

# Centralia Recreation Complex

## VOLLEYBALL RULES

### General Rules:

1. A team consists of 6 players on the court. A team may start with 4 players, but may not continue with less than 4. A team that drops below 4 players, for any reason, will be forced to forfeit.
2. Gym shoes must be worn. Players not wearing gym shoes will not be eligible to play. It is recommended, but not required, that all players wear knee pads. Knee pads will not be provided.
3. A coin toss before the first game will determine which team will serve or have choice of court. The winner of the toss shall choose either to serve/receive, or playing area (side). The loser of the toss will be given the remaining choice. For the second game, the teams shall switch sides and the team which started the first game serving shall start the second game receiving.
4. If a third game is necessary, a coin toss will determine service or choice of court.
5. All games must start promptly as scheduled. There will be a 5 minute grace period. 5 minutes after game time is forfeit time! The time of the referee shall be the official time governing the games.
6. The height of the net shall be 7'.
7. Any player throwing the ball in anger shall be ejected from the game immediately.
8. Any player, coach, parent, or team violating any league rules or rulings of the Centralia Recreation Complex shall be liable to forfeiture of the game, suspension from play, and probation/suspension/disbarment from the Centralia Recreation Complex.

### Game Play:

1. All games will use rally scoring...every serve is a point.
2. A match shall consist of the best 2 out of 3 games. The first 2 games to 25 points. The 3<sup>rd</sup> game (if necessary) to 15 points. In order to win a team must be ahead by at least 2 points. Standings will be based on total matches won.
3. If the leading team does not have a 2 point advantage, unlimited overtime shall be played until one team is ahead by 2 points.
4. Each team will be granted one timeout per game (maximum 3 per match). Time-outs are requested to the referee only when the ball is dead. Time-outs shall not exceed one (1) minute.
5. Time between games will be 1 minute.
6. Substitutions may be made in one of 2 ways and must remain this way throughout the match:
  - a. The person who substitutes may go in and out for the same player throughout the game.
  - b. The team may substitute on a rotation basis.
7. The right-back player of the serving team shall be the first server of the game. Thereafter, the player rotating from right-forward to right-back shall be the server. No rotation is necessary on the first serve of the game.
8. The ball may be served anywhere on the back line between the sidelines extended.
9. The server shall serve from within the serving area and shall not touch the lines bounding this area or the floor outside this area at the instant the ball is contacted when hit for the serve.
10. The server shall initiate the serve by hitting the ball with the hand, fist, or arm. Overhead serve will be allowed. The server shall have five seconds after the referee's whistle for service in which to contact the ball for service.
11. All players, other than the server, must be within the court at the time of service.
12. After the ball is contacted for the serve, players may move from their respective positions.
13. If a serve hits the net but still goes over the net, it will be played as a live ball. It will not be considered a net serve.
- 14. At the moment of service, it is illegal for players of the serving team to place their arms up for the purpose of forming a screen to mask the server's action.**
15. Spiking – Any frontline player may spike the ball at the net. Backline players may spike the ball providing the player making the contact has left the ground from behind the 10-foot line. Once contact is made, backline players may land on or in front of the line.

16. Blocking – Any player executing a block may have a second hit regardless of the number of blockers. Only frontline players may initiate a block. Reaching a hand over the net on a block is legal provided the ball is not contacted before the completion of the opponents attack and the ball is moving towards the net.
17. **A block may not be attempted on a serve.**
18. A player shall not play the ball twice in succession.
19. A team shall not play the ball more than three (3) times before it crosses the net to enter the opponent's area.
20. If a player touches a ball or ball touches a player, it is considered a play or a hit. If 2 players touch the ball simultaneously, it is considered as one play or hit and either player may play or hit the ball again.
21. Contact of the ball during blocking shall not be considered one of the teams 3 hits.
22. Legal contact of the ball is by a player's body above the waist. The ball **cannot** visibly come to rest on the player's hands, fingers or any part of the body.
23. A ball touching any part of a boundary line is inbounds.
24. It is permissible to run out of bounds to play a ball, but contact must be made with the ball before crossing the center line.
25. It is legal to step on the centerline when making a play; however, a player may not step over the center line.
26. A player may not interfere with an opponent by touching the opponent under the net.
27. A ball may be recovered from the net provided a player avoids contact with the net.
28. Multiple contacts are permitted only when the ball rebounds from one part of the player's body to one or more other legal parts in an attempt to block or save a hard driven spike. The team's next play is considered its first hit.
29. A ball hitting the ceiling or light fixtures and staying on your side of the net shall be legal to play. If the ball hits the ceiling or light fixtures on the other side, it becomes a dead ball. Goals and backboards are dead ball areas, unless they are raised parallel to the ceiling.
30. The net may not be contacted by any player while the ball is in play. Inadvertent contact of the net by a player's hair, caused by his/her turning movements which has no bearing on the play, may be "overlooked" by the official.
31. Closed fist spikes are illegal. Two-handed spikes are not allowed.
32. When the ball is driven into the net so that it causes the net to contact an opposing player, it is not a foul.
33. If a player accidentally contacts a cable (including the cables supporting the net) or a post, cables supporting a post, referee stand, etc., it should not be counted as a fault unless it directly affects the subsequent sequence of a play. If the stand, posts, etc., are intentionally grasped or used as a means of support, such action constitutes a fault.
34. **5 serve maximum.** Any player serving 5 consecutive points shall have service ended. Service will still continue with same team, with their regular rotation.
35. Girls that are unable to serve the ball across the net will be encouraged to move up, with-in reason, in order to serve over the net.

**\*\* Remember Coaches this is a learning league! All players MUST play in every game as evenly as possible.**