

# MOUNT OLIVE VOLLEYBALL ASSOCIATION

## RULES AND REGULATIONS

### I. Codes of Conduct

- A.** Coaches, Players, Parents and Spectators are expected to abide by the attached applicable Codes of Conduct.
- B.** All participants will sign the Codes of Conduct during the registration process.
- C.** Spectator Codes of Conduct will be posted in the gym during matches as a reminder.
- D.** The Executive Committee will be responsible for insuring that the Codes of Conduct are followed.

### II. Rules and Match Procedures - Senior League

The following summarizes the rules and how the matches will be played for the season. The NFHS rules will be followed when an item is not specifically referred to in this summary. Please remember our mission is to have FUN and to promote self-esteem.

- 1) **Set Up and Clean Up** - Players of the last teams to play are required to stack chairs, collect balls and check bleachers for items left behind. Coaches of last teams to play must break down nets and put all equipment away in the storage closet.
- 2) **Warm Up** - Each team should arrive at least 20 minutes before their scheduled match to warm up. We will allow 5 minutes to warm up for serves on the match court before the match begins.
- 3) **Attire** –
  - i) Each player is required to wear knee pads in order to be allowed to practice, warm up and play in matches.
  - ii) All jewelry must be removed during warm-up period.
  - iii) No street glasses will be allowed on court during practice, warm ups or matches
    - (1) Players must either wear contacts, protective sports glasses, safety glasses to cover street glasses or play without glasses.
  - iv) No gum is allowed during practice, warm-ups or matches.
  - v) League shirts are considered uniforms and are not allowed to be altered in any way (no tie-dying, cutting, bleaching, etc.)
- 4) **First Serve** - for first match is given to the “home” team. After the team loses the first serve the other team would rotate and then serve. The serve alternates with each game. If a 5<sup>th</sup> game is played, a coin toss determines first serve for that game.
- 5) **Roster & Line up** - Each coach shall provide the scorer with the line up while the teams are warming up for serves.
  - 5.1) **Minimum Number of Players/Ghosts** - 4 roster players must be present no later than 10 minutes after the **scheduled match time** in order to avoid forfeit. Only players on a team's roster may play for that team - substitutes from other teams are not permitted. When a team has less than 6 but at least 4 roster players present, Ghost players will be in effect for all positions not filled by a roster player. Ghost players are considered part of the serving rotation. Therefore, when it is the Ghost player's turn to serve, the opposing team will be awarded a point and the serve.

**5.2) Rules of Forfeit** - Teams will forfeit one game every ten minutes past the **scheduled match start time** that they do not have the minimum number of players. If there are not at least 4 roster players present at the scheduled match start time, the teams will begin playing the first game as a scrimmage game. Empty court positions will be filled at the discretion of the coaches and referee, using players from either the opposing team or from other teams within the division. Scrimmage games will only be permitted if there are at least 4 players on each team.

If at least 4 roster players are present no later than 10 minutes past the scheduled match start time, the scrimmage game in progress will be stopped and a new official first game will begin. If 10 minutes past the scheduled match start time a team does not have at least 4 roster players in attendance, the first game will be declared a forfeit and scrimmage play continues.

If at least 4 roster players are present after 10 minutes past the scheduled match start time, but before 20 minutes past the scheduled match start time, the scrimmage game in progress will be stopped and a new official second game will begin. The first game will remain a forfeit.

If at least 4 roster players are present after 20 minutes past the scheduled match start time, but before 30 minutes past the scheduled match start time, the scrimmage game in progress will be stopped and a new official third game will begin. The first and second games will remain a forfeit.

If 4 roster players are not present 30 minutes past the scheduled match start time, the match will be declared a forfeit and scored 25-0, 25-0, 25-0. Scrimmage play will continue at the discretion of the referee and coaches.

**5.3) Player Eligibility for Games:** Players must make a good faith effort to attend practices with their assigned team in order to be eligible to play in games.

