

Volleyball Rules

- A player on one of the teams begins a 'rally' by serving the ball from behind the back boundary line of the court, over the net, and into the receiving team's court. Serves, in which the ball touches the net, as long as it goes over the net into the opponents' court, are allowed.
- The receiving team must not let the ball be grounded within their court.
- The team may touch the ball up to 3 times but individual players may not touch the ball twice consecutively.
- The rally continues, with each team allowed as many as **three consecutive touches**, until either (1): a team makes a kill, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a fault and loses the rally.
- The team that wins the rally is awarded a point, and serves the ball to start the next rally.
- After a team gains the serve, **its members must rotate in a clockwise direction**
- A few of the most common faults include:
 - catching and throwing the ball;
 - double hit: two consecutive contacts with the ball made by the same player;
 - four consecutive contacts with the ball made by the same team;
 - net foul: touching the net during play;
 - foot fault: the foot crosses over the boundary line when serving.
- All games will be played best of five sets with a fifty-minute time limit. Sets 1-4 are played **first to 25 with a two-point advantage**. Incomplete sets are deemed complete if a team reaches at least 13 points with a two-point advantage. The fifth set will be played first to 15 with a two-point advantage with teams changing sides when a team reaches 8 points. An incomplete fifth set is deemed complete if a team reaches at least 8 points with a two-point advantage.
- **Year 7 teams – one player may have three (3) successful serves only**. The team then rotates and the next player serves. Continue in this manner until the serving team loses service.
- Four main types of shots:
 - Serve: underhand or overhand
 - Dig: two hands together at about waist height; use legs to move, don't swing arms
 - Set: two hands separated above the head, making a diamond; using the fingertips
 - Spike: one-handed; hit the ball downwards into the opposite side of the court – usually after a set close to the net