



Springfield South/County Youth Club

RECREATIONAL VOLLEYBALL RULES

Updated April 2024

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SYC will follow the new National High School Federation (NHSF) Volleyball Rules (rally point scoring, let serves are in play, liberal first ball contact) except as noted below.

Coaches and referees should keep a copy of these rules with them at the matches so that rule questions can be clarified as needed.

GYM RULES

COUNTY GYM RULES

The county allocates gym time to SYC with the understanding that the gym rules will be adhered to at all times. The following rules need to be followed by players, coaches, and spectators as part of the code of conduct:

- SYC participants and spectators are allowed in the gymnasium only and may use the closest rest rooms in the facility.
- No one is permitted to wander around the school building during games or practices.
- **NO food or drinks** are allowed in the gym except water. **This includes gum.**
- ALL younger children should be with their parents. They are not allowed to wander outside the gym without and should not run around the courts during matches.
- Do not move mats or other equipment, other than the standards left for us in the gym. If there are chairs in the gym we may use them, if there are not chairs we may not get them from anywhere else, this includes the closets or hallways.
- Do **not** climb on the mats. We are permitted to sit on mats that are low on the ground (up to around 2 feet high). We are **not** allowed to move the mats.
- Do not climb on the bleachers. If a volleyball is lost in the bleachers, then notify the league director who will notify the school. The school will later return the volleyball to SYC when the bleachers are opened.
- Do not climb on any other gym equipment, including but not limited to climbing walls, mats covered climbing walls, or pull up bars.
- Only play volleyball **INSIDE** the gym. The hallways have drop ceilings that will break if hit with a volleyball.
- **Never** drop your child off outside of the gym for a practice or a match. Bring your child inside and verify that the coach is in the gym. If the coach is not there yet, do not leave your child. Unattended children are not allowed at the gym.
- **Please throw away trash in the trash cans.**

Please remember we are guests at the schools we use for the volleyball league. Violations of these rules may result in loss of access to school facilities. Please help us maintain a good relationship

with the Fairfax County Recreational Services Department and our schools by complying with these rules and keeping our gyms clean.

ADDITIONAL SYC GYM RULES

The following SYC Volleyball rules should also be followed:

- Wait for your child's coach to arrive before leaving your child in the gym.
- Pick up your child on time for practice and matches. Please plan to be there 10 minutes before the end time so coaches don't have to wait.
- Flash photography is **not** permitted during matches.
- If you let another child watch videos or play games during a game or practice they must have headphones on.
- Do not play with any other sporting equipment during the games, including but not limited to non-game volleyballs, soccer balls, or basketballs.

CODE OF CONDUCT

TEAM MEMBERS

All team members must abide by the SYC Code of Conduct. Any player not adhering to the code of conduct will be asked to sit out of a game, sit out of a match, or leave the gym, depending on the severity of the behavior. Two warnings will be given for inappropriate behavior. If the behavior continues, the player will be asked to leave the gym. If the same player is asked to leave the gym on two separate occasions, they can not participate in matches for two weeks. The team can substitute another player for the expelled player. The codes of conduct can be found on SYC's home page under About SYC, [Policies & Procedures](#).

COACHES

All coaches must abide by the code of conduct rules. During the games or a match, the coach, as well as other team members, may give instructions to the players on the court as long as it is not disruptive and does not delay the game. Any coach not adhering to the code of conduct rules may be asked to excuse him or herself from a game, a match, or leave the gym, depending on the severity of the behavior. Repeated behavior problems could result in the coach being asked to step down as the team coach. The codes of conduct can be found on SYC's home page under About SYC, [Policies & Procedures](#).

SPECTATORS

ALL spectators must abide by the SYC Code of Conduct rules. Any spectator not adhering to the code of conduct rules may be asked to leave the gym. Two warnings will be given for inappropriate behavior. If the behavior continues, the spectator will be asked to leave the gym. If the behavior occurs at multiple matches, the spectator may not be allowed to come to future matches. The codes of conduct can be found on SYC's home page under About SYC, [Policies & Procedures](#).

