

# Official Rules for YMCA Volleyball League

## Variation of FIVB official rules

### Rule 1 Aim of the game

Two teams play the ball over a high, mesh net to each other. The net should be strung tightly to allow the ball to 'bounce' off it. Each team tries to make the ball touch the ground in the opponent's court. The opponents try to prevent this.

### Rule 2 Team Composition

- 2.1** A team consists of six players and a maximum of four substitutes.
- 2.1.1 Ladies and Men's B:**  
A minimum of 4 team players must be present for a game to begin. If after 10 minutes, 4 players are not present the first game is defaulted, 2<sup>nd</sup> game is defaulted after 15 minutes, the 3<sup>rd</sup> game after 20 minutes.
- 2.1.2 Co-ed and Men's A:**  
A minimum of 5 team players must be present for a game to begin (max 3 males, or 3 females) on the floor at once for Coed. If after 10 minutes, 5 players are not present the first game is defaulted, 2<sup>nd</sup> game defaulted after 15 minutes, the 3<sup>rd</sup> game after 20 minutes.
- 2.1.3** any team that forfeits more than 3 full matches per league year may be considered a new team, if they wish to re-register.
- 2.2** Should a team become incomplete during a match and no substitutes are available, this team is declared the loser of the remaining sets. The team keeps the sets and points they have already won.

Commentary: The team can play on outside of competition with 'borrowed' players from other teams.

### **Rule 3      The court, the net and the ball**

**3.1**            The court has the following sizes:

Mini/Mix 4 – six metres wide and 6 metres long;

Mini/Mix 3 – six metres wide and 4.5 metres long;

Both halves of the court – a badminton court using the inner rear line and the outer sideline is a good alternative – are separated by a net. The lines, which indicate the playing area, are five centimetres wide and are part of the court. The mesh of the net is preferably made of a dark material.

**3.2**            The net height is:

Mini 4 – 2.05 metre

Mini 3 – 2.15 metre

If possible, antennae perpendicular to the sidelines should be attached to the net.

These antennae should be fixed to the net in the same manner as described in FIVB rules.

### **Rule 4      Structure of Play**

**4.1      Warm-up**

All games are to start at the scheduled times. A maximum of 5 minutes warm-up time will be allowed.

**4.2      The Toss**

Before the match, the referee carries out a toss to decide upon the first service and the sides of the court in the first set.

4.2.1      The toss is taken in the presence of the two captains.

4.2.2      The winner of the toss chooses: Either the right to serve or to receive the service, or the side of the court.

The loser takes the remaining choice.

### 4.3 Captains

team captains are responsible for the conduct and discipline of their team members.

- 4.3.1 During the match, the team captain is the game captain. When the ball is out of play, only the game captain is authorized to speak to the referee:
  - 4.3.2.1 to ask for an explanation on the application or interpretation of the Rules, and also to submit the requests or questions of his/her team-mates.
  - 4.3.2.2 To ask authorization:
    - a) to change all or part of the equipment,
    - b) to verify the positions of the teams,
    - c) to check the floor, the net, the ball, etc.
  - 4.3.2.3 to request time-outs or substitutions.
  - 4.3.2.4 At the end of the match, the team captain:
    - 4.3.2.5 thank the referee and signs the score sheet to ratify the outcome.

## Rule 5 State of Play

- 5.1 Ball in Play:** The ball is in play from the moment of the hit of the service authorized by the referee.
- 5.2 Ball out of play:** The ball is out of play at the moment of the fault, which is whistled by the referee; in absence of a fault, at the moment of the whistle.
- 5.3 Ball "In":** The ball is "in" when it touches the floor of the playing court including the boundary lines.
- 5.4 Ball "Out": The ball is out when:**
  - 5.4.1 the part of the ball which contacts the floor is completely outside the boundary lines;
  - 5.4.2 it touches an object outside of the court, the ceiling or a person out of play.

- 5.4.3 it touches the antennae, ropes, posts or the net itself outside the side bands.
- 5.4.4 it crosses the vertical plane of the net either partially or totally outside the crossing space, except in the case of Rule 7.1.2
- 5.4.5 it crosses completely the lower space under the net.

## **Rule 6 To Score a point, to win a set**

### **6.1 To score a point**

6.1.1 Point  
A team scores a point:

- 6.1.1.1 by successfully grounding the ball on the opponent's court;
- 6.1.1.2 when the opponent team commits a fault;
- 6.1.1.3 when the opponent team receives a penalty.

