



# **OFFICIAL RULE BOOK**

## **VOLLEYBALL**

Revised - January 2016

[www.PlayMoreSJ.com](http://www.PlayMoreSJ.com)

## **1. EQUIPMENT**

- I. PlayMore asks that all players participating wear their PlayMore issued shirt.
- II. PlayMore will provide a basketball and score-keeper.

## **2. GAME PLAY RULES**

PlayMore follows the National Federation of State High School Rules as a guideline, with the following rules being changed or highlighted.

### **Scoring**

- I. Rally Scoring (every serve will result in a point) will be used.

### **Match Format**

- I. 3 Game Format will be used for all Matches  
Games are **not** played as part of a best of three series.  
All 3 Games will be played (regardless of if one teams wins the first two), and each will game will be entered into the standings and count towards a team's record as an individual game.
- II. A coin flip will be done to start the match.  
The team who wins the coin flip can choose: Serve, Receive the Serve, or Select a Side.  
The team who loses the coin flip can choose (next) out of the remaining options.  
Each of the three games will start in the opposite fashion of the previous game.
- III. Each of the 3 Games are played to 25 points (must win by 2 points).

### **Substitutions/Rotations**

- I. Teams are allowed an unlimited number of substitutions per match.

### **Service**

- I. Jump serves are allowed in intermediate leagues and competitive league but not in social leagues.
- II. The serve can be made from anywhere behind the end line and within the sideline.
- III. If the serve makes contact with the net and continues over, play will continue.
- IV. The serve can be returned with a pass or a set. The serve cannot be blocked or attacked.

### **Additional Game Play Rules**

- I. A block is not considered a hit/contact.
- II. No player may hit the ball twice in succession, except after a block.
- III. We do allow players to use their feet (as well as any other body part) to make a hit/contact.  
This is a legal hit; counts as a hit. Therefore, they cannot hit the ball in succession afterwards.

If the ball touches multiple parts of the body on the same attempt, it will be considered a double-contact fault.

- IV. No part of the body may touch the net at anytime, unless a ball or person driven into the net causes the contact.

Player contact with the net in a manner not directly relating to or affecting the course of play is not a violation.

- V. Contact with hair or part of the uniform will not be considered a fault.

- VI. Players may go under the net only if he/she does not contact, obstruct or interfere with opposing player(s).

- VII. Out of bounds is the area outside the designated court line.

The line is in bounds.

- VIII. The ball must be returned over the net between the poles (if there are poles). Any return outside the polls will result in a side out.

- IX. Players starting behind the attack line may not attack at any point in front of the attack line.

- X. A ball that contacts the ceiling will remain live if the team that hits the ceiling still has a remaining hit or two left to get the ball over the net. A team that hits the ceiling with the ball can continue their volley if the ball comes back down to them. A ball that contacts the ceiling on the way over the net will be deemed dead; having a point awarded to the team who did not hit the ceiling.

**FORFEIT POLICY:** The scores will be recorded as 25-0 for the winning team.