- 6) **Scoring - RALLY POINT SCORING** - The team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise. The best of five games will win matches. Each non-deciding game will be won by the team that first scores 25 points with a minimum two-point advantage (no scoring cap). If there is a 5<sup>th</sup> game (deciding game), it will be won by the team that first scores 15 points with a minimum two-point advantage (no scoring cap).
- 7) **Service** - A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, fist or arm while the ball is held, or after it is released by the server. The ball shall be contacted five seconds after the referee's signal to serve. A server shall serve from the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. A re-serve is allowed if the server allows the ball to drop to the floor after releasing it for service. A new five seconds is allowed for a re-serve.
- 8) **Substitutions** - The coach signals for a substitution during a dead ball. The referee will acknowledge the request. The substitute and player shall meet at the sideline between the attack line and center line and remain there until the scorer has recorded their numbers and instructs them to exchange places. The position of the substitute is that of the player replaced without changing the serving order. A player is allowed 3 entries per game. Starting a game counts as an entry. A re-entering player assumes their original position in the serving order in relation to other teammates.
- 9) **Time Outs** - Time outs are requested only during dead balls but not after the referee has signaled for the next serve. Each team is limited to two sixty second time-outs per game. No additional time outs are granted in "over-time" play (over 25 points).
- 10) **Player Positions** - The position of players in order of the serve shall be Right Back, Right Front, Center Front, Left Front, Left Back and Center Back.
  - a) At the moment of serve-
    - i) all players except the server will be in the teams playing area,
    - ii) All players shall be in correct serving order. Each right side player shall have at least one foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row. Each left side player shall have at least one foot touching the floor closer to the left sideline than both feet of the center player in the corresponding row. Each front-row player shall have at least part of one foot touching the floor closer to the center line than both feet of the corresponding back row player.
    - iii) When a side-out is awarded to a team, that team shall rotate clockwise one position. (In rally scoring, a point is awarded as the team rotates.)
    - iv) After the ball is contacted for the serve, players may move from their positions.

- v) A request for the team serving order shall be made by that team's coach or playing captain while the ball is dead.

#### **Penalties for Illegal Positioning:**

- 1) **For illegal alignment, point/side-out is awarded the opponent for:**
  - a) **Overlapping by players other than the server at the moment a legal serve occurs;**
  - b) **Positioning, at the moment of a legal serve, of any player, other than the server, outside the boundaries of the playing area.**
- 2) **For an improper server, side-out shall be awarded as soon as the improper server is discovered and verified.**
  - a) **When an improper server is discovered prior to the contact of the first serve by the opposing team, all points earned by the improper server shall be canceled. No further penalty is assessed.**
  - b) **When an improper server is not discovered until after the serve as alternated and the first serve has been contacted, there shall be no cancellation of points, and no penalty is assessed.**
  - c) **Proper serving order as written in the scorebook shall be regained immediately.**

#### **11) Out of Bounds-** A ball is out of bounds and becomes dead when it

- a) Touches a wall, objects mounted flush with a wall
- b) Touches the floor completely outside the court's boundary lines. (If it hits the line it is in bounds.
- c) Touches the net antennas or cables or does not pass over the net between the antennas
- d) Touches a non-player who is not interfering.
- e) Touches the ceiling or overhead obstructions beyond the vertical plane of the net.
- f) Touches or enters a non-playable area.
- g) Touches a backboard.

#### **12) Contacting the Ball -**

- a) A contact is any touch of the ball by a player (excluding the player's loose hair)
- b) A hit is contact/touch of the ball which is counted as one the team's allowable plays before the ball is returned to the opponent's side of the court.
- c) A team shall not have more than 3 hits before the ball crosses the net into the opponent's playing area. When the team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit.
- d) A ball is considered to have crossed the net when:
  - i) It has passed completely beyond the vertical plane of the net;
  - ii) It is partially over the net and is contacted by an opponent;
  - iii) No part of the ball has crossed the net and it is legally blocked.
- e) Legal contact is a touch of the ball by a player's body above and including the waist, which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
- f) Simultaneous contact is more than one contact of the ball made at the same instant.
  - i) When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
  - ii) When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit). Any player may make the next hit.
  - iii) When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
  - iv) A "joust" occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A "joust" is not a foul, and play continues as if the contact was instantaneous.
- g) Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not have successive contacts with the ball unless there is:
  - i) Simultaneous contact by teammates;
  - ii) Simultaneous contact by opposing players;
  - iii) Successive contact by a player whose first contact is a block; then the second contact shall count as the first hit by the player's team.

