

Volleyball Rules for College

Mr. William G. Morgan, Physical Director Y M C A in Holyoke, Massachusetts (USA) invented the game in **1895**. Originally the sport was called 'mintonette'.

PLAYING AREA DIMENSIONS

The playing court is a rectangle measuring 18 x 9 m, surrounded by a free zone which is a minimum of 3 m wide on all sides. The free playing space is the space above the playing area 7 m height which is free from any obstructions.

LINES ON THE COURT All lines are 5 cm wide

Service zone The service zone is a 9 m wide area behind each end line.

Substitution zone The substitution zone is limited by the extension of both attack lines up to the scorer's table.

Libero Replacement Zone The Libero Replacement Zone is part of the free zone on the side of the team benches, limited by the extension of the attack line up to the end line.

HEIGHT OF THE NET

2.43 m for men and 2.24 m for women. Its height is measured from the centre of the playing court.

STRUCTURE The net is 1 m wide and 9.50 to 10 metres long, made of 10 cm square black mesh.

At its top a horizontal band, 7 cm wide, made of two-fold white canvas, is sewn along its full length.

At the bottom of the net there is another horizontal band, 5cm wide, similar to the top band, through which is threaded a rope. This rope fastens the net to the posts and keeps its lower part taut.

SIDE BANDS Two white bands are fastened vertically to the net. They are 5 cm wide and 1 m long, and are considered as part of the net.

ANTENNAE An antenna is a flexible rod, 1.80 m long and 10 mm in diameter, the top 80 cm of each antenna extends above the net and is marked with 10 cm stripes of contrasting colour, preferably red and white. The antennae are considered as part of the net and laterally delimit the crossing space.

BALLS

- Circumference is 65-67 cm
- Weight is 260-280 g.
- Inside pressure shall be 0.30 to 0.325 kg/cm²

TEAMS A team may consist of up to **12 players, one coach, two assistant coaches and one physical therapist and one medical doctor**.

EQUIPMENT A player's equipment consists of a **jersey, shorts, socks (the uniform) and sport shoes**.

Players' jerseys must be numbered from **1 to 20**.

TO WIN A SET A set (except the deciding, 5th set) is won by the team which **first scores 25 points** with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24; 27-25; ...).

TO WIN THE MATCH The match is won by the team that wins three sets. In the case of a 2-2 tie, the deciding set (the 5th) is played to 15 points with a minimum lead of 2 points.

THE TOSS Before the match, the first referee carries out a toss in the presence of team captains to decide upon the first service and the sides of the court in the first set. If a deciding set is to be played, a new toss will be carried out.

The winner of the toss chooses: *EITHER the right to serve or to receive the service, OR the side of the court. The loser takes the remaining choice.*

TEAM STARTING LINE-UP There must always be six players per team in play. The team's starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the set.

POSITIONS At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order (except the server).

- The positions of the players are numbered as follows: the three players along the net are front-row players and occupy positions 4 (front-left), 3 (front-centre) and 2 (front-right); the other three are back-row players occupying positions 5 (back-left), 6 (back-centre) and 1 (back-right).
- The positions of players are determined and controlled according to the positions of their **feet** contacting the ground.

POSITIONAL FAULT The team commits a positional fault, if any player is not in his/her correct position at the moment the ball is hit by the server.

- A positional fault leads to the following consequences: the team is sanctioned with a point and service to the opponent, players' positions are rectified.

ROTATIONAL FAULT A rotational fault is committed when the SERVICE is not made according to the rotational order. It leads to the following consequences: the team is sanctioned with **a point and service to the opponent**; the players' rotational order is rectified.

TEAM HITS A hit is any contact with the ball by a player in play. The team is entitled to a maximum of three hits (in addition to blocking, for returning the ball

ASSISTED HIT Within the playing area, a player is not permitted to take support from a team-mate or any structure/object in order to **hit** the ball.

CHARACTERISTICS OF THE HIT The ball may touch any part of the body.

- The ball must not be caught and/or thrown. It can rebound in any direction.
- The ball may touch various parts of the body, provided that the contacts take place simultaneously.

FAULTS IN PLAYING THE BALL

- **FOUR HITS:** a team hits the ball four times before returning it.
- **ASSISTED HIT:** a player takes support from a team-mate or any structure/object in order to hit the ball within the playing area.
- **CATCH:** the ball is caught and/or thrown; it does not rebound from the hit
- **DOUBLE CONTACT:** a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.

PLAYER AT THE NET

REACHING BEYOND THE NET In blocking, a blocker may touch the ball beyond the net, provided that he/she does not interfere with the opponent's play before or during the latter's attack hit.

PENETRATION UNDER THE NET It is permitted to penetrate into the opponent's space under the net, provided that this does not interfere with the opponent's play.

Penetration into the opponent's court, beyond the centre line: to touch the opponent's court with a foot (feet) is permitted, provided that **some part of the penetrating foot (feet) remains either in contact with or directly above the centre line;**

- to touch the opponent's court with **any part of the body above the feet is permitted provided that it does not interfere with the opponent's play.**
- A player may enter the opponent's court after the ball goes out of play.

CONTACT WITH THE NET Contact with the net by a player is **not a fault**, unless it interferes with the play.

PLAYER'S FAULTS AT THE NET

- A player touches the ball or an opponent in the opponent's space before or during the opponent's attack hit.
- A player interferes with the opponent's play while penetrating into the opponent's space under the net.

