

# ATN VOLLEYBALL LEAGUE RULES

## **Team Requirements**

- 1) A team shall consist of 6 players. A team may start with a minimum of 4 players.

## The Game and Substitutions

## **Game Structure**

- 1) All matches will consist of the best 2 out of three 3 games.
- 2) All games will be rally scoring:
  - a) Rally scoring means a point is won on each serve, no matter whether the team who won the point served the ball or not.
- 3) In the first two (2) games a game shall be won by the team which has earned twenty-five (25) points and a two point advantage.
  - a) If the score is tied 24-24, then the first team to gain a two (2) point advantage is the winner.
  - b) In the third game, the team that achieves (15) points first is declared the winner.
    - 1) If the score is 14-14, then the first team to gain two (2) points in a row will be declared the winner.
    - c) There will be a thirty-five (35) point cap per game.
- 4) A coin toss at the beginning of the match will determine the choice of court or service.
  - a) The team which does not serve first in game one will serve first in game two.
  - b) Teams must switch sides between the first two games.
  - c) A coin toss will be conducted for the choice if there is a third game.
- 5) Two time outs will be given to each team per match.

## **Substitutions Rules**

- 1) Simplified recreation substitution rules will be used in all leagues.
- 2) A substitute MUST enter in the server position.
- 3) Once a substitute enters the game, they remain in the game for a full rotation and exit before the last rotation after they have been in the front right position.
- 4) Teams may have unlimited substitution using this procedure.

## In-Game Rules

## **Playing the Ball**

- 1) Maximum of three team contacts:
  - a) Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. The only exception to this rule is that a block is not considered to be one of the three contacts.
- 2) Contacted ball:
  - a) A player who contacts the ball shall be considered as playing the ball.
- 3) Contact of the ball with the body:
  - a) The ball may be hit with any part of the body on or above the waist, but cannot come to rest visibly on the body. If the ball hits below the waist, it shall become dead.

## **Illegal Plays**

- 1) Illegal hit:
  - a) An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. This is a judgment call by the official and cannot be questioned by anyone. Holding, catching, throwing, lifting, and pushing are illegal hits because of prolonged contact with the ball. Rolling is considered an illegal hit because there is continued and steady contact between the ball and the player's body.
- 2) Double hit:
  - a) A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball.
- 3) Simultaneous contact by the opponents:
  - a) If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times.
  - b) If the ball is held simultaneously by two opposing players, it is a double fault and the official will direct a replay.
- 4) Net play:
  - a) A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area. Exception: A service hitting and not clearing the net results in a dead ball.
- 5) Net foul:
  - a) A net foul occurs while the ball is in play and:
  - b) A player contacts any part of the net including the cable attachments.
  - 3c) It is not a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or net cables into the player.

d) There is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball.

6) Screening:

a) A screen is an intentional act, which obstructs the receiving player's view of the server or the flight of the ball from the server.

i) Screening includes:

(1) The server being hidden behind a group of two or more teammates who are standing in an erect position and the ball is served over a member of the group.

(2) A player with hands extended clearly above the height of the head or with arms extended sideways at the moment of service if the serve passes over the player(s).

7) Blocking the ball:

a) A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack.

i) (Note: The serve may NOT be blocked)

b) The attack is considered complete when the:

i) Attacking team has completed their three allowable hits.

ii) Attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with the intent to return it to the opponent's court.

iii) Ball is falling near the net on the attacking team's side and in the official's judgment; no member of the attacking team could make a play on the ball.

c) Front line players may contact the ball from any position inside or outside the court (except crossing the center line and it's out-of-bounds extension).

i) A player may cross the center line or it's out-of-bounds extension with one or both feet/hands, provided a part of the foot/feet or hand/hands remains on or above the center.

ii) Contacting the floor across the center line with any other part of the body is illegal.

8) Back-line player attack:

a) A back-line player may attack the ball only if he/she leaves the floor from behind the ten (10) foot line and its imaginary extension.

b) If any part of the player's foot touches the ten (10) foot line at the time of contact, a foul shall be called.

c) Back-line players may not attempt to block the ball in front of the ten (10) foot line.

d) A back-line player shall not return a ball which is completely above the height of the net while:

i) On or in front of the 10 foot line or it's out-of-bounds extension.

ii) In the air, they left the floor on or in front of the 10 foot line.

## **Serving the Ball**

### **Service**

- 1) The server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted.
  - a) If the ball is served before the official's beckon, a re-serve shall be directed.
  - b) During a team's term of service if the ball is served a second time before the official's beckon, then it is a side-out.
  - c) If the serve hits the net and still fall inside the non-serving team's court, then the ball is ruled in play.
  - d) If a serve hits the net and does not fall inside the non-serving team's court, then it is considered to be illegal and a point will be awarded to the non-serving team.
  - e) The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve.
  - f) The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from the serving area.
  - g) A good serve must land on the line or inside the court.
  - h) If any part of the ball touches the line, then the ball is considered to be "good".
  - i) If the ball lands out and is not touched by any player on the receiving team before it hits the ground, then a point is awarded.
  - j) The server has five (5) seconds to make a legal serve.
  - k) The server may toss and catch a bad toss as long as no swinging motion has been made to attempt the serve.
  - l) The server is allowed only one(1) re-serve per term of service.

## **Positions**

- 1) Positions of players at service:
  - a) The positions of players at the moment of service must be in proper alignment.
  - b) This means that no player on the court may be closer to a sideline, end line, or centerline, than an adjacent player on the court.
  - c) Front-line players may not overlap with any back-row player, and vice-versa.
  - d) Players in the front-line may not overlap with one another, and the same is true for players in the back-row.
  - e) After the ball has left the server's hand, players may go anywhere on the court.
- 2) Front-row players:
  - a) A team can have no more than three (3) front-row players on the court, during a particular rotation, regardless of the total number of players (4, 5 or 6) on the court.

## **Live ball/Dead ball**

### **Live Ball**

- 1) The ball becomes live when it is legally contacted for the service.

### **Dead Ball**

- 1) The ball becomes dead when:
  - a) The ball touches the antennas or any part of the net outside the playing court.
  - b) The ball strikes the floor.
  - c) The ball contacts a permanent object (excluding the net) above or outside the playing court.
    - i) \*The point shall be replayed if a ball from an adjacent court enters the playing area.
    - ii) EXCEPTION: a ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.
  - d) A player commits a fault.
  - e) A served ball contacts and does not clear the net.
  - f) The official blows the whistle for any reason.

### **Summary of Co-ed Rules**

- 1) A team consists of 6 individuals but may play with 4 individuals.
  - a) Only the following combinations are acceptable; 3 men and 3 women, 3 men and 2 women, 2 men and 3 women, or 2 men and 2 women.
- 2) Men and women must alternate positions on the floor.
- 3) A female must hit the ball at least once if the ball is contacted two or more times before being returned over the net.
  - a) Failure to do so will result in either a point or a side-out.
- 4) Play will be at the men's net height