

**GREAT FALLS PARK AND RECREATION DEPARTMENT
VOLLEYBALL RULES**



RULE I: TEAMS, PLAYERS, AND POSITIONS

- A.** Players must be 16 years of age or older.
- B.** Number of players:
 - 1. Men's and women's 4 person power team shall be composed of four players with 2 alternates. When, for any reason, a team is reduced to less than three players, the game shall be a forfeit. A team may start with three. Mixed teams shall consist of three men and three women. A team may start with five, but may never have less than 2 men or two women on the court at all times. Mixed team player number rules apply to both power and recreational leagues.
 - 2. Power league teams, must consist of a minimum of 4 players or 6 players depending on the league. A Co-ed team must consist of 3 men and 3 women.
- C.** Substitutes:

Substitutes, managers and coaches shall be seated on the side of the court. A substitute may take the place of a player only when the ball is "dead". The manager or the playing captain shall make requests for substitution, at a time when the ball is dead.
- D.** Player taken out:

A player taken out may reenter the same game as many times as seen fit.
- E.** Positions of players:

Players shall start their positions according to the line-up by the manager. Before the ball leaves the server's hands, each player shall be in his own area. You may switch places within the front line only. A player may not switch from back line to front line.

RULE II: DEFINITIONS:

- A.** Serve:

It is the putting of the ball in play by the player from the serving area by hitting or batting it over the net with the hand or arm into the opponent's court, and in which the server is behind the end line in the serving area at the time the ball is struck. **NOTE:** The position of any part of the body in the air over or beyond the service line but not touching at the time the ball is struck legal. Net serve is legal.
- B.** Dead ball:

After point, side out, or any other decision temporarily suspending play.
- C.** Out of bounds:

When the ball touches any surface or object, the net outside of the markers on the sides of the net, or the ground outside of the court. A ball touching any part of the boundary is good. Surrounding courts are considered out of bounds if they are in use. **NOTE:** Except for not being allowed to cross the centerline, a player may go outside of his court to play a ball.
- D.** Delaying the game:

Any player, coach, or manager committing any act which, in the opinion of the opposing team, tends to slow down the game unnecessarily.
- E.** Forfeited game:

When five players fail to be ready to play after being instructed to do so.

- F.** Scoring points:
The awarding of one point to a team if the opposing team fails to legally return the ball into the opposing team's court either upon receipt of the serve or after the ball is volleyed back and forth. Rally scoring – *scoring method where points can be won by either the serving or receiving team* – will be used in both power and recreational leagues. The first two games will be to 25 points, with the tie breaker to 15 points. Team must win by two points. (New rule – 2004).
- G.** In games where there is not a referee:
Players will call their own penalties. Opponents may also call points. If, at any time there is a rule discrepancy which either captain or manager can agree on, the serve shall be replayed.
- H.** Recreational Mixed League rules:
1. Anyone can hit the ball over the net on the first hit.
 2. If two men hit the ball in succession, a female must make the first or third hit.
 3. Open hand spiking is not allowed.
 4. Players must line up male/female.
- Examples of legal plays:
1. Serve – ball hit over by man or woman
 2. Serve – ball hit by 1st man, then over by woman
 3. Serve – ball hit by 1st man, set up by 2nd man, then over by woman
 4. Serve – ball hit by 1st woman, set up by 2nd woman, then over by third woman
 5. Serve – ball hit by woman, set up by first man, then over by woman
 6. Serve – ball hit by 1st woman, set up by 2nd woman, then over by man
 7. Serve – ball hit by 1st man, set up by woman, over by 2nd man
 8. Serve – ball hit by woman, set up by man, over by man

RULE III: THE GAME

- A.** Service continues:
The server shall continue to serve until “side out”.
- B.** Rotation:
After a team has lost their serve, the team receiving the ball for the first serve shall, before serving, rotate one position clockwise.
- C.** Service illegal:
Side out shall be called when a served ball passes under the net, passes over the net entirely outside of the side line markers, or the ball touches any teammate or object before touching an opponent or the opponent's side of the court.
- D.** Serving out of turn:
If a player serves out of turn, side out shall be declared, and any points made on his service before the error was discovered and called by the captain, coach, or scorer and declared by the scorer, shall not be scored. His team must regain its proper positions before the opponent's serve. Should the opponents serve before the erroneous serve is discovered, called and declared as such, then, there shall be no loss of points.
- E.** Ball striking net outside of markers:
A ball other than one served striking the net outside of the sideline marker on the net shall be declared a point.
- F.** First serve in succeeding games:
The team losing the previous game of a match shall have the first serve in the game.
- G.** Changing courts:
Teams shall change courts at the end of each game.

