



**Norfolk, VA | Est. 2019**

### **GENERAL GAMEPLAY**

#### **1. 3 SETS**

- a. Sets are played to 21 points. All three sets must be played
- b. If the score of a set reaches a 21-21 tie, the first team to reach a two point advantage wins the set
- c. Matches are limited to 50 minutes of playing time
  - i. If time is going to be reached before the 3rd game is complete, the game is played to 15

#### **2. FORFEITS OR INCOMPLETE GAMES**

- a. If a team doesn't have enough players at the beginning of the match, a five minute grace period shall be allowed for the team to produce enough players. If players cannot be produced, the match is forfeited (see **6. Substitutions of Players**)
- b. A forfeiting team takes an automatic loss of 3-0 with a score of 21-0 each set

#### **3. RALLY SCORE**

- a. Points are made regardless of who is serving
- b. Matches must be won by two points

#### **4. STARTING LINE UP**

- a. Indicates serving rotation
  - i. Must be followed throughout the set

#### **5. POSITIONING**

- a. A maximum of four players are allowed to play on the court at one time
- b. Back row players must be positioned further back from the net than their corresponding front row players

- c. Each side player (left or right) must have at least part of their foot closer to the side of play than center players
- d. After service, players may move freely and occupy any position

## **6. SUBSTITUTIONS OF PLAYERS**

- a. If a team can only supply three players at the start of a match, they may substitute in one outside player from the same division and play without forfeiting
- b. If a team can only supply two players, at the start of the match, they may substitute in one outside player from the same divisions and play without forfeiting
- c. If a team has three or more players show to the match but a player(s) don't wish to play of their own choice, the team may only secure a substitute(s) per rule 6.a and 6.b.
  - i. The player that wishes to not play may not then play during a set that has already begun.
  - ii. If the player that did not want to play, then wants to enter the next set, substitutes must adhere to rules 6.a and 6.b
- d. Outside substitutions will not be allowed in the final tournament

## **7. POSITIONAL FAULTS**

- a. If any player on your team is not in their correct position at time of service
- b. If a service fault and a positional fault occur at the same time, the service fault is counted
- c. If a service fault is committed after the service hit, the positional fault will be counted

## **PLAYING ACTIONS**

### **8. BALL OUT**

- a. If the ball touches an object outside of the court (ceiling, a person out of play, the antennae, ropes, posts, or net) outside of the side bands, the ball is out of play and a playover may be directed at the referee's discretion

### **9. TEAM HITS**

- a. A hit is any contact with the ball by a player in play. A team is allowed a maximum of three hits (in addition blocking) to return the ball. If more hits are used, it is considered a fault.
- b. Consecutive contact
  - i. A player may not hit the ball more than once consecutively unless following a block
- c. Simultaneous contact
  - i. Two or three players may touch the ball at the same moment
  - ii. Each touch counts as a hit (except for blocking)
  - iii. If more than one player reaches for the ball but only one touches it, only one hit is counted

## **10. ASSISTED HIT**

- a. A player is not allowed to take support from a teammate or structure within the playing area
- b. A player who is about to commit a fault may be stopped or held back by a teammate

## **11. CHARACTERISTICS OF A HIT**

- a. The ball may touch any part of the body
- b. The ball cannot be caught or thrown

## **12. FAULTS IN PLAYING THE BALL**

- a. Four hits
- b. Assisted hit
- c. Catch
- d. Carry
  - i. The ball may not visibly come to rest or have prolonged contact with a player's body
- e. Double contact

## **13. BALL CROSSING THE NET**

- a. The ball must go over the net within the crossing space between the antennae and their imaginary extension

- b. A ball that has crossed the net plane into the opponent's free zone totally or partially through the external space may be played back within the team hits, provided that it crosses the net plane through the external space on the same side of the court
- c. A ball that is heading towards the opponent's court through the lower space is in play until the moment it has completely crossed the vertical plane of the net

#### **14. PENETRATION INTO THE opponent's SPACE**

- a. Penetration into the opponent's space under the net is permitted, provided that it does not interfere with the opponent's play
- b. Touching the opponent's court with a foot is permitted as long as some part of the foot remains in contact with the center line
- c. Penetration with any part of the body is allowed, provided that it does not interfere with any part of the opponent's play
- d. Players may penetrate into the opponent's free zone provided they do not interfere with the opponent's play

#### **15. CONTACT WITH THE NET**

- a. Contact with the net between the antennae is not a fault unless it interferes with the play

#### **16. PLAYER FAULTS AT THE NET**

- a. If a player touches the ball and/or an opponent in the opponent's space before or during the opponent's attack hit
- b. A player interferes with the opponent's play with penetrating into the opponent's space under the net
- c. A player's foot penetrates completely into the opponent's court
- d. A player interferes with play by:
  - i. Touching the net between the antennae or the antennae themselves during their action of play
  - ii. Using the net between the antennae as a support or stabilizing aid
  - iii. Creating an unfair advantage over the opponent by touching the net
  - iv. Making actions that hinder an opponent's legitimate attempt to play the ball

- v. Catching or holding onto the ball

## **17. AUTHORIZATION OF SERVICE**

- a. The referee authorizes service after checking that both teams are ready to play and the server is in possession of the ball

