

MJCCA/BBYO

Volleyball Basic Rules



THE SERVE

- (A) Server must serve from behind the restraining line (end line) until after contact.
- (B) Ball may be served underhand or overhand.
- (C) Ball must be clearly visible to opponents before serve.
- (D) Served ball may graze the net and drop to the other side for point.
- (E) First game serve is determined by a volley, each subsequent game shall be served by the previous game loser.
- (F) Serve must be returned by a bump only. no setting or attacking a serve.

SCORING

- A. Rally scoring will be used.
- B. There will be a point scored on every score of the ball.
- C. Offense will score on a defense miss or out of bounds hit.
- D. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
- E. Match is best out of 3. The first two matches are to 25 and you must win by at least 2 points, the 3rd match is to 15.

ROTATION

- (A) Team will rotate each time they win the serve.
- (B) Players shall rotate in a clockwise manner.
- (C) There shall be 4-6 players on each side.

PLAYING THE GAME (VOLLEY)

- (A) Maximum of three hits per side.

- (B) Player may not hit the ball twice in succession (A block is not considered a hit).
- (C) Ball may be played off the net during a volley and on serve.
- (D) A ball touching a boundary line is good.
- (E) A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.
- (F) If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- (G) A player must not block or attack a serve.
- (H) Switching positions will be allowed only between front line players. (After the serve only).

BASIC VIOLATIONS

- (A) Stepping on or over the line on a serve.
- (B) Failure to serve the ball over the net successfully.
- (C) Hitting the ball illegally (Carrying, Palming, Throwing, etc.).
- (D) Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- (E) Reaching over the net, except under these conditions:
 - 1 - When executing a follow-through.
 - 2 - When blocking a ball which is in the opponents court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.
- (F) Reaches under the net (if it interferes with the ball or opposing player).
- (G) Failure to serve in the correct order.
- (H) Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.

THE COURT

PLAYING AREA

Both indoor and outdoor courts are 18 m x 9m (29'6" x 59').
Indoor courts also include an attack area designated by a line 3 m (9'10") back from the center line.

Lines on the court are 5cm (2" wide).

NET HEIGHT

Net height for men, co-ed mixed 6, & outdoor is 2.43 meters or 7'11-5/8".
Net height for women, 7'4-1/8".

The height of the net shall be 8'.

BALL

The ball weighs between 9 and 10 ounces. Ball pressure is between 4.5 and 6.0 pounds

-It is mandatory that both teams have a "coach" present on the sidelines at all games that is above the age of 21.

HELPFUL HINTS FOR MANAGERS AND PLAYERS:

1. Arrange ahead of time for an adult to be on the bench for your games. 21 years or older.
2. Arrive in plenty of time for your games. Players must be on the court and ready to play at game time, not in the bathroom changing or in the parking lot or coming from another engagement.
3. If you know you are going to forfeit, please call Stephanie McCormick office at 678-812-4159, as soon as possible so that I can contact the other team and save them a trip to the game site.
4. Try and handle all disputes in an adult manner. Abusive language or other unsportsmanlike behavior can result in you being suspended from the program for the remainder of the season.