



Malaysia Midwest Games

Sports Rules

Volleyball

1. Forfeiture

- 1.1. Players are expected to be present at the field 10 minutes before their match starts; failure to do so will result in a forfeit from the competition.
- 1.2. Should a team be issued **two** technical fouls in one game, the game shall be forfeited to the opposing team.

2. Category

- 2.1. There will be two categories for Volleyball.
 - 2.1.1. Men
 - 2.1.2. Open (with a minimum of 2 women on court at all times).

3. Team Logistics

- 3.1. Volleyball will be held in CCRB.
- 3.2. A volleyball will be provided for each court.

4. The Game, Court and Equipment

- 4.1. Exposed jewelry and head decorations, except head and hair bands made of soft and pliable material, are prohibited.
- 4.2. Casts are illegal.

5. The Team, Players and Substitutes

- 5.1. For the open category, there must be a minimum of 2 women participants per team with two in the court at all times.
- 5.2. A team shall consist of six players in all matches; two are required to start a match.
 - 5.2.1. A team can begin play with fewer than six players on a side, or use a rotation system whereby players rotate outside the court and are not allowed to participate until they rotate back within the court.
 - 5.2.2. Should a team play with less than six players; a side-out is not issued against the shorthanded team, as in National Federation rules. Instead, the team continues to rotate until a player rotates into the serving position. For purposes of the rules regarding back-row play, the three players to the server's right (or remaining players, if there are less than four players on the team) in the serving rotation shall be considered front-row players.
- 5.3. A match is three games to 21 (rally score); or, a 55 minute time limit from the scheduled start of the game, with a 5 minutes break between games. All three games will be played (time allowing). Should time expire, the team leading at the end of the time limit wins the game.
 - 5.3.1. Rally Scoring:
 - 5.3.1.1. A point shall be scored by the opponent each time a team commits a fault.
 - 5.3.1.2. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve.

- 5.3.1.3. All three games will be played to 21 points (no cap) and a team must win by two.
- 5.4. If all three games have not been played when the time limit expired, both teams shall be credited with a win for the games that have not been played. Also, a game that is tied when the time limit expires shall remain a tie, and both teams shall be credited with a win for the tie game.
- 5.5. Team records will be kept based on the total number of games won and lost (e.g. A team winning 2 and losing 1 game would have a record of 2 and 1. In order to qualify for “A” playoffs, a team will have to win 5 out of the 9 possible games played in a season.)
- 5.6. Playoff matches consist of the winning of two out of three games. The 55 minute time limit is not in effect for the playoffs. During semi-final and final playoffs, each team will be allowed one 30-second timeout per game. Unused time outs cannot be carried over to the next game.
- 5.7. For the first game of a match, the choice of serve or playing area shall be decided by a coin toss by the referee between the designated captains of each team. For subsequent games, teams shall change playing areas and alternate serves. Teams shall not rotate on their first service in each game. There will be a coin toss to determine service/court for all third games in matches.
- 5.8. Each team shall designate a playing captain and this is the only player who may communicate with officials. If this player is replaced by a substitute, another player must be designated as captain who shall remain as such until the original playing captain returns to the game.
- 5.9. The number of substitutions is unlimited. The substitute, when beckoned on by the official during a dead ball, shall take the position of the player whom he/she is replacing. No change shall be made in the relative positions of other players when a substitution is made.

6. Definitions

- 6.1. Live Ball: A live ball is one in play, from the moment the ball is contacted for the serve until a dead ball occurs.
- 6.2. Contacts:
- 6.2.1. Simultaneous contact--Touches of the ball made at the same instant.
 - 6.2.2. Successive contact--Two separate touches of the ball by one player without interrupting touch by a different player between the two touches.
- 6.3. Fouls:
- 6.3.1. A foul is a failure to play as permitted by the rules.
 - 6.3.2. A double foul occurs when players on the opposing teams commit rule infractions at the same instant.
 - 6.3.3. A foot fault occurs when a player makes a play while stepping on or beyond a line which defines an area in which that particular player's

movement is restricted or prohibited, or when the server while in the act of serving steps on or over a line indicating the serving area.

- 6.3.4. A net foul occurs when a player interferes with an opponent, illegally touches the net or net supports, contacts the referee's platform or illegally reaches over the net during a live ball.

