

PSA VOLLEYBALL

Competitive Rules

Updated in December 2023



COMPETITIVE RULES

I. COURT AND NET SET UP

A. COURT Size—Standard Court Size

B. SERVING LINE

1. 5th Grade - 20' from the net
2. 6th Grade - back court line

B. NET

1. NET HEIGHT

- a. 5th Grade Net height is 6'6"
- b. 6th grade - Net height is 7'0"
- c. 7th Grade and above - UIL Standard 7'4"
- d. High School Coed— Net height is 7' 8"

C. GAME BALL

- a. 5th Grades- Tachikara VolleyLite
- b. 6th Grade and above- Tachikara Leather Ball SV5W Gold

II. PRE-MATCH

PRE-MATCH CONFERENCE – The referee will conduct a conference between a captain and coach from each team 5-minutes prior to the start of the first match game. During the pre-match conference, referees can explain rules for which coaches need clarification.

A. OVER HEAD OBSTRUCTIONS

- a. A ball hitting the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally hit next by the same team.
- b. obstruction, which is directly above the net line, will be considered a re-serve if a ball hits it or goes over it on the serve.
- c. A basketball goal not over the court, which is in the down position, will be considered out-of-bounds.

B. COACHES

- a. Coaches **will remain seated** throughout the match game
- b. He or she may stand to signal the referee to signal a time out., or to coach between points (i.e. a dead ball).



COMPETITIVE RULES

- C. COIN TOSS – It will be conducted by the referee with a captain from each team. Home team is the first team listed on the game schedule. Visitors call the toss. Winner chooses side or serve. For the second game, teams change to the opposite court; and the serve changes hands from the team that served first. For the third game, the teams change courts again, and the team that served first in game 1 also serves first in game 3.
- D. LINEPERSON – Each team will provide a linesperson fourteen (14) years or older. The linesperson will be positioned at the corner of the court on the left-hand back corner opposite the their opponent’s server. The linesperson does not change sides during match play. The linesperson is not allowed to have any distractions such as a cell phone, pager, children, etc. The linesperson is not allowed to sit down or cheer or coach during the match a game. **The referee has the right to overrule a linesperson at any time. The referee has the right to remove a linesperson at any time without explanation.** A linesperson will only address the referee during a dead ball and only to signal out- of-bounds or a foot fault.
1. A ball will be considered out-of-bounds if it:
 - a. touches the wall, objects mounted on the wall or objects on the floor outside the court.
 - b. touches the floor outside of the court’s boundary lines regardless of overhanging objects.
 - c. touches the net antennas.
 - d. does not cross the net within the antennas.
 - e. breaks the plane of an adjacent court, goes over or touches the bleachers, benches, official’s table, etc.
 - f. the ball is considered in if it touches the line.
 2. A foot fault occurs when a server TOUCHES the serving line prior to or during the serve. A server may enter the court if he/she is jumping serving- had thrown the ball behind the end line and hit the ball in the air landing inside the court.
- E. TIMEKEEPER AND SCOREKEEPER – PSA will provide a paid scorekeeper official for each match and that official will be responsible for keeping the score of each team while also running the electronic scoreboard.
1. the Coach for each team will provide this official with the his or her player line-up sheet before the pre-match conference at least ten (10) minutes prior to the start of each match.
 2. The score kept by this official will be considered “the official” scorebook.
 3. The PSA provided scorekeeper/timekeeper will be responsible for notifying the referee when time is running out of each game.
 4. A coach may request a time out from the referee. The time out does not begin until the referee blows their whistle and signals for the time out.
 5. It is recommended each team have an assistant coach or parent to keep their team’s score. (Any person who sits on the bench and must have a badge. The coach will be responsible for contacting the official scorekeeper in case of any late arriving players who will have to be added to the line-up between games. end of the game.



