Volleyball Rules (Men, Women, & Co-Rec Teams)

Boundaries - Court lines are considered part of the playing surface and a ball touching a boundary line is in.

Height Clearance - All light fixtures, support beams, and ceiling are out of bounds on your opponents side of the net. If your team contacts the ball that touches any of the above areas on your teams side of the net (court) may be played to the conclusion of the point or side out.

Center division line - A player's foot may be on the line and be considered legal; when the entire foot has penetrated the opponent's court, a line violation shall be called and play stopped. All other body parts are allowed to cross the center division line as long as they do not interfere with the other team's play.

Attack lines - Back row player may not attack the ball (leave the floor surface to contact the ball above the level of the net) in front of the 10 foot line.

Net - No player may touch the net during play. (Incidental contact such as a ponytail hitting the net will not be considered contact.) Men's and Co-Rec net height will be 8 ft. Women's net height will be 7 ft.

Service area - Attempts at service can be from any spot behind the end line. The server may not enter the court until the ball has been contacted.

Serving team - Receiving team - A coin toss shall determine which team serves first. Team who loses coin toss has choice of court. In the second game of the match the service and side shall rotate. If a third game is necessary a coin toss determines who serves first.

Service Order and Rotation. - Service order shall be as follows:
[4-l.f. ] [ 5-c.f. ] [ 6-r.f. ] Receiving teams start games by back rotating
[3-l.b. ] [ 2-c.b. ] [ 1-r.b. ] (clockwise) one position.

Illegal serve - When a served ball, passes under the net, or touches any player, surface or object other than the net before entering the opponent's court a point/side out shall be called.

Playing the ball - A ball may touch any part of the player's body above the waist and if the ball is not held, caught, thrown, (i.e., doesn't come to rest) but rebounds, it shall be considered a legal touch. A player may not play the ball in successive hits. Note: BLOCKED OR PARTIALLY BLOCKED BALL DO NOT COUNT AS HITS. Therefore a blocker may make a "second" play on the ball. A team is allowed a maximum of three hits (touches) to return the ball to the opponent's court. (note blocking exception above.)

Blocking - A player's arms and hands may extend over the net to prevent an ATTACKED ball from entering the blocker's court.

Attacked Ball - Any ball which is contacted or hit to direct it into the opponent's court. The exception to blocking an attacked ball is blocking the serve, which is illegal.

Points & Side-outs - A point is scored on every play. RALLY POINT SCORING is used throughout the match.

Games & Matches - A game score of 25 points wins (must win by 2). Matches are the best of three games.

Substitutions & Time-outs - Substitutions may be made at any position as long as the entering player replaces the exiting player in the rotation and the exiting player does not return on the same dead ball.

Co-Rec Substitutions - Same as above except gender ratios must be maintained at all times (3/3, 4/2, 3/2, 3/1, 2/2)

Replays - A replay is called if: a ball or player from an adjacent court interferes with play or a double foul occurs.

Playing the Ball - The ball must be clearly contacted and not lifted, carried or thrown at any time during the course of play. The ball cannot be contacted by any part of the body below the waist and cannot be contacted twice in succession by one player except in the following cases:
a. When participating in a block.
b. When simultaneous contacts are made by teammates (either person shall be eligible to play the next ball)

Positioning - At the time of service, all players other than the server must be within the bounds of the court in serving order. Each of the three forward players must be in front of their corresponding back line players and to the proper side of the player next to him.

Players may switch positions on the court after the ball is put into play, but a back row player is not allowed to block or spike at the net. A back line player who is in front of the 10 foot spiking line, returning the ball across the net, must contact the ball from below the level of the net. However, should he/she be behind the 10-foot line, or her/his takeoff jump begin from clearly behind this line, the restriction would not apply.