- A player's foot (feet) penetrates completely into the opponent's court.
- **A player interferes with the opponent's play by (amongst others):** - touching the **top band of the net** or the **top 80 cm of the antenna** during his/her action of playing the ball, or - **taking support from the net** simultaneously with playing the ball, or - creating an advantage over the opponent, or making actions which hinder an opponent's legitimate attempt to play the ball.

SERVICE The service is the act of putting the ball into play, by the back right player, placed in the service zone.

EXECUTION OF THE SERVICE The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).

- Only one toss or release of the ball is allowed. At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the floor outside the service zone.
- The server must hit the ball **within 8 seconds** after the first referee whistles for service.
- It is a fault, during the reception of service, to make a double contact or catch using an overhand finger action.

SCREENING

The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server or AND the flight path of the ball.

A player or a group of players of the serving team make(s) a screen by waving arms, jumping or moving sideways during the execution of the service, or by standing grouped to hide the server AND the flight path of the ball.

ATTACK HIT

CHARACTERISTICS OF THE ATTACK HIT All actions which direct the ball towards the opponent, with the exception of service and block, are considered as attack hits.

RESTRICTIONS OF THE ATTACK HIT A front-row player may complete an attack hit at any height, provided that the contact with the ball has been made within the player's own playing space.

- **A back-row player may complete an attack hit at any height from behind the front zone:** at his/her take-off, the player's foot (feet) must neither have touched nor crossed over the attack line; after his/her hit, the player may land within the front zone.
- A back-row player may also complete an attack hit from the front zone, if at the moment of the contact part of the ball is lower than the top of the net.
- No player is permitted to complete an **attack hit** on the **OPPONENT'S service**, when the ball is in the front zone and entirely higher than the top of the net.

BLOCKING

- Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net, regardless of the height of the ball contact. Only front-row players are permitted to complete a block.

BLOCKING THE SERVICE To block an opponent's service is forbidden.

BLOCKING FAULTS The blocker touches the ball in the OPPONENT'S space either before or simultaneously with the opponent's attack hit.

- A back-row player or a Libero completes a block or participates in a completed block.
- A Libero attempts an individual or collective block.

REGULAR GAME INTERRUPTIONS Regular game interruptions are **TIME-OUTS** and **SUBSTITUTIONS**.

TIME-OUTS AND TECHNICAL TIME-OUTS All time-outs that are requested last for 30 seconds.

- **For FIVB, World and Official Competitions, in sets 1-4, two additional 60-seconds "Technical Time-Outs" are applied automatically when the leading team reaches the 8th and 16th points.**

- In the deciding (5th) set, there are no "Technical Time-Outs"; only two time-outs of 30 seconds duration may be requested by each team.

SUBSTITUTION OF PLAYERS A substitution is the act by which a player, enters the game to occupy the position of another player, who must leave the court at that moment. Substitution requires the referee's authorization.

LIMITATION OF SUBSTITUTIONS: Six (06) substitutions is the maximum permitted per team per set.

EXCEPTIONAL GAME INTERRUPTIONS

INJURY Should a serious accident occur while the ball is in play, the referee must stop the game immediately and permit medical assistance to enter the court. The rally is then replayed

If an injured player cannot be substituted, legally or exceptionally, the player is given a **3-minute recovery time**, but not more than once for the same player in the match.

SET INTERVALS An interval is the time between sets. All set intervals last **three minutes**.

LIBERO PLAYER A specialised defensive player.

EQUIPMENT The Libero players must wear a uniform (or jacket/bib for the re-designated Libero) whose jerseys at least must contrast in colour with that of the other members of the team. The Libero uniform may have a different design, but it must be numbered like the rest of the team members.

ACTIONS INVOLVING THE LIBERO:

- The Libero is allowed to **replace any player in a back row position**.
- He is **not allowed to complete an attack hit** from anywhere (including playing court and free zone) if at the moment of the contact, the ball is entirely higher than the top of the net.
- He/she **may not serve, block or attempt to block**.
- A player **may not complete an attack hit** from higher than the top of the net, if the ball is coming from an overhand finger pass by a Libero in his/her front zone.
- The ball may be freely attacked if the Libero makes the same action from outside his/her front zone.

MISCONDUCT LEADING TO SANCTIONS Incorrect conduct by a team member towards officials, opponent, team-mates or spectators is classified in three categories according to the seriousness of the offence.

- **Rude conduct:** action contrary to good manners or moral principles, or any action expressing contempt.
- **Offensive conduct:** defamatory or insulting words or gestures.
- **Aggression:** actual physical attack or aggressive or threatening behaviour.

SANCTION SCALE According to the judgment of the first referee and depending on the seriousness of the offence, the sanctions to be applied and recorded on the score sheet are: **Penalty, Expulsion or Disqualification**.

Warning: no sanction – Stage 1: verbal warning

Stage 2: symbol Yellow card

Penalty: sanction – symbol Red card: any team member is penalized with a point and service to the opponent.

Expulsion: sanction – symbol Red + Yellow cards jointly: sanctioned by expulsion shall not play for the rest of the set and must remain seated in the penalty area with no other consequences.

Disqualification: sanction – symbol Red + Yellow card separately: A team member who is sanctioned by disqualification must leave the Competition Control Area for the rest of the match with no other consequences.

REFEREEING CORPS

COMPOSITION The refereeing corps for a match is composed of the following officials:

- the first referee -the second referee - the scorer -four (two) line judges