COMPETITIVE RULES

F. LINE-UP – The line-up of players in serving order will be given to the official scorekeeper after the coin toss and at least ten (10) minutes prior to the start of the match. This is the responsibility of the head coach of each team. Line-ups for the next games should be given to the official scorekeeper promptly.

G. PLAYER UNIFORM

11. Each player will provide their her own team uniform. Matches will be forfeited if uniforms are not in place by the third week of the regular season. The Volleyball Director may make exceptions to teams when uniforms are not in place. Jerseys will be numbered from 1 to 99 and duplicate numbers are not allowed. Numbers must appear on the front and back of the shirt and be contrasting to where they are clearly visible to the official scorekeeper and the referee. Four (4) inch numbers should be placed on the front (centered) and six (6) inch numbers centered on the back of the uniform shirt. The uniform also consists of shorts, yoga or sweatpants (corresponding numbers may appear on the front of the short leg in lieu of the shirt), socks and shoes. Team name on the shirt is optional.

2. All uniforms must be in place by the third week of the season. Any player not wearing a legal uniform will be considered an illegal player. Therefore, if that player is needed for the five (5) legal players, because she is not legal the game(s) will be forfeited. The Volleyball Director may make exceptions to this rule as warranted.

3. Hard or unyielding guards, casts or braces made of hard rigid leather, plaster, pliable (soft) plastic, metal or any hard substance, even though padded, are is not permitted on the finger, hand, wrist or forearm are not permitted. Braces or supports made of stretchy or elastic material, are permitted (limiting an allowed brace to which extend no further than halfway down the forearm), are permitted only if the referee judges them not to be dangerous. The referee may require that the player cover the appliance. This does not include material wristbands.

4. No hard plastic or metal jewelry may be worn during games. No hard hair accessories will be permitted.

5. Medical-alert medals are not considered jewelry and must to be taped to the body and alert may be visible.

6. Knee pads are recommended for players but are not required.

III. MATCH PLAY

A. MATCH PLAY. A match will consist of three (3) games. Games 1 and 2 will begin 0-0 and played to 25 points. Game 3 will begin 0 and go to 15. All games will be played with rally scoring where a point is scored on each play, either defensively or offensively. There is a cap of 25 points on games 1 and 2 and a cap of 15 points on game 3. A two point-advantage does not have to exist to win. First team to reach 25 points



COMPETITIVE RULES

(or 15 points in game 3) is declared the winner of that game. All three games will be used in determining the league standings.

B. SUBSTITUTIONS AND MANDATORY PLAYER PARTICIPATION

1. Substitutions are unlimited. The number of times a player can enter the game and the number of team substitutes are not limited.
2. The mandatory player participation rule is 50% of the match. The coach should manage substitutions to approximate 50% or greater per match playing time for all players. Penalty for not meeting this requirement is forfeiture of the match. The forfeiture score will be 25-0, 25-0 15-0.
3. Substitutes must be visually signaled by the coach during a dead ball. Multiple substitutions should be requested at the same time. A coach may stand to signal a substitution.
4. The player and substitute shall remain in front of the 10-foot line at the sideline until signaled by the referee to switch places. The substitution then immediately occurs. The player and substitute are “tied” together for that game. Coaching during a substitution will be considered delay of game.
5. Calling for a substitution and then withdrawing the request constitutes delay of game and will result in a point and/or serve being awarded to the opposing team.
6. A substitute must remain in the game until the next dead ball.
7. Previously substituted players returning to the court must substitute back into the same position in the serving order.
8. If any injury occurs to a player, the coach is allowed thirty (30) seconds (official’s time out) to make a decision regarding the player.
9. If an injury occurs, and all players on the bench have previously been substituted, an exception to #7 above occurs. Any player on the bench can be used as a substitute for the injured player. The injured player is not allowed to return to that game.
10. Each team should start the game with six (6) players on the court. A minimum of five (5) players is required for the game to be official. One position can be played for three different players. *For instance a player can be sub for two different players each time.*
11. Late arriving players may be substituted into the match at any time, provided they are listed on the team roster given to the official’s table prior to the beginning of the match.
12. Chronic or repeated lateness or absenteeism of a player may result in loss of playing time. Your League Coordinator must be contacted prior to assessing any penalty or disciplinary action toward any player.

