

St. Louis Senior Olympics

Volleyball Rules

GENERAL INFORMATION

1. In men's competition, the height of the net will be 7'9 5/8". In co-ed competition, the height of the net will be 7'9 5/8". In woman's competition, the height of the net will be 7'2 1/8"
2. Total of 6 players maximum on the court at all times.
3. Teams must rotate clockwise. Substituting or rotation (not both) any time, any position.

PLAYING RULES

The following rules will be in effect:

1. A team must have 4 players present to start a game, otherwise the game is forfeited. A 5-minute grace period for the first game will be allowed to assemble a minimum of 4 players. A 10-minute grace period for the second game and 15 minutes for the third game will be allowed to assemble a minimum of 4 players. There will be a 55-minute limit per set.
2. The referee will flip a coin in the presence of 2 captains to determine which team serves the first game. Teams will then alternate serves. If a third game is played, there will be a coin toss.
3. Games are rally scoring to 21 points with a 23 point cap. Third games will rally to 15 with a 17 point cap.
4. A team must win 2 out of 3 games to win the match.
5. Server must wait for the referee's whistle to put the ball into play.
6. Server must have one foot behind the serving line.
7. Net serves are good. If ball touches the net or goes beyond the boundary lines, it is a serve out. Ball is in bounds if it touches any part of the court or boundary lines.
8. The serve cannot be attacked above the height of the net.
9. A legal block occurs when the hands are above the height of the net, contacted by the opposing player, or when the ball is blocked over the net.
10. A hitter cannot hold the ball against the net and hit it again.
11. A legal block is not a hit and the blocking player can contact the ball again.
12. Back row players cannot attack the ball above the height of the net, on or in front of the 10 ft. line. Jumping is not the determining factor for a back row attack. \

13. If the ball hits the basketball rims and changes direction away from the player under the rim, a re-serve will be issued.

The following will be a serve out or a point and the referee will blow the whistle if:

- *A ball is touched more than 3 times by consecutive players on one side of the court.
- *The same person touches the ball consecutively.
- *A ball is held (referee's discretion).
- *A player touches the net during play.
- *A player touches his/her foot completely over the centerline during play.

Must start match with a full team: Men & Women - 6 Players on Court. Co-Ed - Minimum of 3 Women on Court

In Case of Injury:

- 1) May substitute injured player, women for women, man for man from players on team roster.
- 2) If no substitutes, men and women can continue with five players, there are no ghost rules.
- 3) For Co-Ed teams, the men on the court cannot exceed the women by one. Co-Ed teams can play with; 3 women/ 2 men or 4 women/ 2 men or 5 women/ 1 man.

TIE BREAKER

In case of a tie in Round Robin tournament, most wins declares the winner. If still a tie, head to head competition. If a tie persists, most points score in all Games.