CODE OF CONDUCT ISSUES

The referees are the court officials who will monitor code of conduct violation issues. If they witness a code of conduct violation, they will ask that the behavior stop. Any inappropriate conduct by a team member, coach, or spectator towards another in the room, such as, but not limited to, rude conduct, offensive conduct, or aggression is misconduct, is not permitted.

Referees will issue warnings, but if the referee is a teenager and not comfortable addressing an adult, they will ask a coach to please speak to the spectator.

If this spectator's behavior does not improve, the referee will then ask a coach to ask the spectator to leave the gym. This should then be reported to the League Commissioner.

Please be aware, the only one allowed to question a referee during a game is a Coach and since most of our referees.

If the League Director, Commissioner, or Volleyball Committee Member witnesses a violation of the code of conduct independent of game play, such as violation of gym rules, they will address the individual violating the code of conduct directly.

In the situation where players, coaches, or spectators intentionally yell or make other distracting noises to throw off an opposing player as they are serving, the referee will issue a warning at the end of the play. **The referee will issue a warning to the offending individuals to remain quiet during serving and that if they make noise to distract the server again, the server's team will be awarded a point. If the ball did not get served in-bounds, then the referee will replay the serve.**

TEAMS/UNIFORMS/EQUIPMENT

TEAM

A team consists of the youth listed on the SYC team roster, along with their coach. **Only team members listed on the roster can participate in games, matches or practices.** A **player** is one of the 6 members on the playing court during the game. A **substitute** is a team member that is not playing at that point in the game. A **team captain or captains** should be chosen for each match. The team captain or captains represent the team in the coin toss at the pre-match conference.

COACHES

All coaches **must be registered** through SYC. Head coaches must be at least 18; assistant coaches can be under 18 with adult supervision. **All** coaches must complete the SYC online background check and **Concussion Awareness/Training course**. Coaches are also required to complete the Building Director Exam. **Anyone** who is interacting with the team during practice or at games must be registered with SYC. If a person is not registered they **may not** interact with the team. Only coaches and assistant coaches are allowed on the court sidelines during games. They must not pass the 10-foot line.

PARENTS

Parents should not offer instruction or interfere with the coaches' job during practices or games. The coaches are volunteering their time and effort to the program and should be given the respect they deserve. Parents can assist the coaches by having players at all the practices and games on time and picking up their child immediately after practices and games. While it is understood that illnesses and conflicts in schedules will come up, the parents are expected to communicate with the coaches if their player is going to miss a game or practice.

PLAYER UNIFORM

Only players that are in their SYC issued uniform will be allowed to play. The uniform must not be defaced (see program guide for details.) Each player must wear his or her **SYC issued** team T-shirt, shorts (or pants), **kneepads**, and athletic shoes. The athletic shoes should have white soles and have no heel (shoes that a gym teacher would approve of). **Players are not allowed to wear hats or jewelry during a game or practice.** An exception will be made for religious or medical medallions if worn under the T-shirt. Stud earrings are allowed.

Players with long hair should have their hair pulled back and out of their faces. This should be done using a soft band - no hard, plastic bands or clips.

For players with glasses, it is strongly recommended they have glasses appropriate for sporting activities.

EQUIPMENT

	4 th Grade Clinic/ Elementary School	Middle/ High school
Net Height	7 feet	7 feet 4 inches
Volleyball	Volley Lite	National Federation of High School (NFHS)-certified

Coaches will be given a bag of volleyballs with a first aid kit and a net, if needed at their practice school. **Teams are responsible** for the **set-up** and **takedown** of the equipment at both the practices and the games (**parents can and should help** with this). Please **do not write on the volleyballs**, the only thing that should be on our volleyballs is SYC.

MATCHES

MATCH SCHEDULE

The match schedule **will NOT be changed** at the request of a coach because of schedule conflicts for members of the team or because of the coach being unable to make the match. The team can play with a minimum of 4 players. A substitute coach should be found if the coach and assistant both cannot attend a match. If a substitute coach is needed they must be registered and have completed the concussion training. **Note that there is no penalty applied to the score for playing with less than 6 players.**

The **ONLY** time a match will be rescheduled is if there is a gym cancellation.

