

# Volleyball Rules

## Players

- A team will consist of 6 players on the court. A team cannot roster more than 12 players.
- Players must be 5<sup>th</sup>-8<sup>th</sup> grade and must be registered through the City of Locust or Albemarle.
- Forfeit: A team will forfeit their game if they are unable to field 4 players. If the team does not have 4 players at games time it will be a forfeit. There will be no grace period given for any scheduled game.

## Coaches

- Coaches must be registered with the City of Locust or Albemarle to be eligible.
- Must complete the necessary paperwork before the first practice.
- Each team will provide one line judge for each match.
- Coaches must remain on the sideline during the game unless there is an injured player.
- Coaches and their team need to uphold the Athletics Code of Conduct. Coaches need to set the example.

## Equipment and Uniforms

- Players must wear knee pads and closed toed shoes.
- No jewelry may not be worn during practices or matches.
- The City of Locust and Albemarle will provide jersey tops and they must be worn during matches.
- Players need to bring their own water bottle. Water bottles need to stay on the bench and may not be taken onto the court during matches.
- No hard casts can be worn during practices or matches.

## Playing Facility

- Net height will be 6'4".
- Matches will be played on full sized boundaries.
- Ceiling: If the ball hits the ceiling and bounces to the other side of the court, it is considered out of bounds and a point will be awarded to the other team. If the ball hits the ceiling and remains on the same side, the ball is still playable.
  - Lights, rafters, basketball goals and anything attached to the ceiling counts as part of the ceiling.
- Only registered players and coaches may sit on the bench.
- All bench areas should be cleaned by the team that occupied them at the end of the match.

## Game Rules

- The first serve of the first and third games will be decided by a coin toss. One player from each team will be present for the coin toss.
- All games will be rally scoring, meaning a point will be awarded to one team after each play.
- Best of 3 games will determine the winner.
- Games 1 and 2 are played to 25 points. Game 3 will be played to 15 points.
- Games must be won by 2 points.
- Game 3 will be played regardless of the outcome of the first two games.
- Each player must play one complete set (or 25 points).
  - *A player can play 12 points the first set and 13 points in the second game. It is recommended each team have a scorekeeper to verify play requirements.*
- Each team will have one 30 second timeout during each game.
- Players involved in the action of the ball may not make contact with the net at any point during the play.
- The ball may touch any part of the body and be considered playable.
- Players cannot use open or apart hands to hit the ball over head or on an upward swing (carrying). Hands must be together and closed unless serving or using single hand to hit overhead or blocking.
- Reaching over the net is allowed on:
  - A block
  - Follow through on a hit
  - *However, you cannot take a play away from the opposing team*
- Substitutions / Rotation:
  - The rotation of players must be made by the serving team before they start their service. You do not rotate on your team's first serve during a new game.
  - The rotation spot is the service position.
  - Substituting players must be done below referee and face one another at foul line so referee can see numbers of both players before entering/exiting court.
  - Substitutions are unlimited during play but must be made before the ball is blown into play.
  - A player may be substituted at any time in case of injury. The substituted player must assume the same spot on the floor as the injured player.
- Serving:
  - Serves can be overhand or underhand.
  - Players must wait for the whistle from the referee to serve.
  - If players cannot clear the net from behind the serving line, they are allowed to step forward even with the foul line. If made at that position, they must step back for the next serve and continue moving back until behind the serving line.
    - Coaches need to be honest about the players ability to serve.

- Since several players will need to set up to serve, foot faults for players trying to serve behind the line will be relaxed. The primary goal is to get the ball into play. Players with better serving abilities need to make an effort to serve behind the line without their foot crossing over the line before making contact with the ball.
- Players have a total of 10 seconds to serve each time.
- Players can toss the ball up and catch it or let it land and as long as no serving motion is made, they are allowed one re-try.
- The opposing team cannot spike or block the opponents serve.
- Let serves are allowed.