- h) Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only;
  - i) When the first ball over the net rebounds from one part of the player's body to one or more other legal parts in one attempt to block;
  - ii) On any first team hit, whether or not the ball is touched by the block

**PENALTIES FOR ILLEGAL CONTACT: Point or side-out is awarded the opponent when:**

- 1) A team has more than three hits;
- 2) There is any illegal contact, illegal successive contacts and/or illegal multiple contacts of the ball.

**13) Player Actions**

- a) Definitions
  - i) Pass- A play in which the ball is hit into the air so another player can get into position to contact the ball.
    - (1) Forearm pass- a controlled skill, generally used as a team's first hit, in which the ball rebounds from the forearms of the receiver to a teammate.
    - (2) Overhead pass (setting action) - two hand finger action directing the ball.
    - (3) Set- two (or one)-hand finger action directing the ball to an attacker.
    - (4) Dig- an underhand or overhead defensive saving skill in which the ball is contacted by the forearms, fists or hands.
  - ii) Attack- Any action other than a block or serve that directs the ball toward the opponent's court. A team's third hit is always considered an attack. A completed attack occurs the instant the ball completely crosses the vertical plane of the net, or is legally blocked.
    - (1) Spike- an attack play in which the ball is forcibly hit into the opponent's court with a one-hand overhead motion.
    - (2) Tip- a fingertip attack on the ball which directs the ball into the opponent's court.
    - (3) Dump – a fingertip attack most commonly used by a setter on the second hit to direct the ball into the opponent's court.
    - (4) Overhead pass- two-hand finger action directing the ball over the net.
  - iii) Block- A play approximately arm's length from the net in which the player(s) whose hand(s) is raised above the head, contact the ball near the top of the net in an action that would:
    - (1) Prevent the ball from crossing the net;
    - (2) Return the ball immediately;
    - (3) Deflect the motion of the ball.

A block may involve wrist action provided there is no prolonged contact.
- b) Front-row players may contact the ball from any position inside or outside the court provided the ball has not completely crossed the vertical plane of the net or the net extended.
- c) Back-row players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.
- d) Play continues when a back-row player (on or in front of the attack line), contact the ball which is completely above the height of the net, on the team's first or second contact, directing the flight of the ball toward a teammate, and the opponent legally contacts the ball that breaks the vertical plane of the net. If the ball is hit back into a back-row player, it is ruled as the team's first hit/contact. It is a back-row player foul if the flight of the ball is toward the opponent's court and now toward a teammate and is legally touched by an opponent above the net, or completely crosses the net.
- e) A back-row player shall not:
  - i) Participate in a block or an attempt to block;
  - ii) Attack a ball which is completely above the height of the net while positioned:
    - (1) On or in front of the attack line or its out-of-bounds extension;
    - (2) In the air, having left the floor on or in front of the attack line or its out-of-bounds extension.
- f) A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.
- g) A player may cross the extension of the center line outside of the court (from the sideline to the standard and/or up to any nonplayable area) at any time provided he/she does not interfere with play by the opposing team.
- h) While across the center line extension outside the court, any player may play a ball that has not completely crossed the vertical plane of the net extended.

