

YMCA Volleyball Rules

Revisions

May, 2016

1.3.1.3. Coaches are to turn in lineup cards to start each match.

2.4.3.2. Clarified position assignments at serve and substitutions are to be for each starting serve position (I, II, III, IV, V, VI).

4.3.6. Libero service rule changed. Libero can serve for one position and one position only. Former 4.3.4 rule revised to state Libero block prohibition. New rule 4.3.6 added to allow Libero service for one position.

3.4.2.3 rule clarification. First-contact double-contact rule adopted. Added clarifiers 3.4.2.3.1 for multiple contacts during blocking and 3.4.2.3.2 for multiple contacts on team's first hit.

4.6.3.5 clarified Libero setting rules

Additional diagrams in Section 12.4 to show positional overlap, and reference added as 2.4.3.3.3

Added Line Judge Diagrams, Section 12.7

13.1. added additional net information including net heights for each age/gender group.

March, 2018

Libero section properly set to its own section. At some point, the Libero rules fell into the wrong section. Libero section is now Section 4. This change results in subsequent sections changing numbers from previous versions. Section 4.4.2.1 added to clarify Libero service replacement.

2.4.6.3.2.1 During the third tie-breaker set, teams are to switch courts when the leading team achieves 8 points. Section 5.3 updated to add 5.3.2 Change of Courts. Former 5.3.2 Delays & Sanctions now becomes 5.3.3 Delays & Sanctions.

Two timeouts allowed per team per set. 1.3.1.6 updated to allow two timeouts per team per set. 5.2.1.4 Teams will be allotted two 30-second timeouts per set

Inserted Section 10 for clarifying Sanctions and Penalties for Misconduct and Delays

Added Section 14 – Referee Hand Signals poster from FIVB

2.4.3.3.3 update to reference the appropriate section for diagrams after changes.

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1 Teams

1.1 Team Composition

1.1.1 General Composition

- 1.1.1.1 Teams are to consist of 10 players. Rosters can include less or more, at a coach's discretion. It is recommended no more than 12 players are on one roster, as any more players can be split into two teams.
- 1.1.1.2 Each team will have a head coach and assistant coaches as the head coach chooses. These positions are *voluntary*.
- 1.1.1.3 Each team must start the match with six players. Failure to do so will result in match forfeiture, unless both coaches agree the team can play with a minimum of four players. In the event of a forfeiture, the teams may scrimmage during their allotted game time without referees.

1.1.2 Rosters

- 1.1.2.1 Only players on the official roster for each team can participate in the team's matches.
- 1.1.2.2 Before the start of each game, the score keeper shall list the numbers of each player on the court for positions 1-6.

1.2 Team Benches

1.2.1 Bench Rules

- 1.2.1.1 Only players on the official rosters, plus coaches, are to sit on the team benches.
- 1.2.1.2 Children and friends of players are prohibited from sitting on the bench due to safety concerns.

1.3 Team Leaders

1.3.1 Coach

- 1.3.1.1 The head coach is responsible for the conduct and discipline of their team members.
- 1.3.1.2 The team coach will lead each team during game play from outside the playing court.
- 1.3.1.3 Prior to each match, the coach will review the players on the team's official roster, note the jersey number of each player, and sign the lineup card. Coach will give the lineup card to the scorekeeper at the start of each game.
- 1.3.1.4 Coach will set the team line up for each match.
- 1.3.1.5 During the match, the coach may sit on the bench or from the sideline of the coach's team. Coach may instruct players during game play while standing on the team sideline or from the bench.
- 1.3.1.6 Coach can call up to two timeouts per game, each lasting 30 seconds.
- 1.3.1.7 Coach can call substitutions as needed.
- 1.3.1.8 Coach, along with team captain, can ask for explanations of interpretations/applications of rules, and protest such interpretations/applications. Official protests must be made on the official score sheet at the end of the match.
- 1.3.1.9 Coach is not to unduly delay match.
- 1.3.1.10 Coach is to sign the official score sheet at the end of each match.

1.3.2 Assistant Coach

- 1.3.2.1 The assistant coach(es) cannot intervene in a match, i.e., call timeout, call substitutions, etc. These duties are to be conducted by the head coach.
- 1.3.2.2 The assistant coach, in the event of the coach's absence, is to take on the duties of the head coach.

1.3.3 Captain

- 1.3.3.1 Prior to each match, coach is to name one person as team captain.
- 1.3.3.2 Prior to each match, the team captain is to sign the score sheet and participate in the coin toss or similar means of determining which team will serve first.
- 1.3.3.3 During game play, only captains and head coaches can approach the 1st Referee for explanations and applications of rules, protest such applications of the rules, and relay requests or questions from other team members. Official protests must be made on the official score sheet at the end of the match.

2 Play Format

2.1 Points

2.1.1 A team receives a point in any of the following manners:

- 2.1.1.1 By successfully grounding the ball on the opponent's court
- 2.1.1.2 When the opposing team commits a fault, called by the referee
 - 2.1.1.2.1 Faults are called by the 1st or 2nd Referee when an action violates the playing rules.
 - 2.1.1.2.2 In the case of concurrent faults by both teams, the 1st Referee is to call a double fault and replay the rally.
 - 2.1.1.2.3 In the case of successive faults, one on each team, the fault occurring first is to be called, and the opposing team is awarded the point and the subsequent serve.
- 2.1.1.3 When the opposing team is called for a penalty action

2.1.2 Rally

- 2.1.2.1 A **rally** is the sequence of playing actions starting with a successful serve by the serving team.
- 2.1.2.2 A **completed rally** is the conclusion of the rally, with a point and serve awarded

2.1.3 Rally-point scoring will be used in all YMCA play

- 2.1.3.1 If the serving team wins a rally, it is awarded a point and then continues to serve.
- 2.1.3.2 If the receiving team wins a rally, it is awarded a point and the subsequent serve (*side out*).

2.2 Set (or Game)

2.2.1 A set (or interchangeably a game) is won by the first team that reaches 25 points with a minimum lead of two points.

- 2.2.1.1 In the case of a 24-24 tie, the game is won when a two-point lead is achieved by one team, i.e., 26-24, 27-25, 28-26, etc.
- 2.2.1.2 In the event no team achieves a two-point lead past 25 points, the game ends when one team first reaches 30 points, regardless of the gap in score.

2.2.2 Tie Breaker Set

- 2.2.2.1 In the event the two teams win one set each, a third tiebreaker set is played.
- 2.2.2.2 The tie-breaker set is decided when one team reaches 15 points.
 - 2.2.2.2.1 In the case of a 14-14 tie, the game is won when one team achieves a two-point lead.

- 2.2.2.2.2 In the event no team achieves a two-point lead past 15 points, the game, and match, end when one team first reaches 30 points, regardless of the gap in score.

2.3 Match

2.3.1 General

- 2.3.1.1 A match consists of two sets. A third tie-breaker set is played if no team has won two sets after completing the match.
- 2.3.1.2 The match is won by the team that wins two sets.

2.4 Structure

2.4.1 Warm Ups

- 2.4.1.1 Prior to the start of the match, each team is entitled to a 10-minute warm-up period.
- 2.4.1.2 Warm ups are to prepare the players physically for the match
- 2.4.1.3 Team captains and/or coaches can request consecutive warm up periods for their team, utilizing the net for five minutes each team.

2.4.2 First Serve

- 2.4.2.1 Team captains will meet with YMCA referees to determine which team will serve first.
- 2.4.2.2 Service will be determined by best two-out-of-three wins in Rock-Paper-Scissors or via coin toss
- 2.4.2.3 The winner of the toss chooses either the right to serve first or to receive serve first. In the event the winner chooses to receive serve, the winner chooses which side of the court to start from.
- 2.4.2.4 Loser of the toss will receive the remaining choice, either choice of court in the event winner chooses first serve or first serve should the winner choose to receive serve.

2.4.3 Positions

- 2.4.3.1 At the start of the match, coaches are to name the starting line-up and assign each player a position on the court. Players are then to go to their assigned position on the court.
- 2.4.3.2 Positions are numbered 1-6, starting with the server position and rotating counterclockwise, as follows:
1. Server
 2. Front court, right side
 3. Front court, middle
 4. Front court, left side
 5. Back court, left side
 6. Back court, middle
- 2.4.3.3 Positions of players on the court are determined by the relative positions of their feet on the court, as follows:
- 2.4.3.3.1 Each player on the front court must have a part of his/her foot closer to the center line (net) than the feet of the back-court player immediately behind them (Position 2 vs. Position 1, Position 3 vs. Position 6, and Position 4 vs. Position 5)
- 2.4.3.3.2 Each player on the court must be positioned appropriate according to the player to their left/right, such that players on the right side of the court must be closer to the right sideline than the person to their left, while players on the left side of the court must be closer to the left sideline than the person to their right. Middle players, then, must not be farther left of the player to their left nor farther right than the player to their right.
- 2.4.3.3.3 See diagrams in Section 12.4.

- 2.4.3.4 Once players are lined up on the court, YMCA score keeper will verify their positions on the score sheet by their jersey number in comparison to the lineup given by the team coach. This original lineup follows the player around the court, and substitutions can be made only within each position noted on the score card.
- 2.4.3.5 Play then starts with the first serve. At the moment the ball is hit by the server, each team player must be in their assigned position as above, and each player must be fully within the bounds of their team's side of the court.

2.4.4 Rotation

- 2.4.4.1 Rotation occurs in a clockwise manner once the receiving team of the previous point wins the serve.

1. Position 1 rotates left to Position 6
2. Position 2 rotates back to serve, Position 1
3. Position 3 rotates right to Position 2
4. Position 4 rotates right to Position 3
5. Position 5 rotates forward to Position 4
6. Position 6 rotates left to Position 5

- 2.4.4.1.1 See Diagram 11.2.

- 2.4.4.2 Player alignment is to remain consistent throughout play based on the original lineup. Substitutions are to be made based on position, and positional order must be maintained.

2.4.5 Faults

2.4.5.1 Service Fault

- 2.4.5.1.1 Service faults during the act of hitting are as follows:

- 2.4.5.1.1.1 The server violates the service order (i.e., server is out of rotation).

- 2.4.5.1.1.2 The server does not execute the service properly.

- 2.4.5.1.1.2.1 The serve is not executed with one hand

- 2.4.5.1.1.2.2 The server's feet touch the court end line while hitting the ball

- 2.4.5.1.1.2.3 The server hits the ball while outside the Service Zone

- 2.4.5.1.1.3 The serving team violates rotation and overlap rules before the service hit.

- 2.4.5.1.2 Service faults after the hit:

- 2.4.5.1.2.1 The ball does not pass through the Crossing Space above the net.

- 2.4.5.1.2.2 The ball lands outside the court on the receiving side; i.e., the ball is "out".

- 2.4.5.1.2.3 The ball touches another player of the serving team before passing over the net.

2.4.5.1.3 Positional Fault

- 2.4.5.1.3.1 A positional fault occurs when any player is not in his/her correct position the moment the server hits the ball.

- 2.4.5.1.3.2 If a service fault is committed at the moment of service hit, the service fault is counted before the positional fault.

- 2.4.5.1.3.3 If a service fault is committed after the service hit, the positional fault is counted before the service fault.

- 2.4.5.1.3.4 A positional fault results in a point and service awarded to the opposing team.

- 2.4.5.1.3.5 Player positions must be rectified before the next service.

2.4.5.1.4 Rotational Fault

2.4.5.1.4.1 A rotational fault is committed when the service is not made according to the rotational order.

2.4.5.1.4.2 A rotational fault results in a point and service awarded to the opposing team.

2.4.5.1.4.3 The rotational order must be rectified.

2.4.5.1.4.4 If the server out of rotation has served more than one service consecutively, Scorer is to determine how many points were won during that service and cancel all points won during the rotational fault.

