

Set for Success Rulebook

Section 1: Definition

Volleyball is played by two teams of six players on a rectangular court divided by a net. One team serves the ball over the net, aiming to land it in the opponent's court, while the other team works to return it and score in the same way.

Section 2: Match

A match will last either a minimum of two games or up to 60 minutes, whichever comes first. If time permits and the first two games are split, a third game will be played as a tiebreaker. Each team may take up to two 30-second timeouts per game. Timeouts may not be called during the final two minutes of the 60-minute time limit.

Section 3: Scoring Points (Rally Scoring)

The opponent shall score a point each time a fault is committed. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve. Each time a team gains a serve; it must rotate one position clockwise before serving.

Section 4: The Game

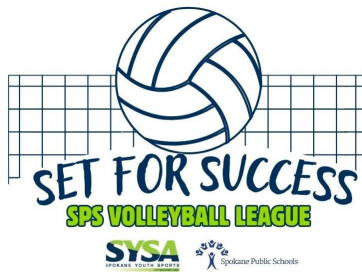
A coin toss between the captains shall determine who serves first; the other team will choose the side they wish to play on

- The first two games shall be to 21 points (cap at 25) with a team winning by 2 points
- The third game shall be to 15 with a cap at 17 points with a team winning by 2 points
- 60 minutes will be placed on the game clock and when the buzzer sounds, the game is finished where it stands, whether the game has reached point completion.
- If the last game is a tie when time expires, we will play till the next point is scored to determine the winner.

Section 5: Out of Bounds

A ball striking the ceiling and landing on the same side as the team that played it last is still in play, however if it lands on the opposite side is considered to be a dead ball and a point is awarded to the opposing team. A ball is out of bounds and becomes dead when the ball:

- Touches a wall, objects mounted flush with the wall, or objects on the floor outside of the court without interfering with a player's legitimate effort to play the ball
- Touches the floor completely outside the court's boundary lines



- Touches the net antennas above or within the net or does not pass over the net entirely between the net antennas
- Touches the net cables or net not completely inside the antenna, net supports, or referee stand
- Touches a non-player who is not interfering with a player's legitimate effort to play the ball
- Touches or enters a non-playable area beyond the vertical plane of the net and its out-of-bounds extension

Section 6: Equipment

- The net shall be set at a height of 7 feet
- All age groups will use the Volley Lite Volleyballs
- Players shall not wear jewelry during the warm-up or competition

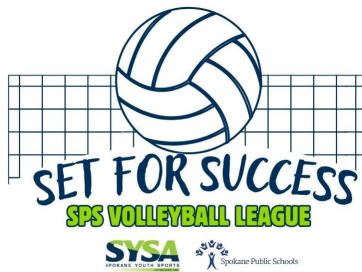
Section 7: Team Players

A team shall consist of six players to begin the first game of the match. If there are not six players present at the start of the game a team may play with five, but no less than four players. Players may be borrowed from the other team to complete the game.

Section 8: Player Position

The position of the players in order of the serve shall be right back, right front, center front, left front, left back and center back, At the moment of the serve:

- All players, except the server shall be within the team's playing area and may be in contact with the boundary lines or center line, but may not have any part of the body touching the floor outside of those lines.
- All players shall be in correct serving order. Each right side player should have at least part of one foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row. Each left side player should have at least part of one foot touching the floor closer to the left sideline than both feet of the center player in the corresponding row. Each back row player should have at least part of one foot touching behind the floor closer to the backline than both of the feet of the player in front of them.
- After the ball is contacted for the serve, players may move from there respective positions When a loss of rally occurs, the team preparing to serve shall rotate clockwise one position. A point is awarded as this team rotates.



Section 9: Screening

Players on the serving team shall not take action to prevent receivers from seeing the contact of the serve or path of the served ball. Potential screens exist, but are not limited to:

- When a player on the serving team waves arms, jumps, moves sideways, or stands close to the server and the ball is served of the player
- When a group of two or more teammates stand close together and the ball is served directly over them.
- When a player stands at the net with their hands directly above their head.
- Hands may be no higher than the ears. It is the receiving team responsibility to adjust if they are being screened.

Section 10: Serve

A serve is contact with the ball to initiate play. The server shall hit the ball with one open hand, while the ball is held, or after it is released. The ball should be contacted within 5 seconds after the referee's signal to serve. The server shall serve from within the serving area

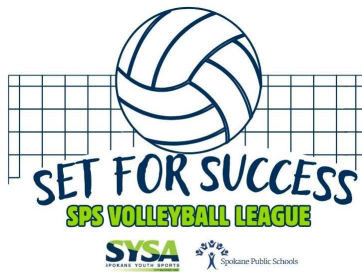
- **Grades 4-5 League-** anywhere behind the 10 foot line, if the foot crosses the line it will be considered a foot fault. After 3 points received by one person in a row, points shall be awarded, but will be a sideout.
- **Grade 6 League-** Each player will be allowed to serve at the shortened baseline, but once there are 3 good serves in a row, they will be required to move back to the baseline for the remainder of the rotation. It is the coach's responsibility to notify the players.

