

# LMYA Volleyball Rules

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The object of the game is for each team to send the ball regularly over the net to ground it on the opponent's court, and to prevent the ball from being grounded on its own court. The ball is put into play by the right back-row player who serves the ball by hitting it over the net to the opponent's court. A team is allowed to hit the ball three times (in addition to the block contact) to return it to the opponent's court. A player is not allowed to hit the ball twice consecutively, except when attempting a block, or touch the net at any time. The rally continues until the ball touches the ground/floor, goes "out" or a team fails to return it to the opponent's court or commits a fault.

NFHS Volleyball rules will apply with the following modifications:

1. **5-point-max rule** for all games. To promote opportunity for players to touch the ball, after a single server serves 5 consecutive points, the serving team will rotate, and the next athlete on that team will serve.
2. **Move up on serve.** It is permitted for players having difficulty clearing the net to move up. (The distance depends on the skill level of the server and should be determined, but not abused, by the player's coach). In that rotation, if the server wins a point, that player's next serve must be from behind the end line. Foot fault violations will be enforced from that point on.
3. **All players play equally**, rotating in at the left front, one at a time, at change of possession (with exception of injury substitutions).
4. **Officials will not call double contact violation** if a player is attempting to make an assist. Officials will call double contact as appropriate if a player is attacking the ball (instead of making an assist / set).
5. Matches will be best of 3 games using rally scoring (When either team wins a rally it receives a point. If the receiving team wins the rally, it gains a point and the right to serve and its players rotate one position clockwise).
6. Games will start on the hour.
7. The first two games will be to 25 points (no scoring cap) winning by two. The third game will be first to 15 or highest score at 10 minutes to the hour.
8. Two 60 second timeouts per game and 60 seconds between games.
9. If match is decided after two games, the teams continue playing, off-the-record, until 10 minutes to the hour. The official is not required to ref a game that is off-the-record.
10. Let serves are playable (if ball hits net and still goes over it is playable).
11. Teams must have 6 players available to play at 10 minutes after hour or borrow no more than one player from same level in league to substitute. Otherwise team forfeits and informal games are played off record until 10 minutes to the hour.
12. For Safety: No jewelry allowed. Knotted shirt are not allowed.
13. At JM, contact with any basketball structure over the net results in a replay.
14. Winning team coach reports score to Hillary.