2.4.6 Games

2.4.6.1 Two games shall be played until one team reaches 25 points, with at least two points separating the teams' scores.

2.4.6.2 If the two teams each win one of the first two games, a third deciding game will be played to 15 points, again with a minimum of two points separation between teams.

2.4.6.2.1 Team captains meet with YMCA referees to determine which team serves first

2.4.6.2.2 The same rules apply to first serve of the third deciding game as the first serve of the match

2.4.6.3 Change of Courts

2.4.6.3.1 At the completion of each game, teams will switch sides of the court.

2.4.6.3.2 For the third deciding game, courts will be decided by coin toss or Rock-Paper-Scissors, similar to decisions of first serve for the match.

2.4.6.3.2.1 In the third set, once the first team reaches their eighth point, the teams are to switch courts. The referee blows the whistle and indicates the teams switch sides to play out the remainder of the third set.

3 Actions

3.1 Start of Play

3.1.1 Ball In Play

3.1.1.1 The ball is in play from the moment the service is hit after service authorization from the 1st Referee.

3.1.2 Ball Out of Play

3.1.2.1 The ball is out of play at the moment of the fault that is whistled by one of the referees, or at the moment of the whistle if no fault is committed.

3.2 Ball In/Out

3.2.1 Ball "In"

3.2.1.1 The ball is "in" if and when it makes contact with the floor that is some part of the court, including the boundary lines.

3.2.2 Ball "Out"

3.2.2.1 The ball is "out" when

3.2.2.1.1 it makes contact with the court completely outside of the boundary lines;

3.2.2.1.2 it touches an object outside the court;

- 3.2.2.1.3 it touches either antenna;
- 3.2.2.1.4 it does not cross the net within the crossing space between the antennas;
- 3.2.2.1.5 it crosses the lower space under the net.

3.3 Service

3.3.1 Definition

- 3.3.1.1 A service, or serve, is the act of putting the ball into play by the player in Position 1, and the serve must be completed when the serving player is within the Service Zone

3.3.2 First Service

- 3.3.2.1 The first service of the first set and the tie-break set will be performed by the team winning the toss.
- 3.3.2.2 The first service of the second set will be performed by the team that did not serve first in the first set.

3.3.3 Service Order

- 3.3.3.1 Players must follow the service order recorded in the line-up sheet
- 3.3.3.2 When the serving team wins the rally, the player (or substitute for that player) who served the previous rally serves the next rally.
- 3.3.3.3 When the receiving team wins the rally, gaining the right to serve, the players rotate clockwise on the court, and the next player in position serves the next rally.

3.3.4 Authorization of the Service

- 3.3.4.1 Once a team has won the right to serve, the 1st Referee authorizes service for that team for the next rally.
- 3.3.4.2 The 1st Referee whistles for the service while making the appropriate hand signal.
- 3.3.4.3 After the 1st Referee has whistled for service, the serving player has 8 seconds to serve the ball.
- 3.3.4.4 Any service executed before the 1st Referee's whistle is cancelled and repeated.

3.3.5 Execution of the Service

- 3.3.5.1 The ball is to be hit with one hand only after being released or tossed from one or both hands.
- 3.3.5.2 Only one toss of the ball is allowed. Dribbling or moving the ball in the hands is permitted before the toss.
- 3.3.5.3 In the event of a poor toss, the player can allow the ball to drop to the floor. Any subsequent contact of the ball after the toss is deemed a service contact. The server may have one such poor toss per service period, i.e., all services from the player's first serve until the opposing team wins service.
- 3.3.5.4 The player must be completely within the Service Zone at the time of service contact.
- 3.3.5.5 The player cannot contact the court end line during service.
 - 3.3.5.5.1 The player may step onto the court or onto the end line after the ball has been contacted.
 - 3.3.5.5.2 In the event of a jump serve, the serving player must be completely within the Service Zone at the time of the jump. The serving player may land on the playing court after the service hit is executed.

3.3.6 Screening

- 3.3.6.1 The players of the serving team cannot prevent the opposing team's players from seeing the server and flight of the ball in any manner

- 3.3.6.2 Serving team players cannot form any manner of screening by waving their arms, jumping, or moving sideways during service execution, or by standing in a grouping to hide the server and flight of the ball.

3.3.7 Service Faults

- 3.3.7.1 Service faults are to be whistled by the 1st or 2nd Referee, and will result in a change of service to the receiving team.

- 3.3.7.2 Service faults at the instance of the hit are as follows:

- 3.3.7.2.1 The server violates the service order (i.e., server is out of rotation).

- 3.3.7.2.2 The server does not execute the service properly.

- 3.3.7.2.2.1 The serve is not executed with one hand

- 3.3.7.2.2.2 The server's feet touch the court end line while hitting the ball

- 3.3.7.2.2.3 The server hits the ball while outside the Service Zone

- 3.3.7.2.3 The serving team violates rotation and overlap rules before the service hit.

- 3.3.7.3 Service faults after the hit:

- 3.3.7.3.1 The ball does not pass through the Crossing Space above the net.

- 3.3.7.3.2 The ball lands outside the court on the receiving side; i.e., the ball is "out".

- 3.3.7.3.3 The ball touches another player of the serving team before passing over the net.

3.4 Playing the Ball

3.4.1 Team Hits

- 3.4.1.1 A hit is any contact with the ball by a player in play.

- 3.4.1.2 Each team is allowed a maximum of three hits for returning the ball.

- 3.4.1.2.1 A player may not hit the ball twice consecutively.

- 3.4.1.2.2 A ball contact during a block is not counted as a team hit.

- 3.4.1.2.3 Teammates may make simultaneous ball contact, with each player touch counting as one hit. If two or more teammates reach for the ball simultaneously but only one player touches the ball, only one hit is counted.

- 3.4.1.2.4 When the ball is contacted at the net by an opponent, and the ball remains in play, the receiving team is entitled to another three hits to return the ball.

- 3.4.1.3 Assisted Hits

- 3.4.1.3.1 No player may receive support or assistance from another teammate or object while hitting the ball.

- 3.4.1.3.2 Players can be prevented from committing a fault by teammates

3.4.2 Hits

- 3.4.2.1 The ball may touch any part of the body

- 3.4.2.2 The ball cannot be caught and thrown. The ball must rebound from the hit.

- 3.4.2.3 The ball may touch multiple parts of the body, provided the contacts occur simultaneously.

3.4.2.3.1 When blocking, consecutive contacts may be made by one or more players, provided the contacts occur in one action.

3.4.2.3.2 On first hit of the team, the ball may contact various parts of the body consecutively (not at the same instance), provided the multiple hits occur in one action. No double contact is to be called, unless the multiple hits are the result of multiple actions by the player.

3.4.3 Faults

3.4.3.1 Four hits – a team must return the ball over the net through the Crossing Space with a maximum of three hits. A fourth hit is a fault.

3.4.3.2 Assisted hit with support or assistance from a teammate or object

3.4.3.3 Catch – the ball is caught or thrown and does not rebound from the hit.

3.4.3.4 Double contact – a player hits the ball twice in succession or the ball hits various body parts of one hitter in succession.

3.4.4 Net Considerations

3.4.4.1 Ball at the Net

3.4.4.1.1 The ball must go over the net within the Crossing Space when sent to the opponent's court

3.4.4.1.2 A ball that crosses the net outside the Crossing Space may still be played as long as the ball is played within the Free Zone and within the allotted three hits for the team.

3.4.4.1.2.1 The player may not touch the opponent's court

3.4.4.1.2.2 The ball must return to the player's side of the court through the External Space

3.4.4.1.3 A ball that is played toward the opponent's court through the Lower Space remains in play until the time the ball crosses the vertical plane of the net.

3.4.4.1.4 While crossing the net, within the Crossing Space, the ball may touch the net.

3.4.4.1.5 A ball played into the net may be recovered within the limits of the team's three hits.

3.4.4.2 Player at the Net

3.4.4.2.1 In blocking, a player may touch the ball beyond the net if the blocker does not interfere with the opponent's play before or during the opponent's attack hit.

3.4.4.2.2 During an attack hit, contact with the ball must occur within the attacking player's playing space. An attacker's hand may pass over the net after the attack hit, provided the net is not touched.

3.4.4.2.3 A player may penetrate into the opponent's court through the Lower Space, provided the player does not interfere with the opponent's play.

3.4.4.2.3.1 A player's feet may touch the opponent's court under the net as long as some part of the foot or feet also contact the center line of the court.

3.4.4.2.3.2 A player's body parts other than the feet may touch the opponent's court provided the player does not interfere with the opponent's play.

3.4.4.2.3.3 A player may enter the opponent's court after the ball goes out of play.

3.4.4.2.3.4 Players may penetrate the opponent's Free Zone provided they do not interfere with the opponent's play.

3.4.4.2.4 Contact with the net between the net antennas, including the antennas, during the action of play is a fault. The action of play includes jumping, hitting or attempting to hit, and landing.

3.4.4.2.4.1 Players may touch any part of the net, including the net itself, outside the net antennas, provided it does not interfere with play.

3.4.4.2.4.2 If the player's contact with the net is a result of the ball driven into the net on the opposing team's side, causing the net to push outside its vertical plane, no fault is committed.

3.4.4.3 Faults

3.4.4.3.1 A player touches the ball or an opponent in the opponent's space before or during the opponent's attack hit.

3.4.4.3.2 A player interferes with the opponent's play while penetrating into the opponent's space under the net

3.4.4.3.3 A player's foot penetrates completely into the opponent's court under the net.

3.4.4.3.4 A player, whether playing the ball, attempting to play the ball, or are close to the ball, interferes with opponent's play through

3.4.4.3.4.1 Touching the net between and including the antennas

3.4.4.3.4.2 Using the net between the antennas as a support or stabilizing aid, catching or holding onto the net

3.4.4.3.4.3 Performing actions that hinder an opponent's attempt to play the ball

3.4.4.3.5 Touching the net outside the antennas, i.e., outside the Crossing Space and in the External Space, is not a fault, unless the player uses the net for assistance in hitting or the action interferes with the opponent's play.

3.5 Attack Hit

3.5.1 Characteristics

3.5.1.1 Any action that directs the ball toward the opponent's court, aside from the service or a block, is considered an attack hit.

3.5.1.2 A tipping motion is permitted during an attack hit if the motion is cleanly executed and not caught or thrown.

3.5.1.3 The attack hit is completed when the ball crosses the vertical plane of the net or when touched by an opponent.

3.5.2 Restrictions

3.5.2.1 A front-row player can complete the attack hit at any height, as long as the contact with the ball is made within the player's own playing space

3.5.2.1.1 No player may complete an attack hit on the opponent's service when the ball is in the Front Zone and entirely higher than the top of the net.

3.5.2.1.2 An attack hit cannot be hit when the ball is completely higher than the top of the net if the subsequent play on the ball is an overhand finger pass ("set") by a Libero in the Front Zone.

3.5.2.2 A back-row player can complete an attack hit at any height from behind the Front Zone, provided the player's jump starts entirely behind the Attack Line. After the ball is hit, the play may land in the Front Zone.

3.5.2.3 A back-row player cannot complete an attack hit if the ball is entirely above the net at the instance of contact, if the back-row player is in the Front Zone.

3.5.3 Faults

3.5.3.1 A player hits the ball within the playing space of the opposing team

- 3.5.3.2 A player plays the ball “out”.
- 3.5.3.3 A back-row player performs an attack hit from the Front Zone while the ball is entirely above the net.
- 3.5.3.4 A player completes an attack hit on the opponent’s service when the ball is in the Front Zone and entirely above the top of the net.
- 3.5.3.5 A Libero completes an attack hit while the ball, at the moment of the hit, is entirely above the top of the net.
- 3.5.3.6 A player completes an attack hit while the ball, at the moment of the hit, is entirely above the top of the net when the ball is passed from an overhand finger pass by a Libero in the Front Zone.

