

# PSA VOLLEYBALL



## Core Rules

Update on December 2023



# CORE RULES

## I. COURT PREPARATION

### A. COURT

#### 1. COURT SIZE

1st - 4th grades - Court size will be 30' by 60' dividing the court into two (2) 25' by 30' areas.

5th – 6th grades – Standard court size.

#### 2. SERVING LINE

1st - 4th grades - 13' from the net

5th grade - 20' from the net

6th grade - back court line

### B. NET

#### 1. NET HEIGHT

1st - 4th grades - Net height is 6'

5th grade - Net height is 6'6"

6th grade - Net height is 7'

### C. GAME BALL

1st - 5th grades - Tachikara VolleyLite

6th grade - 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.



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- 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. 6. Toward the end of the game as the time is running down, the scorekeeper will turn the clock off with approximately 5 seconds remaining on the clock. The scorekeeper will silently count off 5 seconds and will notify the referee when time has expired. The referee will, at the next dead ball, blow their whistle to signal the end of the game. At this point of the game, the referee and scorekeeper will determine if the game should go into sudden death overtime.



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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.

### G. PLAYER UNIFORM

1. 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 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. TIME - A match will consist of three (3) fifteen minutes games. All fifteens minute games must be won by **two (2) points unless the game requires overtime**. If a tie exists or a two (2)- point margin is not present at the end of fifteen minutes, the clock will be reset for an additional three (3) minutes of “sudden death” overtime. If at the beginning of the sudden death, the server has not completed her/him maximum number of serves, she may continue to serve up to her /him maximum number.



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The winner of a “sudden death” overtime game will be declared as follows:

1. The first team to gain a two (2)-point advantage at any time during the three (3) minutes will be declared the winner and the game is over.
2. If at the end of three (3) minutes, one team has a one (1)-point advantage, that team will be declared the winner and the game is over.
3. Should a tie exist at the end of the three (3) minutes, the game will be declared a tie, and each team will receive a ½ game win and a ½ game loss. There will be only one (1) “sudden death” time period allowed during regular season games. This rule may be amended for tournament play.

B. ERRANT BALL – If a ball goes into another court or over a barrier, the referee will notify the timekeeper to immediately stop the clock. It is the referee’s judgment as to whether the ball in the court interferes with the play. If the referee judges it does not, the play and the clock will not be stopped. The clock shall be started at the point the referee blows the whistle to signal the serve. Coaches cannot address the scorekeeper to “stop the clock” when they feel the situation warrants it. The scorekeepers are trained to only stop the clock on a signal from the referee. By

addressing the scorekeeper, coaches distract the scorekeeper from watching for the referee’s signal. This could result in a penalty to the offending coach’s team.

C. PACE – During the final minute of a game, the intent is for play to remain at the same pace as regular play. **If play is being deliberately delayed in a close game**, the referee may elect to stop the clock until the whistle is blown for the serve. Reasons for stopping the clock are as follows: Ball is hit into the adjacent court or into the bleachers; slow ball control by the winning team delays the play; and adjacent game interferes with play; or any other incident by the winning team which causes a delay in a close game. The decision to stop the clock is made by the referee and cannot be challenged. The clock is not to be stopped for normal speed ball handling during the last minutes. **The spirit of this rule is to prohibit any coach, player or team from intentionally slowing the game down as to assure a win.** Any blatant violation of this rule will be reported to the League Coordinator and Director.

### D. FORFEIT POLICY

1. A game shall be considered a forfeit if a team has less than (5) players present on the court at the game time. This policy shall be in force for all regular Season and Tournament matches games.
2. Forfeit score is 15-0 for each game forfeited.
3. Forfeit time of the first game is match start 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 after the start time of game 1.



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### E. MANDATORY PLAYER PARTICIPATION

1. Each team will start the game with six (6) players on the court. The remaining players will automatically rotate into play when a “side-out” (A **side-out** is now **defined** as when the receiving team earns the right to serve) is called. The previous server leaves the court and the next player listed on the roster rotates onto the court into the back-center position. With all players present, six (6) players will be on the court at all times and the remaining players sitting on the team bench waiting to rotate onto the court. A minimum of five (5) players is required for the game to be considered official.
2. A player arriving late for any game may not play if she is not present at the start of that game. She is eligible to play in the next game if she arrives late for the first and second games. The late arriving player will be entered onto the score sheet at the bottom of the rotation. Between games, a time out will be charged to the late arriving player’s team so the score sheet and player placement can be adjusted. Any player arriving late for game three will not be allowed to play.
3. Chronic or repeated lateness or absenteeism of a player may result in loss of playing time. The League Coordinator must be contacted prior to assessing any penalty or disciplinary action toward any player.

