

Volleyball Rules

Teams

- 6 players on a court
- Substitutions can be made when ball is dead
- Original starters may only replace substitutes

Scoring

- A game is won when a team has scored 25 points except in deciding sets then the game is played to 15, must always win by 2 points
- Match is won by the team that wins two out of three sets or 3 out of 5
- A point is scored off each rally

Libero Player

- May replace any player in back row
- May only perform as a back court player and is not allowed to complete an attack hit from anywhere
- May not serve, block attempt to block, or take part in any actual block
- Always in a different coloured shirt

Service

- Ball must be hit with one hand or any part of the arm, after the ball is tossed from the hand
- There can only be one service attempt
- The service must be hit within 8 seconds after the first referee whistles for service

Serving Faults

- Service faults result in a loss of serve and a point for the other team and occur whenever;
- The ball touches the net and goes out
- The ball passes under the net
- The ball touches a player on the team of the server or any other object before entering the opponent's court, other than the net
- The server's foot touches the end line
- The ball lands outside the limits of the court

Time-outs

- Time out can only be called when ball is dead
- A team is allowed two time outs a set
- Each time out can be no longer than 60 seconds

Service out of order

- If the server is out of rotational order, there is a loss of service and a loss of all points that may have been gained during such service
- If any player on the team of the server is out of rotational order, there is a loss of service and a loss of all points gained by the offending team during the incorrect rotation order

Rules of play

- The choice of court and first serve shall be decided by a toss of a coin; the winning team captain of the coin toss has the choice of service or court side
- Teams must change courts after each game
- Preceding any final game of a match an additional coin toss is required for the choice of service or court

Changing Position

- At the beginning of a new game, the team that wins the coin toss for the service does not have to rotate
- The team that does not win the coin toss for service must rotate when it becomes their turn to serve

Hitting the Ball

- Any team is allowed 3 successive contacts
- A contact occurs when the ball touches any part of the player's body
- A "lift" occurs whenever the ball comes to rest in the hands or arms of a player
- The ball must be hit cleanly and cannot come to a visual stop

Net Play

- The ball is considered "in play" whenever it hits or touches the net during all course of play
- If the ball causes the net to hit the player on the other side of the court, it shall not be considered a fault

Center Line

- If a player completely crosses the center line and makes contact with the court of the opposing team it is considered a fault
- A player may step across the center line during play as long as part of his or her foot remains on or directly over the center lines at all times.

Blocking/ Attacking

- A back court player can attack the ball from anywhere on the court so long as his/ her last contact with the floor is behind the attack line
- A back row player cannot block
- A blocker may not contact the ball until the opponent has made an attempt to hit it
- If a ball touches a blocker's hands and then enters the court of that blocker, the ball may be contacted 3 more times by the blockers team
- After having touched the ball in an attempt to block, the blocker may contact it again immediately and this counts as the first contact *a player can't block a serve*

Volleyball Terminology

Service: Putting the ball in play anywhere along the black line.

Attack: A ball is contacted above the height of the net and over the net

Volley: Hands are placed in the shape of the ball above the head, body is underneath the ball at contact and arms are extended to target.

Forearm pass: Hands are placed on top of each other, thumbs are touching and pointed down to lock out elbows. Platform pushes towards the target.

Ace: A serve landing in bounds that is not returned or touched by the opposing team on first contact.

Block: the stopping of an opposing attack with arms and hand extended over the top of the net.

Kill: an attack that is not dug by the opposition; a kill ends the rally