3.6 Blocking

3.6.1 General Rules

- 3.6.1.1 Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net, regardless of the height of the ball contact.
- 3.6.1.2 Only front-row players are permitted to complete a block, where any body part is above the top of the net at the moment the ball is contacted.
- 3.6.1.3 A block attempt is any action of blocking, irrespective of the player touching the ball. A completed block is the moment a ball is contacted during a block attempt.

3.6.2 Block considerations

- 3.6.2.1 Consecutive contacts with the ball may occur by one or more blockers provided the contacts are made during one action.
- 3.6.2.2 When blocking, the blocking player’s hands and arms may penetrate the vertical plane of the net, provided the action does not interfere with the opponent’s play. Penetrating the vertical plane of the net is not permitted until an opponent has executed an attack hit.
- 3.6.2.3 A block contact is not counted as a team hit, and after the block contact the team remains entitled to three hits to return the ball.
- 3.6.2.4 The first hit after the block can be performed by any player, including any blocker who has touched the ball during the block.

3.6.3 Blocking of Service

- 3.6.3.1 Blocking an opponent’s service is forbidden and results in a point and service to the serving team.

3.6.4 Blocking Faults

- 3.6.4.1 The blocker touches the ball in the opponent’s space before or during the opponent’s attack hit.
- 3.6.4.2 A back-row player or Libero completes a block or participates in a completed block.
- 3.6.4.3 Blocking the opponent’s service.
- 3.6.4.4 The ball falls out of bounds after a completed block.
- 3.6.4.5 Blocking the ball in the opponent’s space from outside the antenna.
- 3.6.4.6 A Libero attempts an individual or collective block.

4 The Libero Player

4.1 Designation

4.1.1 Liberos are defensive specialists

4.1.2 A team can designate up to two Libero players on their roster, and denoted on the score sheet on the lines reserved for Liberos.

4.1.3 Only one Libero can be on the court at one time.

4.2 Jersey

4.2.1.1 If a Libero is to be used, a jersey of a different color must be worn. The jersey must clearly contrast with the jerseys worn by the rest of the team.

4.3 Allowed Actions

4.3.1 The Libero can replace any player in a back-row position (Position 1, 5, or 6); however, if replacing a player in Position 1, the Libero cannot serve and must substitute after the normal Position 1 player has completed serve rotation.

4.3.2 The Libero can only play as a back-row player.

4.3.3 The Libero cannot complete an attack hit from anywhere on the court or free zone if at the moment of contact the ball is completely above the net.

4.3.4 The Libero may not block or attempt to block at the net.

4.3.5 A Libero cannot set an attacker from the front court using an overhead finger-tip pass (i.e., a "set"); however, a Libero can set an attacker from the back court or free zone. A Libero can bump pass to an attacking player from anywhere on the court.

4.3.6 The Libero may serve for one position in the rotation; for instance, if replacing two middle blockers, the Libero may serve for one or the other, but not both. In this one rotation, a Libero can replace a player in Position 1 without exiting the court for one completed rally. (adopted per USAV rule 19.3.2.1) Also see Section 4.4.2.1, below.

4.4 Libero Replacements

4.4.1 Libero Replacements are not counted as substitutions.

4.4.2 Libero Replacements are unlimited but a completed rally must occur before Libero replacement.

4.4.2.1 When the Libero is replacing one position for service, the Libero can go directly to Position 1 to serve for that position.

4.4.2.1.1 For example, if the Libero is replacing the two middle blockers, MB1 and MB2, and the Libero is serving for MB2, the typical replacement is for Libero to replace MB1 in Position 1 after MB1 has completed serving, and then Libero moves across the back row from Position 1 to Position 6 to Position 5 during subsequent rotations. When Libero is to move from Position 5 to Position 4 (front row), Libero would again be replaced by MB1. Libero now goes directly to Position 1 to replace MB2 during service, with no rally completing between replacements.

4.4.2.1.2 The Libero service rule is adopted by USAV and not FIVB, currently. Reference Rule USAV 19.3.2.1.

4.4.3 Regular replacement players may replace and be replaced by either Libero. The Libero on the court can only be replaced by the regular replacement player for that position or by the second Libero.

4.4.4 Liberos can replace a back-row player while the ball is out of play and before the whistle for service.

4.4.5 Illegal replacements are treated as an illegal substitution, and can occur when

4.4.5.1 No completed rally occurs between Libero replacements

4.4.5.2 The Libero is replaced by a player other than the second Libero or the regular position player.

5 Intervals, Delays, Conduct, etc.

5.1 Substitutions

5.1.1 Definition

- 5.1.1.1 A substitution is the act where a non-Libero or Libero Replacement Player enters the game to occupy the position of another player who leaves the court. The Scorer must record the substitution, which is to occur through the Substitution Zone, on the official score card.
- 5.1.1.2 Substitutions can only occur between rallies and before the service hit of the next rally.
- 5.1.1.3 Each team is allowed a total of 18 substitutions

5.1.2 Requests and Procedure

- 5.1.2.1 A request for substitution is made when the substitute player enters the Substitution Zone.
- 5.1.2.2 The substitution is recognized and announced by the Scorer or 2nd Referee. The 2nd Referee authorizes the substitution. In the absence of the 2nd Referee, the 1st Referee will authorize the substitution.
- 5.1.2.3 The player exiting the court is to stand next to the player entering the court so the Scorer can record the substitution. When the Scorer has completed entering the substitution, the Scorer acknowledges completion of the recording, and the entering player moves to the substituted position on the court.
- 5.1.2.4 The time for the substitution is limited to the time it takes the substitute to enter the Substitution Zone during an interruption and the substitute enters the court after the substituted player exits the court.
- 5.1.2.5 Delays further than this time limit can result in sanctions by the referees.

5.1.3 Limitations

- 5.1.3.1 A substitute can only be substituted by the same starting player he/she originally substituted for, unless an injury occurs.
- 5.1.3.2 In the event of an injury, a bench player can substitute for the injured player, irrespective of previous substitutions. The injured player may not return to the match except at the discretion of either referee. If approved, the injured player must return to their original position on the court, substituting for the player that substituted for them at the time of the injury, or any subsequent substitutions that may have occurred at that position since the injury.
- 5.1.3.3 Any player who has been disqualified or expelled from the match must be substituted immediately through a legal substitution.

5.1.4 Illegal Substitutions

- 5.1.4.1 Any substitution involving an unregistered player is an illegal substitution.
- 5.1.4.2 Players who were previously substituted in the game must return to their original position, unless an injury has occurred and the referee approves of the subsequent substitution. Substituting a player for a new position is an illegal substitution.
- 5.1.4.3 Any attempted illegal substitution is to result in the awarding of a point and subsequent service to the opposing team.

5.2 Timeouts

5.2.1 General

- 5.2.1.1 Timeouts are to be called for by the head coach or team captain.
- 5.2.1.2 The 1st Referee acknowledges the timeout by blowing the whistle and making the appropriate hand gesture.

5.2.1.3 Timeouts conclude at the 1st Referee's next whistle, and teams must return to the court.

5.2.1.4 Teams will be allotted two 30-second timeouts per set.

5.3 Intervals

5.3.1 Definition

5.3.1.1 An Interval is the time between the end of one set and the start of the next set.

5.3.1.2 Intervals are to last three minutes.

5.3.2 Change of Courts

5.3.2.1 At the conclusion of the first set, the teams change courts.

5.3.2.2 In the third and deciding set, if played, once the leading team reaches 8 points, the teams are to change sides with no delay in play.

5.3.2.2.1 Positions are to remain intact with players returning to the same positions from the previous rally

5.3.2.2.2 Should the eighth point be scored by the non-serving team, the teams change courts and the now-serving team rotates one position as per usual play.

5.3.3 Delay and Sanctions

5.3.3.1 After the 1st Referee signals the end of the Interval with a whistle blow, the teams must return to the court. Any undue delay by a coach or team can be sanctioned by the 1st Referee by **awarding a point and subsequent service to the opposing team, provided that team is in position on the court.**

5.4 External Interference

5.4.1 General

5.4.1.1 Interference to the court or game play results in stoppage of play and a replay of the current rally.

5.4.1.2 External interference is called by the 1st or 2nd Referee, and recognized by a whistle blow.

5.4.1.3 Scorer is to ensure the rally is restarted by the appropriate team and player.

5.5 Change of Courts

5.5.1 Procedure

5.5.1.1 After the first set is completed, the two teams change sides of court.

5.5.1.2 In the event of a tie breaker set, the team that does not receive first service can choose which side of court to play on, which may or may not result in a change of courts.

6 Rule Changes for Competitive Leagues vs. Non-Competitive Leagues

6.1 Service Rule Changes

6.1.1 For VB leagues, the service line is moved forward to allow learning of the service

6.1.2 During the first rotation, i.e., each position 1-6 serves once, if the first service does not cross over the net, a second serve by the same player is awarded, and no point is awarded to either team.

6.1.2.1 Once Position 1 serves for the second time, the ball must cross over the net through the Crossing Space or a service fault is called.

6.1.2.2 At the referee's discretion, the second service rule can remain in effect for all players on

6.1.3 Each player can serve a maximum of three serves consecutively. If a fourth consecutive serve is won by a team, i.e., no side out, the serving team must rotate for a new server.

6.2 Equipment

6.2.1 Non-competitive leagues for ages 8-11 (VB league for 8-9 and VC league for 10-11) will use a lightweight volleyball (Volley-Lite)

6.2.2 Competitive leagues for ages 10-17 (VCA league for 10-11, VD league for 12-13, and VE league for 14-17) will use an official size and weight ball for indoor use

6.2.2.1 Ball circumference is 25.59-26.38 inches

6.2.2.2 Ball weight is 8.36-9.00 ounces

6.2.2.3 Ball inside pressure shall be 4.26 to 4.61 psi

7 Referees

7.1 Procedures

7.1.1 Only the 1st and 2nd Referees may blow a whistle during the match.

7.1.2 Immediately following the whistle for a fault, each referee must indicate the reason for the whistle via hand signals:

7.1.2.1 1st Referee is to indicate, in order,

7.1.2.1.1 The team to serve

7.1.2.1.2 The nature of the fault

7.1.2.1.3 The player(s) at fault, if necessary

7.1.2.2 2nd Referee is to indicate, in order,

7.1.2.2.1 The nature of the fault,

7.1.2.2.2 The player(s) at fault, if necessary

7.1.2.2.3 The team to serve following the hand signal of the 1st Referee

7.1.2.2.3.1 The 1st Referee only signals the team to serve after the 2nd Referee whistles a fault.

7.2 1st Referee

7.2.1 Location

7.2.1.1 The 1st Referee stands on the referee's stand on one side of the net.

7.2.2 Authority

7.2.2.1 The 1st Referee directs the match and has authority over all other members of the referee corps and the members of each team.

7.2.2.2 The 1st Referee decisions are final. The 1st Referee can overrule the decisions of other members of the referee corps.

7.2.2.3 The 1st Referee may replace any member of the referee corps who is not performing his/her functions properly.

7.2.2.4 The 1st Referee can decide any matters involving the game, including those not provided for in the Rules.

7.2.2.5 The 1st Referee is not obligated to discuss any decisions, except by the request of a team captain. If the team captain requests an explanation of the rules, the 1st Referee will give an explanation of the rule and the interpretation of that rule applicable to the fault.

