

SYSA Volleyball League Rules

**Feel free to use the rules below accurately
however the main rule is to HAVE FUN!!!!**

Knowing and understanding the rules of volleyball is essential for all players, coaches and officials to be successful in the game. High school volleyball is played similarly to collegiate volleyball in that the scoring is based on a rally system allowing the opposing team to gain a point if your team fails to follow a rule. Rules range from basic fundamentals to player substitutions. Rules continually change so it is vital to keep up to date.

These rules are in accordance with the rules of the United States Association of Volleyball (USAV), a member organization of the International Federation of Volleyball (FIVB). The official USAV rules for domestic competition vary slightly from FIVB rules. Other organizations, such as the United States National Collegiate Athletic Association (NCAA), follow different rules.

The Basics

Some of the most fundamental rules of volleyball include stipulations that a team is only allowed three touches of the ball, no player is allowed two consecutive touches of the ball, a team must have at least six players on the court and all plays on or within boundary lines are considered playable.

Rally Scoring

Rally scoring gives any team the ability to score a point regardless of who serves the ball. For example, if your team serves the ball and the opposing team returns the serve, that team will earn a point if your team fails to return the ball. Games go to 25 points with a two-point difference between the winning and losing team.

Libero

The Libero position has existed in volleyball since 1998. Section 19 of the USAV domestic competition rule book outlines the rules regarding the Libero position. Each team can designate **two** Libero players.

The Libero player, a defensive specialist, must remain in the back row throughout the game and cannot serve, attack or block the ball. *Substitutions involving the Libero player do not count toward a team's substitution count per set.*

Teams can substitute the Libero in and out of the game an unlimited number of times and the Libero can only replace a back row player.

Substitution Zone

Players entering or leaving the court during a regular substitution must cross the sideline between the attack line and the scorer's table.

The Libero player must enter and leave the court between the attack line and the court's end line.

Substitution Timing

- A team can request a substitution at the start of a set or during a time-out and you can substitute more than one player at a time.
- A team can make a Libero substitution before the start of a set, during a time-out or before the service whistle.

In volleyball, players work together to return the ball over the net in three hits or fewer, without letting the ball touch the ground. The USA Volleyball and International Federation of Volleyball rule books provide the standard rules for competitive men's and women's volleyball in the United States.

Court/Net Height

The standard competitive volleyball court measures 59 feet long by 29.6 feet wide. The center line runs under the net, dividing the court into two equal sides. An attack line runs 9 feet, 10 inches behind the net on each side of the court. The attack line divides the front and back zones. The net measures 8 feet, 11 5/8 inches tall for standard men's competition and 7 feet, 4 1/8 inches tall for standard women's competition, according to the USA Volleyball and International Federation of Volleyball rule books.

Players

Both teams must have six players on the court to begin play. Players follow the proper rotational order through each set. Players rotate between six positions on the court, including three back-row positions behind the attack line and three front-row positions in front of the attack line. Each time a team gains the right to serve, its players must rotate one position clockwise. Once the server contacts the ball, players can move out of their rotational positions to play the point. Players in a back-row position must not attack the ball above the net and in front of the attack line, however.

Serve

Team captains complete a coin toss before the game to determine the team that will serve first. The player in the back right position in the rotation serves the ball. To serve, players must stand behind the court's end line and hit the ball out of the air. If the serve hits the net or lands out of bounds, the server's team loses the point. The same player continues to serve until his team loses a point. When a team loses a point on its serve, the other team gains the right to serve.

Play

Teams must return the ball over the net in three hits or fewer. Blocks do not count toward the team's hit total. If one player hits the ball twice in succession or contacts the ball illegally by palming, catching or throwing it, her team loses the point. If a back-row player attacks the ball illegally, his team loses the point. If any player touches the net or net posts, her team loses the point. Teams win points when the opposing team commits a violation, fails to return the ball over the net, lets the ball touch the ground inbounds or hits the ball into the net or out of bounds.

Scoring

Teams can win points on their own serve and on their opponent's serve, according to the USA Volleyball and International Federation of Volleyball rule books. The first team to win 25 points with a two-point lead wins the set. The first team to win three sets wins the match. If the match goes to a fifth set, the first team to win 15 points with a two-point lead wins the set and the match.