

League City Volleyball Rules

There are some basic rules, skills, and type of players, court positions and scoring that you must know before you start playing volleyball.

Rules:

1. Each match will consist of 3 games.
 - a. First 2 games will be to 25 points
 - b. Third game will be to 15 points
2. Game begins when the coach or official blows the whistle.
3. Coaches are required to submit a lineup of the service order before the game.
4. Each player will serve a maximum of 4 continuous serves. After 4 continuous serves, the ball must be given to the opposing team to play and the opposing team will rotate prior to the serve.
5. All players must play every game. One player will rotate off the court and the next player will rotate in. The rotation order must stay the same for the entire game and can only change between matches. Coaches are required to submit a lineup of the service order before the game.
6. Players Substitutions are allowed only in case of injury. If an injury occurs, a player off the court who is next in line in rotation will rotate in the middle back position. The player that is injured will not be able to come back until the next game.
7. Servers may serve either overhand or underhand.
 - a. For 14U & 17U if player serves overhand and does not get the ball over the net, they are allowed to try again underhand. This only applies to first attempt during players service.
 - b. For 10U & 12U the Server can take one step up if first serve does not clear the net. If the server is able to serve the ball continuously over the net successfully, they need to move back to the serve line.
 - c. If servers are able to get it over the net underhand with no issues, you will need to encourage them to try to serve overhand.
8. A net fault occurs when to ball is in play and:
 - a. A player contacts any part of the net. It is not a fault when a player's loose hair touches the net or the force of the ball hit by an opponent pushes the net or net cables into the player.
 - b. There is interference by a player who makes contact with an opponent which interferes with the opponent's legitimate effort to play the ball.
9. Teams are allowed 1 one-minute timeout per game (3 a match).
10. Games are rally scored.
11. Games will be played 6 on 6.
12. All players will slap hands at end of game.
13. A time limit of 1 hour for all games.
14. Serves that hit the net are still playable.

Skills:

1. **The serve:** is what begins the game.
2. **Passing the ball:** is the skill that's performed by the player receiving the ball.
3. **Setting:** is the action of playing the ball to a teammate.
4. **A block:** is the action of trying to prevent the ball from crossing the net into your court.
5. **Digging:** is the action of playing the ball in a way that prevents the ball from touching the court after an attack by the opponents.

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Two Types of Players: On a very basic level, players on the team can be divided into 2 types.

1. **Front row players (attack/blocker):** The front row player's responsibility is attacking the ball when the setter sets them. Also, front row players try to block the ball coming from the opponent.
2. **Back row players (passer/digger):** The back row players main responsibility is to pass the ball that comes from the opponent. Back row players are the main passers on the team when receiving the opponent's serve. Back row players also dig balls hit by opposing team spikers.

Court Positions: Some basic volleyball positions you should become familiar with:

1. **Setter:** A setter's main job is to set spikers. This is done by waiting for a teammate to pass the ball to them.
2. **Spiker:** A spiker (attacker) is a player that attacks a ball over the net. The spiker is a front row player and their main job is to spike balls at the net.
3. **Passer:** A passer is player that passes the ball up to the setter. The better a passer is able to pass, the easier it is for the setter to set which results in a better attack by the spiker.
4. **Digger:** A digger is a defensive player that passes the ball up to the setter. The digger is skilled at digging hard driven spikes and chasing down off-speed shots by the opponent.
5. **Server:** The server is the player on the team that puts the ball into play to start the rally. The players that understand how to play volleyball the best are often the best servers on the team.

Rally scoring: To score a point in volleyball, a team must win a rally.

1. **Rally:** a server, serving the ball into play, begins a rally.
2. **Winning the rally:**
 - a. The ball is served over the net to the opposing team.
 - b. The opponent then gets a maximum of three hits to return the ball back over the net.
 - c. A team wins a rally if...
 - i. Their opponent isn't able to successfully return the ball
 - ii. A player hits the ball down into their opponents court
 - iii. A player hits the ball out of bounds
 - iv. The team hits the ball off an opposing player
 - v. A player commits a fault when playing the ball
3. **Winning the Game:** To win the game, you must score more points than your opponent.