching positions will be allowed only between front line players. ONLY after the serve.
9. Coaches may request for parents to line judge during games. However, the referee will have the final say on calls.
10. Each team will have 2 timeouts per set; 30 seconds to 1 minute.

BASIC VIOLATIONS

- Stepping on or over the line on a serve
- Hitting the ball illegally (carrying, lifting, palming, throwing, etc.) These calls will be made if done excessively.
- Touching the net with any part of the body while the ball is in play; if the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.

BASIC VIOLATIONS (cont.)

- Reaching over the net, except under these conditions:
 - When executing a follow-through.
 - When blocking a ball which is in the opponent's court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.
- Reaching under the net (if it interferes with the ball or opposing player).
- Failure to serve in the correct order.

Volleyball Lingo	Translation
"Ace"	When the ball is served to the other team and no one touches it.
"Sideout"	When the team that served the ball makes a mistake, causing the ball to go to the other team.
"Roof"	When a player jumps above the height of the net, and blocks the ball.
"Stuff"	When a player jumps about the height of the net, blocks the ball, and the ball goes back at the person who attacked (spiked) the ball.
"Dig"	When a player makes a save from a very difficult spike.
"Kill"	When a team spikes the ball and it either ends in a point or a side out.