### F. TIME OUTS

1. Two (2) thirty (30) second time outs are allowed per game. The clock will be re- started upon signal of the serve by the referee.
2. Penalty for requesting an additional time out will be loss of ball 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 or injured, 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 player can return to the court. If needed, any t-shirt may can be substituted.
4. Any player being removed from taken out of a game due to for an injury, will not be allowed to return to that game. The player will be noted as “injured” on the scoresheet for that game. Players on the court will “fill the hole,” rotating players on the court into that position. Should the player return to the next game, she will be inserted into the lineup and placed onto the court as if he or she never left.
5. The time will be allowed between games will to be used for switching sides, hydration, and player placement only. A team “huddle” will not be allowed.
6. Time allowed between matches will be at least five (5) minutes from the end of the last game of previous match or scheduled time whichever is longer.

## IV. THE PLAYING RULES

### A. THE SERVE

1. For 1st through 5th grades core leagues, the player in the back-right position shall hit the ball with one hand, fist or arm while being , either held or after release, from behind the serving line and without feet coming into contact with the serving line. If The player is serving from the back line, may she must serve from anywhere behind the back line.as if she is behind the taped serving line not going any further left than the taped serving line.





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2. For 6th grade the serve can be from anywhere behind the back line.
3. A player must wait for the whistle and referee's signal before serving the ball. After one warning per server, a side out will result.
4. The ball shall be contacted within eight (8) seconds after the referee's signal to serve.
  1. The ball must be sharply hit with one hand. It may contact the net, before passing over the net and must cross the net within the net antennas.
5. All players except the server must be inside the court at the serve.
6. A Player must wait for the whistle and referee's signal before serving the ball. After one warning per server, a side-out will result.
7. Teams do not rotate before their first serve.
8. All core teams must receive the serve with an underhand pass (bump), or overhand pass.
9. At the beginning of each server's turn – should the ball fail to be a ball in play (ball goes into the net, ball goes out of bounds, server has a bad toss, etc.) the referee will call a re-serve; and the player will be allowed to serve a second time. This only applies to each player's first serve during each term of service. Term of service is also known as a rotation.

Remember, only one re-serve is allowed on the first attempt only. For example, if a player has already had a re-serve or scored previously in that term of service, and then has a bad toss, and either catches or allows the ball to drop, that she lets drop or is caught - a side out will be called.
10. In the 1st through 4th grade leagues, a player is allowed to serve and make only three (3) points. After that the referee will call a side-out.
11. In the 5th grade and 6th grade leagues, a player is allowed to serve and make only five (5) points. After that the referee will call a side-out.
12. A serve may not be blocked by the receiving team.
13. 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

### B. HITTING THE BALL DURING PLAY

1. After the initial return of the serve, the ball may be played with an overhand or underhand pass, one-hand dig, a block, and a spike or with any part of the body above the waist.
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. 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.
  1. 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.**
  2. 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.



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3. The ball may not be contacted by the same player twice consecutively with the exception of a block.
4. A ball may not be caught, pushed, carried, lifted, or held.
5. If players touch the ball simultaneously at any time, it will be considered one touch allowable. This is inclusive only to the two players that touched the ball simultaneously.
6. A “hatchet” type of hit will be considered an illegal touch and a foul will be called.
7. Special rotations:
  - a. The 1st through 5th grade leagues may not use any switching formation.
  - b. The 6th grade may use switching formations.

### C. PLAY AT THE NET

Except for their hair, players may NOT touch the net provided.

1. Players may step on or have a foot partially above the centerline. No other part of the body, i.e. hand, knee, elbows, etc., may touch or cross the centerline. If their foot or any part of their body completely clears the centerline and goes into the opposing court, a violation has occurred.

### D. OUT OF ROTATION

1. Teams found to be out of rotation 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 a loss of the ball by the offending team or the award of a point to the non-offending team (any points scored by an incorrect server will be taken off the score).

### 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.