

BCYC Volleyball Rules

I. The Serve

- A. The Server must serve from behind the designated line.
 1. For all servers there are three possible service lines
 - a. The end/out of bounds line (30ft)
 - b. The 25ft line
 - c. The 20ft line
- B. Ball may be served underhand or overhand from all three serving lines.
 1. Serving from the 20ft. line.
 - a. After two consecutive points serving, the player must move back to the 25ft line to continue serving.
 2. Serving from the 25ft line.
 - a. After two consecutive points serving, the player must move back to the 30ft line to continue serving.
 3. Serving from the 30ft line.
 - a. Players can serve underhand or overhand and alternate between the two.
 4. No jump serves are allowed
 5. Players cannot move forward to a serving line. Players can only move back.
 6. Players can change their method of serving once at each serving line.

Example: Leslie serves her first serve underhand and scores a point. On her next serve she serves it overhand and scores a point. She must continue serving overhand. However, if she was at the blue line and moves back to the red her serving options reset and she can do either one.
- C. Ball must be clearly visible to opponents before serve.
- D. Served ball may graze the net and drop to the other side for point.
- E. Home team serves to start first game; the previous game loser shall serve each subsequent game.
- F. Serve must be returned by a bump only. No setting or attacking a serve.
- G. The max number of points scored by the server is 5. After the 5th point the ball automatically sides out to the other team.
- H. Every time a team sides out, the server has two attempts to get the ball over the net. Thus, the server gets two attempts on her first serve no matter if this is her first time to serve in the game or her fifth.
 1. After the first serve, every serve is only one attempt.

II. Scoring

- A. Rally scoring will be used.
- B. There will be a point scored on every score of the ball.
- C. Offense will score on a defense miss or out of bounds hit.

- D. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
- E. The games will be the best 2 out of 3.
- F. Games 1 and 2 will be played to 25 points. If necessary, game 3 will be played to 15 points
- G. Must win by 2 points.
- H. If the ball hits the roof and comes back down on the side of the team that hit it, then it can be played. If the ball comes down on the opposing team's side then it is a dead ball and a point is awarded to the team that did not hit the ball.

III. Rotation

- A. Team will rotate each time they win the serve (side out).
- B. When a team sides out, a substitute must enter the game to serve and play all six rotations until coming out of the game.
- C. If there is an injury you can substitute. She is eligible to enter in her same rotation spot once she is cleared to play.
- D. Players shall rotate in a clockwise manner.
- E. There are 6 players on each side. Teams can start the game and play with 5 but no less than 5 players on each side.

IV. Playing The Game

- A. Maximum of three hits per side.
- B. Player may not hit the ball twice in succession (A block is not considered a hit).
- C. Ball may be played off the net during a volley and on serve.
- D. A ball touching a boundary line is good.
- E. 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 a rest.
- F. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- G. A player must not block or attack a serve.
- H. Switching positions will be allowed only between front line players (after the serve only).

V. Basic Rule Violations

- A. Stepping on or over the line on a serve.
- B. Failure to serve the ball over the net successfully.
- C. Hitting the ball illegally (Carrying, Palming, Throwing, etc.).
- D. A touch of the net with any part of the body while the ball is in play is a foul and a point is awarded to the opposing team. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- E. Reaching over the net, except under these conditions a) When executing a follow-through b) When blocking a ball which is in the opponents court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact), except to block the third play.
- F. Reaches under the net (if it interferes with the ball or opposing player).
- G. Failure to serve in the correct order.

H. Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.

VI. The Court

A. The court is 60ft by 30ft

B. Indoor courts include an attack area designated by a 10ft line from center court

VII. Net Height

A. Net height is 7ft. for 2nd/3rd grade division (if we see the girls struggling to get the ball over the net, it will be lowered)

B. Net height is 7 1/4 ft. for 6th/7th grade division

VIII. The Ball

A. Volley Lite ball will be used