

Volleyball League Rules

Team Requirements:

Only 6 players shall be on each side of the net at all times. A team may start with a minimum of 4 players. Less than 4 players results in a forfeit. Each team must have someone appointed as Team Captain.

The Game

Games will be played on Thursday nights.

A coin toss at the beginning of the match will determine the choice of court or serve. This shall be called by the Team Captain only. The Team that does not serve first in game one will serve first in game two.

One 30 second time out will be given to each team per game.

All matches will consist of the best two out of three games. The games shall be won by the team that has earned 15 points and has a two-point advantage. There will be a 45 minute time limit.

Winner of game will be the team with the highest score at the end of the 45 minutes.

Participants must behave respectfully and courteously in spirit of Christ for other teammates, opponents, and spectators.

The Serve

Must be determined by Team Captains BEFORE EACH MATCH begins if male servers can serve underhanded. Captains must make official announcement to all team members.

If the serve hits any part of the net, it is considered illegal and a side out will be called.

Server must stand behind the line. Over the line is a violation and loss of serve. Younger participants may have 5 feet from line to serve the ball.

Server has five seconds to make a legal serve. If a bad toss is made, as long as there is no contact, the server may attempt another serve.

A good serve must land on the line or inside the court. If any part of the ball lands on the line it is considered a good ball.

Rotation

Team players will rotate each time they win the serve. Players shall rotate in a clockwise manner.

Playing the game

Maximum of three hits per side. Female must have a least 1 hit of the 3.

Ball may be hit off the net except on the serve.

A ball touching a boundary line is considered good.

Serve must be returned by a bump only. NO setting, blocking, or attacking a serve.

If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.

An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. Holding, catching, throwing, lifting, and pushing are illegal hits because of prolonged contact with the ball.

Back zone players cannot cross into the front zone to play a volley. Front zone players can step back into back zone to play a volley.