



FieldhouseUSA

# Volleyball Rules and Regulations

Revised  
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## 1. Purpose

The foremost intention of this document is to provide a clear statement of FieldhouseUSA rules that will assist players and coaches in obtaining the greatest amount of enjoyment from playing volleyball with the least amount of dispute over controversial situations that inevitably arise. A secondary objective is to ensure that games and tournaments conform to generally accepted practices of volleyball associations at large so that FieldhouseUSA can maintain a reputation for excellence in the sport.

## 2. Overview

This manual has three major sections:

1. Summary of Common Rules
2. FHUSA Adaptations of NFHS Rules
3. Appendix contains regular and post season schedules

Section 3 attempts to identify the most common rules that volleyball players need to know when playing in the FieldhouseUSA. Most players do not need to purchase and study the books of technically precise rules of the official governing bodies of volleyball to fully participate in the sport. By familiarizing themselves with this section, players and parents will be able to understand what is expected both on and off of the court. Coaches and officials will be responsible for identifying and explaining to player's situations where more technical rules apply.

FHUSA uses regulations published by two governing bodies (UIL and NFHS) as the basis for our league's volleyball rules. Section 4 identifies specific NFHS rules that FHUSA Volleyball has adapted NFHS rules for our league. All FHUSA rules supersede UIL and NFHS rules in areas where they do not match.

UIL – The University Interscholastic League (UIL) publishes a Volleyball Manual every two years “to acquaint coaches and administrators with policies, rules, procedures and forms necessary for proper enforcement of regulations for volleyball”. In other words, how to set up and operate volleyball games and tournaments that will comply NFHS volleyball rules and school administrative mandates. A copy of the UIL Volleyball manual is available on-line from The University of Texas at [www.utexas.edu/admin/uil/ath/manuals/volley/manual.html](http://www.utexas.edu/admin/uil/ath/manuals/volley/manual.html).

NFHS – The National Federation of State High School Associations (NFHS) publishes annual updates to its Volleyball Rules Book. This rule book is “intended to promote and preserve the sound traditions of the sport and the safety of participants.” It covers such things as rules of the game, penalties for rule infractions, and roles of officials, how officials are to make decisions, and how participants are to communicate with each other.

Coaches, especially varsity coaches, should have a current copy of the NFHS Volleyball Rule and be familiar with its contents. Coaches should teach these rules (as they are used by FHUSA) to players just as they teach fundamental volleyball skills.

NFHS Volleyball Rules Book can be ordered by phone, fax or mail at:

National Federation of State High School Associations  
5804 Churchman By-Pass  
Indianapolis, IN 46203-6109  
1-800-776-3462 phone  
1-317-781-4608 fax

More information is available at their website: <http://www.nfhs.org/rules-volleyball.htm>.

### **3. Summary of Most Common Rules and Regulations**

#### **3.1. Eligibility**

- a) All players must be on the roster before the game starts and be in the correct grade for that age level or younger.
- b) Players are only allowed to play on one team per grade level. Players are allowed to play up a grade but are not allowed to play down into a lower grade.
- c) If a competitive league is offer for that age group players are allowed to play in both the rec and the competitive.

#### **3.2. Responsibilities of Coaches and Officials**

##### **3.2.1. Home Team Coach**

- a) Must provide a game ball to be used during game play.
- b) Submit a line-up card to the official scorekeeper at least 3 minutes prior to start time of a match.
- c) Provide a competent adult line judge to the referee at least 5 minutes before start time.

##### **3.2.2. Visiting Team Coach**

- a) Submit a line-up card to the official scorekeeper at least 3 minutes prior to start time of a match.
- b) Provide a competent adult line judge to the referee at least 5 minutes before start time.

##### **3.2.3. Referee**

- a) Head official who has general supervision of other officials.
- b) Calls coaches and captains for a pre-match conference.
- c) Directs players to their respective end-lines to begin and end a game.
- d) Blows the whistle for each serve and dead ball.
- e) Gives signals for each point/side-out.
- f) Grants time-outs, substitutions and requests for serving order.
- g) Determines when a rule infraction has occurred and what, if any, penalty applies.
- h) Makes decisions on game matters that are not specifically covered by the rules.

