Volleyball is a game played by two teams of six players each. One team serves the ball over the net, trying to make it land within the opponent’s court. The receiving team attempts to return the ball over the net to land within their opponents’ court. Either team can score points.

The court is 60 feet long, 30 feet wide
The net is 7 feet 4 and one-quarter inches high for girls and 8 feet for boys
A spiking line is 10 feet from the centerline
The centerline is four inches wide

The choice of serve or playing area for the first game of a match is decided by a coin toss. For subsequent games, teams change playing area and first service.

DEFINITIONS

Simultaneous Contacts of the ball are touches of the ball made at the same instant.

Successive Contacts of the ball are two separate touches of the ball by one player, with no interrupting touch by a different player between the two touches.

Hits 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 rest even momentarily.

Serving a legal serve is contact with the ball to initiate play in which the ball is hit by one or both hands, fists or arms of the server while the ball is held or after it is tossed into the air.

Foot Fault server steps on or over the end line at the moment they contact the ball.

Match contest between two teams in which the team first winning three games is declared the winner.

Side Out decision following an infringement of a rule by the serving team, at which time, service and a point is awarded to the opposing team.

Spike a ball (other than the serve), which is hit forcibly downwards from a height greater than the top of the net.

In Rally scoring, a team has scored 25 points and is at least 2 points ahead is the winner.

GENERAL PLAY

Back line players may not spike the ball unless they are behind the spiking line.
A player shall not play the ball twice in succession unless there is:
1. simultaneous contact by teammates
2. simultaneous contact by opponents
3. successive play by blockers
A team may not play the ball more than 3 times before it crosses the net.
Simultaneous contacts of the ball by teammates shall be permitted and considered one play and either player involved may participate in the next play.
A player cannot spike, block or set the ball on the serve.