6.4. Hits:

- 6.4.1. A legal hit is contact with the ball by a player's body above and including the waist, which does not allow the ball to visibly come to rest even momentarily. Legal hits include:

6.4.1.1. Blocking--a play close to the net in which a player(s) contacts the ball higher than the top of the net in order to prevent the ball from crossing the net, to return it immediately or deflect its downward motion. No downward arm or hand motion is permitted if contact is made while the ball is completely on the opponent's side of the net.

6.4.1.2. Setting--a play in which the ball is hit up into the air so another player can get into position to hit the ball.

6.4.1.3. Spiking--a play in which the ball is hit forcibly into the opponent's court from above the top of the net.

6.4.1.4. Serving--A legal serve is contact with the ball to initiate play in which the ball is hit by one or both hands, fists or arms of the server while the ball is held, bounced, or after it has been tossed up into the air or dropped by the server. The serve must be initiated within five seconds after the referee's signal to begin service. Failure to hit the ball constitutes an illegal serve.

6.5. Out-of-Bounds includes:

6.5.1. The wall, floor or objects and officials on the floor outside the court;

6.5.2. The ceiling or objects suspended from the ceiling beyond the vertical plane of the net, and it's out-of-bounds extension; and the net outside the vertical tape markers and the net antennas.

6.5.3. Any part of a ball touching a boundary line or vertical tape marker is not out-of-bounds. If a ball is contacted or caught by a player before landing out-of-bounds, it is not out-of-bounds.

6.6. Replay: A replay is the act of putting the ball in play (other than at the start of the game) without awarding a point and/or without a service rotation. Any time a foreign object (i.e. ball from another court) enters the proximity of the playing area a replay will be called.

6.7. Overhead Obstruction: Overhead obstructions are those which are attached to the ceiling, or are attached to the wall but extend over the court.