PREPARATION FOR THE MATCH

Each team must provide a scorekeeper and a line judge to assist with the match. The line judge and scorekeeper should report to the referee for instructions prior to the match. One team's scorekeeper will use the flip chart scoreboard to keep track of the score and the other team's scorekeeper will record the score and timeout information on the SYC Volleyball score sheet.

The line judges will stand at the left back corner of each court, on the opposite side of the team they represent and are responsible for calling the ball in or out on the courtlines. Line judges can also assist with the calling of foot faults. Discretion to honor the line judge's call is up to the referee.

Line judges should be located on the opposite side of the team they represent.

Each coach must also prepare a rotation order sheet at the beginning of the first and third game. This sheet lists the players in their starting positions for the game, including the players that are rotating in. This is the order which the players must maintain as they are playing the game. For the second game, the players will start in the positions they left off in at the end of the first game, but on the opposite side of the net.

Each coach must also select a team captain (or two team captains) for the match.

FORMAT FOR REGULAR MATCHES

The following format will be used for all matches:

- A referee will be provided for all matches.
- There will be an official warm up session prior to each set of games or match. The warm up session begins at the time listed on the schedule for the start of the match. The length will be **6 minutes** – 2 minutes for **bumps, sets, and passing**, 2 minutes for **hitting**, and 2 minutes for **servicing**. All 6 minutes will be both teams on the court at the same time. The bumps, sets, and passing should take place on opposite sides of the net with the ball staying on your side of the net. The hitting should include hitting over the net with the teams hitting to opposite sides of the court. The servicing will be both teams servicing at the same time. The match will begin after the warm ups.
- During the warm up period the referee will call for captains from the two teams for the pre-match conference.
- The referee will conduct a coin toss before the match. The team that wins the coin toss has the choice of either serving the ball first or choosing which side their team would like to play on for the first game. The other captain takes the remaining alternative.
- At the end of the 2 minutes of servicing the referee will call for the coaches to bag all the volleyballs. Coaches **must** bag all volleyballs except the game ball prior to the beginning of the first game. **Please bag only the number of volleyballs that you came with**, they are all the

same, unless you are using personal volleyball (not recommended at games) it doesn't matter which ones you take as long as both teams have the same number they came with.

- The referee will blow the whistle for the teams to take the court. The coaches will present the team lineup to the referee, who will check to make sure the players are in the order on the lineup sheet.
- The first game will begin after the team lineups have been checked.
- The first two games are played to 25 points, no cap on the score, and a team must win by 2 points.
- Immediately after the first game the teams should switch sides and take their places on the court for the second game, in the same positions that they ended at the end of the first game. This will help ensure the matches are completed in a timely fashion and also help guarantee equal playing time for all players.
- There will be no more than 1 minute between the first and second games.
- After the second game the referee will again call for captains from the two teams.
- A third game will always be played during the regular season games.
- The referee will conduct a coin toss for the third game. The winner of the coin toss has the choice of either serving the ball first or choosing which side their team would like to play on for the first game. The other captain takes the remaining alternative.
- Coaches will prepare their lineup for the third game and present it to the referee as their teams take the court. Coaches should choose their lineup for the third game to ensure players get about equal playing time, based on playing time in the first two games.
- The last game is to 15 points, no cap on the score, and a team must win by 2 points.
- EXCEPTION – if there is not enough time to complete the match in the gym time allocated for SYC for that evening, then during the last game of the match, the referee can choose one of the following options depending on the current score and the time remaining before the gym must be vacated:
 - The referee can cap the last game – game will not have to be won by 2 points.
 - The referee can issue a 5-minute warning indicating that the match will end based on time. When the 5 minutes is up the match will then be called.
 - In addition, the referee may shorten the length of time outs to help speed up the game.