**PENALTIES FOR ILLEGAL PLAYER ACTION: Point or side-out is awarded the opponent for an illegal hit, center-line violation or back-row player foul.**

**14) NET PLAY**

- a) A ball contacting and crossing the net, other than when served, shall remain in play provided contact is entirely within the net antennas. (A let serve will be allowed when playing in the High School with fixed standards.)
- b) Recovering a ball hit into the net shall be permitted.
- c) A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.
- d) Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:
  - i) Attacking team has completed its three allowable hits;
  - ii) Attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball toward the opponent's court;
  - iii) Ball is falling near the net and, in the official's judgment, no member of the attacking team could make a play on the ball;
- e) Blocking a served ball is not permitted.
- f) A ball may be attacked, excluding a served ball, when it has partially crossed the net. Attacking a served ball while the ball is completely above the height of the net is not permitted. However, the contact is legal, and the ball is not out of play until it completely crosses the vertical plane of the net or is legally contacted by an opponent.
- g) A net foul occurs while the ball is in play and:
  - i) A player contacts any part of the net including net cables or net antennas. It is not a foul when a player's hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player.
  - ii) There is interference by a player who makes:
    - (1) Contact with an opponent which interferes with the opponent's legitimate effort to play the ball;
    - (2) Intentional contact with a ball which the opponent has caused to pass partially under the net or into the body of the net and the opponent is attempting to play it again.

**PENALTIES FOR ILLEGAL NET PLAY: For a net foul or over-the-net foul, point or side-out is awarded the opponent.**

**15) FOULS**

- a) A foul is a failure to play as permitted by the rules.
- b) A double foul occurs when opposing players commit rule violations at the same instant.
- c) A multiple foul occurs when the same team commits more than one violation of a single rule at the same instant during play or dead ball
- d) A simultaneous foul occurs when a team violates more than one rule at the same instant during play or dead ball.
- e) A double hit occurs when a player's successive or multiple contacts are illegal.
- f) A foot fault occurs when a player violates the serving area or center line restrictions.

**PENALTIES FOR FOULS:**

- 1. For a single foul (i.e., double hit or foot fault), point or side-out is awarded the opponent.
- 2. For a double foul during a:
  - a. Live-ball play, a replay is called;
  - b. Dead ball, the penalty is assessed against the serving team followed by the receiving team with both teams rotating.
- 3. For a multiple foul, only one penalty is assessed (point, side-out or a charged time-out)
- 4. For a simultaneous foul during a:
  - a. Live-ball play, only one penalty is assessed;
  - b. Dead ball, all applicable penalties are assessed.

### III. Rules and Match Procedure - Junior and Intermediate Leagues

The following summarizes how the matches will be played for the season. The NFHS rules will be followed when an item is not specifically referred to in this summary. Please remember our mission is to have FUN and to promote self-esteem.

- 1) **Set Up and Clean Up** - Players of the first teams to play should help set up chairs. Coaches of the first teams to play are expected to arrive 30 minutes before their scheduled match time to set up nets and judge's stands. Players of the last teams to play should stack chairs, collect balls and check bleachers for items left behind. Coaches of last teams to play must help break down nets and put all equipment away in the storage closet. If coaches and players of the first teams to play do not arrive 30 minutes before the first matches to set up equipment, the gym may not be ready to start the first matches on time. If the first matches start later than 15 minutes after the scheduled start time, it will be up to the referee's discretion to score all games using rally instead of side-out scoring in order to maintain our schedule for the remainder of the day. In the case of all rally scoring due to a late start, in the event of a 20-20 tie, the team scoring the 21st point wins with only a one-point advantage.
- 2) **Warm Up** - Each team should arrive at least 20 minutes before their scheduled match to warm up. We will allow 5 minutes to warm up for serves on the match court before the match begins.
- 3) **Attire** –
  - i) Each player is required to wear knee pads in order to be allowed to practice, warm up and play in matches.
  - ii) All jewelry must be removed during warm-up period.
  - iii) No street glasses will be allowed on court during practice, warm ups or matches
    - (1) Players must either wear contacts, protective sports glasses, safety glasses to cover street glasses or play without glasses.
  - iv) No gum is allowed during practice, warm-ups or matches.
  - v) League shirts are considered uniforms and are not allowed to be altered in any way (no tie-dying, cutting, bleaching, etc.)
- 4) **First Serve**- for first match is given to the “home” team. After the team loses the first serve the other team would rotate and then serve. The “away” team gets first serve in the second game and if there is a 3<sup>rd</sup> game, it is decided with a coin toss.
- 5) **Roster & Line up**- Each coach shall provide the scorer with the line up while the teams are warming up for serves.
  - 5.1) Minimum Number of Players** - 5 roster players must be present no later than 10 minutes after the **scheduled match time** in order to avoid forfeit. Only players on a team's roster may play for that team - substitutes from other teams are not permitted. Ghost players are not used in the junior/intermediate division. Once a match officially starts, regardless of the below timeline, if at any point during a match a team falls below the required 5 players, that team must forfeit the current and all remaining games.
  - 5.2) Rules of Forfeit** - Teams will forfeit one game every ten minutes past the **scheduled match start time** that they do not have the minimum number of players. If there are not at least 5 roster players present at the scheduled match start time, the teams will begin playing the first game as a scrimmage game. Empty court positions will be filled at the discretion of the coaches and referee, using players from either the opposing team or from other teams within the division. Scrimmage games will only be permitted if there are at least 5 players on each team.

