

Sports Together 2026-2027

VOLLEYBALL RULES AND REGULATIONS

1. Gameplay Rules

- The volleyball net height is:
 - 2.43 m for men.
 - 2.24 m for women.
- The service line (end line) is located at the end of the 18 m × 9 m court.
- The attack line is 3 m from the center line on each side.
- During the match, only the team captain is authorized to communicate with the referees.
- Each team is allowed 2 time-outs per set.
- Matches are officiated by a first referee and a second referee. Line judges may be used when available.

2. Coin Toss

- Before the match, the referee conducts a coin toss to determine:
 - which team serves first;
 - which side of the court each team will occupy.
- The winning captain chooses either:
 - the right to serve or receive; or the side of the court.

3. Serving

- The server must contact the ball from behind the end line.
- The serve must be executed within 8 seconds after the referee whistles.
- The serve may be performed:
 - overhand; underhand; standing or with a jump serve.
- The ball must be visible before contact.
- A served ball that touches the net and lands in the opponent's court is legal.
- The receiving team may use up to three contacts to return the ball.
- The served ball must not touch the ceiling or any overhead obstruction.

4. Scoring

- Rally point scoring is used.
- A team scores a point when: the ball lands inside the opponent's court; the opponent commits a fault; the opponent receives a penalty.
- Sets are played to 25 points.
- A team must win by at least 2 points.
- A match is played in 3 sets
- The match is won after winning 2 sets

5. Rotation

- When the receiving team wins the rally, it gains the right to serve and rotates clockwise.
- Players rotate clockwise before serving.
- After the serve, players may move freely within their side of the court.
- Teams change sides after each set.
- In the deciding set, teams change sides when the leading team reaches 8 points.

6. Playing the Ball

- Each team is allowed a maximum of 3 contacts before returning the ball.
- A player may not contact the ball twice consecutively, except after a block.
- A block does not count as one of the team's three contacts.
- The ball may touch the net during play.
- A ball touching any boundary line is in.
- The ball may be contacted with any part of the body.
- Simultaneous contact by teammates counts as one team contact.
- A ball is out if it: lands completely outside the boundary lines; touches an object outside the court; touches the ceiling or overhead obstruction before crossing to the opponent's side.

7. Substitutions

- Substitutions may only be made when the ball is out of play.
- Multiple substitutions may be made during the same interruption.

8. Violations

A fault is committed when a player:

- steps on or over the end line while serving;
- fails to serve the ball over the net;
- catches, throws or carries the ball;
- commits a double contact;
- touches the net while the ball is in play;
- crosses completely under the net and interferes with the opponent;

9. Equipment

- The net must be at the right height
- Volleyballs.
- The official court dimensions are 18 m × 9 m.
- Players must not wear jewelry or any item that could present a safety risk.
- Appropriate sports shoes must be worn throughout the match.