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Topic Name: Volley Ball

Lecture No. - 26

Lecture Title

Volleyball Rules

Script

This lecture is intended to help you attain a basic understanding of the game of volleyball. In this we will be talking about with the rules, procedures, and customs of volleyball. The more you play, the more you'll improve. Even the "backyard warrior" who doesn't intend to go beyond the occasional recreational game needs to be familiar with the basics.

Rules of Volleyball

There are thirty rules of the game of volleyball. Each of these rules is made up of articles which address specific aspects of the rule. Each of the articles is subject to interpretation which is usually addressed in rule books as 'commentary.' In some cases, there are current practices that differ from international rules. This review of the rules is not intended to give you a complete explanation, but rather, like the rest of this brochure, just an overview of the basics. It is critical that to be a proficient player, or just to avoid needless interruptions brought on by debate of the rules of play, you should become very familiar with all the rules. Additionally, it should be noted that high school, collegiate women, international competition, and beach volleyball rules all vary somewhat from what is presented here. Get your own personal copy of the rules

NOTE: Use your rule book to advance your own understanding of the rules, not like a traffic cop whose job it is to point out other people's violations.

RULE 1: Playing Area and Lines.

RULE 2: The Net. And Posts

RULE 3: The Ball.

RULE 4: The Teams.

If the captain asks the first referee, before the match begins, players may participate without shoes.

For international and USA Volleyball Open Competition, each team has the option to register on their roster one specialized defensive player called the "Libero."

RULE 5: Players Equipment.

Uniforms must be similar, clean and of the same color. The Libero, if used, will wear a uniform of contrasting colour.

No jewelry is allowed except medical and religious medals or flat wedding bands. These may have to be taped to avoid hazards for players. No casts or hard splints or braces are allowed on the upper body no matter how much padding is used. Only soft bandages and tape are allowed.

RULE 6: Rights and Responsibilities of the Participants.

Only the playing captain or coach may ask for a time-out or substitution and only when the ball is not in play. Only the playing captain may speak to the referees.

RULE 7: Scoring System.

A volleyball match is won by the team that wins the best of three or five sets.

All sets are rally scored. In the rally score system, a point is awarded on each service or side out. This means that a receiving team's error or penalty results in a point. Likewise, a serving team's error or penalty results in a point and the ball for the receiving team to serve. It isn't necessary for the winning team to be serving when the winning point is scored.

A 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.

The deciding set of any match (3rd or 5th game) is played to 15 points. The winner is the first team to achieve 15 points with a minimum lead of two points. Play is continued until a two point lead is achieved.

A default game results if a team cannot field six players or fails to begin play after the referee request. Default games are scored either 25-0 or 15-0 depending the set being played. In a set to 25 points, if a default is due to injury, the losing team keeps its points and the winning team is credited with at least 25 points or up to 27 if necessary to provide a two point victory.

RULE 8: Preparation for the Match

A coin is tossed at the beginning of the match. The winner of the coin toss may choose to serve, receive the serve, or the side of the court. The same choices are offered at a toss before the deciding game of a match if one is needed. After each set of a match, players change sides of the court and bench areas at courtside.

RULE 9: Team Line-up

At least two minutes prior to a match and thirty seconds prior to the expiration of the intermission between games, a coach or game captain submits the team line-up.

RULE 10: Players' Positions and Rotation.

At the moment the ball is contacted by the server, each team must be completely within its own side of the court in two rows of three players. The rows may be staggered.

Each player in the front row must have at least a part of one foot closer to the centre line than both feet of the corresponding back row player.

Each right (left) side player must have at least a part of one foot closer to the sideline than both feet of the centre player in the corresponding row. The server is exempt from the application of this rule.

When the receiving team has gained the right to serve, its players must rotate one position clockwise.

RULE 11: Substitution of Players. The act by which the referees authorize a player to leave the court and a substitute to occupy that position.

