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# Official Volleyball Rules

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## Equipment:

- A player's equipment consists of a jersey, shorts, socks and sport shoes. The shoes must be light and pliable with rubber or leather soles without heels. No bare feet.
- Official CSSC Shirts MUST be worn for playoffs
- The game ball will be provided for each scheduled contest.
- It is strongly encouraged to not wear objects which may cause injury to a player such as jewelry or hats.
- Players may wear glasses or lenses at their own risk.

## Players:

- A team will consist of 6 players, 3 male & 3 female.
- At no point can there be more than 6 players on the court - 3 male players maximum.
- A team may begin and play a contest with as few as 4 players if at least 2 are female to not forfeit.
- Teams do not need to have an equal amount of male and female players on the court. Example: You can play with 3 male and 2 female players.
- Teams may substitute players but no more than 1 guy and 1 girl can sub in for your team without it being a forfeit.
- If a team uses 3 or more subs, it will be considered a forfeit since that means over half the team has changed. If both teams end up having too many subs, you can agree before the game to either call it a tie or let the winner take all.

## Scoring:

A. Regular Season - Each game will consist of 25 points. The winner must win by two points, 30 point maximum. A third game will be played to 15 points (if needed). All games within a match will be scored in the rally point system.

B. Playoffs - Each playoff match will consist of three games.

## **Beginning Play:**

A. A coin toss will determine which team serves first.

B. The winner of the toss may choose to serve first or select a side.

C. A team is allowed a 10 minute grace period from official start time. If a team is not present by 10 minutes after the scheduled start time, they forfeit.

D. Once the game has started there is a strict 50 minute time limit. If time expires before the end of the game then whoever is in the lead at the time wins

## **Time Outs:**

A. Each team is allowed 1 time out per game. The length of each time out is 30 seconds.

## **Rotation:**

A. The team earning the serve will rotate clockwise before the new serve, except on the first serve.

## **Substitutions:**

A. Substitutes may enter the court only when the ball is dead.

B. Either team (serving or receiving) may substitute during a dead ball.

C. The incoming player must take the back middle position.

### **X. Ball Contact During Play**

A. Each team will be allowed a maximum of three (3) contacts per side before returning the ball to the opponent's area.

B. A contact is any touch of the ball by a player (excluding the player's hair).

C. A player may use any part of his or her body to contact the ball.

D. A “carry” or held ball is defined as when the ball rests momentarily in the hands or arms of a player. The ball must be cleanly hit. Scooping, lifting, pushing, or carrying the ball shall be considered holding.

E. Multiple contacts are now allowed on any first contact on a ball over the net as long as the contact is clean. This includes hard-driven balls such as serves or spikes.

## **Simultaneous Hitting:**

A. If two or more players of the same team contact the ball simultaneously, it is considered as only one contact. However, neither one of the players involved may participate in the next play (contact).

B. If one or more players are attempting to block a shot and have contact with the ball, this player(s) is eligible to participate in the next contact. The block will not count as a contact for his/her team.

C. If two or more players of opposing teams contact the ball simultaneously above the net, any one of the players involved are eligible to participate in the next play.

## **Service:**

A. The server must stand behind the rear boundary line. Penalty: one warning, then loss of serve.

B. If a player serves out of order, the serving team loses the service and any points gained during such out of order service. The players of the team at fault must immediately resume their correct positions.

C. Foot faults will be declared if any part of the server's foot touches the back line.

D. Players on the serving team may not take action to prevent the receiving team from seeing the ball (NO SCREENING).

E. A ball that hits the net on a serve and goes over is a live ball.

F. Competitive teams are allowed to jump serve as long as they are playing a competitive team opponent.

## **Play at the Net:**

A. Blocking a serve is not permitted.

B. When a ball in play touches the net completely between the antennas without touching them, it is considered good and play continues.

C. A player may not spike the ball on the opponent's side of the net.

D. Any part of a participant's body can cross under the net and across the center line, as long as there is no interference and as long as some part of their body remains on their side of the net.

E. If the ball is driven into the net with such force as to cause the net to contact a member of the opponent's team, no penalty will be issued to either team and play will continue.

## Summary of Points:

Points will be scored using the rally point scoring system. Points will be awarded according to the following guidelines

1. The ball touches the floor during play.
2. A team has played the ball more than three times consecutively.
3. The ball is held or pushed.
4. The ball hits the ceiling.
5. A player touches the ball twice consecutively other than on a block.
6. Team is out of position at service.
7. A net violation occurs.
8. A player crosses the centerline (vertical plane extension from net to floor).
9. A player strikes the ball in the opponent's area.
10. A back line player, while in the attack area hits the ball into the opponent's side of the court from above the height of the net.
11. A ball has not passed over the net completely within the antennas.
12. A ball lands outside the court or touches an object outside the court

13. A ball is played by a player who in turn is assisted by a teammate as a means of support. After having touched the ball, a player can touch the net support (post) without penalty.

14. A player receives a personal penalty.

15. When two opponents, during the same play commit a fault, the point will be replayed.

16. The game is delayed persistently.

17. An illegal substitution is made.

18. Interruption of play without permission of the official during a game.

19. Players stamping their feet and making distracting gestures toward the opponents.

20. If the player touches or crosses the end line at the time of serving.

21. If the served ball crosses the net with the help of a teammate.

22. If the service is made out of serving order.

23. If the serve is screened.

## **Back Line Players:**

A. A back line player returning the ball to the opponent's side while in front of the attack line must contact the ball when at least part of the ball is below the level of the top of the net. If the player is behind the attack line when returning the ball, the restriction does not apply. Nor does the restriction apply if the back line player jumps from behind the attack line and after contacting the ball lands on or in front of that line, providing the takeoff was clearly from behind the line.

B. Back line players may not participate in the action of blocking.

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**Charleston Sports and Social Club**