C. LIBERO

1. Each game, each team may designate one or **two specialized defensive player as libero**. The player’s jersey number must be submitted to the official scorekeeper before each game of the match.
2. The libero player must wear a jersey of contrasting color to that of the other members of the team. The jersey must be numbered in the same fashion as the other team members. Exception: The libero is allowed to wear a yellow penny supplied by the PSA Volleyball Program.



COMPETITIVE RULES

3. The libero is allowed to replace any player in a back-row position.
4. The libero is restricted to perform as a back-row player and is allowed to complete an attack hit (spike) from behind the 10-foot line and below the net. This basically means that the libero must stand and attack the ball from a reaching position (no jumping)
5. The libero may not block or attempt to block.
6. The libero can only be replaced by the player whom she/he replaced.
7. The libero may only enter or leave the court during a dead ball.
8. The libero may serve in place of one (1) position.
9. Before replacing another back row player, the libero has to sit out for one play/point/rally. The exception where the libero does not have to leave the court to replace a different back row player is if he/she is rotating into the service position.
10. A libero may not set while in front of the 10' line to a front row player who contacts the ball above the height of the net.

D. FORFEIT POLICY

1. A game shall be considered a forfeit if a team has less than five (5) legal players present on the court at game time. If a team's strength drops below five (5) players during a game, that game is a forfeit.
2. The forfeiture score will be 25-0 for game 1 and/or game 2 and 15-0 for game 3.
3. Forfeit time of the first game is game time. Forfeit time for the second game is ten (10) minutes after the start time of game 1. Forfeit time for the third game is fifteen (15) minutes following the start time of game 1.
4. If by the third game of the season, numbers are not on the shirt of a player, that player will not be a legal player in the game. Therefore, if that player is needed for the five (5) legal players, because she is not legal the game (s) will be forfeited. Exception to this rule may be made by the Volleyball Director.

E. TIME OUTS

1. There are two (2) thirty second time outs allowed per game. No additional time outs will be allowed .If a team takes longer than thirty seconds in a time out, the referee can charge an additional time out.
2. Penalty for requesting an additional time out will be loss of ball and point to be opposing if requesting team is serving, or award of point to the other team if requesting team is not serving.
3. If a player is bleeding, an official's time out is taken. The wound must be covered for a player to return to the court, and if blood is on anything worn by the player, it either must be removed or replaced before the girl/boy can return to the court. If needed, any t-shirt can be substituted. Time allowed between games will be no more than three (3) minutes.

IV. THE PLAYING RULES

A. THE SERVE

1. A player must wait for the whistle and referee's signal before serving the ball . After one warning per server, a loss of serve will result with a point being awarded to the opposing team.
2. The ball shall be contacted within eight (8) seconds after the referee's signal to serve.
3. The server shall hit the ball with one hand, fist or arm from behind and without feet coming into contact with the serving line. The server may not touch the back line or enter the court until after the service hit.



COMPETITIVE RULES

4. Bad Toss rule: One re-serve is allowed per term of service. If the ball is thrown up and dropped or caught before the serve is allowed, the referee will sign to serve again, beginning a new eight (8) seconds period. If the ball is caught or dropped a second time during the same term of service, a side-out is called and a point awarded to the opposing team . In other words, a player is allowed to toss and let the ball be drop once during her/his service period which is also known as a rotation. A second occurrence during that rotation will result in a loss of serve and a side out being called therefore awarding a point to the opposing team.
5. All players except the server must be inside the court at serve.
6. A serve may contact the net on a serve, provided it does not contact the antennas.
7. A serve may not be attacked by the receiving team on the first contact. This includes spiking as well as pushing the ball back over the net with an overhand pass.
8. A serve may not be blocked by the receiving team on the first contact.

