

VOLLEYBALL BASIC RULES

SERVING:

- Server must serve from behind the end line.
- Ball may be served underhand or overhand.
- Ball must be clearly visible to opponents before serve.
- Serve may be returned by a bump or overhand pass (Set).
- Attacking the serve is not allowed.

SCORING:

- Rally scoring will be used.
- There will be a point scored on every score of the ball.
- Game will be played to 25 points.
- Must win by 2 points.

ROTATION:

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

PLAYING THE GAME:

- Maximum of 3 hits per side.
- A player may not hit the ball twice in succession (A block is not considered a hit).
- Ball may be played off the net during a volley and on a serve.
- A ball touching the boundary line is good.
- A legal hit 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.
- If two or more players contact the ball simultaneously, it is considered on player and the players involved may not participate in the next play on the ball.
- A player must not block or attack the serve.

BASIC VIOLATIONS:

- Stepping on or over the line on a serve.
- Failure to serve the ball over the net successfully.
- Hitting the ball illegally (Carrying, palming, throwing, etc..)
- Touching the net with any part of the body while the ball is in play.
- Reaching over the net unless you are blocking.
- Failure to serve in the correct order.

PLAYING AREA:

- Both indoor and outdoor courts are 18m x 9m (29'6" x 59').
- Indoor courts also include an attack area designated by a line 3m (9'10") back from the center line.
- Lines on the court are 5cm (2") wide.

NET HEIGHT:

- Men: 8'
- Women: 7'4-1/8"