7.2.3 Responsibilities

7.2.3.1 Prior to the match, the 1st Referee

7.2.3.1.1 Conducts the toss for first service with team captains from both teams

7.2.3.1.2 Controls the teams through warm ups

7.2.3.2 During the match, the 1st Referee

7.2.3.2.1 Issues warnings to teams as needed,

7.2.3.2.2 Sanctions misconduct and delays

7.2.3.2.3 Decides upon

7.2.3.2.3.1 The faults of the server and of the positions of the serving team, including screening

7.2.3.2.3.2 The faults in playing the ball

7.2.3.2.3.3 The faults above the net

7.2.3.2.3.4 The faults at the net of the attacking team players

7.2.3.2.3.5 The attack hit faults of the Libero and back-row players

7.2.3.2.3.6 Attack hits following an overhand, fingertip pass from the Libero initiated in the Front Zone

7.2.3.2.3.7 The ball completely crossing the Lower Space under the net

7.2.3.2.3.8 The completed block by back-row players or the attempted block by the Libero

7.2.3.3 At the end of the match, the 1st Referee reviews and signs the score sheet.

7.3 2nd Referee

7.3.1 Location

7.3.1.1 The 2nd Referee stands on the floor outside the court at the net opposite the 1st Referee.

7.3.2 Authority

7.3.2.1 The 2nd Referee may replace the 1st Referee should the 1st Referee become unable to continue

7.3.2.2 The 2nd Referee may signal faults outside his/her jurisdiction to make the 1st Referee aware, but may not blow the whistle to indicate the fault nor insist the 1st Referee make any particular call.

7.3.2.3 The 2nd Referee controls the work of the Scorer

7.3.2.4 The 2nd Referee signals and authorizes game interruptions and rejects improper requests

7.3.3 Responsibilities

7.3.3.1 The 2nd Referee reviews the positions of the players on the courts at the start of each set and whenever necessary to ensure the positions of the players correspond to the positions on the score sheet.

7.3.3.2 During the match, the 2nd Referee whistles and signals

- 7.3.3.2.1 Penetration into the opponent's court and the space under the net;
- 7.3.3.2.2 Positional faults of the receiving team;
- 7.3.3.2.3 Faulty net contacts by players on the blocker's side and with the antenna on his/her side of the court;
- 7.3.3.2.4 The completed block by a back-row player or the attempted block by the Libero
- 7.3.3.2.5 The attack hit fault by back-row players or by the Libero;
- 7.3.3.2.6 The contact of the ball with an outside object;
- 7.3.3.2.7 The contact of the ball with the floor when the 1st Referee is not in position to see the contact;
- 7.3.3.2.8 The ball that crosses the net totally or partially outside of the Crossing Space to the opponent's court , or that contacts the antenna on the 2nd Referee's side of the court.
- 7.3.3.3 At the end of the match, the 2nd Referee reviews and signs the score sheet.

7.4 Scorer

7.4.1 Location

- 7.4.1.1 The Scorer sits at the Scorer's Table

7.4.2 Responsibilities

- 7.4.2.1 The Scorer keeps the score sheet updated according to the rules, noting each point scored by each team and the substitutions by each team.
- 7.4.2.2 The Scorer obtains the signatures of each team's Head Coach.
- 7.4.2.3 The Scorer records the starting line-up of each team .
- 7.4.2.4 During the match, the Scorer
 - 7.4.2.4.1 Records each point scored
 - 7.4.2.4.2 Updates the score board
 - 7.4.2.4.3 Controls the serving order of each team and indicates any error to the referees immediately after the service hit;
 - 7.4.2.4.4 Announces to the 1st Referee the end of each set;
 - 7.4.2.4.5 Records misconduct warnings, sanctions, and improper requests;
 - 7.4.2.4.6 Records all other events as instructed by a referee.
- 7.4.2.5 At the end of the match, the Scorer
 - 7.4.2.5.1 Records the final result;
 - 7.4.2.5.2 Signs the score sheet.

7.4.3 Assistant Scorer

- 7.4.3.1 A second scorer may assist the Scorer in flipping the scores on the score board.
- 7.4.3.2 The Assistant Scorer is to be seated at the Scorer's Table, next to the Scorer.

7.5 Line Judges

7.5.1 Team Requirements

- 7.5.1.1 Each team is to supply one line judge at the start of each match. Line judges are to remain attentive to match play, and cannot divide their attention to mobile phones, children, or friends. Only one team-supplied line judge is to be on each corner at any given time. Spectators not chosen to be line judges are to remain in the spectator viewing area during the match.
- 7.5.1.2 Line judges are responsible for indicating whether the ball is in, out, whether the ball crosses the net between the antennas, and if a player touches a ball before it goes out of bounds.
- 7.5.1.3 Officials have final authority on all calls. All decisions are final. Referees should be considered an extension of the coaching staff and the YMCA.

7.5.2 Location

- 7.5.2.1 If only two line judges are used, they are to stand on the corners of the court to the right side of each referee.
- 7.5.2.2 The line judges will control the end line and side line on their side of the court. The side line calls are to be made on both sides of the net from their position.

7.5.3 Responsibilities

- 7.5.3.1 The line judges make appropriate calls using hand signals or flags to signal
 - 7.5.3.1.1 The ball "in" or "out" whenever the ball lands near the end line or side line on their side of the court;
 - 7.5.3.1.2 The ball "out" and touched by the receiving team;
 - 7.5.3.1.3 The ball touching the antenna and any ball crossing the net outside the Crossing Space
 - 7.5.3.1.4 Any player other than the serving player stepping outside the court at the moment of the service hit;
 - 7.5.3.1.5 The foot faults of the server;
 - 7.5.3.1.6 Any contact by a player with the antenna on the Line Judge's side of the court;
 - 7.5.3.1.7 The ball crossing the net outside the Crossing Space into the opponent's court.
- 7.5.3.2 At the 1st Referee's request, a line judge must repeat his/her signal.

8 Team and Player Conduct

8.1 General Comments

- 8.1.1 Players are to know and understand the rules set forth by the YMCA
- 8.1.2 Players are to accept referees' decisions without disputing the calls. In case of doubt, clarification for the ruling can be requested by the team captain.
- 8.1.3 Players are not to influence decisions of the referees in any manner.
- 8.1.4 Players are to behave respectfully and courteously toward the referees, officials, opponents, teammates, and spectators.

8.2 Misconduct and Sanctions

- 8.2.1 Minor misconduct is to be corrected by the 1st Referee
 - 8.2.1.1 Stage 1 Offense: 1st Referee issues a warning to the player(s) of concern through the team captain

- 8.2.1.2 Stage 2 Offense: 1st Referee shows a YELLOW CARD to the team member(s) concerned as a formal warning. The YELLOW CARD is a final warning to let the team member(s) involved in the misconduct that they have reached the sanctioning level. The YELLOW CARD is recorded on the score sheet by Scorer, but has no further penalties.

8.2.2 Elevated Misconduct

- 8.2.2.1 Misconduct toward officials, opponents, teammates, or spectators is classified in three categories

- 8.2.2.1.1 Rude Conduct: action contrary to fair play, sportsmanship, and good manners
- 8.2.2.1.2 Offensive Conduct: defamatory, insulting words or gestures and/or any action expressing contempt
- 8.2.2.1.3 Aggression: physical attack or aggressive and/or threatening behavior

8.2.2.2 Sanction Scales

- 8.2.2.2.1 The 1st Referee is to judge the appropriate sanctions based on the seriousness of the offense. Sanctions are to be applied and recorded on the score sheet.

- 8.2.2.2.1.1 Penalty – the first Rude Conduct in the match by any player is penalized with a point and service to the opponent.

8.2.2.2.1.2 Expulsion

- 8.2.2.2.1.2.1 Any player expelled from the court shall not play for the rest of the set, and must be substituted legally immediately after the infraction. The expelled player is to remain on the bench for the rest of the set.

- 8.2.2.2.1.2.2 An expelled coach loses his/her ability to intervene in the set and must remain seated on the bench.

8.2.2.2.1.2.3 Expulsion results from

- 8.2.2.2.1.2.3.1 The first Offensive Conduct from a player. Expulsion with no further consequences.

- 8.2.2.2.1.2.3.2 The second Rude Conduct in the same match by the same team member is sanctioned by expulsion and no further consequences to the team.

8.2.2.2.1.3 Disqualification

- 8.2.2.2.1.3.1 Any participant sanctioned by disqualification must be substituted legally immediately if on the court and must leave the playing court for the rest of the match.

8.2.2.2.1.3.2 Disqualification results from

- 8.2.2.2.1.3.2.1 The first Aggression, physical attack, or implied/threatened aggression. Disqualification of offending player and no further consequences to the team.

- 8.2.2.2.1.3.2.2 The second Offensive Conduct in the same match by the same player. Disqualification of the offending player and no further consequences to the team.

- 8.2.2.2.1.3.2.3 The third Rude Conduct in the same match by the same player. Disqualification of the offending player and no further consequences to the team.

- 8.2.2.2.2 All misconduct sanctions are individual sanctions and remain in force for the remaining match play. Sanctions are recorded on the score sheet and may result in further disciplinary action upon review by the YMCA Sports Director.

- 8.2.2.2.3 Misconduct repetition by the same player in the same match is sanctioned progressively with each successive offense resulting in a heavier sanction.

8.2.3 Misconduct before or between sets can be sanctioned by the 1st Referee, with sanctions applied to the following set.

8.2.4 Summary of Sanctions

- 8.2.4.1 Warning: no sanction – Stage 1: Verbal warning
Stage 2: Yellow Card**
- 8.2.4.2 Penalty: Sanction – Red Card**
- 8.2.4.3 Expulsion: Sanction – Red Card + Yellow Card shown jointly**
- 8.2.4.4 Disqualification: Sanction – Red Card + Yellow Card shown in separate hands**

9 Spectators

9.1 Conduct and Consequences

9.1.1 Conduct

- 9.1.1.1 Spectators are to follow the appropriate guidelines for good sportsmanship**
 - 9.1.1.1.1 No “heckling” of the opponent team members**
 - 9.1.1.1.2 No sounds or noises during play with the intent of distracting opposing team members**
- 9.1.1.2 Spectators are to respect the decisions of referees, including line judges**
- 9.1.1.3 Spectators are to remain off the court during play.**
- 9.1.1.4 Spectators are not to distract referees or line judges in any manner during match play.**

9.1.2 Consequences

- 9.1.2.1 Failure to follow these rules can result in increasing sanctions, per the 1st Referees decision.**
 - 9.1.2.1.1 First Sanction: Verbal warning.**
 - 9.1.2.1.2 Second Sanction: Expulsion from the spectator area/gymnasium.**
- 9.1.2.2 Any act of aggression toward referees, players, or other spectators will result in immediate expulsion from the facility, and the incident will be reported immediately to the police authorities.**

10 Warnings and Sanctions

10.1 Misconduct Warnings and Sanctions

CATEGORIES	OCCURRENCE	OFFENDER	SANCTION	CARDS	CONSEQUENCE
MINOR MISCONDUCT	Stage 1	Any Team Member	Not Considered as Sanction	None	Prevention Only
	Stage 2			Yellow	
	Repetition Any Time		Penalty	As Below	As Below
RUDE CONDUCT	First	Any Member	Penalty	Red	One point and service to the opponent
	Second	Same Member	Expulsion	Red + Yellow Jointly	Player leaves playing area for the remainder of the set
	Third	Same Member	Disqualification	Red + Yellow Separately	Player leaves the gym for the remainder of the match
OFFENSIVE CONDUCT	First	Any Member	Expulsion	Red + Yellow Jointly	Player leaves playing area for the remainder of the set
	Second	Same Member	Disqualification	Red + Yellow Separately	Player leaves the gym for the remainder of the match
AGGRESSION	First	Any Member	Disqualification	Red + Yellow Separately	Player leaves the gym for the remainder of the match

10.2 Delay Warnings and Sanctions

CATEGORIES	OCCURRENCE	OFFENDER	DETERRENT OR SANCTION	CARDS	CONSEQUENCE
DELAY	First	Any Team Member	Delay Warning	Hand Signal with Yellow Card	Prevention – No Penalty
	Second and Subsequent	Any Team Member	Delay Penalty	Hand Signal with Red Card	One point and service to the opponent

11 Definitions of Terms

Ace – a serve that is not passed by the receiving team and results in an immediate point for the serving team.

