

Volleyball General Rules - SFPSL



HOW TO PLAY

- A volleyball game consists of two teams of six players each, separated by a net.
- To start, flip a coin to determine which team serves the ball first.
- Then the two teams will rally—or hit the ball back and forth over the net—until a fault occurs.
- There is a maximum of three hits per side.
- The objective is to score points by sending the ball over the net, grounding it into the opponent's court.
- Volleyball matches are made up of sets, typically three or five sets.
- Three-set matches are two sets to 25 points and a third set to 15 points. Each set must be won by two points. The first team to win two sets is the winner of the match.

BASICS RULES

- Only 6 players on the floor at any given time: 3 in the front row and 3 in the back row.
- Points are made on every serve for the winning team of the rally (rally-point scoring).
- Players may not hit the ball twice in succession (a block is not considered a hit).
- Ball may be played off the net during a volley and on a serve.
- A ball hitting a boundary line is in.
- A ball is out if it hits an antennae, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, or the ceiling above a non-playable area.
- It is legal to contact the ball with any part of a player's body.
- It is illegal to catch, hold or throw the ball.
- A player cannot block or attack a serve from on or inside the 10-foot line.
- After the serve, front-line players may switch positions at the net.

VIOLATIONS

- Stepping on or across the service line when serving while making contact with the ball.v (J.V can be over the line with referee approval)
- Failure to serve the ball over the net successfully.
- Ball-handling errors and contacting the ball illegally (double touching, lifting, carrying, throwing, etc.)
- Touching the net with any part of the body while the ball is in play.
- Blocking a ball coming from the opponent's court and contacting the ball when reaching over the net if your opponent has not used 3 contacts AND has a player there to make a play on the ball.
- Attacking a ball coming from the opponent's court and contacting the ball when reaching over the net when the ball has not yet broken the vertical plane of the net.

- Crossing the court centerline with any part of your body, with the exception of a hand or foot. It is only considered a violation if the entire hand or entire foot crosses the court centerline.
- Serving out of rotation or out of order.