7. The Service

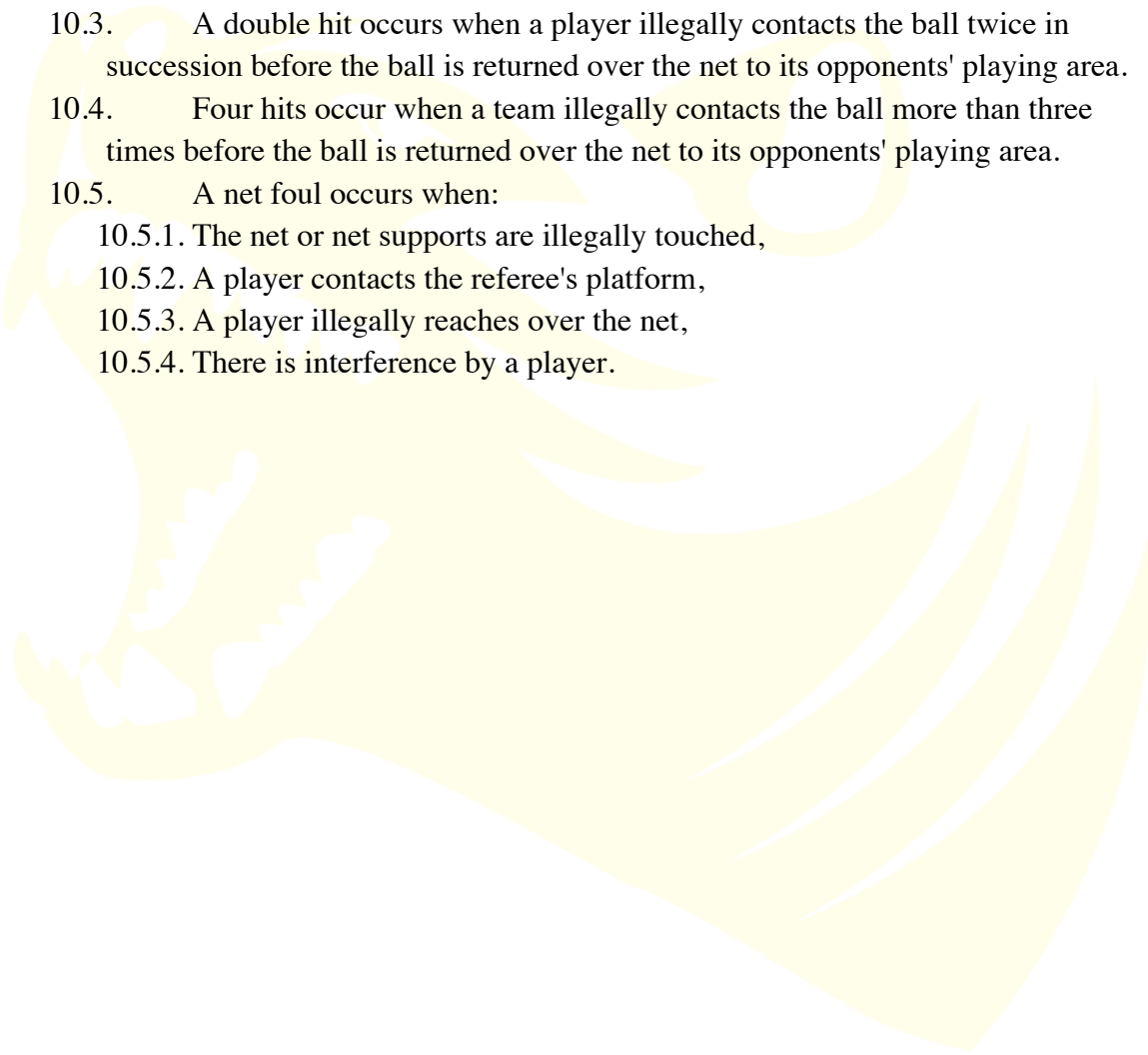
- 7.1. The service alternates when there is a foul by the serving team and the ball shall be awarded to the opponent who shall rotate clockwise one position (except for the first service). Failure to do so is an out of turn service, resulting in loss of serve and point.
- 7.2. The team not serving first in the previous game of a match shall serve first in the next game.
- 7.3. Failure to hit the ball for the serve after swinging at it for an apparent serve constitutes an illegal serve. Server will serve only after referee gives his/her signal to serve. Serving before the signal constitutes an illegal serve.
- 7.4. It is unnecessary delay if the server does not contact the ball for the serve within five seconds after the referee's signal to begin service. Failure to serve within five seconds after the referee's signal constitutes an illegal serve.
- 7.5. The server shall serve from within the serving area and shall not touch the lines bounding this area or the floor outside this area at the instant the ball is hit for the serve. The server's body may be in the air over or beyond the lines bounding the serving area.
- 7.6. A served ball is dead if it:
 - 7.6.1. Passes under the net or touches the floor on the server's side of the net,
 - 7.6.2. Touches one of the server's teammates,
 - 7.6.3. Crosses the net entirely outside the vertical tape markers or not entirely within the net antennas or lands out-of-bounds.
 - 7.6.4. Touches the ceiling or any obstruction (exception: court 3 and 4, low guideline wire, serve will be replayed),
 - 7.6.5. Is contacted by the server out of serving position,
 - 7.6.6. Is hit illegally or before the referee has signaled to begin service.
- 7.7. The ball is live if it contacts the net and passes over, as in the normal course of play.
- 7.8. If the server does not serve the toss of the serve s(he) may let the ball drop to the floor or catch the ball and toss it again. This second toss is only allowed once per serve attempt (not per side-out as in high school rules.)
- 7.9. It is illegal to attack or to block an opponent's serve.
- 7.10. A service may be set provided it is set legally.
8. **General Play**
 - 8.1. Front line players and back line players (while positioned behind the spiking line), may hit the ball from any position inside the court above or below the top of the net. They may play the ball while positioned outside the sidelines or end lines of their areas but not while positioned across the center line or the out-of-bounds extension of the center line.
 - 8.2. A backline player shall not participate in the action of the block or return a ball any part of which is higher than the net whenever that player is in a position (a)