TIME-OUTS

A team may request up to 2 time-outs per set. They should notify the referee at the end of a rally if they wish to have a time-out. A time-out is only 30 seconds.

FORMAT FOR TOURNAMENT MATCHES

Tournament matches will follow the same format as regular season matches except that tournament matches are played best two out of three games to win the match. If a team wins the first two games of a match, then the third game is not played and the team winning the first two games is the winner of the match.

SEATING AND ETIQUETTE GUIDELINES FOR MATCHES

MATCH SPECTATOR SEATING, TEAM, SCOREKEEPER, LINE JUDGE, AND REFEREE LOCATIONS IN GYMS

For matches, SYC Volleyball requests the use of the larger gyms, such as Key Middle School and South County Middle School, etc, to provide adequate space for players and spectators. However, SYC Volleyball isn't always assigned these gyms on the days needed for matches, and instead matches are played in smaller elementary school gyms. In order to reduce confusion and make sure there is adequate unblocked room for spectators, as well as space for the players to play their matches, the following location arrangement should be followed at the match gyms:

MATCH LOCATION	TEAM LOCATION	REFEREE AND SCOREKEEPER LOCATION	SPECTATOR LOCATION
KEY Middle School	Alongside of court on wall opposite the divider curtain, with referee	Alongside wall opposite the divider location	On bleachers or in front of bleachers
South County Middle School	Alongside of court on the outside wall of gym, with referee	Alongside of court on outside wall of gym	On bleachers or in front of bleachers
Island Creek ES	Along the side of the court on the left as you enter the gym, with referee	Along the side of the court on the left as you enter the gym	Along the side of the court on the right as you enter the gym, opposite referee
Lorton Station ES	Alongside of court on wall on the left as you enter the gym, with referee	Alongside of court on the wall on left as you enter the gym	Along the side of the court on the wall on the right as you enter the gym, opposite referee
Orange Hunt ES	Along the side of the court on the climbing wall side, with referee	Along the side of the court on the climbing wall side	Along the side of the court on the wall opposite the climbing wall side, opposite referee
West Springfield ES	Along the side of the court on the left as you enter the gym, by stage, with referee	Along the side of the court on the left as you enter the gym, by stage	Along the side of the court on the right as you enter the gym, opposite referee

Any school not listed	On side with referee	On side best for ref	On bleachers where available, or on side opposite referee
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The spectators should always be on **the opposite side of the referee** and the teams, and **never behind the back line**. This will help the teams play with all the room they may need with no interruptions. Spectators can bring chairs for seating if the chairs have plastic ends on the bottoms so they don't damage the gym floors.

The exception to this is if we are in a school that offers bleachers. When there are bleachers we are to sit on the **bleachers only**. There should be **no one** on the opposite side of the gym. If there are bleachers there is no need to bring chairs. However, if you must bring a chair it needs to be placed on the **wall side** of the gym not the middle where the divider is. The area in the middle is a walkway, and as such needs to be clear; blocking this area becomes **a fire hazard**.

The teams should always be on the side with the referee. This will help the teams to hear and understand anything the referee says, as well as not block the view of any of the spectators. No one should pass the 10-foot line.

The scorekeepers should be behind the referee. This will help them hear and understand anything the referee may say, as well as help the referee make sure the score is being recorded correctly.

The line judges will be in opposite back corners of the courts, the referee will tell them exactly where to go. They are there to help the referee see the lines better.

VOLLEYBALL MATCHES COURT ETIQUETTE

There are several court courtesies that should be respected by all present in the gym during the matches:

