

VOLLEYBALL

RULES & REGULATIONS

I. The Game, Players, and Equipment

1. Teams consist of six players. However, a team may start or continue the game with four players.
2. This event will be Co-ed (minimum of 2 females on the score card and official roster), one female player must be playing on the court at all times.
3. All games shall be played by rally scoring; "NO SIDE OUT".
4. **Preliminary:** Matches will be the best two (2) out of three (3) games played to fifteen (15), whichever team got 15 will be the winner of that game; There won't be the "win by 2 rules".
5. The play off games will be two games of 21 and the third game will be to 15.

The 3rd Place & Final Games: Matches will be the best two (2) out of three (3) games played to twenty-five (25) and third game to fifteen (15), whichever team got 25 will be the winner of that game; There won't be the "win by 2 rules".

6. The ball may not be played off of an adjacent court.
7. Ball hitting overhead objects or basket support is in bounds if hit on your own team's side and if is not the third hit. However, if the ball hits the ceiling on your side on a hit and lands on the other team's court, the ball is dead and points will be given to the other team.
8. Each team is allowed one 30-second time-outs per game, during which rotation can **NOT** change but substitutions can be made.
9. For safety reason, jewelry should not be worn during play or should be taped.
 - Players may wear glasses or lenses at their own risk.
10. There are two substitutions allowed per team per game at any rotations.
11. Contact with the ball must be a "clear" hit. No palming, lifting, pushing or carrying of the ball allowed. Any palming or pushing of the ball will be called a lift.

II. Service

1. Winner of the coin toss shall choose to serve or receive.
2. Server must remain behind service line until ball is contacted.
3. If the ball is served before the referee's whistle, the ball is dead and the point is re-served.
4. If a team's player serves out of order, the team loses serve and any points scored while serving out of order. The players of the team at fault must take their correct positions.
5. Any attempt to screen the receiving team from seeing the trajectory of the serve will result in a point and possession. This includes two or more players standing together, or one player with his hands above his head, as the serve passes over him/them.
6. At the time the ball is contacted for the serve, the players on the court must be in their proper position.
7. Ball hitting the net on a serve is a live ball.
8. The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).
9. Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted.

III. Playing the Ball

1. Each team is allowed three successive contacts of the ball in order to return it.
2. The ball may be hit with any part of the body, except waist down, Use of head and fist are permissible. Use of feet are not permissible.
3. The ball can contact any number of body parts provided that such contacts are simultaneous and what the ball rebounds immediately and cleanly.
4. Touching a ball in an attempt to block does not count as a touch and the same player may make the first contact.
5. Contact with the ball must be brief and instantaneous. When the ball visibly comes to rest momentarily in the hands and arms of a player, it is considered as having been held. Scooping, lifting, pushing, or carrying the ball are forms of holding. A ball clearly hit from a position below the ball is considered a good hit.

6. Receiving a served ball with an overhead pass using open hands is not necessarily a fault.
7. If, after simultaneous contact by opponents, the ball falls out-of-bounds, the team on the opposite side shall be deemed as having caused it to go out-of-bounds.
8. When two players of the same team simultaneously contact a ball, it is considered one contact and either player may make the next contact.
9. A player is not allowed to attack the ball on the opponent's side of the net.
10. No player shall assist a teammate by holding him/her while they are playing the ball. It is legal to hold a player not playing the ball in order to prevent a fault.
11. A back-row player may not cause a ball, which is completely above the height of the net to cross over to the opponent's side unless he/she is either on the ground completely behind the 3-meter line or is in the air, having jumped from the behind line. If any part of the line is touched by the attacking player it is a violation.

IV. Blocking

1. Blocking may be legally accomplished by only the players who are in the front-line at the time of service. Back-line players may not participate in a block.
2. The team which has affected a block shall have the right to three additional contacts after the block.
3. Any player participating in a block shall have the right to make the next contact, such contact counting as the first team hit, multiple contacts of the ball by a players participating in a block shall be legal provided it is during one attempt to intercept the ball.
4. Multiple contacts of the ball by a player participating in a block shall be legal provided it is during one attempt to intercept the ball.
5. Multiple contacts of the ball during a block shall be considered a single contact, even though the ball may make multiple contacts with one or more players of the block
6. Blocking and/or spiking a served ball is prohibited.
7. It is legal to block a ball on the opponent's side of the net provided, in the opinion of the official, the trajectory of the ball would have caused it to break the plane of the net.
8. A blocked ball is considered to have crossed the net.

V. Play at the Net

1. Play will continue during the serve even if the ball makes contact with the net and crosses over.
2. If a player's action causes him/her to contact the net during play, accidental or not, with any part of the body or clothes, that player shall be charged with a fault. Hair does not count.
3. If opponents contact the net simultaneously, it shall constitute a double fault and the point shall be replayed.
4. If a player accidentally contacts any part of the net supports, such contact should not be counted as a fault provided that it has no effect on sequence of play. Intentional contact or grabbing of such objects shall be penalized as a fault.
5. Contacting the opponents playing areas with any part of the body except the feet is a fault. Touching the opponent's area with a foot is not a fault provided that some part of the encroaching foot remains on or above the centerline and does not interfere with the play of an opponent.

VI. Faults

1. Faults result in a point.
2. A fault shall be declared when:
 - a. The ball touches the floor.
 - b. The ball is held, thrown, or pushed.
 - c. A team has played the ball more than three times consecutively.
 - d. Ball hits the antenna
 - e. A player touches the ball twice consecutively.
 - f. A team is out of position at serve.
 - g. A player touches the net.
 - h. A player completely crosses the center point and contacts the opponent's playing area.
 - i. A player attacks the ball above the opponent's playing area.
 - j. A back-line player while in the attack area hits the ball into the opponent's court from above the height of the net.
 - k. A ball lands outside the court or touches an object outside the court.
 - l. The ball is played by a player being assisted by a teammate as a means of support.
 - m. A player reaches under the net and touches the ball or an opponent while the ball is being played by the opposite team.

- n. The game is delayed persistently.
- o. Blocking is performed illegally.
- p. Illegally served ball or service fault.

Provoke and Retaliation Rules

The one that provokes the harm will be ejected from the game/tournament and subsequent games in following three years. the player who retaliate will be ejected and banned for two years.

All rules and regulations are subject to modification by the ZSC sports coordinator without prior written notice.

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