

# SOCIAL COMPETITION RULES - VOLLEYBALL

## Players

- Minimum two (2) females on the court at any given time, non-binary athletes may self-identify which gender they represent.  
The maximum number of players on a team is Seven (12).
- Six people on the court at any time for each team and one player as a sub.
- The minimum number of players on court without incurring a forfeit is five (5)
- The games are played in mixed teams.
- All players to sign the registration sheet before each match.
- All players must remove objects such as watches/jewellery (taping of facial jewellery is expected) that may be dangerous to other players. A wedding band or a medic alert bracelet may be worn but must be appropriately taped. Spectacles can be worn provided they do not pose a significant danger to others.
- Nails must be cut.
- Appropriate non-marking covered footwear must be worn.

## Rules

- During each possession on one side of the net, a team can only have three contacts with the ball. The ideal sequence of contacts is usually a pass, a set, and a hit.
- No player can ever make contact with the ball twice in succession, and the ball cannot be caught or carried over the net.
- A block is not considered as part of a hit.
- The server steps behind the line at the very back of the court, called the end line, and has freedom to serve from wherever he or she pleases as long as the foot does not touch or cross the line. If the server's foot crosses the end line, it is considered a foot fault, and results in a side-out—a change in possession—of the ball. The server must make the ball go over the net on the serve. It doesn't matter if the ball touches the net on a serve anymore. Balls that hit the net on serves and still go over and stay in the court used to be illegal, but now they are allowed. These serves are called "let serves."

## Scoring (rally scoring)

- Teams score points whenever the other team messes up, and a point is awarded on every serve.
- Games are played in three (3) sets\*.
- First 2 sets are to 25 and the third set is to 15.

## Competition Points

- Win = 3 Points
- Draw = 1 Point
- Loss = 0 Point
- Forfeit = -3 Points

## Rotation



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- In basic volleyball there are three players in the front row and three in the back, and each player just rotates to the next position as the plays go along. Any time a player is in the back row, the player cannot “attack” the ball in front of the 10-foot line on the court. Attacks are also known as “hits” or “spikes”—usually the third hit of a possession. This rule is in effect to make sure that the strong hitters aren't always able to dominate the game. When the strong hitters are in the back row, they can still attack the ball on the third hit, but they cannot jump in front of the 10-foot line.

## Substitutions

- Can be made:
  - a) with permission from the umpire
  - b) for injury or illness
- If a substitution or team change is made due to injury or illness, the injured or ill player must be involved in the substitution or positional change
- There is no limit to the number of substitutions that can be made by a team, provided they do not utilise unregistered players

## Stoppages

- To stop play the umpire must blow the whistle and signal to the timekeeper
- When a player is injured or ill, stoppage of up to 2 mins is allowed
- Referees discretion on calls will be final and any misconduct on decisions, abuse or gross misconduct can result in disciplinary penalties being utilised.
- Starting the Game
- Teams will play for a score whoever wins the first point would be serving first.

## Blood rule

- Any player with visible blood or bleeding on their clothing or person must be substituted immediately, and may not return until the umpire is satisfied that the bleeding has stopped.

## Forfeits

- Teams that forfeit their game will not be refunded for the game forfeited. Teams who have their opposition forfeit will not



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be refunded but will be awarded 3 points for the win and added goal difference. Macquarie University Sports and Aquatic Centre staff will endeavour for a friendly game to still go ahead with a different opposition.

A team must attend every game coordinated for the season or notify U@MQ if they cannot attend a fixtured game. In this instance a forfeit will result.

- A forfeit may be declared if a game does not start within 10 minutes of the allocated starting time.
- If a team forfeits their match, the opposing team will be awarded a win +3 and added score difference of 3 sets. The forfeiting team will receive - 3 points on the premiership ladder and added score difference of 0 sets.