



MVL Official Volleyball Rules

How to Play Volleyball

A volleyball game consists of two teams of six players each, separated by a net. The six volleyball court positions are setter, middle blocker, outside hitter, opposite hitter, libero and serving specialist.

To start, flip a coin to determine which team serves the ball first.

Then the two teams will rally—or hit the ball back and forth over the net—until a fault occurs. There is a maximum of three hits per side.

The objective is to score points by sending the ball over the net, grounding it into the opponent's court.

Volleyball matches are made up of three sets.

Three-set matches are two sets to 21 points and a third set to 15 points (or 21 if time allows). Each set must be won by two points. The first team to win two sets is the winner of the match. The third match can be played if both teams agree, however, this does not change the winner of the match. If each team has one win the third set will be played to determine the winner. This game, whether played to 21 or 15, must be won by two.

Volleyball Rules

Here are the fundamental, must-know rules of a volleyball game:

- Only 6 players on the floor at any given time: 3 in the front row and 3 in the back row. (You can have minimum of 4 players to begin a match)
- A ball that is blocked at the net, but still comes over the net can still be contacted 3 times. (The block does not count as a contact).

- Points are made on every serve for the winning team of the rally (rally-point scoring).
- Players may not hit the ball twice in succession (a block is not considered a hit).
- Ball may be played off the net during a volley and on a serve.
- A ball hitting a boundary line is in.
- A ball is out if it hits an antennae, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, or the ceiling above a non-playable area.
- If a ball hits an object suspended from the ceiling or hits the ceiling and comes back on the attacking side, the ball is considered “live” and play will continue.
 - If the ball crosses over the net to the opposing side, the ball is considered “out” and the point will go to the opposing team.
- It is legal to contact the ball with any part of a player’s body
 - Contact with a foot is legal contact.
- A ball should be contacted cleanly and not held, lifted, pushed, caught, carried, or thrown.
- A player cannot block or attack a serve from on or inside the 10-foot line.
- After the serve, front-line players may switch positions at the net.

Rotation

- Team members must rotate positions on the court. Rotation position is the next position to your left.
- If teams have more than 6 players, all players in the side-out rotation spot must come in every rotation, entering from the server position if they are playing that game.
- The team’s starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the game.
- Teams composed of less than 6 players are still required to maintain a rotation order.
- The server must position herself as a back row player.
- There are no designated sub-out players in this league.

Substitutions

Teams can only substitute players if:

- An official allows substitutions for a player due to injury
- Teams can use a timeout to indicate a substitution for any player
- Both teams can substitute out a player during the timeout but may not change the rotational order or position
- They receive possession/serve and they are in the side-out rotation spot
- Side-out substitutions MUST enter the match into the serving position.

Volleyball Rule Violations

Committing any of these volleyball rule violations results in a point for the opponent.

- Stepping on or across the service line when serving while making contact with the ball.
- Failure to serve the ball over the net successfully.
- Ball-handling errors and contacting the ball illegally (double touching, lifting, carrying, throwing, etc.)
- Touching the net with any part of the body while the ball is in play.
- Blocking a ball coming from the opponent's court and contacting the ball when reaching over the net if your opponent has not used 3 contacts AND has a player there to make a play on the ball.
- Attacking a ball coming from the opponent's court and contacting the ball when reaching over the net when the ball has not yet broken the vertical plane of the net.
- Crossing the court centerline with any part of your body, with the exception of a hand or foot. It is only considered a violation if the entire hand or entire foot crosses the court centerline.
- Serving out of rotation or out of order.
- Back row player blocking (deflecting a ball coming from the opponent) when, at the moment of contact, the back row player is near the net and has part of their body above the top of the net. This is an illegal block.

- Back row player attacking a ball inside the front zone (the area inside the 3M/10-foot line) when, at the moment of contact, the ball is completely above the net. This is an illegal attack.

Playoff Rules

- The playoffs begin the first week after all regular season games have been played.
- The top **four** teams with the best records will advance to the playoff rounds.
- MANDATORY team roster checks will be done by your League Ambassador before playoff games.
- No Roster changes for finals.
- Any teams found playing a non-rostered player will automatically forfeit and be counted as a loss.
- Playoffs will be played for Champions and second place teams.

Scoring

- Typical 2 game set to 21 is played. The third set is played only if each team has won 1 set each. The third set will be the tiebreaker played to 15, win by two points. (can be played to 21 if time allows).

TeamSnap

TeamSnap is the official MVL app to do the following:

- Find team assignment
- Find official schedule once released
- Score matches
- Communicate and connect with team
- Let team know availability
- Share pictures
- Assign jobs and responsibilities if needed