



Union Sports Women Association

New York Ar-Raad

Volleyball Rules and Regulations:

Serving

- Alternate team serving: The team that is designated the home team on the schedule shall call the coin toss. The team that serves the first game will receive the serve to start the second game. If a third game is necessary, a coin toss will determine who gets the choice of serve or side. The team that is designated the visiting team shall call the coin toss for the third game.
- The first server of the game is the player in the right back position. Thereafter, when a team is awarded a side-out. The player in the right front position rotates to the serving area. For example, the first server of the game for Team A will be their right back positioned player. After a side-out, Team B will rotate before serving. Team B's first server will be the player that started the game in the right front position.
- Each member of the team shall serve in turn and may have one chance to hit the ball over the net on the serve. A re-serve shall be called when the player releases the ball for service and then lets the ball drop to the floor (the ball may be caught by the player). The official will cancel the serve and direct a second and final attempt at serve. Only **one** re-serve is permitted per player per turn in rotation at service.
- The server shall stand with both feet behind the rear boundary line. The serving area shall be behind the end line and from sideline to sideline. Both sideline extension lines are included in the width of the serving area.
- The ball may be served underhand, overhand or sidearm and may be hit in any manner by the hand. The receiving team may not block or spike a served ball.
- Any serve that hits the net and continues into the receiving team's court shall be ruled a good serve.
- Before the serve, all members of both teams must be in their respective positions on the court. After the ball is served, players may move out of any position, except a back row player may not attack or block from in front of the 10' line.

Playing Rules

- Volleyball net height: Women→ 7'4"
- A team shall be composed of six (6) players. A minimum of four (4) players is required to start a match.
- ***There will be no penalties for injured players.*** If both teams begin the game with less than the required number of players, the penalties will cancel each other out.
- Any player that shows up during a match may check in during any timeout or at the completion of the first or second games.
- **SUBSTITUTIONS:** During any dead ball situation a coach or player may ask an official for a substitution. A player in the starting lineup may re-enter, but only in their previous position in the lineup.
- More than one substitution may enter a game in each position in the rotation order.
- There will be an unlimited number of substitutions allowed per team per game.

- When receiving the ball for service after winning a rally, each member of that team shall rotate one position clockwise.
- A ball hit into the net, other than a serve, may be recovered provided a player does not make contact with the net or cross the centerline.
- A player may not play the ball in succession, unless played once by another player.
- A team must return the ball across the net with three or fewer contacts.
- If a player is hit by the ball or touches the ball, it is considered legal contact and to have been played. 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.
- When the ball lands on the boundary line, it is considered in the court. It is legal for a player to run out of bounds and play the ball.
- Any ball that makes contact with the backboards or ceiling/light fixtures will be considered out of play.

Fouls/Violations

The following are fouls or violations:

- Serving illegally or out of turn.
- Touching the net or reaching under the net to interfere with an opponent playing the ball.
- Stepping over the centerline into the opponent's court. A player may step on the line, but not completely over.
- Spiking or blocking the ball in front of the 10' line when playing in a back row position.
- Contacting the ball twice in succession unless the first contact is a block or a simultaneous hit with another player.
- Catching or holding the ball while playing it.
- Contacting the ball in an underhand motion with an open hand or hands (slapping/scooping/lifting).
- Failure to return the ball over the net in 3 or fewer contacts.
- A player that blocks or interferes with the intended set of the opposing team.
- If a team commits a foul, the opposite team will be awarded a side-out and one point.

Scoring

- Rally scoring will be employed during all matches.
- A match is won by the team that wins the best of three games.
- A game is won by the team that scores 25 points with a two-point advantage. If a third tiebreaking game is needed, it shall be played to 15 points with a two-point advantage.
- To score a point: If a team fails to serve properly, return the ball, commits any foul, violation or any other fault, the opponent wins the rally, is awarded a side-out and scores one point.

Union Sports Women Association Committee has discretion to change any rules anytime. This includes but not limited to timings - shorter timings later games if necessary, Automatic wins if gym time runs out and any additional rules necessary.