- Do **NOT** stand or sit behind the serving lines in the elementary gym. These gyms are very small and servers are permitted to serve from **anywhere** behind the end line of the gym. If there are spectators in their way, they are interfering with the servers. In the larger gyms, Key MS and Lewis HS, a space of about 15 feet should be left unoccupied behind the serving line.
- If an individual in an elementary gym needs to move from one side to the other, requiring them to pass behind the end line, they should only do so at the **end of a play**, while the ball is being retrieved and the teams are setting up for their next serve. One should not walk behind someone who is serving, even in the larger gyms, because that is distracting to the server. Instead, just wait until the play has ended and then move to cross behind them.
- When the referee blows the whistle for the serve to commence, those present at the court should end their sentence and respectfully be quiet until the serve is hit. There are two reasons for this. First, the referee needs to be able to hear that the ball was hit (and not thrown). Second, sudden yelling is distracting to a server, especially a young server who is trying to concentrate on serving. The small gyms are especially an issue, where the spectators from one team might be right next to players from another team and could distract the other

team's players. The referees are the court officials who will monitor this. Spectators, players, and coaches should not be concerned with monitoring this.

- At the end of a match, both teams and their coaches should immediately line up and meet at the net to shake hands. Then they should clear the court as quickly as possible so that the next match can commence.
- If there is a match in session in the gym prior to your team's match, please group outside of the gym rather than try to enter the gym. The gyms are just too small to accommodate four teams at a time. Instead, wait in the hallway (in the larger schools) or outside (in the smaller schools) of the building until the prior match has completed.
- When the play has ended, the ball should be **rolled UNDER** the net to the team that won the play, and therefore, the serve.
- There should be **no other sporting equipment** being used during the games.

REFEREE QUESTIONS

Only a head coach may ask a referee to explain why a call was made or for a clarification of a rule. If this occurs, the referee will invite both coaches to listen to the explanation or clarification. Coaches should show good sportsmanship as they communicate with the referees and receive the explanation for a call. Spectators should not be addressing the referees during the matches. Any questions a spectator has should be addressed to their coach or assistant coach. **A spectator can be ejected from the game for yelling at or harassing a referee during a game. If this should happen and the referee is not comfortable doing so, he/she will ask a coach to ask the spectator to please leave the gym.**

AT THE END OF THE FIRST AND SECOND GAMES

The game ends after the whistle blows for the winning point. All players on the court will move behind the back line on their court immediately after the game ends. Teams will not switch sides, but will continue onto subsequent games on their original court side.

Exception: Key Middle School has an irregular court. If the teams agree, teams can rotate sides on this court.

REGULAR SEASON MATCHES – GAMES PLAYED AND WINS

At each regular season match, all 3 games in a match will be played and the results turned in to the League Director, since **placement for the house tournament will be determined by total number of games won, not number of matches won.** Since we will have limited time to play a match, the second and third games should be started immediately after completion of the previous game.

AT THE END OF ANY MATCH

At the end of the match, all players from each team will move behind the end-line on their court. They will then form a line and approach the net by walking counter-clockwise around the edge of the court and will shake (or tap) hands with the members of the other team underneath the net, and tell the other team either good game or congratulations, as the teams continue walking.

FORFEITS/ MINIMUM NUMBER OF PLAYERS

A team must have a minimum of 4 players in uniform to play a match. If less than 4 players come in uniform to a match by 15 minutes after the match start time, the team will forfeit 3 games as wins for the other team. However, if both teams do not have a minimum of 4 players to play a match by 15 minutes after the match start time, then both teams forfeit and each receive 1 game for their game totals. **Note that there is no penalty applied to the score for playing with less than 6 players.**

If there is a forfeit for a match, the players present are welcome to use the rest of the match time to scrimmage. The referee is not required to officiate for a scrimmage when a team has forfeited a match.

RULES OF PLAY

SERVICE ORDER

The players must follow the service order recorded on the line-up sheet.

First service of the first game is determined in the coin toss with the referee. The team that did not start service in the first game will start service for the second game of the match. First service for the third game will be determined in the coin toss with the referee following the second game.

There is no rotation prior to the first service in a game.

