

PARD Women's 30 & Up Volleyball

Basic Rules

The purpose of this league is for exercise, fun, and socialization. This is a very noncompetitive league.

1. THE SERVE:

- A. SERVER MUST SERVE FROM BEHIND END LINE UNTIL AFTER CONTACT**
- B. BALL MAY BE SERVED OVERHAND OR UNDERHAND**
- C. BALL MUST CLEARLY BE VISIBLE TO OPPONENTS BEFORE THE SERVE**
- D. FIRST GAME SERVE WILL BE THE TEAM LISTED FIRST ON THE SCHEDULE**
IF THE BALL HITS THE NET ON A SERVE THE BALL IS LIVE AND CAN BE PLAYED

2. PLAYER ROTATION

- A. TEAMS WILL ROTATE EACH TIME THEY WIN THE SERVE FROM THE OPPOSITE TEAM**
- B. PLAYERS SHALL ROTATE CLOCKWISE.**
- C. A PLAYER LEAVING THE GAME FOR ANY REASON, (INJURY) MAY RE-ENTER AT ANYTIME.**
- D. ROTATING PLAYERS WHO ARE OUT IS UP TO THE TEAM CAPTAINS.**

3. PLAYING THE GAME (VOLLEY)

- A. MAXIMUM OF THREE HITS PER SIDE.**
- B. A PLAYER MAY NOT HIT THE BALL TWICE IN ONE SUCCESSION (A BLOCK AT THE NET IS NOT CONSIDERED A HIT).**
- C. BALL MAY BE PLAYED OFF THE NET EXCEPT ON A SERVE.**
- D. A BALL THAT TOUCHES THE BOUNDARY LINE IS GOOD. NO MATTER WHERE IT TOUCHES THE LINE.**
- E. A LEGAL HIT IS: CONTACT WITH THE BALL BY A PLAYER'S BODY, WHICH DOES NOT ALLOW THE BALL TO VISIBLY COME TO A REST. USING OF FEET OR LEGS TO RETRIEVE BALL IS ALLOWED AS LONG AS IT IS NOT BEING KICKED.**
- F. PLAYERS MAY SPIKE FROM THE BACK ROW WITHOUT COMING OFF THE FLOOR.**
- G. IF THE BALL TOUCHES THE ANTENNAS, IT IS A DEAD BALL.**

4. BASIC VIOLATIONS

- A. STEPPING ON OR OVER THE LINE ON A SERVE.**
- B. TOUCHING OF THE NET WITH ANY PART OF THE BODY WHILE THE BALL IS IN PLAY WILL RESULT IN A SIDE OUT. IF THE BALL IS DRIVEN INTO THE NET WITH SUCH FORCE THAT IT CAUSES THE NET TO CONTACT AN OPPOSING PLAYER, NO FOUL SHALL BE CALLED AND THE BALL SHALL CONTINUE IN PLAY.**
- C. REACHING OVER THE NET, EXCEPT UNDER THESE CONDITIONS: WHEN EXECUTING A FOLLOW THROUGH AND ALSO WHEN BLOCKING A BALL THAT IS IN THE OPPONENTS COURT BUT IS BEING RETURNED (THE BLOCKER MUST NOT CONTACT THE BALL UNTIL AFTER THE OPPONENT WHO IS ATTEMPTING TO RETURN THE BALL MAKES CONTACT.**

- D. REACHING UNDER THE NET, IF IT INTERFERES WITH THE BALL OR OPPOSING PLAYER.**
- E. FAILURE TO SERVE IN THE CORRECT ORDER.**
- F. BLOCKS OR SPIKES ON THE FRONT ROW**

5. GAMETIME

- A. GAMES WILL CONSIST OF THREE MATCHES GOING TO 25 OR ONE HOUR WHICH EVER COMES FIRST.**
- B. TEAMS MAY START WITH FOUR PLAYERS. TEAMS MAY SHARE PLAYERS IF THERE ARE LESS THAN FOUR PLAYERS.**

Have Fun!!!