If at least 5 roster players are present no later than 10 minutes past the scheduled match start time, the scrimmage game in progress will be stopped and a new official first game will begin. If after 10 minutes past the scheduled match start time a team does not have at least 5 roster players in attendance, the first game will be declared a forfeit and scrimmage play continues.

If at least 5 roster players are present after 10 minutes past the scheduled match start time, but before 20 minutes past the scheduled match start time, the scrimmage game in progress will be stopped and a new official second game will begin. The first game will remain a forfeit.

If 5 roster players are not present 20 minutes past the scheduled match start time, the match will be declared a forfeit and scored 15-0, 15-0. Scrimmage play will continue at the discretion of the referee and coaches.

**5.3) Player Eligibility for Games:** Players must make a good faith effort to attend practices with their assigned team in order to be eligible to play in games.

- 6) **Scoring-** The first team to score 15 points wins the game. The winning team must win by two points. Play continues until one team has a two-point advantage (no scoring cap). The team to win two games in a match wins the match. A third game will not be played unless it is necessary to determine the winner of a match or if both coaches agree and there are no time constraints. The third game of the match will have rally scoring if there is less than 20 minutes before another match is to begin or if both coaches agree on rally scoring. A coin toss will determine whether the team gets to choose serve or side. In the deciding game there is no point cap.
- 7) **Service-** A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, fist or arm while the ball is held, or after it is released by the server. The ball shall be contacted five seconds after the referee's signal to serve. A server shall serve from the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. A re-serve is allowed if the server allows the ball to drop to the floor after releasing it for service. A new five seconds is allowed for a re-serve.
- 8) **7 Serve Cap** – If a player serves 7 times consecutively and the serving teams gets 7 points consecutively, the serving team will be required to rotate bringing the next player in position to the serving position. The serving team will keep possession of the ball following the rotation and the next player will serve.
- 9) **Substitutions-** The coach signals for a substitution during a dead ball. The referee will acknowledge the request. The substitute and player shall meet at the sideline between the attack line and center line and remain there until the scorer has recorded their numbers and instructs them to exchange places. The position of the substitute is that of the player replaced without changing the serving order. A player is allowed 3 entries per game. Starting a game counts as an entry. A re-entering player assumes their original position in the serving order in relation to other teammates.
- 10) **Time Outs-** Time outs are requested only during dead balls but not after the referee has signaled for the next serve. Each team is limited to two sixty second time-outs per game. No additional time-outs are granted during “over-time” games (past 14 points).
- 11) **Player Positions-** The position of players in order of the serve shall be Right Back, Right Front, Center Front, Left Front, Left Back and Center Back.
  - a) At the moment of serve-
    - i) all players except the server will be in the teams playing area and
    - ii) all players shall be in correct serving order. Each right side player shall have at least one foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row. Each left side player shall have at least one foot touching the floor closer to the left sideline than both feet of the center player in the corresponding row. Each front-row player shall have at least part of one foot touching the floor closer to the center line than both feet of the corresponding back row player.
    - iii) After the ball is contacted for the serve, players may move from their positions.
- 12) **Out of Bounds-** A ball is out of bounds and becomes dead when it
  - a) Touches a wall, objects mounted flush with a wall
  - b) Touches the floor completely outside the court's boundary lines. (If it hits the line it is in bounds.
  - c) Touches the net antennas or cables or does not pass over the net between the antennas
  - d) Touches a non-player who is not interfering.
  - e) Touches the ceiling or overhead obstructions beyond the vertical plane of the net.
  - f) Touches or enters a non-playable area.
  - g) Touches a backboard.
- 13) **Contacting the Ball -**
  - a) A contact is any touch of the ball by a player (excluding the player's loose hair)
  - b) A hit is contact/touch of the ball which is counted as one the team's allowable plays before the ball is returned to the opponent's side of the court.
  - c) A team shall not have more than 3 hits before the ball crosses the net into the opponent's playing area. When the team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit.