After the first service in a game, the player to serve is determined as follows:

- When the serving team wins the rally, the player who served before, serves again. (See note below for exception.)
- When the receiving team wins the rally, it gains the right to serve, and rotates clockwise before actually serving. The player who ends up in the back-right position will serve. **There is always a rotation by the team that gets possession of the ball second.**

EXCEPTION: When the serving team wins the rally, the player who served the ball usually serves again. However, because the experience levels of the players vary greatly, **for SYC rec volleyball, the number of points that can be scored by an individual server is limited to 5 points (High School League), 4 points (Middle School and Elementary School Leagues).**

SERVING

The referee signals with a whistle blow when the server can serve after he/she has determined that the teams are in their proper positions and ready. A service before the referee's whistle is canceled and repeated. **If a team repeatedly serves before the referee has blown the whistle for service, the team can be cited for delay of game and service will be given to the other team.**

The server is the person in the right back row position. A server can serve the ball from anywhere behind the service line and between the two side lines (as if extended back).

Modified Service Line - Elementary Level

- **Underhand servers may serve from 5 feet in front of the end line.**

- Foot faults are called when a player crosses the serve line when serving. Foot faults result in lost serve.
- Overhand servers can serve from the second hash mark on the basketball key. If a key is not available, the server can take 5 steps inside the court, towards the net, and serve.
- If their first serve goes over and their team wins the rally allowing them to serve again, the server must step back, regardless of where they started out serving within the modified service area. A step back is taken each time a serve goes over and the rally is won until the server reaches the regular serving line.

Elementary School Serving

- If a player chooses to try their first serve overhand and does not successfully serve the ball over the net, they may try one more time. There is only ONE REDO per player service.
- If a team successfully scores 4 serves in a row, the ball is given to the other team.

This gives teams more chances to serve and more chances to serve receive, overall making the games more productive in developing skills.

Modified Service Line - Middle School Level

- Underhand servers must serve from the regular service line.
- Foot faults are called when a player crosses the serve line when serving. Foot faults result in lost serve.
- Overhand servers can serve from the second hash mark on the basketball key. If a key is not available, the server can take 5 steps inside the court, towards the net, and serve.
- If their first serve goes over and their team wins the rally allowing them to serve again, the server must step back regardless of where they started within the modified service area. A step back is taken each time a serve goes over and the rally is won until the server reaches the regular serving line.
- When a MS player serves and successfully wins 4 points during a rally, the team must rotate in a new server before continuing play.

All team members, except the server, should be inside of the court lines at the time of the serve. They must be in the correct rotation order prior to the serve. If players are switching position, then no part of their body should cross with players to the right, left, front, or back of them until the ball is hit for the serve.

A serve may be hit underhand or overhand, with the ball being hit with one hand. Serving a ball using a bump is not allowed.

Each server may have one re-toss per serve if they do not execute a good toss. A second re-toss will count as a missed serve. The ball must hit the floor and not come in contact with the serving arm/hand in order to be eligible for a re-toss.

Middle School Players must serve the ball within 8 seconds (including re-tosses).

Elementary players must serve the ball within 10 seconds (including re-tosses).

LEGAL SERVE

A serve is legal when it is hit over the net within the boundaries of the antennae and the opponent's court. It may touch the net on a serve (let serve), but must fall in bounds of the opponent's court. The serve cannot touch the ceiling or the curtains above the net.

RECEIVING A SERVE

There is liberal first ball contact – it can be an overhand pass, forearm pass (bump) or set on the first hit after the ball crosses the net. A Player may not **attack the ball (attempt to hit the served ball as it comes over the net by jumping and spiking/hitting the ball overhand back over the net). Double hits (the ball making contact with two parts of the return player's body) are not called on a serve receive** unless it is ruled by the referee as a lift. This allows for incidental double contact on a serve only. Any other time a double will be called by the referee while the ball is in play.

ATTACK HITS ON A SERVE

Below is clarification regarding an attack hit on the serve to help understand what attack hits are faults and which are not?

- No spiking is allowed on the serve, regardless of net height or whether the player jumped or is standing stationary.
- Player jumps and blocks (two handed) - if the ball is below the height of the net**, **no fault**. If above the height of the net, **FAULT**.
- Player overhand passes (feet on floor) the ball back over the net, **no fault**.

