

## PSAA Volleyball Rules

### THE SERVE

(A) Server must serve from the service zone – which will be behind the end line and between the two sidelines extended. The server is not to touch the end line nor enter the court prior to striking the ball. After contact with the ball, server may re-enter the court.

(B) The ball is to be struck with one hand/arm and may be served underhand, sidearm, or overhand.

(C) The server is to wait to for the official to authorize the serve [official will blow whistle and signal]. Server will have 8 seconds to execute the serve. [note: attempting serve prior to authorization will result in a cancellation of that serve and be repeated.]

(D) The server will only have one toss or release [not including any dribbling or moving the ball in the hands prior to the execution of the serve.]

(E) Games to 25 points will mean that the server will be permitted up to 5 consecutive serves. Games to 21 points, the server will be permitted up to 4 consecutive serves. Games to 15 points, the server will be permitted up to 3 consecutive serves. Teams that are able to reach their maximum number of consecutive serves will keep service but must rotate their players one position.

(F) Ball must be clearly visible to opponents before the serve. The players of the serving team must not prevent their opponent, through individual or collective screening from seeing the server or the flight path of the ball.

(G) As with all plays, the ball is in play even if it touches the net.

(H) Opponents are not permitted to block or attack the serve, which means a player in the front zone immediately returns the ball when it is entirely higher than the top of the net.

### PLAYING THE BALL

(A) The team is entitled to a maximum of three hits (in addition to blocking) for returning the ball. If more hits are used, this commits the fault of “four hits”.

(B) A player may not hit the ball two times consecutively

(C) Two or three players may touch the ball at the same moment. It is counted as two or three hits [exception of blocking].

(D) When two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits.

(E) The ball may touch various parts of the body, provided that the contacts take place simultaneously.

EXCEPTION; at the first hit of the team, the ball may contact various parts of the body consecutively provided that the contacts occur during one action.

NOTE: Player cannot make a kicking action. The ball must not be caught and/or

thrown. It can rebound in any direction.

(F) A forearm pass or volley is permissible for service return (as per OVA volleyball).

SCORING - Rally point scoring system will be used.

(A) There will be a point scored on every serve of the ball.

(B) Offense will score on a defence miss or out of bounds hit.

(C) Defence will score on an offensive miss, out of bounds hit, or serve into the net.

ROTATION

( A ) Team will rotate each time they win the serve.

( B ) Players shall rotate in a clockwise manner.

( C ) There shall be 6 players on each side. We are not using the libero.

PLAYING THE GAME

( A ) Maximum of three hits per side.

( B ) Player may not hit the ball twice in succession ( A block is not considered a hit ).

( C ) Ball may be played off the net during a volley and on serve.

( D ) A ball touching a boundary line is good.

( E ) A legal hit is contact with the ball by any part of the player's body and does not allow the ball to visibly come to a rest.

( F ) If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.

( G ) A player must not block or attack a serve.

BASIC VIOLATIONS

( A ) Stepping on or over the line on a serve.

( B ) Failure to serve the ball over the net successfully.

( C ) Hitting the ball illegally ( Carrying, Palming, Throwing, Lifts, etc. ).

( D ) Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.

( E ) Reaching over the net, except under these conditions:

1 - When executing a follow-through.

2 - When blocking a ball which is in the opponents court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact).

( F ) Reaches under the net ( if it interferes with the ball or opposing player ).

( G ) Failure to serve in the correct order.

( H ) Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.

#### TIE BREAK

(A) If teams are tied at the conclusion of the round robin, the result from head to head competition will only determine the seeding of the playoff teams. To determine playoff teams, teams will compete in extra play that will be similar to the tie-break procedure in tennis. Teams will play a game to 7 points [first to 7] and teams will alternate service after each point. [i.e. Team A starts and wins the point and is up 1-0, but Team B will now be serving. Team A wins the point, and is now up 2-0, and it is Team A's turn to serve. – BASICALLY the team winning the right to serve first in the extra play will have every odd serve and the other team every even serve.]

#### SUSTITUTIONS

Teams have the option to substitute in an open rotation or with direct substitution.

Open rotation: The team will have its starting 6 players on the court with the remaining players on the bench in order for entry onto the court. When the team wins the serve and rotates, one player rotates off the court and the first bench player enters the court. The order of putting players in and out of the game is to be the same throughout that set. Teams electing to use this style of rotation may not use direct substitution at any time during that set, but may change substitution styles for the next set.

Direct substitution: The team will have its starting 6 players on the court. When players are being replaced, the official is to be notified, and the players are to wait until permission is granted by the official before entering the court of play. When a player re-enters the game, that player must take their original position [i.e. #5 is replaced by #7 – when #5 re-enters, must take off #7 – and if #7 comes back, he/she can only take off #5. You could have three players share one spot – i.e. #3 plays the front court positions, sub in #8 for the serve, sub in # 9 once the other team wins the serve, put #3 back in when #9 rotates into the front court.] NOTE: in the first example, #5 cannot re-enter by taking off any other player, and #7 cannot re-enter by taking off any other player. In the second example, players #3, #8, and #9 are only allowed to re-enter for each other.

#### THE COURT/PLAYING AREA

The indoor court is 18 m x 9m (29'6" x 59'). It includes an attack area designated by a line 3 m (9'10") back from the center line.

#### NET HEIGHT

The height of the net shall be about 2.25 m

#### BALL

The ball weighs between 9 and 10 ounces. Ball pressure is between 4.5 and 6.0 pounds