Antenna – the vertical rods above the net mounted in vertical line with the sidelines of the court. Antennas are not in play and form the vertical boundaries of the Crossing Space.

Approach – a series of fast strides toward the net by an attacker before jumping in the air for a spike.

Attack Error or Hitting Error – an unsuccessful attack by a player that results in rally termination due to a) the ball landing out of bounds, b) the ball not crossing through Crossing Space or going into the net, c) the ball being blocked, d) the attacker being called for a centerline violation, or e) the attacker being called for a hitting violation or illegal contact on the attack hit.

Attack Hit – technically, any hit that sends the ball over the net to the opponent's court.

Attack Line – also referred to as the 10' Line or 3-m Line, it is the line 3 meters from the net separating the Front Court from the Back Court.

Assist – passing or setting the ball to an attacker so the attacker can complete an attack hit.

Back Zone or Back Court – the area on the court behind the Attack Line, bounded by the Baseline. Back Court players, i.e., Positions 1, 5, and 6, cannot attack a ball above the net in the Front Zone, but can do so from the Back Zone. Liberos can never attack a ball above the net from any position.

Block – a defensive play by one or more front-court players on the defense, using a combination of one, two, or three players to jump up in front of an attacking hitter performing a Spike hit. The blockers raise their hands above the net and attempt to keep the attack hit from entering their court.

Bump – a means of passing or playing the ball over the net using both forearms to simultaneously hit the ball in an underhand movement.

Crossing Space – the space above the net and between the antennas through which the ball must pass during an attack

Double Hit – successive hits or consecutive contacts by the same player (fault).

Dribble – the act of bouncing the ball on the ground, typically by the Server during Service preparation

External Space – space outside the court area in which a player may play the ball. The External Space includes the Free Zone, Libero Replacement Zone, Service Zone, and Substitution Zone.

Fault – Any violation of the rules, called by the referee. Service is awarded to the opposite team.

Free Ball – an attack hit over the net using a pass (bump or set) rather than a spike. The defensive team typically falls back to a serve-receive defense organization rather than blocking at the net.

Front Zone or Front Court – the area on the court between the 10' Attack Line and the Net. Only Front Court players may attack the ball above the net in the Front Court.

Hit – technically, any touch by a player on the court, but more commonly used to refer to an Attack Hit where the attacking player attacks the opposing team with a spike.

Kill – an attack that leads to an immediate point or side out for the hitter's team.

Libero Replacement Zone – the sidelines of the Back Court along the Team Bench through which Libero replacement occurs.

Lower Space – the space below the net within the bounds of the court.

Mintonette – the original name for the game of Volleyball, created by William Morgan.

Overlap – movement of players into new positions on the court after the service contact is made.

Pass – any hit from one player on a team to another player on the same team.

Penetration – the act of reaching over the net into the opponent's space during a block attempt

Rally – the time between the serve and the end of the play, concluded when the ball hits the court in or out of bounds or a fault is called by the referee.

Rally-Point Scoring System – a scoring system in which the team winning each rally is awarded a point. The new scoring system was adopted by FIVB October, 1998, and put in place in 1999. USA Volleyball voted to adopt the scoring system in November, 1999, and NFHS subsequently adopted the scoring system in 2003.

Replacement – the act of a Libero replacing a back-row player, and vice versa. Replacements must occur between rallies, and do not count as substitutions.

Service – the starting hit of any rally, performed by a single player in Position 1 from the Service Zone.

Set – technically, any pass that sets up another team player for an attack hit on the opponent, but most likely referring to an overhead finger-tip pass using both hands to pass to an attacking player for a spike attempt.

Side-Out Scoring System – a scoring system in which a point is awarded only if the serving team won the rally. Tie breaker sets typically use Rally-Point Scoring.

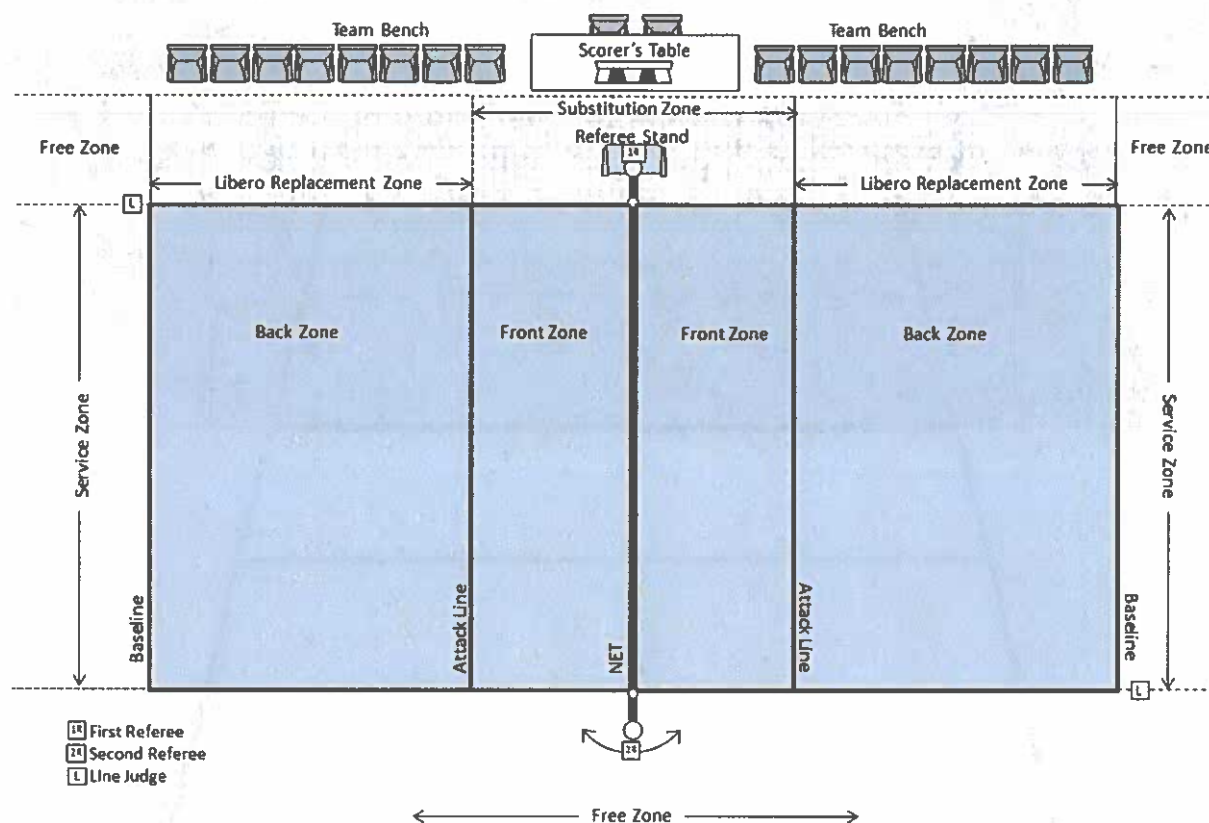
Spike – an attack hit accomplished by jumping and striking the ball above the net with an overhand, forceful hit using a single hand.

Substitution – the act of replacing one player on a team with another player, not including a Libero Replacement. Player substitutions are noted on the score card, and each team is allowed only 18 substitutions per game. Substitutions must occur between rallies and are governed by several rules.

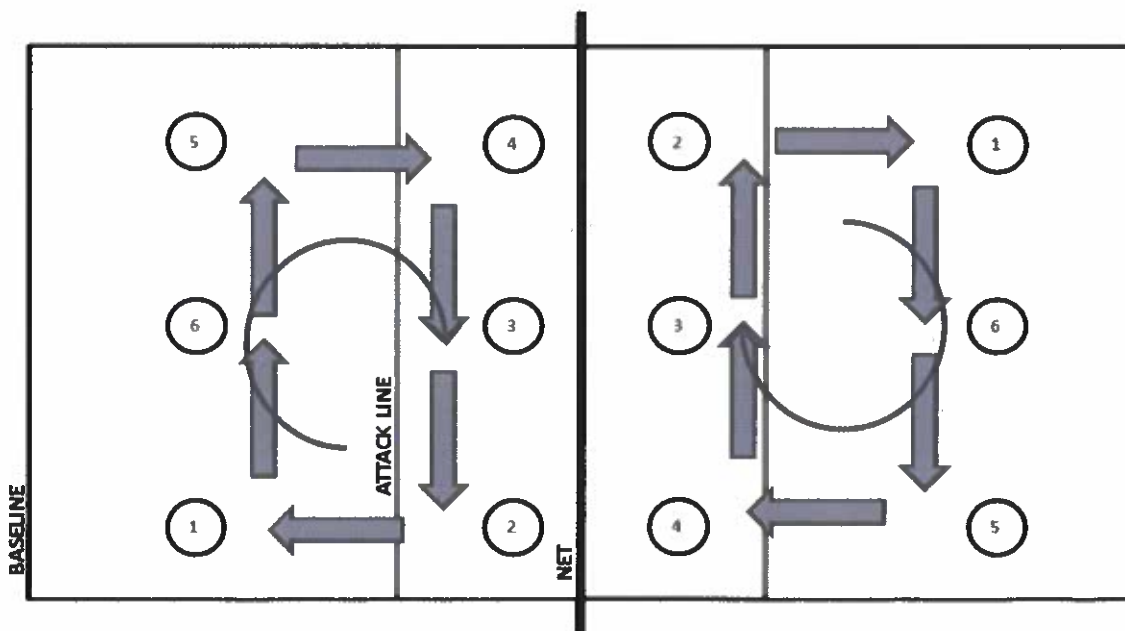
Substitution Zone – The sidelines of the Front Court area where substituting players stand next to each other for Scorekeeper's entry into the score card.