### 3.2.4. Line Judges

- a) Introduce yourself to the referee at least 5 minutes prior to the match start time.
- b) Stand near the intersection of the side-line and end-line at the corner designated by the referee.
- c) Assist the referee by determining whether:
  - the server touches or crosses the serving line before making contact with the ball
  - the ball crosses the net entirely between the antennas
  - the ball is inbounds or out of bounds when it lands near your corner
  - a player touches the ball before it goes out of bounds

### 3.2.5. Scorer/Timer

- a) Introduce yourself to the referee at least 5 minutes prior to the match start time.
- b) Record points, side-outs, substitutions, time-outs, penalties and other events, as directed by the referee.
- c) Verify the proper serving order is maintained and notify the referee when a server is out of order.
- d) Notify the referee when an illegal time-out or substitution is requested.
- e) Keep the timer informed of the official score and time-outs.
- f) Administer the game clock and scoreboard.

### 3.2.6. Team Captain

- a) The captain is the only player who may communicate with the referee.
- b) During a dead ball, the captain may request:
  - A time-out
  - Verification of time-outs used
  - Verification of serving order (for her own team or the opponent's team)
  - A repeat of a call if the signal is missed or unclear

## 3.3. Uniforms

- a) All players on a team must have the same color jerseys with numbers that are at least four inches tall printed on the front or back. The libero position is to have a sharply contrasting color jersey from her teammates. Libero allowed only on 5/6<sup>th</sup> competitive and 7/8<sup>th</sup> grade leagues. Libero's are allowed to serve. Libero must be in a shirt or jersey that is of contrasting color to their team.
- b) Kneepads are mandatory.
- c) Players are prohibited from wearing the following during matches:
  - Jewelry, including stud earrings (CAN NOT be taped over)
  - Watches
  - Barrettes, metal hair bands or metal clips
  - Hats/bandanas

### 3.4. Rosters and Line-up Cards

- a) A team roster must list the names of all eligible team players, their numbers and grades. . The penalty for not submitting a roster is a point/side-out being awarded to the opposing team.
- b) A line-up may not be changed once it has been entered on the scoresheet.
- c) The minimum number of players on a team required to start a match is five; however, after a match has started there is no minimum number to continue play.

Recreational League	<ol style="list-style-type: none"> <li>d) You must list all players' numbers in the order that they will be serving.</li> <li>e) After a game has begun, a line-up card may not change unless a player is permanently withdrawn from the game.</li> <li>f) At the end of one match rotations will continue and if a person was next to serve in the first match they will be the first one to serve in the second set.</li> <li>g) Rotations will continue the same way if a third set is needed.</li> </ol>
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### 3.5. Player Positions

- a) There are six positions on the court:
  - Position 1 - Right Back (Server)
  - Position 2 - Right Front
  - Position 3 - Middle Front
  - Position 4 - Left Front
  - Position 5 - Left Back
  - Position 6 - Middle Back
- b) Right side players must be closer to the right sideline of the court than the other players.
- c) Left side players must be closer to the left sideline of the court than the other players.
- d) Front row player must be closer to the net than the corresponding back row player behind her.

### 3.6. Start of Match

- a) A match may not start earlier than the scheduled start time without the consent of both teams' coaches and the referee.
- b) The referee may call an unnecessary delay of game penalty, when the scheduled start time has arrived and one or both teams are not prepared to play due to reasonably avoidable circumstances.
- c) The referee shall blow the whistle and direct starting players to their respective end lines; then again direct them onto the court to begin play.
- d) 5 players are required to start a set but a side-out/point will be awarded to the opposing team when the 6th player/position comes up to serve.

### 3.7. End of Game and Match

- a) The first team to 25 points wins.
  - Recreation is the first to 25 or 15 in the third game.
  - In competitive you do have to win by two. The first two games have a cap at 30 and the third game has a cap of 20.
- b) When the referee blows the whistle signaling end of the match, players and coaches are to:
  - go to their respective end lines
  - proceed in single file along the side court and net
  - demonstrate good sportsmanship toward their opposing team

### 3.8. Time outs

- a) Each team is allowed two 30 second time outs per game.
- b) Only a coach or team captain may notify the referee of a time out request.