- d) A ball is considered to have crossed the net when:
  - i) It has passed completely beyond the vertical plane of the net;
  - ii) It is partially over the net and is contacted by an opponent;
  - iii) No part of the ball has crossed the net and it is legally blocked.
- e) Legal contact is a touch of the ball by a player's body above and including the waist, which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
- f) Simultaneous contact is more than one contact of the ball made at the same instant.
  - i) When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
  - ii) When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit). Any player may make the next hit.
  - iii) When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
  - iv) A "joust" occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A "joust" is not a foul, and play continues as if the contact was instantaneous.
- g) Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not have successive contacts with the ball unless there is:
  - i) Simultaneous contact by teammates;
  - ii) Simultaneous contact by opposing players;
  - iii) Successive contact by a player whose first contact is a block; then the second contact shall count as the first hit by the player's team.
- h) Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only;
  - i) When the first ball over the net rebounds from one part of the player's body to one or more other legal parts in one attempt to block;
  - ii) On any first team hit, whether or not the ball is touched by the block

**PENALTIES FOR ILLEGAL CONTACT: Point or side-out is awarded the opponent when:**

**3) A team has more than three hits;**

**4) There is any illegal contact, illegal successive contacts and/or illegal multiple contacts of the ball.**

**14) Player Actions**

- a) Definitions
  - i) Pass- A play in which the ball is hit into the air so another player can get into position to contact the ball.
    - (1) Forearm pass- a controlled skill, generally used as a team's first hit, in which the ball rebounds from the forearms of the receiver to a teammate.
    - (2) Overhead pass (setting action) - two hand finger action directing the ball.
    - (3) Set- two (or one)-hand finger action directing the ball to an attacker.
    - (4) Dig- an underhand or overhead defensive saving skill in which the ball is contacted by the forearms, fists or hands.
  - ii) Attack- Any action other than a block or serve that directs the ball toward the opponent's court. A team's third hit is always considered an attack. A completed attack occurs the instant the ball completely crosses the vertical plane of the net, or is legally blocked.
    - (1) Spike- an attack play in which the ball is forcibly hit into the opponent's court with a one-hand overhead motion.
    - (2) Tip- a fingertip attack on the ball which directs the ball into the opponent's court.
    - (3) Dump – a fingertip attack most commonly used by a setter on the second hit to direct the ball into the opponent's court.
    - (4) Overhead pass- two-hand finger action directing the ball over the net.
  - iii) Block- A play approximately arm's length from the net in which the player(s) whose hand(s) is raised above the head, contact the ball near the top of the net in an action that would:
    - (1) Prevent the ball from crossing the net;
    - (2) Return the ball immediately;
    - (3) Deflect the motion of the ball.
    - (4) A block may involve wrist action provided there is no prolonged contact.