If used, the Libero player must be recorded on the score sheet before the match and indicated on the roster. His/her number must also be added on the line-up sheet of the first set.

The Libero:

- Must wear a jersey of contrasting color to his/her teammates.
- Is restricted to perform as a back-row player.
- Is not allowed to complete an attack hit from anywhere.
- Is not allowed to serve, block or attempt to block.
- Is not allowed to set a teammate for an attack hit when the Libero is in front of the 3 meter line. The Libero may set a teammate when the Libero is completely behind the 3 meter line.
- Is allowed to replace any back-row player on any dead ball.
- Is not counted as a regular substitution and has unlimited entries. A rally must occur between Libero replacements.

- Can only be replaced by the player whom he/she replaced.
- Substitution occurs on the sideline between the end line and three-meter line and need not be authorized by a referee.

An injured or ill player has 30 seconds to decide whether to continue playing or exit the game. After 30 seconds, the team must take a time-out or replace the player.

RULE 12: States of Play. The ball is in play when it is legally contacted for service.

The ball is out of play when:

- It does not cross the net completely between the antennas.
- It hits the floor, wall or a floor obstruction.
- It hits something 7 m (23') or more above the playing area or anything in the non-playing area including the antenna.
- It passes fully under the net or outside the antennas.
- A player commits a fault.
- A served ball hits the net or other object.
- A referee whistle sounds, even if inadvertent.

RULE 13: Playing Faults. Any playing action contrary to the rules is a playing fault.

The consequence of a fault is loss of rally. The opponent of the team committing the fault wins the rally and is awarded a point.

If opponents simultaneously commit a fault, a double fault is called and the rally is replayed. If opponents commit faults at nearly the same time, the 1st referee must determine which one happened first and only penalize that one.

RULE 14: Playing the Ball.

Each team is entitled to three hits (in addition to blocking) to return the ball to their opponents.

A fault occurs when:

- The ball is held, thrown or pushed
- A team contacts the ball more than three times consecutively. Except when the first contact is the result of a block.
- A ball touches a player twice in succession or the ball touches the body twice in succession.
- Players are out of position at service.
- A ball is illegally served.
- An Illegal block occurs.
- A player enters a non-playing area to play the ball.
- A player touches the net or antenna.

- A player attacks the ball above the opponent court or steps in an opponent's court• A player reaches under the net and touches either the ball or the opponent.
- A ball lands outside a court or strikes an object.
- A ball is played by a player being supported by a teammate.

RULE 15: Ball at the Net.

The ball must completely cross the net between the antennas and their imaginary extension upward to the ceiling.

A ball may touch the net while crossing it except when serving. International rules do allow serves to touch the net.

A ball may be played out of the net within the realm of the three hits allowed to return the ball to your opponent.

RULE 16: Player at the Net.

It is a fault to touch any part of the net or antennas, except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball.

No fault is committed if the ball is hit into the net with such force that the net strikes a player. If both opponents hit the net at the same time, the first referee calls for a replay. Touching the net supports accidentally is not a fault unless it interferes with play.

Touching the opponent's playing area with any part of your body except your feet or hands is a fault. Touching the opponent's area with hands or feet is not a fault providing the encroachment occurs on or above the centreline.

Attacking players may hit a ball back to a member of the attacking team even if it has penetrated the vertical plane of the net providing the entire ball has not broken the vertical plane of the net.

RULE 17: Service.

The server stands behind the end line and hits the ball so that it flies over the net, between the antennas, and into the opponent's court. The server may not touch the end line or step into the court prior to making contact with the ball.

The referee beckons for each serve and it must be taken within eight seconds.

The serve is surrendered to the opposing team when any of the following serving faults occur:

- The ball touches the net. *Note: International rules allow a served ball to touch the net as it crosses to the opponent's court.*

- The ball goes under the net.
- The ball touches an antenna.
- The served ball does not stay within the imaginary lines created by the antennas.
- The ball touches a player before crossing the net.
- The ball lands outside the opponent's court.
- The server is standing on or touches the end line.

