



League Sports

Volleyball Rules

The Game and Scoring

- The United States Volleyball Association Rules shall govern all games, except where special Intramural rules apply. **All captains and players are responsible for knowing the rules.**
- A match consists of the best two out of three games to 25 points (rally scoring), or 55 minutes whichever comes first. A two-point advantage is necessary to win a game with a cap at 27.
- If at the end of 55 minutes a game is still in progress, the team to first gain a two- point advantage will be declared the winner.

Players

- Six eligible players (minimum of four players) need to begin and complete a game. This is a co-ed league; both genders are **not** required to play an official game.

Serving

- The home team will serve first (listed first on schedule).
- Server can serve from anywhere behind the end line.
- Server cannot cross the end line until after contact with the ball.
- Ball may be served underhand, sidearm or overhand.
- The server must wait for a whistle from the referee before serving; failure to do so will result in a warning the first time; a “side-out” the second time (**one warning per team per match**).
- Ball must be clearly visible to opponents before serve.
- Served ball may graze the net and drop to the other side for a point.
- Serve must be returned by a bump or set; **cannot be blocked or attacked.**
- “Side-out” is declared when a served ball hits the lights, ceiling, basketball hoop or any other object out of the playing area.
- Rotation shall be in a clock-wise rotation.

Time Outs

- One thirty-second time-out is permitted each match.
- Time-out will be called by the captain only; free agent teams designate a captain for each game.
- Time out will be called while the ball is dead
- Extra time is allotted for injuries.
- Injuries do not count as time-outs unless a substitute is not immediately ready to come into the game.

Substitutions

- May only be made when the ball is dead.
- Must substitute into the serving position except in the case of an injury.

Legal Play

- The ball must pass between or over the side boundary lines.
- It is permissible to run out of bounds to play a ball. However, if the player contacts any part of the net or cable the ball will be considered out of bounds.
- If two players contact the ball simultaneously, it counts as one hit, and either player may play the ball again.

- A player may play the ball twice during a volley, but not twice in succession, unless played directly off a legal block.
- It is legal to contact the ball with any part of the body above the waist as long as the ball rebounds immediately and does not “come to rest” against the body.
- When a ball touches the boundary line, it is considered good.

Ball in Play, Dead Ball, and Play Over

Starting of the game:

- At the start of a game, or following a “dead ball”, the referee will signal readiness to play by blowing his/her whistle and giving a visible sign.

Dead ball

- **A served ball is dead if:**
- Touches the floor of the serving team’s court or the teammate of the server.
- Passes under the net.
- Touches the ceiling, any obstructions or objects before contacting an opponent, or the floor of the opponent’s court.
- Lands out of bounds.

Play-Over

- **A served ball will be replayed when:**
- Any object enters the court or there is interference with play.
- A player serves the ball before the official’s whistle signals for service (Note: after one replay per team, per match, a side out will be called)
- A player is injured.
- A double foul occurs.
- A simultaneously held ball above the net.

Position of Player

- A player will not serve out of turn. When the ball is declared dead, the official may call an out of turn service and points are canceled and side out declared.
- After the ball is contacted for serve, the players may move from their respective positions.

Net Play

- A player will not contact the net while the ball is in play. When the ball is driven into the net so that it causes the net or supports to touch an opposing player, it is not a foul.
- Touching the mid-line area with a foot or feet is not a fault providing that he/she does not interfere with the play of an opponent.
- A ball may be played from the net.
- When only part of a ball crosses the net and is then contacted by an opponent it is considered as having crossed the net.
- The player will not make successive contacts of the ball. The handling of the spike will have to be accomplished with the same control and allowances as any other ball.
- A block or multiple blocks does not count as the first of the three contacts allowed before the ball must be delivered to the opponent.
- Simultaneous contacts of the ball by teammates (other than blockers) are considered one play and either player involved may participate in the next play.