

VOLLEYBALL

RULES AND REGULATIONS

Toss:-

Court or serve may be selected by the toss winning team.

1st serve may be given to the opponent team which doesn't before.

ROTATON:-

Rotation game will be held if any one of the team chooses it. (If not standing game can be played)

SETS:-

Game is of three sets (25-25-15)

Court must be changed after every set.

Court change in Third set will be at after getting 8 points to any team.

SERVING:-

Serve should be from left side of the court (due to bad lighting from the right side).

Serve can be easy, hit, jump-serve. 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.

A service executed before the referee's whistle gives point to opponent.

Only one toss or release of the ball is allowed. (Violating this gives point to opponent)

AT LINES:-

The ball is "in" when it touches the floor of the playing court including the boundary lines. ("**Including serve play**")

The ball is "out" when:

A) the part of the ball which contacts the floor is completely outside the boundary lines;

B) It touches the posts;

PLAYER AT THE NET:-

Penetration under the net:-

Players should not be permitted to cross the centered line during the play but a partial crossing is permitted.

Players are not allowed to touch or interfere with opponent players (any body part).

Players should not touch **any part** of the net (during setting, attacking, blocking) or should not take any support from other players.

Reaching beyond the net:-

In blocking, a player 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.

After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

BALL AT THE NET:-

Players should not touch the ball which is in opponent's court during the play.

TEAM HITS:-

Two (or three) players may touch the ball at the same moment. But when two (or three) team-mates touch the ball simultaneously, it is counted as two (or three) hits (with the exception of blocking).

It is a fault, during the reception of service, to make a double contact or catch using an **overhand finger** action.

CONTACT OF LEGS:- A leg can be used thrice in a set by a team.(once in a serve play)

FOULS:-

Overhand Fouls: (1) Rolling the ball while taking it over hand.

(2) Pushing the ball

i.e.; time of contact with the ball exceeds limit such that it becomes equivalent to holding.

(*Umpire decision is the final decision, team members should not quarrel or argue with the umpire

(Captain should be the one in contact with the referee regarding timeouts, substitutions or any other issue)**