6.1.2 Fault  
A team commits a fault by making a playing action contrary to the rules (or by violating them in some other way). The referees judge the faults and determine the consequences according to the Rules:

- 6.1.2.1 If two or more faults are committed successively, only the first one is counted.
- 6.1.2.2 If two or more faults are committed by opponents simultaneously, a DOUBLE FAULT is called and the rally is replayed.

6.1.3 Rally and completed rally

A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play. A completed rally is the sequence of playing actions which results in the award of a point.

- 6.1.3.1 if the serving team wins a rally, it scores a point and continues to serve;
- 6.1.3.2 if the receiving team wins a rally, it scores a point and it must serve next.

## **6.2 To Win a Set**

A set is won by the team which first scores 25 points with a minimum lead of two points. In case of 24-24 point tie, play is continued until a two-point lead is achieved (26-24; 27-25; 27-26...). There is a 27-point cap. The third game (if less than 15 minutes remaining) will be played to 15 points (rally-point). Cap at 17 points.

## **6.3 Default or incomplete team**

- 6.3.1 If a team refuses to play after being summoned to do so, it is declared in default and forfeits the match with the result 0 – 3 for the match and 0-25 for each set.
- 6.3.2 A team that, without justifiable reason, does not appear on the playing court on time is declared in default with the same result as in Rule 6.3.1.
- 6.3.3 A team that is declared INCOMPLETE for the set or for the match, loses the set or the match. The opponent team is given the points and the sets, needed to win the set or match.

## **Rule 7 Playing the ball**

Each team must play within its own playing area and space (except Rule 7.1.2). The ball may, however, be retrieved from beyond the free zone.

### **7.1 Team Hits**

A hit is any contact with the ball by a player area and space

The team is entitled to a maximum of three hits (in addition to blocking), for returning the ball. If more are used, the team commits the fault of: “FOUR HITS”.

- 7.1.1 Consecutive Contacts

A player may not hit the ball two times consecutively (except Rules 7.2.3, 12.2 **and** 12.4.2).

### 7.1.2 Simultaneous Contacts

Two or three players may touch the ball at the same moment.

7.1.2.1 When two (three) team-mates touch the ball simultaneously, it is counted as two (three) hits (with exception of blocking). If they reach for the ball, but only one of them touches it, one hit is counted. A collision of players does not constitute a fault.

7.1.2.2 When two **opponents** touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes “out”, it is the fault of the team on the opposite side.

7.1.2.3 If simultaneous contacts by two **opponents** over the net lead to extended contact play continues.

### 7.1.3 Assisted Hit

Within the playing area, a player is not permitted to take support from a team-mate or any structure/object in order to reach the ball.

However, a player who is about to commit a fault (touch the net or cross the centre line, etc.) may be stopped or held back by a teammate.

## **7.2 Characteristics of the hit**

7.2.1 The ball may touch any part of the body.

7.2.2 The ball must not be caught and/or thrown. It can rebound in any direction.

7.2.3 The ball may touch various parts of the body, provided that the contacts take place simultaneously.

Exceptions:

- 7.2.3.1 at blocking, consecutive contacts may be made by one or more blocker(s) provided that the contacts occur during one action;
- 7.2.3.2 at first hit of the team, the ball may contact various parts of the body consecutively provided that the contacts occur during one action.

### **7.3 Faults in playing the ball**

- 7.3.1 FOUR HITS: a team hits the ball four times before returning it.
- 7.3.2 ASSISTED HIT: a player takes support from a team-mate or any structure/object in order to reach the ball within the playing area.
- 7.3.3 CATCH: the ball is caught and/or thrown; it does not rebound from the hit.
- 7.3.4 DOUBLE CONTACT: a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.

## **Rule 8 Ball At the Net**

### **8.1 Ball Crossing the Net**

- 8.1.1 The ball sent to the opponent's court must go over the net within the crossing space. The crossing space is the part of the vertical plane of the net limited as follows:
  - 8.1.1.1 below, by the top of the net;
  - 8.1.1.2 at the sides, by the antennae, and their imaginary extension;
  - 8.1.1.3 above, by the ceiling
- 8.1.2 The ball that has crossed the net plane to the opponent's free zone totally or partly through the external space, may be played back within the team hits, provided that:
  - 8.1.2.1 the opponent's court is not touched by the player;
  - 8.1.2.2 the ball, when played back, crosses the net plane again totally or partly through the external space on the same side

of the court. The opponent team may not prevent such action.

- 8.1.2.3 The ball that is heading towards the opponent's court through the lower space is in play until the moment it has completely crossed the vertical plane of the net.