In addition, if a player serves out of turn, the team loses service and any points won during those services. The players must move back to correct positions.

The receiving team must not be screened from seeing the serve. All players must also be in proper positions relative to one another when the ball is served. They may move to other positions only after the server contacts the ball initiating a rally.

Jump serves are allowed providing the jump is taken while the server is in the proper service area regardless of whether the server strikes the ball while over the court or not.

RULE 18: Attack Hit. All actions directing the ball to the opponents court except for a serve or block.

A front-row player can carry-out an attack hit at any height.

A back-row player can't strike a ball in front of the attack line until the ball is at least partially below the top of the net. Spiking above the net by a back-row player is allowed providing the player jumped from behind the attack line regardless of where he/she lands.

RULE 19: Block. Blocking is the action that deflects the ball coming from the opponent by a player close to the net reaching higher than the net.

RULE 20: Regular Game Interruptions:

Each team is allowed two thirty second timeouts in each game. They may be called back to back.

RULE 21: Delays to the Game: Any action of a team that delays the resumption of the game or match is a team delay.

RULE 22: Exceptional Game Interruptions:

Referees will stop play as soon as they notice an injured player or an object on the court. A replay is called when the game is resumed.

RULE 23: Intervals and Changes of Court:

The interval between games is three minutes. During this time teams change courts and line-ups are submitted.

RULE 24: Misconduct:

Individual sanctions may be assessed against a player or coach for a variety of unsportsman like actions during or between games including: shouting at an opponent; addressing officials about their decisions; trying to distract an opponent; or coaching in a disruptive manner.

Yellow or Warning Card. This is given for minor unsporting offenses. A second yellow card to an individual will result in an automatic red card.

Red or Penalty Card. This is given for serious offenses. If a team is serving and receives a red card, they will lose the serve. When rally scoring their opponent also is awarded a point. If the team receiving serve get a red card, their opponent will receive a point.

Expulsion. This is given for extremely offensive behaviour. The player is out for the rest of the game. No additional penalty is given.

Disqualification. This is called when a player receives a second expulsion during a match or when physical aggression is shown toward an official, another player, or a spectator. The player is ordered from the playing area for the balance of the match. No other penalty is given.

RULE 25: Corps of Officials and Procedures:

The corps of officials is comprised of a first referee, second referee, scorekeeper, and two or four line judges.

RULE 26: First Referee:

The first Referee is in full control of the match including settling all questions of rules and those things not covered by rules.

The first Referee has the right to overrule all other officials. The first Referee also has the power to impose sanctions on players.

The first Referee is positioned at one end of the net, with her/his head approximately 19" above the net. After blowing a whistle to stop play, the first Referee uses hand signals to indicate who won the point, the fault committed, or replay.

RULE 27: Second Referee:

The second Referee is concerned with such matters as service order of each team, keeping time, assisting in making calls, supervision of substitutions, signaling the end of play, and replacing the first Referee, if necessary.

The second Referee is positioned on the floor at the opposite end of the net from the first referee.

RULE 28: Scorekeeper:

The scorekeeper sits on the side of the court opposite the 1st Referee and records all scores, makes sure the serving order and rotation are correct, keeps track of substitutions and time outs, and keeps track of protests. The scorekeeper also indicates when a team has scored an 8th point in a deciding game so that sides can be switched.

RULE 29: Line Judges:

Line judges are positioned at the intersection of the sideline and end line. One is to the right of the 1st referee and the other stands to the right of the 2nd referee. Line judges signal balls in bounds, out of bounds, and foot faults. They also call balls touching, passing over or outside the antenna, "pancake" saves or hits, and ball contact with players or objects. Flags may be used at the discretion of the 1st referee.

RULE 30: Official Hand Signals:

OFFICIAL HAND SIGNALS



