



Official Volleyball Rules

Updated 3/9/17

- I. General – We are here to have fun! “Don’t take life too seriously, you’ll never get out alive.”

- II. Teams –
 1. Only players who have signed the SBS waiver are allowed to play.
 2. Each team consists of no more than 6 players on the court at one time.
 3. There must be at least 2 female and 2 male players on the court at all times.
 4. If only 1 female/male is present, then the team will play down players with 3 men and 1 woman or vice versa.
 - a. Exception: Teams with less than 4 players can still play an official game but only with the opposing teams consent.
 - b. All teams consenting to play an official game with less than 4 players on one side waive their right to a forfeit win.
 5. Teams late by 10 minutes will lose in forfeiture. (Ref’s discretion on timing)
 6. All players must be 21 years of age by the start of the first game of the season.

- III. Duration of Games and Scoring –
 - a. Points are rally scored.
 - b. First to 21 wins. Must win by 2 (max at 25). All games will play using All-Rally Scoring Rules.
 - c. Non-Scoring Plays – A replay can be declared for any of the following.
 - a. An official’s whistle interrupts play mistakenly

- b. A foreign object enters the playing area
- c. The referee has determined a player to have been injured
- d. Any instance where player safety is a concern

IV. Game Play –

1. Have fun! This is a social league and regardless of the skill level you're playing at we are still here to have a great time. Play fair, play fun, and have a good time.
 - a. Referees calls are judgement calls taken from the best angle possible. Accepting and respecting the referees calls are expected.
2. RPS or coin toss winner will have one of two options, choose to serve first OR choose which side they would like to start from.
 - a. Teams alternate sides after a game.
3. A legal serve is one that crosses the net and is either touched by an opposing player or lands within the opposing team's area of the court within the boundary lines.
 - a. A serve may contact the net as long it goes over the net
 - b. A serve may not be blocked or spiked by the defending team
 - c. Any serve that hits the ceiling or any other obstacle outside the court will be ruled out of bounds.
4. The server may not step over the end line until the ball has been contacted.
 - a. The width of the service area is from sideline to sideline.
 - b. The depth of the service area is infinite.
5. No catching or carrying.
6. A team may not play the ball more than three times before the ball crosses the net line and into the opponent's playing area.
 - a. A defensive block does not count as one of the allowable contacts.
7. A player may not play the ball twice in succession (double-hit).

Exceptions:

- a. The ball may touch various parts of the body, provided that the contacts take place simultaneously

- b. At the first hit of the team or during the block, the ball may contact the various parts of the body consecutively, provided that the contacts occur during one action
 - c. The first hit after the block may be executed by any player, including the one who has touched the ball during the block
- 8. The ball can contact any number of body parts down to, and including the foot.
- 9. Contact of the ball when spiking is legal only if a portion of the ball is in contact with the plane of the net or on the spiker's side of the net.
 - a. Spikers may follow through over the net after legal contact.

IV - Net Play:

- 1. Contact with the net or any part of it while the ball is in play is prohibited unless the force of the ball pushes the net into the player.
- 2. Reaching over the net is permitted during:
 - a. A follow through of a hit made on the player's own side.
 - b. Blocking a return, except on a serve or a set traveling parallel to or away from the net, after the opponent has hit the ball to return it.
- 3. A foot fault at the centerline occurs when a player steps beyond the line into the net and shall not be permitted.
- 4. Recovering a ball hit into the net shall be permitted.
- 5. Front Row Attack:
 - a. Only players in the front row at the start of the point based on rotation may attack from the front row. Players in the back row must jump before encountering the 10-foot line for a legal attack.