A team's service begins when a player assumes the right back position as the server and ends when a loss of rally is awarded. A re-serve shall be called when the server releases the ball for service, and then drops it to the floor. The server is allowed a new 5 seconds for the re-serve attempt. Players must wait for the referee to blow the play dead, and then blow it again designating a reserve attempt before they can serve.

- **All age groups** will be allowed 1 re-serve attempts per rally.

The first server of the game is the right back position. Thereafter, when a team is awarded a loss of rally, the player in the right front position rotates into the serving position.

A team continues serving until it loses the rally or the game ends.



The serve alternates when the serving team loses the rally.
The team not serving first in the previous game of a match shall serve first in the next game.

A serve is illegal and the ball remains dead if the server:

- Hits the ball illegally
- Is touching the end line or floor outside the serving area when the ball is contacted
- Does not contact the ball to serve within 5 seconds
- Is out of serving order or is from the wrong team
- Deliberately serves before the referee signals to begin service
- Releases the ball for service, then catches it or drops it to the floor more than the number of times allotted. A served ball is a service fault and becomes dead when the ball:
- Does not legally cross the net
- Crosses the net not entirely between the antennas, or lands out of bounds
- Touches the ceiling or any obstructions During Play

Section 11: Live and Dead Balls

A live ball is in play, from the moment the ball is legally contacted by the correct server until a dead ball occurs

A live ball becomes dead when:

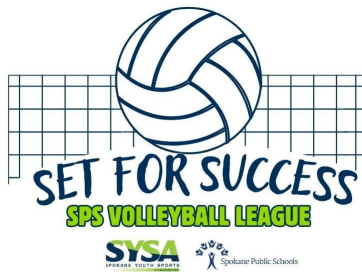
- The ball touches the antennas or does not pass entirely between the net antennas and passes beyond the plane of the center line extension
- The ball lands out of bounds
- The ball contacts the ceiling or overhead obstruction and is not legally played next by the offending team
- The ball contacts the ceiling or overhead obstruction after the third hit
- The ball contacts a wall or ceiling obstruction, which is over a non-playable area
- The ball touches the floor
- The ball passes completely under the net

.

Section 12: Net Play

A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas. A serve contacting and crossing the net shall remain in play provided that the ball is entirely within the net antennas.

Recovering the ball hit into the net should be permitted.



Blocking a served ball is NOT permitted.

A net foul occurs while the ball is in play and a player contacts any part of the net including the net cables or antennas.

A player may touch the floor across the centerline with one or both feet/ hands provided a part of the foot or hand remains on or above the centerline. Contacting the floor across the centerline with any other part of the body is illegal.

Section 13: Rotation

Players must remain in the same rotation at all times.

Players may enter into any position on the floor, but must then maintain the same rotation throughout.

Players may enter from the right or the left side of the court.

Section 14: Substitution (Grade 6 ONLY)

A substitution is the exchange of at least one player in the game by a teammate who is listed on the roster.

Grades 4-5 will rotate players in/out from the same spot on the floor

ALL PLAYERS MUST PLAY EQUALLY

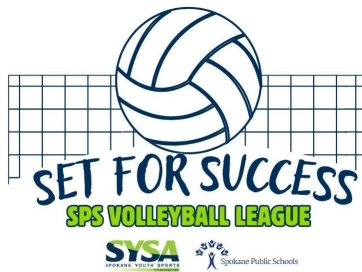
To request a substitution:

- The head coach must visibly signal to the referee that substitution is desired. Once the signal is made the players will have 10 seconds to make the swap.
- The substitute may enter the substitution zone (the area near the sideline between the attack line and the center line)
- The referee recognizes the request and the substitutes shall immediately move to the sideline between the attack line and the centerline of that team's playing area.
- The player and substitute shall remain in the substitution zone until the referee releases them
- If multiple substitutions occur at one time, each substitute must stand behind one another until recognized individually

Substitution may be made during a timeout, but must be reported to the referee.

The position of the substitute shall be that of the player replaced without changing the serving order as recorded on the score sheet.

A team is allowed a maximum of 18 substitutions per game. Each player is allowed unlimited entries within the team limit.



A re-entering player shall not return to the game during the same dead ball in which the player was replaced.

Section 15: Conduct

Unsportsmanlike conduct includes actions that are becoming to an ethical, fair and honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting.

No player or coach shall act in an unsporting manner while on or near the court before, during, or between games.

It is considered a serious offense for any player or coach to use any form of tobacco product.

Non-playing team members shall remain seated on the team bench except to:

- Spontaneously react to an outstanding play by a member of their team
- Stand at the bench to greet a replaced player, then immediately sit down

Unsportsmanlike conduct includes, but is not limited to:

- Use of disconcerting acts or words when an opponent is about to play the ball
- Entering the court while the ball is in play
- Attempting to influence a decision made by the referee
- Disrespectfully addressing a referee
- Questioning a referee judgment
- Disrespectfully addressing, baiting, or taunting anyone involved in the contest
- Holding unauthorized conferences
- Attempting to re-enter a disqualified player
- Illegally leaving the designated bench during the games
- Making any excessive requests designed to disrupt the game
- Abusing the re-serving rule
- Using profane or insulting language or taunting anyone involved in the contest
- Making contact with an opponent which is deemed unnecessary and which incites roughness
- Delay of Game