12 Diagrams

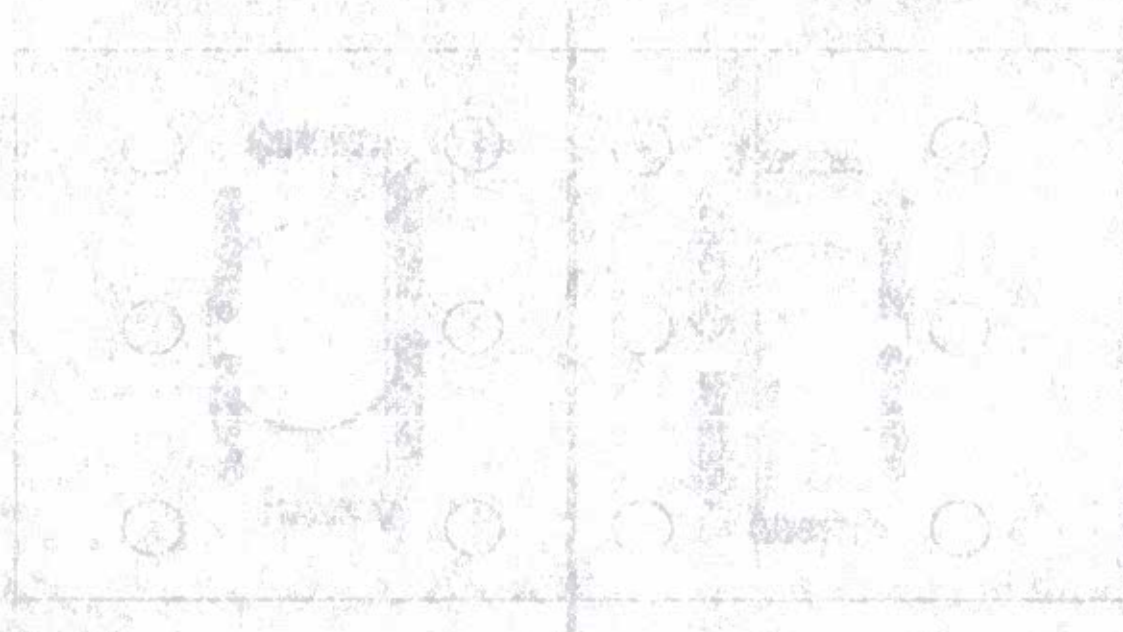
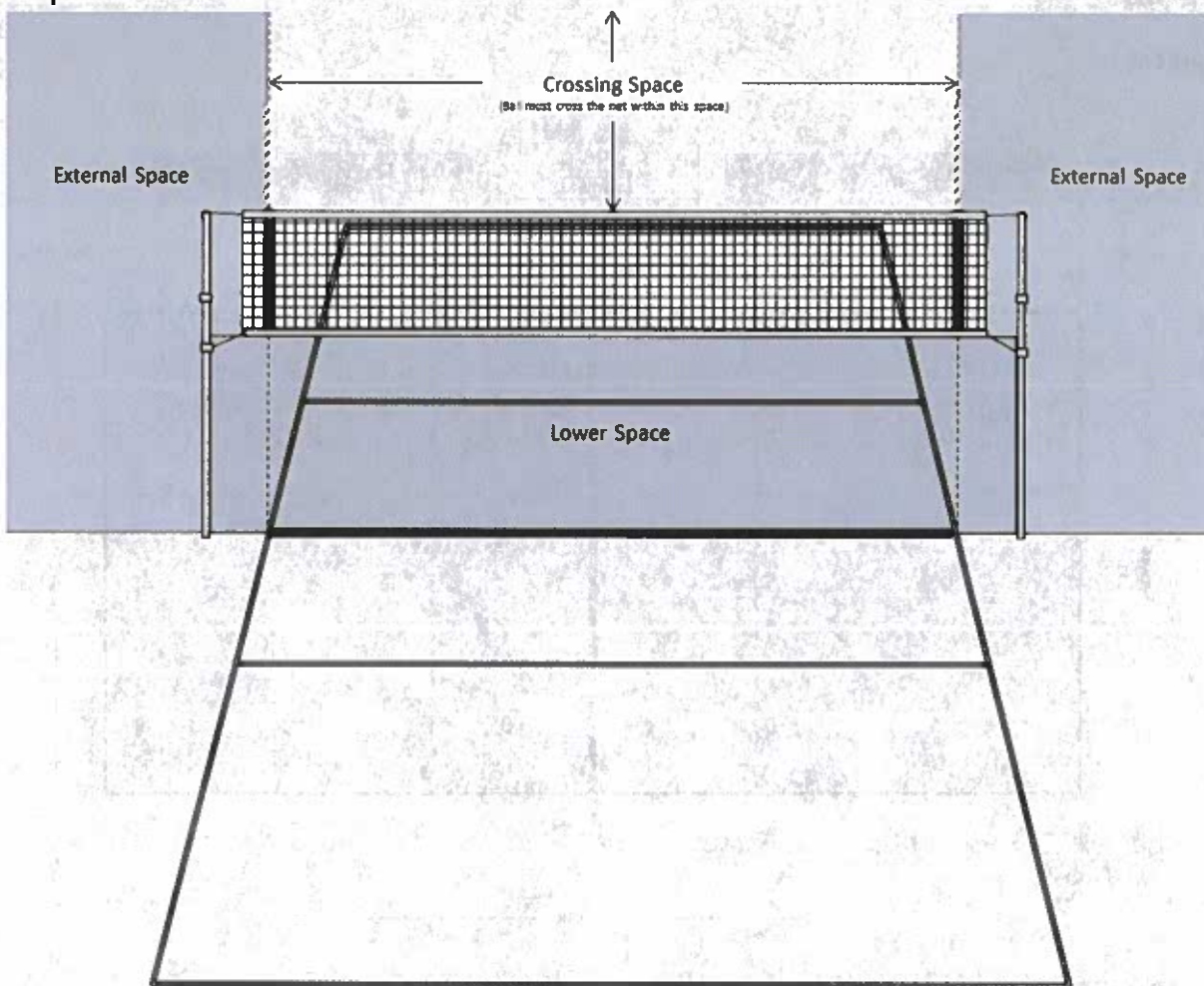
12.1 Court Layout



12.2 Team Rotations

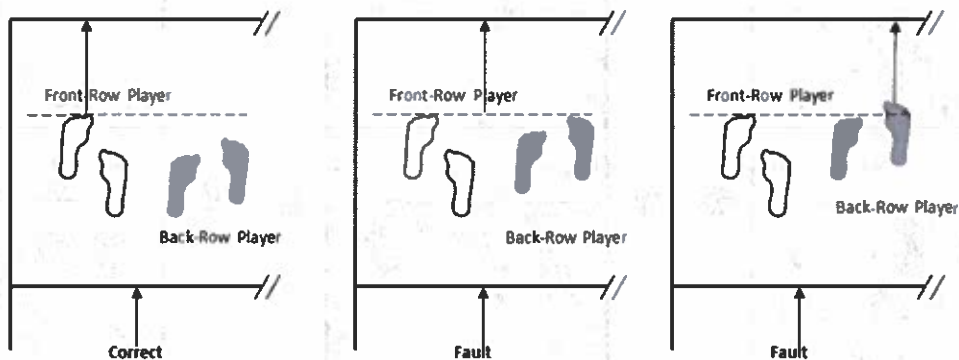


12.3 Net Spaces

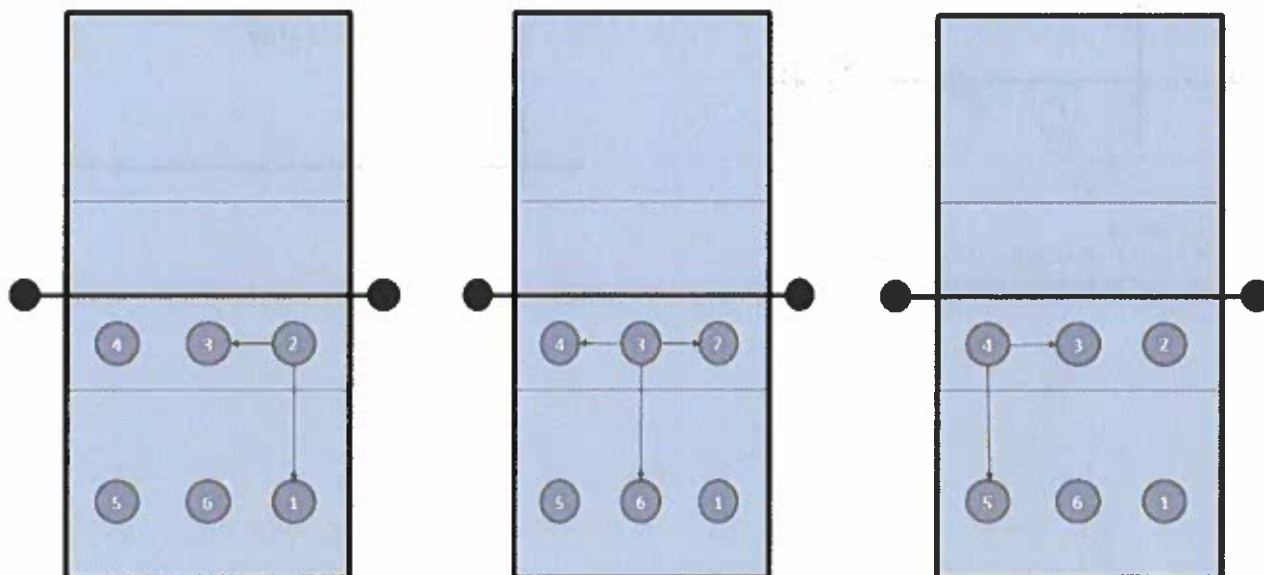
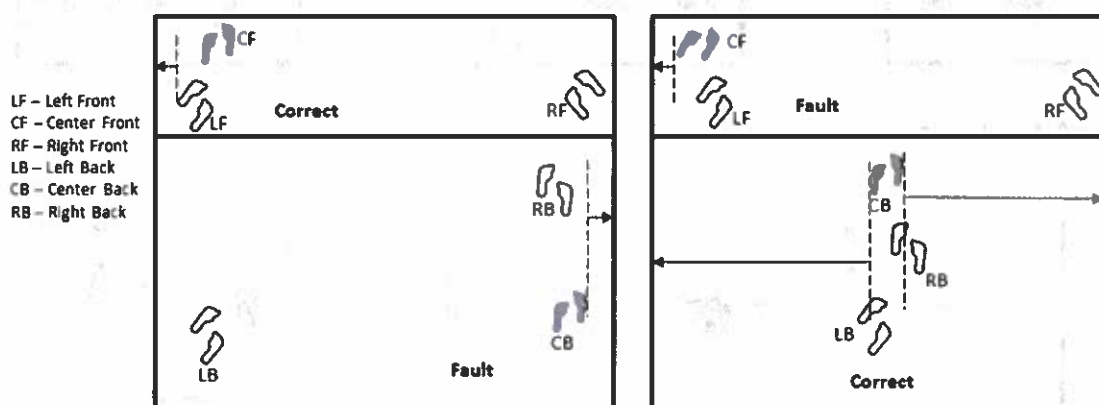