B. HITTING THE BALL DURING PLAY

1. Kicking or “heading” intentionally the ball will not be allowed.
2. Only a short contact with the ball is allowed. A catch or throw is not permitted.
3. After reception of the serve, a front row player has no restrictions as to legal contact of the ball.
- 4 . A back-row player may complete an attack (spike) hit from behind the ten (10) foot line provided their foot feet) does not touch or cross the line. After the hit, the player may land between the 10-foot line and the net, known as the front zone. A back-row player may not block the ball when standing in front of the ten (10) foot line.
5. Playing the ball back to the opponent on the first touch is permitted. It is suggested however, **that players be encouraged to learn how to return the ball with more than one touch.**
6. A maximum of three (3) touches are permitted, with the exception of the touch on the block, which then permits four (4) touches; the ball must be played over the net on or before the last permitted touch.
7. The ball may not be contacted by the same player twice consecutively with the exception of a block.
8. A ball may not be caught, pushed, carried, lifted, or held.
9. The double-fisted hit is not allowed and will be considered and illegal touch and a foul called.
10. A “hatchet” type of hit will be considered an illegal touch and a foul called.
11. If players touch the ball simultaneously at any time, it will be considered one touch, and any player may touch the ball on the next touch provided there is another touch allowable. This is inclusive only to the two players that touched the ball simultaneously.
12. During the course of the game, players on the court will be responsible for retrieving any errant balls.
13. A serve may not be blocked (over hand push) by the receiving team on the first contact . An non intentional overhand pass over is not considered a block.



COMPETITIVE RULES

C. PLAY AT THE NET

1. Players may not touch the net except for their hair 2. Players may step on or have a foot partially above the center line. Other body parts may touch, but not entirely cross, the centerline provided this action does not interfere with play of the ball.

2. D. OUT OF ROTATION

3. 1. Teams found to be out of serving order will receive a warning on the first violation. Players will be placed in the correct order and play will resume. (Any points scored by an incorrect server will be taken off the score.) A second violation will result in the loss of the ball by the offending team and/or the award of a point to the non-offending team. (Any points scored by an incorrect server will be taken off the score.) 2. All players on the Court must be in their proper rotation/position at the time of the serve on both the receiving and serving sides. Players may move from their positions after serving contact is made. A team's first violation of this rule will result in a warning, with subsequent violations resulting in the loss of serve and/or a point awarded to the opposing team.

E. CONDUCT OF THE MATCH

1. The referee will conduct the match. Any calls made by the referee will not be questioned during a match game. A team captain may ask a referee during a game to repeat the call but may not ask for justification of a call.
2. A team captain may also request from the referee a lineup check during a game.
3. During the games of a match, the decisions of the referee are final. A first violation will receive a warning; a second violation will receive a yellow card loss of the ball penalty by the offending team or award of a point to the non-offending team; a third violation will receive a red card which will result in removal of the offending person or team from the gym.
4. **Spectators exhibiting an un-sportsmanlike behavior during a match may cause a penalty to be assessed on the offending spectator's team. This could be a side-out and a point awarded to the opposing team.**
5. **Players, Coaches and/or spectators will not chant or call out during the service attempt of an opposing player.**
6. Players and coaches will now shake hands BEFORE the match instead of AFTER the match. After the pre match activities by the referee and scorekeeper have been completed, and immediately before the start of the first game, teams will line up at the net opposite of each other to "shake" hands. "Shaking" hands consists of lightly tapping the hand of the opponent or fist "pumping" or any other gentle appropriate action. This action is meant to be a respectful gesture to your opponent and in no way will any other action be tolerated. Any scratching, hard slapping, or any other action that would be intended to harm another player will be dealt with swiftly and severely. Any player found to be guilty of this action may be suspended for one match.

V. REFERENCE The 2022-23 NFHS Volleyball Rules Book will be referenced for all rules and scenarios not specified in this document