## **18. EXECUTION OF SERVICE**

- a. The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand. At the moment of service, the server cannot touch the court until the ball has been hit.
- b. The serve must take place within ten seconds
- c. A service executed before the referee's acknowledgment is canceled and repeated
- d. Servers have unlimited toss and release of the ball within ten seconds

## **19. SCREENING**

- a. The players of the serving team must not prevent their opponent from seeing the server and the path of the ball

## **20. SERVICE FAULTS**

- a. Faults made during the service
  - i. Violation of service order
  - ii. Improper execution of the serve
  - iii. Server's foot crosses the line before the ball is hit
- b. Faults made after the service hit
  - i. The ball touches a member of the serving team
  - ii. The ball fails to cross the vertical plane of the net completely through the crossing space
  - iii. The ball goes out
  - iv. The serving team is screening the ball

## **21. RESTRICTIONS OF THE ATTACK HIT**

- a. An attack hit is defined as a one-handed hit that directs the ball back at the opponent

- b. A front row player may make an attack hit at any height provided that contact with the ball has been made by another member of the same team
- c. A back row player may complete an attack hit at any height from behind the front zone as long as their takeoff is behind the attack line and not using one hand
- d. No player is permitted to complete an attack hit on the opponent's serve when the ball is in the front zone and entirely higher than the top of the net

## **22. FAULTS OF THE ATTACK HIT**

- a. A player hits the ball within the playing space of the opposing team
- b. A player hits the ball out
- c. A back row player completes an attack hit from the front zone while the ball is higher than the net
- d. A player completes an attack on the opponent's serve while the ball is higher than the net

## **23. BLOCKING**

- a. Consecutive contacts with the ball may occur by one or more blockers provided that the contacts are made during one action
- b. In blocking, a player may place their hands and arms beyond the net provided that the action does not interfere with the opponent's play
  - i. It is not permitted to touch the ball over the net until the opponent has made an attack hit
- c. Block contact is not counted as a team hit
  - i. The first hit after a block may be executed by any player, including the one who touched the ball during the block
- d. Blocking the serve is not allowed
- e. In blocking, a player may touch the ball beyond the net, provided that they do not interfere with the opponent's play before or during their attack hit

## **24. BLOCKING FAULTS**

- a. The blocker touches the ball in the opponent's space either before or simultaneously with the opponent's attack hit
- b. A back row player completes a block or participates in a completed block

- c. Blocking the serve
- d. The ball goes out off the block
  - i. Blocking the ball in the opponent's space from outside the antenna

## **INTERRUPTIONS, DELAYS, AND INTERVALS**

### **25. NUMBER OF REGULAR GAME INTERRUPTIONS**

- a. Each team may request a maximum of two 30-second timeouts
- b. Each team has unlimited substitutions per set
- c. Requests for game interruptions may only be made by a captain
  - i. Substitution before the start of a set is permitted and should be recorded as a normal substitution
  - ii. A substitute can only enter the game on their team's serve
  - iii. A player in the starting line up may only leave the game once in a set and re-enter once in a set and only to their original place in the lineup
  - iv. An expelled player must be legally substituted. If a legal substitution is impossible, the team is declared incomplete

### **26. ILLEGAL SUBSTITUTIONS DURING PLAY**

- a. A substitution is illegal when the substituting team does not have the serve or if an unregistered player is involved
- b. If an illegal substitution is made and play has resumed, the opposing team is awarded a point and the serve, and the substitution must be rectified. Any points scored by the team at fault are cancelled. Any points scored against the team at fault remain valid.

### **27. SUBSTITUTION PROCEDURE DURING PLAY**

- a. A substitution must take place in the serving position
  - i. Meaning a player coming in must be coming in to serve
- b. A team may choose to rotate players in continuously at the serving position once earning the serve.
  - i. This is allowable as long as the order is unchanged for the duration of a set.

## **28. CHANGE OF COURTS**

- a. After the first set, the teams change courts
- b. Teams do not switch between the second and third sets

## **PARTICIPANT CONDUCT**

## **29. MISCONDUCT**

- a. STAGE 1: verbal warning to the captain
- b. STAGE 2: a yellow card is given to the individual but is in force for the entire team. The team is penalized one point and service is given to the opponent (in force for one game)
- c. STAGE 3: a red card is issued to the player, who must be removed from the game and legally substituted
- d. d. STAGE 4: red and yellow card, player is disqualified and removed from the league
- e. See more on the league's Code of Conduct

## **30. UNIFORMS**

- a. Every player must wear the Stonewall Sports Norfolk volleyball tank top/shirt given to them at the start of the season.
  - i. If a player's original tank top/shirt is not available, the player must wear one of the extra tank tops/shirt provided by Volleyball Leadership
- b. Tank tops/shirts may be modified for comfort but logos cannot be obscured or altered in any way. Shirts with modified or altered logos are considered unplayable and will not be considered appropriate attire.
- c. Undershirts are allowed.
- d. Athletic shoes and sand socks are permitted
  - i. Playing barefoot is only allowed in Sand Volleyball
- e. Kneepads and other protective equipment are permitted

## **31. REFEREES**

- a. Each team must provide at least one referee per the published referee schedule.
- b. If a team does not provide a referee, the team will be assigned a paper forfeit for their match that week.



## **PLAYOFFS**

### **32. PLAYOFFS**

- a. Games 1 and 2 are played to 21 points and if the 3rd game is required, it is played to 15.
- b. No substitutions are allowed during playoffs