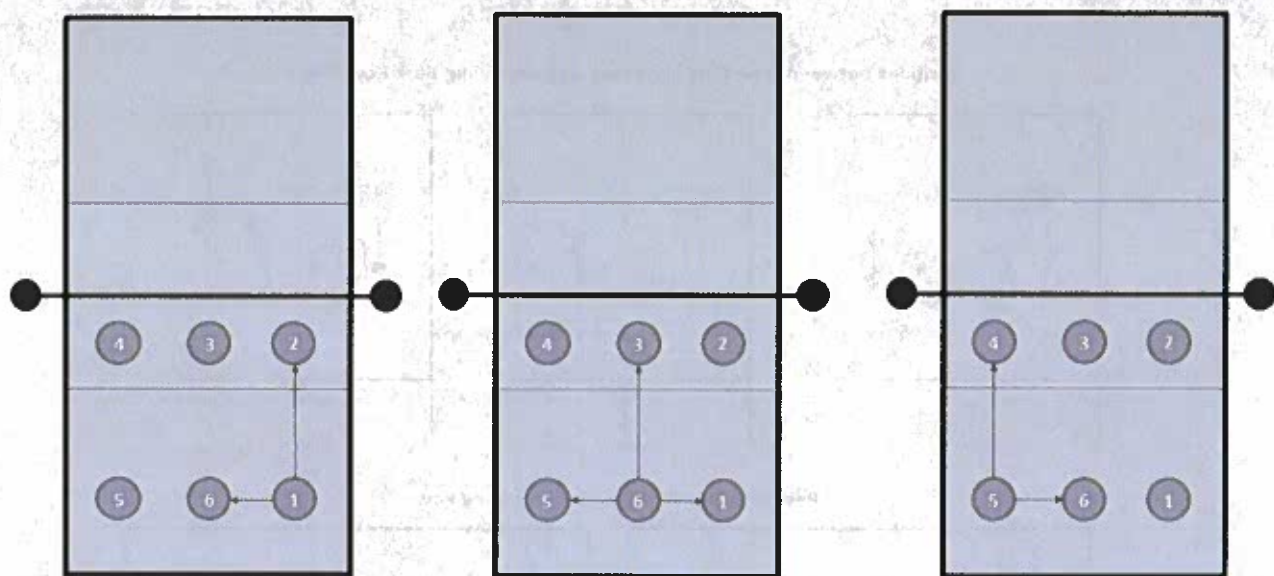
12.4 Player Positioning

Positions Between Front-Row Player and Corresponding Back-Row Player

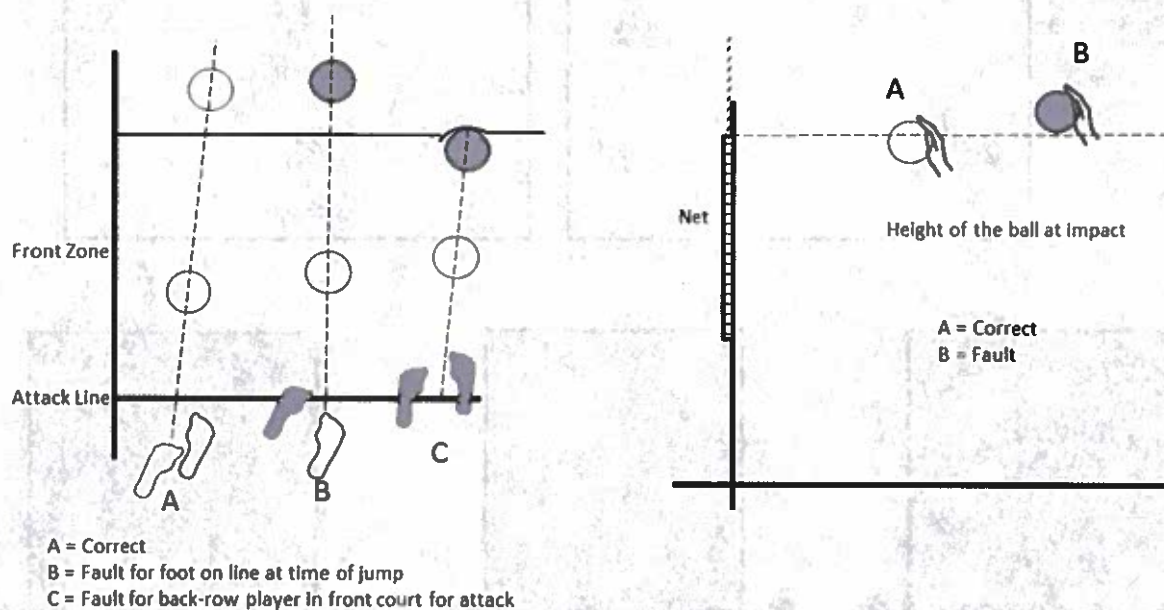


Positions Between Players of the Same Row



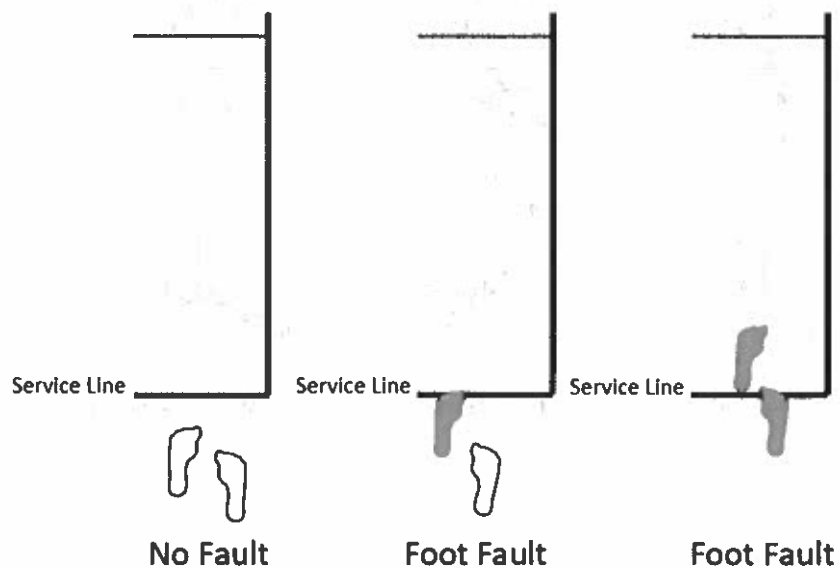


12.5 Back-Row Attack Illustrations



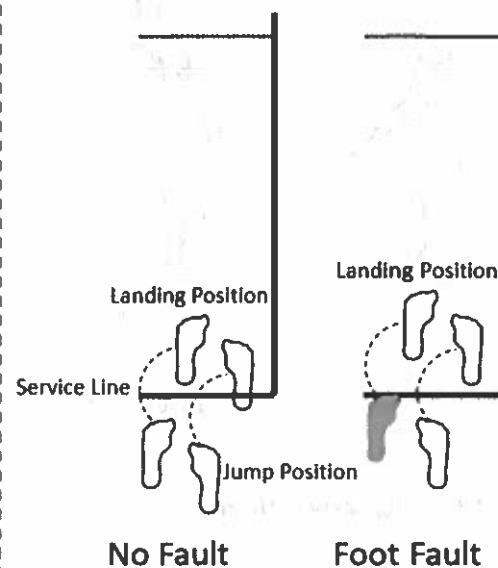
12.6 Service Foot Faults

Position of Feet at the Moment of Ball Contact During Serve



Jump Serve

Jump Serve



12.7 Line Judge Diagrams

12.7.1 Signals with Flags



1a. Ball In



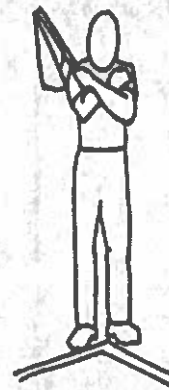
1b. Ball Out



1c. Ball Out with Touch



1d. Attention



1e. Unable to Make Call

12.7.2 Signals with Hands



2a. Ball In



2b. Ball Out



2c. Ball Out with Touch

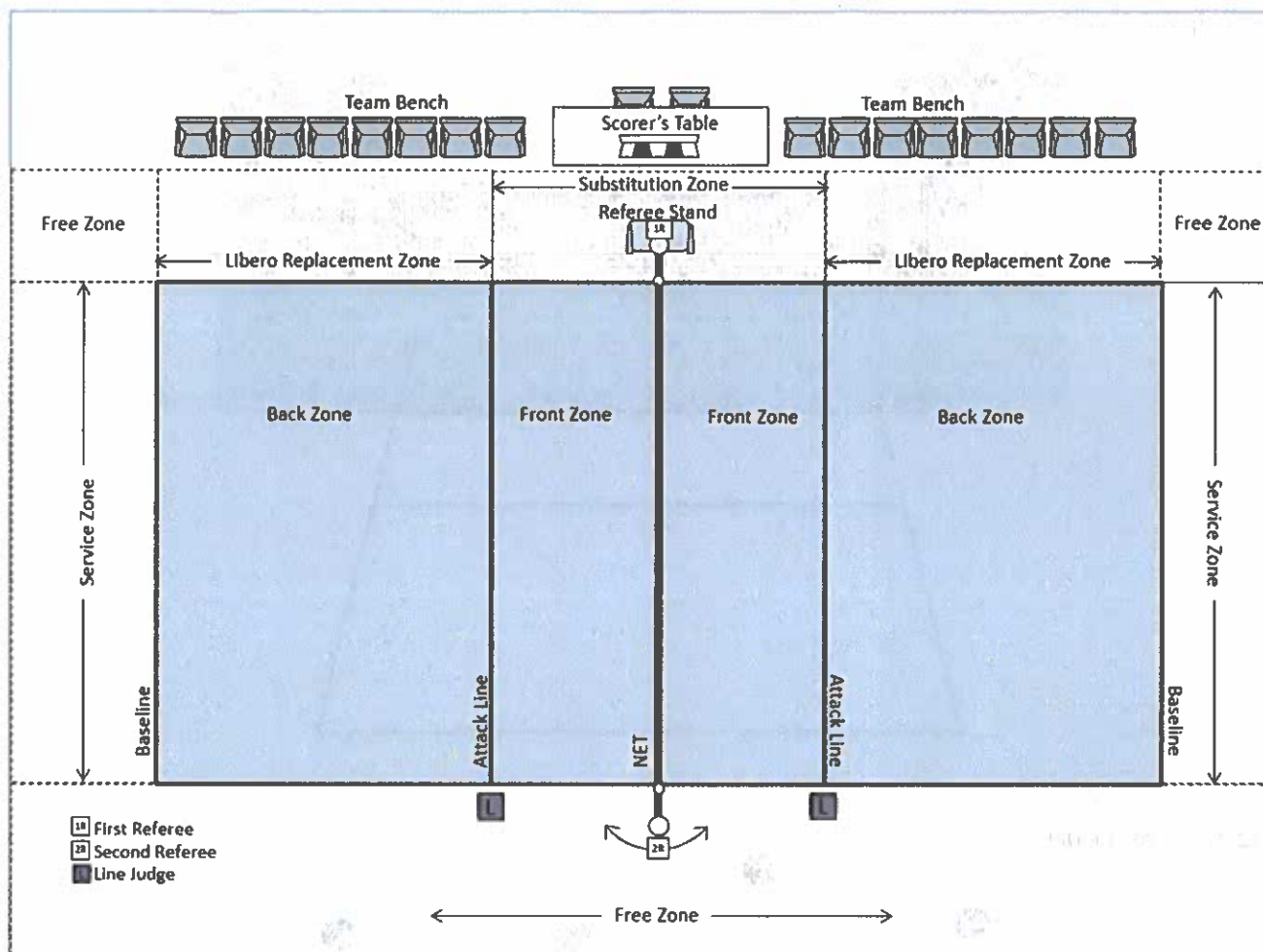


2d. Attention

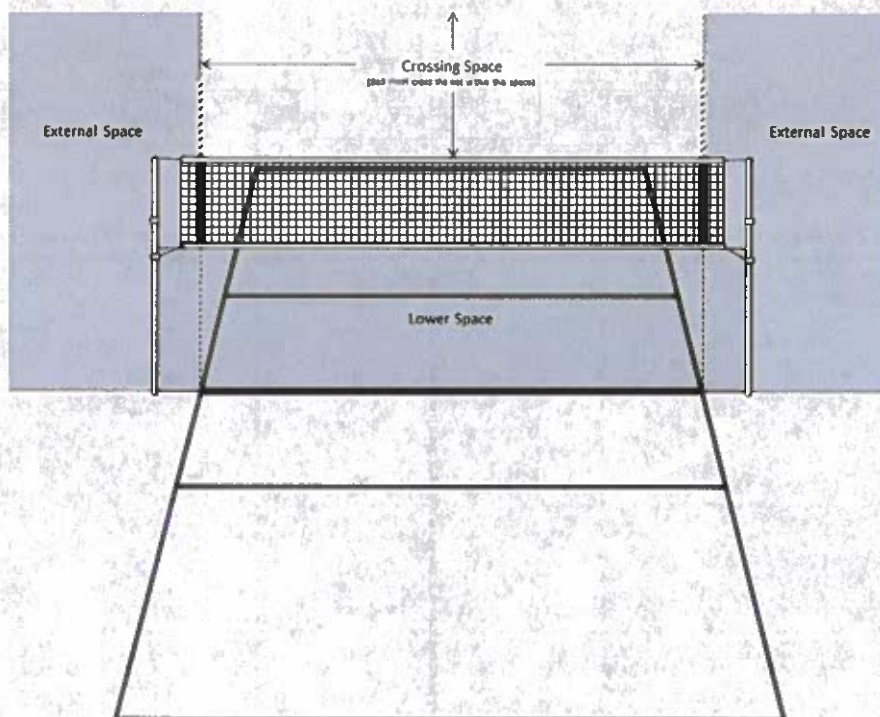


2e. Unable to Make Call

12.7.3 Position During Timeouts

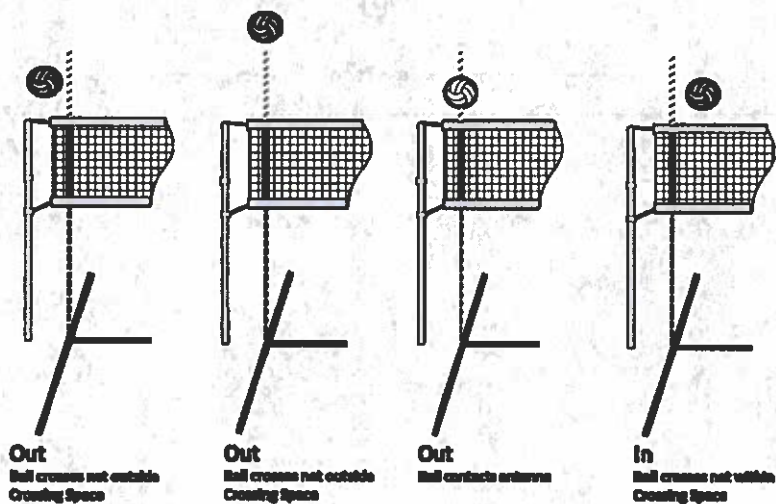


12.7.4 Net Spaces

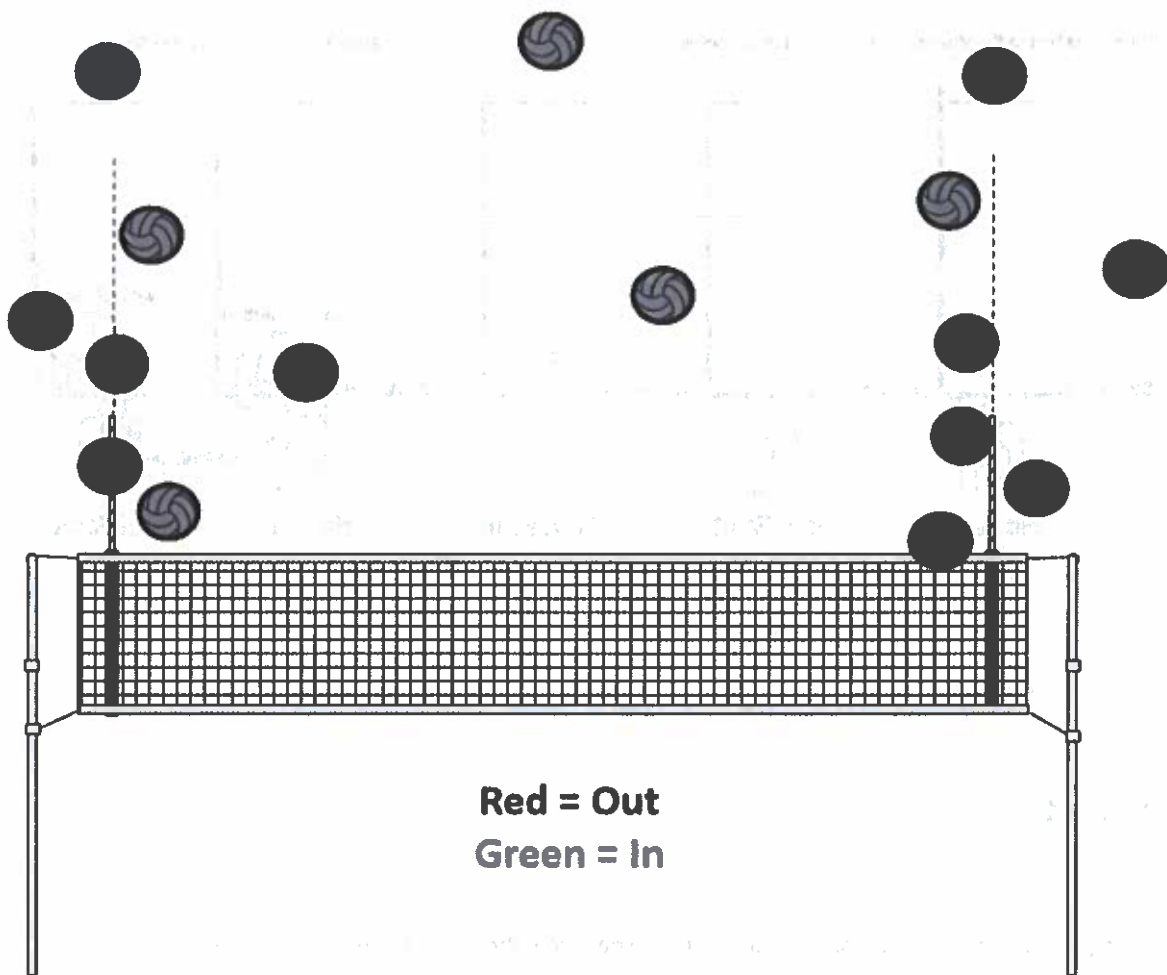


12.7.5 In Versus Out

12.7.5.1 At The Net



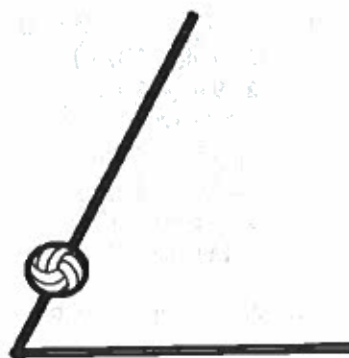
12.7.5.2 Expanded Net View



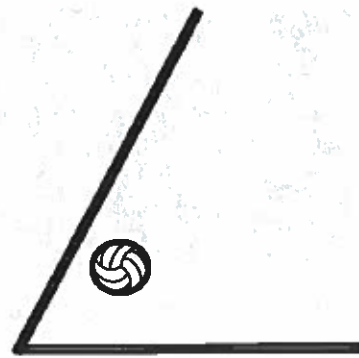
12.7.5.3 On The Floor



Out
Ball contacts floor outside
Boundary Line

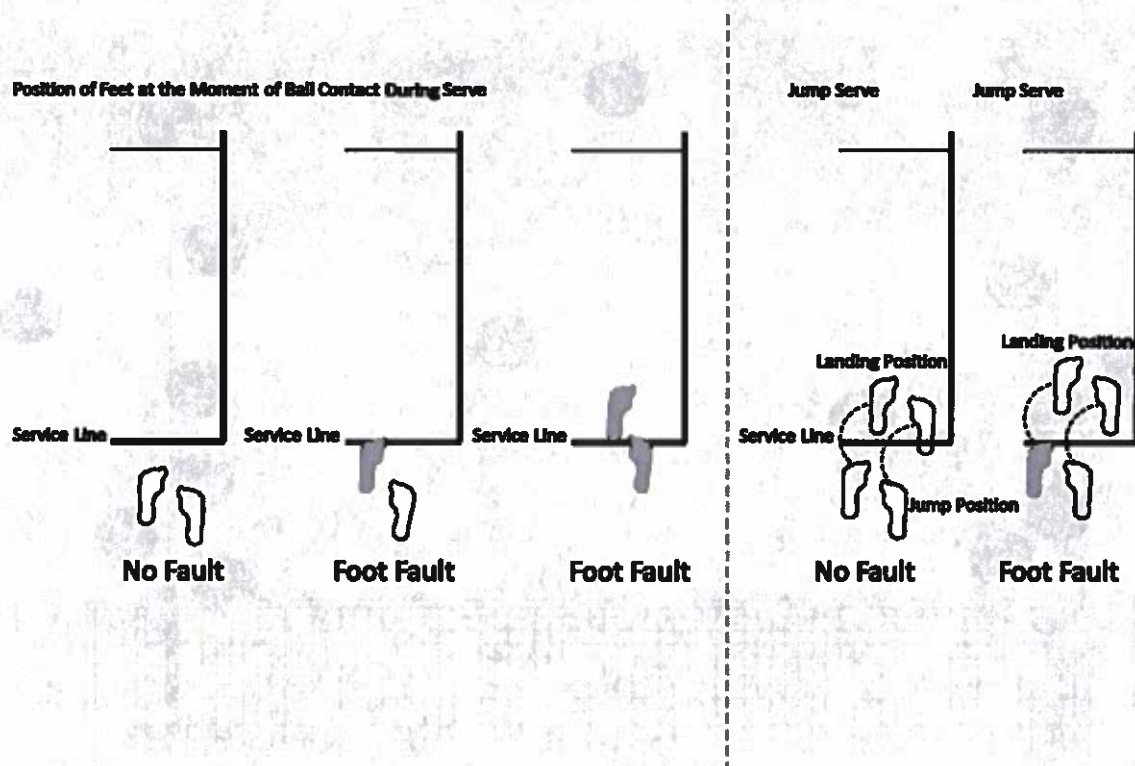


In
Ball contacts floor and any part
of ball contacts Boundary Line



In
Ball contacts floor inside
Boundary Lines

12.7.6 Foot Faults



13 Equipment

13.1 Net

13.1.1 Net height is to be measured from the center of the net, from the top of the net to the floor

13.1.2 Height recommendations:

AGE Groups	FEMALE/REVERSE CO-ED	MALE/CO-ED
70 Years and Above	2.19 m (7' 2-1/8")	2.29 m (7' 6")
55 Years and Above	2.19 m (7' 2-1/8")	2.38 m (7' 9-5/8")
45 Years and Above	2.19 m (7' 2-1/8")	2.43 m (7' 11-5/8")
15-18 Years Old	2.24 m (7' 4-1/8")	2.43 m (7' 11-5/8")
13-14 Years Old	2.24 m (7' 4-1/8")	2.24 m (7' 4-1/8")
11-12 Years Old	2.13 m (7' 0")	2.13 m (7' 0")
10 Years Old and Under	1.98 m (6' 6")	2.13 m (7' 0")

13.1.2.1 In the event the net is to be fixed for the day's competition, the normal women's net height of 2.24 m (7' 4-1/8") is to be used.

13.1.2.2 Net height at the two sides are to be measured and must be similar to the height at the center of the net, not exceeding the center-net height by more than 2 cm (3/4").

13.2 Ball

13.2.1 The ball will be of official size and weight for Competitive leagues