HITTING THE BALL

The rules for hitting the ball are as follows:

- Contact with the leg or foot is legal, but does count as one of the three allotted contacts/hits.
- A team can hit the ball 3 times (in addition to a block contact) or less to return it to the opponent's court
- A player is not allowed to hit the ball twice consecutively, except when trying to block.
- If two teammates contact the ball simultaneously, it is counted as one hit and any player may play the ball next if it wasn't the 3rd hit.
- The ball must be hit cleanly, not caught or thrown (lifts/carries).

ILLEGAL HITS – CARRIES

A lift or carry is when open full hand contact is made with the ball in an upward or outward motion, **resulting in the ball remaining in contact with the hand longer** (not including the serve). Example: when the ball is low and a player tries to lift it up, when the ball is behind the head and a forward motion is used, or when the ball is to one side of the player and a sideways motion is used during contact. A carry is a form of “short” catch or throw. Hitting a ball with a closed fist underhand is not necessarily a carry unless the ball remains on the hand for a longer time.

BACK ROW ATTACK HITS

The rules for attack hits by a back-row player reads as follows:

- A back-row player may complete an attack-hit at any height from behind the front zone (behind the 10-foot line). At takeoff, the feet must neither have touched nor crossed over the attack line or its imaginary extension. After the attack hit, the player may land in the front zone.
- A back-row player may also carry out an attack hit from the front zone if, at the time of the contact, any part of the ball is below the top of the net.
- This means that if ANY part of the ball is below the top of the net, then it is a legal hit for a back-row player to make an attack hit. It doesn't matter if the player jumps or not; the deciding factor is whether ANY part of the ball is below the top of the net (not necessarily the whole ball).

The referee is the one who determines if any part of the ball is below the top of the net and makes the call.

BLOCKING

The rules for blocking are as follows:

- Only front row players can block.
- A block is not considered as a team hit (i.e. not counted in the 3 hits a team is allowed, so the team is entitled to 3 hits after a block).
- The first hit after a block may be done by any player, including the player that contacted the ball when blocking.
- A serve cannot be blocked.
- When blocking, a player may place their hands beyond the net, inside the antennae, providing they do not interfere with their opponent or touch the net.

SPIKING

A spike is an attack hit that contains a downward motion. It is illegal to spike a ball that has just been served.

NOTE: The high school level will play Reverse Co-Ed Play where the male players are not allowed to spike the ball in front of the 10-foot line. The male players may tip the ball, block the ball, set the ball, or bump the ball, but **not** spike the ball within the 10-foot line. They are allowed to spike the ball **behind** the 10-foot line. The male players can block the play of the ball on the net or tip the ball upward at the net.

NET TOUCH RULES

A player should not contact the tape on the net during a play at the net. However, if they touch a lower part of the net during a play, it is legal. If a player at the net, who is not in the play, touches the net, it is not a violation.

CENTER LINE RULES

A player may cross the center line as long as:

- Part of the shoe is touching the center line. If the entire foot crosses the center line with no part touching the line, then it is a fault.
- The player does not contact or interfere with a player on the opposing team
- The player does not contact the tape on the net, standard, referee, or referee stand while the ball is in play.

BALL IN OR OUT OF BOUNDS

The rules for a ball in or out of bounds are as follows:

- The ball is "in" if the ball touches the floor of the playing court **INCLUDING** the boundary line (i.e. the ball is in bounds if it touches the court line).
- A ball sent to the opponent's playing area must pass over the net within the court sidelines and between the antennae if installed, without hitting the ceiling.
- The ball may touch the net while crossing it, if it falls in bounds.

PLAYING OUTSIDE THE COURT TO RETRIEVE BALLS

A player may go outside of the court lines to hit a ball that is still in play.

A player may go around the standard to play a ball and "bring it back" on the 2nd hit, so long as they do not contact the upright, the bench, the scorer's table, bleachers, referee, referee stand, or run into another court where there is a game in progress. If the ball crosses the net on such a play, it must do so **OUTSIDE** the antenna.