- on or in front of the spiking line or its out-of-bounds extension; or (b) in the air having left the floor on or in front of the spiking line or its extension.
- 8.3. A player shall not play the ball twice in succession unless there is:
- 8.3.1. Simultaneous contact by teammates (considered one play);
 - 8.3.2. Simultaneous contact by opponents or
 - 8.3.3. Successive plays by blocker(s).
- 8.4. A team shall not play the ball more than three times before it crosses the net to enter the opponent's playing area except (a) when there is simultaneous contact by opponents, or (b) the first contact is an action to block when, in both (a) and (b), the team's next play is considered its first.
- 8.5. Successive contacts by one player shall not be permitted except, (a) on a ball which rebounds from one part of a player's body to another (excluding forearm or hand to forearm or hand) in one attempt to save a hard driven spiked ball not already touched by a teammate; or (b) by a player in one attempt to block.
- 8.6. A ball is dead if it:
- 8.6.1. Is completely across the plane of the net, having passed entirely outside the vertical tape marker,
 - 8.6.2. Passes completely under the net,
 - 8.6.3. Lands out-of-bounds,
 - 8.6.4. Contacts the ceiling or overhead obstruction and is not legally played next by the offending team,
 - 8.6.5. Becomes motionless on an overhead obstruction,
 - 8.6.6. Touches the floor,
 - 8.6.7. Touches the player below the waist,
 - 8.6.8. Is whistled dead by the official for any reason.
- 8.7. When a wall or obstacle within six feet of a boundary line may interfere with a player's legitimate effort to play the ball, the referee shall stop play and direct a replay.
- 8.8. A ball striking the ceiling or an overhead obstruction shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended occupied by the team which played last and provided the ball is legally played next by the same team.
- 8.9. A player is considered out-of-bounds if he or she steps onto another court on which a match is being played. A point or side-out is awarded to the opposing team.
- 9. Net Play**
- 9.1. Contacting the net or any part of it, including net supports or the net antennas while the ball is in play is prohibited, unless the force of the ball by an opponent pushes the net or its supports into the player.

- 9.2. Contacting the referee's platform, whether attached to the net or free standing, is not permitted and is considered a net foul.
- 9.3. Reaching over the net is permitted only during: (a) a follow-through of a hit made on the player's own side or (b) an attempted block.
- 9.4. A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.
- 9.5. A player may touch the floor across the center line or its out-of-bounds extension with one or both feet as long as a part of the foot (feet) remain(s) on or above the center line and the player does not interfere with the play of an opponent. Contacting the floor across the center line or its out-of-bounds extension with any other part of the body is illegal.
- 9.6. Any part of a player's body may be in the air below the net and beyond the center line. A player may reach under the net to retrieve a ball that is in play by that player's team.
- 9.7. It is interference if a player: (a) makes contact with an opponent which interferes with an opponent's legitimate effort to play the ball; or (b) makes deliberate contact with a ball which the opponent has caused to pass partially under the net and is attempting to play again.
- 9.8. Recovering a ball hit into the net shall be permitted.
- 9.9. A ball is considered to have crossed the net when: (a) it has passed entirely over the net; (b) it is partly over the net and contacted by an opponent; or (c) it is not over the net but is contacted by a blocker.
- 9.10. Successive plays of the ball by a player whose first play was one attempt to block shall be permitted. The next play shall count as the first of three hits allowed this player's team.
- 9.11. When simultaneous contact of the ball is made by opponents, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as one of the three hits allowed that team.
- 9.12. A ball simultaneously held by opposing players is a double foul and replayed.

10. Enforcement of Rules

- 10.1. Illegal alignment will be called when there is:
- 10.1.1. Deliberate screening by players on the serving team to obstruct their opponent's view of the server.
- 10.1.2. Overlapping by players other than the server at the moment the ball is contacted for the serve. (No overlapping is allowed front-to-back or side-to-side until after the ball is contacted for the serve).

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- 10.1.3. Positioning, at the moment the ball is contacted for the serve, of any player, other than the server, outside the boundaries of the playing area.
 - 10.2. A foot fault occurs when:
 - 10.2.1. The server is not properly positioned within the serving area,
 - 10.2.2. The center line or its out-of-bounds extension is illegally crossed,
 - 10.2.3. A back line player who is positioned on or in front of the spiking line or its out-of-bounds extension, returns the ball any part of which is higher than the top of the net.
 - 10.3. A double hit occurs when a player illegally contacts the ball twice in succession before the ball is returned over the net to its opponents' playing area.
 - 10.4. Four hits occur when a team illegally contacts the ball more than three times before the ball is returned over the net to its opponents' playing area.
 - 10.5. A net foul occurs when:
 - 10.5.1. The net or net supports are illegally touched,
 - 10.5.2. A player contacts the referee's platform,
 - 10.5.3. A player illegally reaches over the net,
 - 10.5.4. There is interference by a player.