- H. Changing positions:
At the beginning of new game, the players may be arranged in any position.

RULE IV: PLAYING THE BALL

- A. When above chest/shoulders, players may use open hand to set or hit over the net. When below the chest, player may not “scoop” or “carry” ball with open hand. Player must have fist clenched and make a clear hit. In power league a spike can be hit with an open hand or clenched fists as long as player does not carry or throw the ball. It must be a clear hit.
- B. Hitting or handling the ball:
When the ball comes in prolonged contact with any part or parts of a player’s body, he shall have committed a foul. The ball must be clearly hit. He may not carry or catch the ball.
- C. Multiple Contacts:
Multiple contacts are permitted only on any first team hit whether or not the ball is touched by the block, provided there is no finger action.
- D. When legal waist and above:
A player may use any part of his body in playing the ball above and including the waist.
- E. Ball touching net and going over:
A ball including serve, touching the net within the sideline markers and going over into the opponent’s court is still in play.
- F. Recovery from net:
A ball, other than a serve, may be recovered from the net provided the player avoids contact with the net or stepping completely over the centerline.
- G. Simultaneous contacts by more than one player of a team:
Simultaneous contacts by more than one player of a team shall be considered as one play only.
- H. Simultaneous play at net by opponents:
When two opposing players strike the ball simultaneously at the net, this shall not be considered as one of the three plays allowed to the team on whose side of the net the ball falls.
- I. Blocking or attacking a serve ball:
Opponents cannot block or attack a serve ball that is completely above the height of the net.

RULE V: NET AND MISCELLANEOUS VIOLATIONS:

- A. Contact net:
A player may not contact any part of the net, cable, or support of either except when the ball is dead. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players, such contact shall not constitute a foul.
- B. Reaching over net to block an attack hit:
Blocking a ball which is entirely on the opponent’s side of the net is permitted when the opposing team has had an opportunity to complete its attack.
- C. Under the net:
Reaching under the net to interfere with the opponent’s playing of the ball by touching it or a player of the opposing team, is a foul. He may under Rule IV, Section F, of the above.
- D. Unsportsmanlike behavior:
Stamping of the feet, shouting, or waving of the arms and hands when an opponent is about to play the ball, or jumping, shouting or raising the hands above the head or moving the legs or arms while a teammate is in the act of serving.

RULE VI: CONDUCT OF PLAYERS, SUBSTITUTES, MANAGERS, AND COACHES

- A.** The following are gross violations of sportsmanship:
1. Persistently address the opponents in regard to decision.
 2. Make derogatory remarks about or to the opponent.
 3. Make personal and derogatory remarks about or to the opponents.

RULE VII: TIMEOUTS, INJURIES, SUBSTITUTES AND TIME BETWEEN GAMES

- A.** Timeout:
When the ball is “dead”, the playing captain, coach or manager may request from the opponent “timeout”. A team may take more than two timeouts, but shall be penalized a point for each additional one over two per game. A timeout shall not exceed one minute.
- B.** Substitutions:
When the ball is dead, the playing coach, captain, or manager may request from the opponent a substitution. Play shall resume as soon as the substitution is made legal. A player must be immediately ready to play when request is made for substitution. The penalty for such violation shall be charged timeout. **NOTE:** No warm-up period is allowed for players being substituted, except during a called “timeout” or during time allowed for an injury.
- C.** Injury:
A request to the opponent to declare an injury to a player or his equipment can only be made by the playing captain and shall not exceed three minutes.
- D.** Time between games:
The rest period between games of a match shall be three minutes.
- E.** Scoring:
Twenty-five points constitutes a game, providing a team is two points ahead. Fifteen points will constitute a game, provided a team is two points ahead, in the third game.
- F.** A match:
Game is won when team has scored 25 points and has a lead of 2 points.
The number of games in a match shall be two out of three, with the third game being “rally” scoring (Fifteen points). (Rule II F)

RULE VIII: DECISIONS AND PROTESTS:

- A.** Decisions of officials as to matter of fact are final.
- B.** Decisions as to rule interpretations may be called to the attention of the gym supervisor by the playing captain only.
- C.** If the gym supervisor’s interpretation is to be protested, he shall be advised by the captain. The supervisor shall make note of the protest, and the game shall proceed and the protest later considered by the committee authorized to do so, which shall make decisions on the same as practical as can be.

RULE IX: MISCELLANEOUS:

- A.** No smoking while in building
- B.** Protect your valuables
- C.** No basketball shall be played
- D.** No children in the gym. If so, they must be accompanied by an adult.

Good luck and were looking forward to a great season.

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