## **8.1 Ball Touching the Net**

While crossing the net, the ball may touch it.

## **8.2 Ball in the Net**

- 8.2.2 A ball driven into the net may be recovered within the limits of the three team hits.
- 8.2.3 If the ball rips the mesh of the net or tears it down, the rally is cancelled and replayed.

## **Rule 9 Player at the Net**

### **9.1 Reaching Beyond the Net**

- 9.1.1 In blocking, a blocker may touch the ball beyond the net, provided that he/she does not interfere with the opponents' play before or during the latter's attack hit.
- 9.1.2 After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

### **9.2 Penetration Under the Net**

- 9.2.1 It is permitted to penetrate into the opponents' space under the net, provided that this does not interfere with the opponents' play.
- 9.2.2 Penetration into the opponent's court, beyond the center line:
  - 9.2.2.1 To touch the opponent's court with **a foot (feet) is permitted, provided that some part of the penetrating foot (feet) remains either in contact with or directly above the centre line;**



9.2.2.2 **To touch the opponent's court with any part of the body above the feet is permitted provided that it does not interfere with the opponent's play**

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

9.2.4 Players may penetrate into the opponent's free zone provided that they do not interfere with the opponent's play.

### **9.3 Contact with the Net**

9.3.1 Contact with the net by a player is not a fault, unless it interferes with the play.

9.3.2 Players may touch the post, ropes, or any other object outside the antennae, including the net itself, provided that it does not interfere with play.

9.3.3 When the ball is driven into the net, causing it to touch an opponent, no fault is committed.

### **9.4 Player's Faults at the Net**

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

9.4.2 A player interferes with the opponent's play while penetrating into the opponents' space under the net.

9.4.3 A player's foot (feet) penetrates completely into opponent's court.

9.4.4 A player interferes with the opponent's play by (amongst others):

- touching the top band of the net or the top 80cm of the antenna during his/her action of playing the ball or,
- taking support from the net simultaneously with playing the ball, or
- creating an advantage over the opponent, or
- making actions which hinder an opponent's legitimate attempt to play the ball

## **Rule 10 Service**

The service is the act of putting the ball into play, by the back right player, placed in the service zone.

### **10.1 First Service in a Set**

- 10.1.1 The first service of the first set is executed by the team determined in the toss.
- 10.1.2 The other sets will be started with the service of the team that did not serve first in the previous set.

### **10.2 Service Order**

- 10.2.1 After the first service in a set, the player to serve is determined as follows:
  - 10.2.1.1 When the serving team wins the rally, the player (or his/her substitute) who served before, serves again;
  - 10.2.1.2 When the receiving team wins the rally, it gains the right to serve and rotates before actually serving. The player who moves from the front right position to the back-right position will serve.

### **10.3 Authorization of the Service**

The first referee authorizes the service, after having checked that the two teams are ready to play and that the server is in possession of the ball.

### **10.4 Execution of the Service**

- 10.4.1 The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).
- 10.4.2 Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted.
- 10.4.3 Only Men's A, Co-ed A and Ladies AA are permitted to serve overhand.

- 10.4.4 At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the floor outside the service zone. After the hit, he/she may step or land outside the service zone, or inside the court.
- 10.4.5 The server must hit the ball with 8 seconds after the first referee whistles for service.
- 10.4.6 A service executed before the referee's whistle is cancelled and repeated.

## **10.5 Screening**

- 10.5.1 The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server or the flight path of the ball.
- 10.5.2 A player or group of players, of the serving team makes a screen by waving arms, jumping or moving sideways, during the execution of the service, or by standing grouped to hide the flight path of the ball.

## **10.6 Faults Made During the Service**

- 10.6.1 *Serving faults* – The following faults lead to a change of service even if the opponent is out of position. The server:
  - 10.6.2 Violates the service order,
  - 10.6.3 Does not execute the service properly.
- 10.6.4 *Faults after the service hit* – After the ball has been correctly hit, the service becomes a fault (unless a player is out of position) if the ball:
  - 10.6.5 Touches a player of the serving team or fails to cross the vertical plane of the net completely through the crossing space;
  - 10.6.6 Goes “out”;
  - 10.6.7 Passes over a screen

## **10.7 Serving Faults and Positional Faults**

- 10.7.1 If the server makes a fault at the moment of the service hit (improper execution, wrong order, etc.) and the opponent is out of position, it is the serving fault which is sanctioned.
- 10.7.2 Instead, if the execution of the service has been correct, but the service subsequently becomes faulty (goes over a screen, etc.) the positional fault has taken place first and is sanctioned.

