

VOLLEYBALL RULES

POINT, SET AND MATCH WINNER (SCORING SYSTEM)

1. The winner of a match is the team that wins 2 of 3 sets or 3 of 5 sets. Two set matches are common in round-robin play.
2. To win a set a team must score twenty-five points with a minimum lead of two points (mentioned above).
3. The rally point system is used in all sets to accelerate play. If the serving team scores a point, they keep serving and also keep possession of their serve. If the receiving team wins the rally, they score a point and gain the serve

POSITIONS

1. At the moment the ball is hit by the server, each team must be within its own court except the server
2. The three players along the net are front row players, the other three are back row players. Each player in the front row must be nearer the center line or net than the player immediately behind. A player on the right hand side of the court must have the player on his left on his left and nowhere else.
3. If a team is not in the proper position at the moment of the serve, they are committing a positional fault. A positional fault leads to a loss of rally and the players are returned to their position.
4. A rotation fault is committed when the service is not made in the proper rotation order. This also leads to loss of rally and a proper repositioning of the players.

SUBSTITUTIONS

1. Six substitutions are the maximum permitted per set. A player of the starting line up is allowed to leave and return to the play during the set but only to return to his previous position. However, at the high school level you are allowed twelve substitutions per set.
2. A substitute player may enter the play only once in the set and can only be replaced by the same player.
3. An injured player who cannot continue playing should be legally substituted. If this is not possible, an exceptional substitution can be made.

PLAYING ACTION

1. The ball is in play as soon as the ball has been hit by the server. Nevertheless, the referee must have blown his whistle to allow the server to proceed.
2. The rally ends with the referee's whistle. However, if it results from a fault made in play, the ball is out of play from the moment the fault was committed.
3. The ball is "in" when it touches the floor of the court inside the boundary lines and including the boundary lines.
4. The ball is "out" when the part of the ball which contacts the floor is completely outside the boundary lines. The ball is also out when it touches an object outside the court (ceiling, person, basket).

FAULTS IN PLAYING THE BALL

1. A team hitting the ball four times consecutively commits a foul and loses the rally.
2. If a player takes support from a teammate or object in order to hit the ball he is committing a fault.
3. A ball driven into the net can be picked up within the three-touch limit without any penalty.

BLOCKING

1. While blocking, the player is allowed to touch the ball on the opposite side of the net, provided that he does not interfere before or during the other players attempt to hit the ball.
2. A player's hand is allowed to cross the net after the moment of contact with the ball. Obviously, contact with the ball must have been made on his respective side of the net.
3. Physical contact with the net is a fault that leads to loss of rally. It is not a fault when a player not attempting to play the ball accidentally touches the net.

SERVICE

1. At the beginning of the game there is a coin toss to decide who will receive or serve. The winner of the coin toss has the choice. If they choose to serve than they will serve set 1 and 3. The other sets will be started by a serve by the other team. If the team that won the coin toss decides to receive than the other team will serve sets 1 and 3 and the team that won the coin toss will serve sets 2 and 4 if needed. If the match goes to a fifth game there is another coin toss and the team that wins the coin toss has the choice to serve or receive
2. The server must hit the ball all within five seconds of the referee's whistle. Failure to do so will result in loss of rally.

ATTACK-HITS AND BLOCKING

1. All actions which consist of directing the ball towards thee opponents court are considered attack-hits. Serving and blocking are not.
2. An attack is completed when the ball completely crosses the plane of the net or is touched by an opponent
3. Front row players are allowed to attack at any moment.
4. Back row players are not allowed to attack inside the three-meter line of the court. They can nevertheless attack from the back row. To do so, the player must jump from behind the three-meter line without touching the line with his feet. He is permitted to land inside the three-meter line.
5. A back row player is allowed to complete an attack from the front row only if the ball is lower than the top of the net.

Derived From

<http://web2.slc.qc.ca/pe/VOLLEYBALL%20RULES.pdf>