### 3.9. Serving

- a) A serve is in play as soon as the server strikes the ball with her hand.
- b) For recreational leagues a player is allowed a reserve is the first serve of their term of service is out or doesn't go over the net.
- c) A re-serve is called when the server drops the ball, tosses the ball in the air and catches it, or tosses it in the air and allows it to drop to the floor.
- d) Players are allowed 1 re-serve per term of serve.
- e) A re-serve is part of a single attempt to serve.
- f) A server may not step on or over the service line until the ball is in play.

Recreational leagues	g) 1/2 <sup>nd</sup> Grade – Service line is 10 feet from the net (End line is 20 feet from the net) h) 3 <sup>rd</sup> /4 <sup>th</sup> Grade – Service line is 15 feet from the net i) 5 <sup>th</sup> /6 <sup>th</sup> Grade – Service line is 20 feet from the net
Competitive leagues and 7 <sup>th</sup> /8 <sup>th</sup> grade	j) Service is from behind the official service line. k) There is no limit on the number of consecutive points that may be scored.



### 3.10. Rotation and Substitutions

Recreational	<p>a) All players on the line-up card continuously rotate in the order listed.</p> <p>b) After every side-out, the serving team rotates out the previous server (position 1) and rotates in the next person from the bench into the middle back (position 6).</p> <p>c) No substitutions are allowed.</p> <p>d) Once the ball is served, players may swap positions. All players must return to their serving order for every serve.</p> <p>e) You are not allowed to reset the service order at the end of each set. The next server in line should start the second and third game.</p>
Competitive and 7 <sup>th</sup> /8 <sup>th</sup> Grade	<p>f) Substitution requests must be:</p> <ul style="list-style-type: none"> <li>• Made by the coach</li> <li>• When the ball is dead</li> <li>• Before the referee signals for serve</li> </ul> <p>g) Procedure: player and substitute go to the area between the attack line and the net, face one another, and wait until the referee instructs them to exchange places.</p> <p>h) Multiple players may be substituted at one time.</p> <p>i) The substitute must assume the same position and serving order of the player replaced.</p> <p>j) Max of 18 subs allowed per set.</p>

### 3.11. Contacting the Ball

- a) A legal hit is a touch of the ball by any part of a player's body. For a contact to be legal, it must be very brief and crisp. Any prolonged contact is illegal.
- b) A team shall not have more than three hits, or two consecutive hits by the same person, before the ball crosses the net with the following caveats:

**Simultaneous contact on the same team** – When two players on the same team simultaneously contact the ball, the contact is counted as just one hit and any player, including the two who just touched it, may play the ball.

**Simultaneous contact by players on opposing teams** – When two players on opposing teams contact the ball above the net at the same time and the ball falls onto one side, the player on that side may make the next hit. Whether the player involved in the simultaneous hit or another player makes the next hit, it is counted as the first hit for the team.

**Multiple contacts for one attempt** – When a player receives a hard-driven ball from an attacker (either a block or saving a spike) and the ball rebounds from one part of a player's body to ricochet off of another legal part of the player's body, the ball is still in play and the attempt is counted as a single hit. This does not apply if the ball is not hard-driven and the player simply mishandles the ball.

**Blocks** – Blocks are not counted as hits. When a player blocks the ball, either she or any other player on her team may hit the ball next and that hit will be the first one for the team.

- c) A front row player may contact the ball anywhere on or off the court.
- d) A back row player behind the attack line may contact the ball on or off of the court, above or below the top of the net.
- e) A back row player who is on, or in front of, the attack line, may not attempt to block or attack the ball above the top of the net.
- f) Blocking a served ball is prohibited.

### **3.12. Inbounds, Out of Bounds and Crossing Lines**

#### **3.12.1. Inbounds**

A ball is inbounds and live when

- a) any portion of the ball touches a side-line, end-line or inside the court
- b) the ball touches the ceiling or other obstruction directly above the hitting player's court and returns to be same side of the court
- c) The ball hits the net and goes over into the opponent's court.