## **Rule 11 Attack Hit**

### **11.1 Characteristics of the Attack Hit**

- 11.1.1 All actions which direct the ball towards the opponent, with the exception of the service and block, are considered as attack hits.
- 11.1.2 During an attack hit, tipping is permitted only if the ball is cleanly hit, and not caught or thrown.
- 11.1.3 An attack hit is completed at the moment the ball completely crosses the vertical plane of the net or is touched by an opponent.

### **11.2 Restrictions of the Attack Hit**

- 11.2.1 A front-row player may complete an attack hit at any height, provided that the contact with the ball has been made the player's own playing space (except Rule 11.2.4).
- 11.2.2 A back-row player may complete an attack hit at any height from behind the front zone:
  - 11.2.2.1 at his/her take-off, the player's foot (feet) must neither have touched nor crossed over the attack line;
  - 11.2.2.2 after his/her hit, the player may land within the front zone.
- 11.2.3 A back-row player may also complete an attack hit from the front zone, if at the moment of the contact part of the ball is lower than the top of the net.

- 11.2.4 No player is permitted to 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.

### **11.3 Faults of the Attack Hit**

- 11.3.1 A player hits the ball within the playing space of the opposing team.
- 11.3.2 A player hits the ball "out".
- 11.3.3 A back-row player completes an attack hit from the front zone, if at the moment of the hit the ball is entirely higher than the top of the net.
- 11.3.4 A player completes 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.

## **Rule 12 Blocking**

- 12.1 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. Only front-row players are permitted to complete a block, but at the moment of contact with the ball, part of the body must be higher than the top of the net.
- 12.1.1 **Block Attempt**
- A block attempt is the action of blocking without touching the ball.
- 12.1.2 **Completed Block**
- A block is completed whenever the ball is touched by a blocker.
- 12.1.3 **Collective Block**
- A collective block is executed by two or three players close to each other and is completed when one of them touches the ball.

## **12.2 BLOCK CONTACT**

Consecutive (quick and continuous) contacts with the ball may occur by one or more blockers provided that the contacts are made during one action.

## **12.3 BLOCKING WITHIN THE OPPONENT'S SPACE**

In blocking, the player may place his/her hands and arms beyond the net provided that this action does not interfere with the opponent's play. Thus, it is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.

## **12.4 BLOCK AND TEAM HITS**

- 12.4.1 A block contact is not counted as a team hit. Consequently, after a block contact, a team is entitled to three hits to return the ball.
- 12.4.2 The first hit after the block may be executed by any player, including the one who has touched the ball during the block.

## **12.5 BLOCKING THE SERVICE**

To block an opponent's service is forbidden.

## **12.6 BLOCKING FAULTS**

- 12.6.1 The blocker touches the ball in the OPPONENT'S space either before or simultaneously with the opponent's attack hit.
- 12.6.2 A back-row player completes a block or participates in a completed block.
- 12.6.3 Blocking the opponent's service.
- 12.6.4 The ball is sent "out" off the block.
- 12.6.5 Blocking the ball in the opponent's space from outside the antenna.

## **Rule 13 'Interruptions' of the game**

- 13.1 The referee indicates after the serve, by means of blowing their whistle, when the game has to be interrupted.

- 13.2** Each team has one 30-second time-out during each set in order to get some playing tips or for 'consultation'.
- 13.3** If the game has to be interrupted due to some unforeseen circumstances, play has to be resumed at the same score-line and rotation as when the interruption occurred, if the interruption did not last more than four hours. After an interruption of over four hours, the match is started anew, and the results that have been gained earlier are cancelled.

#### **Rule 14 The Official**

- 14.1** One referee controls the game. They ensure that the rules are followed, and that the game is played in an orderly and sportsmanlike manner from beginning to end. In this view they also act as an educator.
- 14.2** They control the game, because they indicate by blowing the whistle when a serve has to take place and when the game has to be interrupted because a fault has occurred.
- 14.3** The decisions of a referee during the game are binding.
- 14.4** The referee expects sportsmanlike behaviour of the players and the trainer or coach. When a serious misbehaviour occurs, or a repeat of a lesser violation, the referee can remove a player for the remainder of the set or match from the court. When the referee sees un-sportsmanlike behaviour with the coach, they can ask the organizers to take appropriate measures.
- 14.5** A warning follows each intentional disturbance that interrupts the game. When repeated, this is punished by a point for the opponents, if they are serving, else the loss of serve.
- 14.6** In cases these rules do not provide for, the official volleyball rules apply.