13.2.2 The ball will be a lighter weight Volley-Lite for Non-Competitive leagues

13.3 Court

13.3.1 The court will be approximately 30' wide by 60' long.

14 Referee Signals

FIVB

FEDERATION INTERNATIONALE
DE VOLLEY-BALL

VOLLEYBALL OFFICIAL HAND SIGNALS

REFEREES' OFFICIAL HAND SIGNALS

Referee Signal 12.22.21.1
Follow the 2 or 3 to indicate number of sets



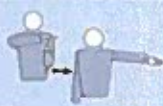
Referee Signal 12.22.21.2
Follow the 2 or 3 to indicate number of sets



Referee Signal 12.2
Show the two arms front and back and hold them apart for a while



Referee Signal 12.3
Place the palm of one hand on the back of the other, palm facing away from the body, and then raise the supporting hand



Referee Signal 12.3.1
Circular movement of the hand around each other



Referee Signal 12.3.2
Make a circle with the fingers



Referee Signal 12.3.3
Show a palm up for penalty



Referee Signal 12.3.4
Show both hands palm up for expulsion



Referee Signal 12.3.5
Show red and yellow cards separately for disqualification



Referee Signal 12.3.6
Cross the forearms over the chest, palms open



Referee Signal 12.3.7
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.8
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.9
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.10
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.11
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.12
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.13
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.14
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.15
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.16
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.17
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.18
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.19
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.20
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.21
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.22
Hand held vertically, palm up, fingers spread apart



LINE JUDGES' OFFICIAL FLAG SIGNALS

Referee Signal 12.3.23
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.24
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.25
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.26
Hand held vertically, palm up, fingers spread apart



Referee Signal 12.3.27
Hand held vertically, palm up, fingers spread apart



FIVB

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