- b) Front-row players may contact the ball from any position inside or outside the court provided the ball has not completely crossed the vertical plane of the net or the net extended.
- c) Back-row players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.
- d) Play continues when a back-row player (on or in front of the attack line), contact the ball which is completely above the height of the net, on the team's first or second contact, directing the flight of the ball toward a teammate, and the opponent legally contacts the ball that breaks the vertical plane of the net. If the ball is hit back into a back-row player, it is ruled as the team's first hit/contact. It is a back-row player foul if the flight of the ball is toward the opponent's court and now toward a teammate and is legally touched by an opponent above the net, or completely crosses the net.
- e) A back-row player shall not:
  - i) Participate in a block or an attempt to block;
  - ii) Attack a ball which is completely above the height of the net while positioned:
    - (1) On or in front of the attack line or its out-of-bounds extension;
    - (2) In the air, having left the floor on or in front of the attack line or its out-of-bounds extension.
- f) A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.
- g) A player may cross the extension of the center line outside of the court (from the sideline to the standard and/or up to any nonplayable area) at any time provided he/she does not interfere with play by the opposing team.
- h) While across the center line extension outside the court, any player may play a ball that has not completely crossed the vertical plane of the net extended.

**PENALTIES FOR ILLEGAL PLAYER ACTION: Point or side-out is awarded the opponent for an illegal hit, center-line violation or back-row player foul.**

## **15) NET PLAY**

- a) A ball contacting and crossing the net, other than when served, shall remain in play provided contact is entirely within the net antennas. (A let serve will be allowed when playing in the High School with fixed standards.)
- b) Recovering a ball hit into the net shall be permitted.
- c) A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.
- d) Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:
  - i) Attacking team has completed its three allowable hits;
  - ii) Attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball toward the opponent's court;
  - iii) Ball is falling near the net and, in the official's judgment, no member of the attacking team could make a play on the ball;
- e) Blocking a served ball is not permitted.
- f) A ball may be attacked, excluding a served ball, when it has partially crossed the net. Attacking a served ball while the ball is completely above the height of the net is not permitted. However, the contact is legal, and the ball is not out of play until it completely crosses the vertical plane of the net or is legally contacted by an opponent.
- g) A net foul occurs while the ball is in play and:
  - i) A player contacts any part of the net including net cables or net antennas. It is not a foul when a player's hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player.
  - ii) There is interference by a player who makes:
    - (1) Contact with an opponent which interferes with the opponent's legitimate effort to play the ball;
    - (2) Intentional contact with a ball which the opponent has caused to pass partially under the net or into the body of the net and the opponent is attempting to play it again.

**PENALTIES FOR ILLEGAL NET PLAY: For a net foul or over-the-net foul, point or side-out is awarded the opponent.**

**16) FOULS**

- a) A foul is a failure to play as permitted by the rules.
- b) A double foul occurs when opposing players commit rule violations at the same instant.
- c) A multiple foul occurs when the same team commits more than one violation of a single rule at the same instant during play or dead ball
- d) A simultaneous foul occurs when a team violates more than one rule at the same instant during play or dead ball.
- e) A double hit occurs when a player's successive or multiple contacts are illegal.
- f) A foot fault occurs when a player violates the serving area or center line restrictions.

**PENALTIES FOR FOULS:**

- 5. For a single foul (i.e., double hit or foot fault), point or side-out is awarded the opponent.**
- 6. For a double foul during a:**
  - a. Live-ball play, a replay is called;**
  - b. Dead ball, the penalty is assessed against the serving team followed by the receiving team with both teams rotating.**
- 7. For a multiple foul, only one penalty is assessed (point, side-out or a charged time-out)**
- 8. For a simultaneous foul during a:**
  - a. Live-ball play, only one penalty is assessed;**
  - b. Dead ball, all applicable penalties are assessed.**