CEILING HIT RULES

The ball can be played off the ceiling on your own team's side provided it hits the ceiling, ceiling rails, or vents directly over the playing area. **However, if the ball hits the ceiling mounted rolled up gym divider net at any time, it is out of bounds. If the ball hits a basketball hoop, backboard, or supporting brackets at any time, it is out of bounds. If the ball hits the wall or divider, it is out of bounds. If the ball hits the ceiling on the opposite side of the court it is out.**

When the ball crosses to the opponent's side of the net, it must **not** touch the ceiling.

ROTATIONS/SUBSTITUTION/PLAYING TIME

APPROPRIATE AMOUNT OF PLAYING TIME

Coaches should rotate in players in a manner that allows each youth from the team that has come in uniform to the match to **play about an equal amount of time (except as noted under "Missing Practice" below).**

MISSING PRACTICE

The only **exception** to the requirement that each player play about an equal amount of time is if there is a player that does not show up for practice, and does not provide the coach with advance notice and valid reason why he or she did not show up (e.g. illness, family trip, school conflicts) or if a player comes to practice but does not actively participate in the practices. For this player, at the next match, the coach may choose to have that player sit out the first game for which they are present at the beginning of the game. They will be required to observe one game before playing. The coach will then allow the player to play about equal time in the remaining games of the match. (If the player arrives at the beginning of the first game, they sit out the first game. If they arrive after the first game but before the second game, they sit out the second game.)

If the coach chooses to have a player sit out one game of the match, then they need to inform the referee, the coach on the other team and the parents of the player (if present) why the player is sitting out a game.

ROTATING IN PLAYERS

For all leagues: Players **must** rotate in during each game. Players will rotate in at one location on the court that is convenient to the coach. The coach **must** tell the referee where they wish to rotate their players in. The spot the coach chooses to rotate in and out from will not change throughout the match (all game).

All players present **in uniform** play in **each** game, but only 6 are on the court at a time. The others are on the sideline, in a predetermined rotation order, which is written on the rotation order line-up sheet. **Every** time a rotation occurs, one player from the court rotates out of play and one player that was on the sidelines rotates into play of the game, at the designated position.

The rotation order **must** remain the same throughout the first two games. Maintaining the rotation order maintains the order in which the players serve. The players that are off the court **must** stay in rotation order.

It is highly recommended that the coach rotates their players at either the right back (serving position) or the left front position. See below for an example that illustrates how players will rotate in during a game.

For the third game, the coaches should start players on the court in a manner that helps to allow about equal playing time for the players present. It is recommended that coaches have different players start the third game than started the first game.

EXAMPLE OF HOW PLAYERS ROTATE IN DURING A GAME

The starting line-up for the game is as follows:

Sideline Players (in order)	Players on the court
5	*4 3 2
6	8 9 1

7	
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Each number designates a player on the court or sidelines. I have numbered these players in the order in which they will be serving, for this example. The * indicates the location where the players will rotate in.

After the first rotation:

Sideline Players (in order)	Players on the court
6	*5 4 3
7	9 1 2
8	

Note that each player has rotated clockwise, including the players that were on the sidelines. One player (8) rotated out and one player (5) rotated in at the rotate-in position. The players on the sideline are still in order.

After the second rotation:

Sideline Players (in order)	Players on the court
7	*6 5 4
8	1 2 3
9	

Again, during the clockwise rotation, one player (9) rotated out and one player (6) rotated in at the rotate-in position. The players on the sideline are still in order.

After the third rotation:

Sideline Players (in order)	Players on the court
8	*7 6 5
9	2 3 4
1	

Again, during the clockwise rotation, one player (1) rotated out and one player (7) rotated in at the rotate-in position. The players on the sideline are still in order.

After the fourth rotation:

Sideline Players (in order)	Players on the court
9	*8 7 6
1	3 4 5
2	

Again, during the clockwise rotation, one player (2) rotated out and one player (8) rotated in. Note that with each rotation, the rotation order is maintained. Note that player (8) did not go back into the game until the players that were on the sidelines when player (8) came out (players (5), (6), and (7)) rotated in.