#### **3.12.2. Out of Bounds**

A ball is dead when it

- a) fails to go over the net by the third hit
- b) touches any part of the antenna or pole
- c) touches the ceiling or other obstruction above the player's court and goes to the opponent's side of the court
- d) touches an obstruction (e.g. a basketball backboard) on the side or end of the court
- e) touches any non-player

#### **3.12.3. Crossing Lines**

- f) All players, except for the server, must be fully within the boundaries of the court when the ball is served.
- g) Once the ball is served, players may go outside of the court to play a ball.
- h) A player may not enter the opponent team's court.
- i) A player may touch or cross the center line with a hand or foot provided the entire hand or foot does not cross it completely. No other body part (e.g. the head or elbow) may cross the center line.

**3.13. Decisions of Officials**

- a) Decisions by officials are final and not open to question by teams or spectators.
- b) A coach may request a time-out to review with the referee a call by an official to ensure that the call is understood and communicated properly. Coaches shall not attempt to dissuade an official from a call. After reviewing a call with a coach, if a referee changes his call, the time-out shall be counted as an official time-out rather than a team time-out.

**3.14. Conduct**

- a) Players and assistant coaches shall remain seated on the bench during game play.
- b) Head coaches will be allowed to stand during matches but must remain between the 10 ft line and the end of the court.
- c) Players and coaches may cheer for all players.
- d) Players and coaches may not show disrespect for any player, coach, official or spectator. This includes:
  - Use of disconcerting acts or words when an opponent is playing the ball
  - Showing disgust for an official's decision
  - Use of any language, sign or contact that unnecessarily incites turmoil
  - Spectators are encouraged to be examples of good sportsmanship for our children.
- e) Referees and coaches share responsibility for resolving situations where a spectator disrupts play.
- f) Warnings, penalties and disqualifications are administered using yellow and red cards by the referee for misconduct of players and coaches.
  - Warning – a yellow card is administered for a first minor offense. No penalty is assessed.
  - Penalty – a red card is administered for a second minor offense by the same person or a single serious offense. A point/side-out is awarded to the opponent.
  - Disqualification – yellow and red cards are administered simultaneously for a third minor offense or a single flagrant offense. The offender is prohibited from further participation in the match. A point/side-out is awarded to the opponent.

## 4. Adaptations of NFHS Rules

DPL teams and officials shall follow NFHS rules, as adapted by the changes listed in this chapter, when playing regular season and playoff games.

Wherever the NFHS Rule Book refers to

- a) “The state association”, it should be read as “FieldhouseUSA” as applicable.
- b) Activities involving team rosters, line-ups, score sheets, and officials reporting for duty that are to occur either 10 or 20 minute intervals prior to game start time, the activities are to take happen at least 15 minutes prior to start time.

### 4.1. Rule 1. The Game

Addition	Section 4 Prematch Conference and Coin Toss
Immediately before starting a new match both teams assemble at the net and coaches lead their teams in a prayer together.	

### 4.2. Rule 4. Player Equipment and Uniform

Replace ART. 6 with the following:	Section 1 Equipment
No jewelry (including stud earrings and watches) may be worn during matches.	

Change Penalties 1 and 2 to reflect the following:	Penalty for Illegal Equipment
When a player wearing illegal equipment attempts to enter the game, or is discovered during a game, the referee shall call an official time out and instruct coaches for both teams to have players remove all illegal equipment. This instruction constitutes a warning for both teams.	

Change Penalty 3 to reflect the following:	Penalty for Illegal Equipment
For subsequent violations by either team during the match, a point or side-out shall be awarded the opposing team.	

Replace ART. 1 with the following:	Section 2 Legal Uniform
All players on a team must have the same color uniforms.	

### 4.3. Rule 5. Officials: Responsibilities and Positions

Addition to ART. 1	Section 1 Authorized Officials
If an umpire is not available, the referee shall assume his duties and the games shall proceed.	

**4.4. Rule 6. The Team: Composition and Positions**

Replace ART. 2 with the following:	Section 1 Authorized Officials
If a team has fewer than five players due to illness, injury or disqualification after the start of a match, the team shall be allowed to continue play.	

**4.5. Rule 7. Roster and Lineup**

Only line-up cards are mandatory for submission prior to games. However, the team roster must be produced.

**4.6. Card System for Handling Unsportsmanlike Conduct Violations**

No adaptations.