



"We Make Life Better"

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# CAMDEN PSA VOLLEYBALL RULES

## All Age Groups

### I. COURT AND NET SET UP

#### A. COURT SIZE – Standard Court Size

#### B. SERVING LINE

1. Beginners (Referee's Discretion) and 5th Grade – 20 feet from net
2. 6th Grade and up – back court line
3. The goal for all players is service from the back court line

#### C. NET

##### 1. NET HEIGHT –

UIL Standard 7 feet 4 inches (7' 4")

##### 2. GAME BALL -

PSA will provide the game ball listed above or equivalent (standard weight)

### II. PRE-MATCH

**PRE-MATCH CONFERENCE** – A conference will be conducted by the referee between a coach and captain from each team prior to each game. Information on playable overhead obstructions and non-playable overhead obstructions will be given. Any clarification of how a referee will call a particular rule should be clarified during the pre-match conference.

#### A. OVERHEAD OBSTRUCTIONS

1. 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.
2. An 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.

3. A basketball goal not over the court, which is in the down position, will be considered out-of-bounds.

## **B. COACHES**

1. Coaches will remain off court and in the reserved area during game play. Coaches are allowed to signal the referee for a time out and/or substitution.

2. COACHES WILL NOT ADDRESS THE REFEREE DURING THE GAME except for clarification of a call, to signal time out, or call substitution.

**C. COIN TOSS** – May be conducted by the referee with a captain from each team to decide team side or service. Home team is the first team listed on the game schedule. Visitors will call the toss. Winner of the coin toss chooses serve preference or deferral. For the second and third games the serve changes hands from the team that served first. Additionally, the referee may have teams change sides if he feels it is warranted based on court conditions. No team shall have an advantage based on the conditions of the court. The coin toss can be used to determine team sides (i.e. side or serve). If the referee elects to not perform a coin toss the home team will have first serve.

## **D. OUT OF BOUNDS**

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, officials 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 they are in the air at the time of serving contact and he/she left the ground from completely behind the line.

**E. TIMEKEEPER AND SCOREKEEPER** – PSA will provide a paid scorekeeper official for each match and that Scorekeeper will be responsible for keeping the score of each team while also running the electronic

scoreboard.

1. At the scorekeeper discretion, each team will provide this official with his or her player line-up 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 at the conclusion of each game.
4. A coach may request a time out from the referee.

**F. LINE-UP** – If required by the referee, line-ups will be submitted before each game by the head coach.

### **G. PLAYER UNIFORM**

1. Jerseys will be provided by the PSA. 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 he/she is not legal the game(s) will be forfeited. The PSA supervisor may make exceptions to this rule as warranted.
3. Hard or unyielding guards, casts or braces are not permitted. Braces or supports are permitted (limiting an allowed brace to extend no further than halfway down the forearm) only if the referee judges them not to be dangerous. The referee may require that the player covers the appliance. This does not include material wristbands.
4. No hard plastic or metal jewelry may be worn during games. No hard hair accessories (beads) will be permitted. Band-aids or tape will be allowed to be worn over earrings.
5. Knee pads are recommended for players but are not required.
6. Athletic shoes are required.

### **III. MATCH PLAY**

A. MATCH PLAY - Match play will consist of the best (2) two of three (3) games. Games are also referred to as sets. Games 1 and 2 will begin at 0-0 and played to 25 points. Game 3 will begin at 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. A two-point advantage is required to win each game.

### **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. If possible, the coach should manage substitutions to approximate 50% or greater per match playing time for all players.

3. Substitutes must be visually signaled by the coach during a dead ball. Multiple substitutions should be requested at the same time.
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 are required for the game to be official.
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. This is at the discretion of the head coach. Additional guidance may be provided by the Athletic Director.

**C. LIBERO** – May be used in all competitive leagues.

1. Each game, each team may designate one 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 should wear a jersey of contrasting color to that of the other members of the team if possible or be recognized by the referee and the line-up. 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 or by contrasting marking.
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.
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. 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.

#### **E. TIME OUTS**

1. There are two (2) time outs allowed per game. The time limit is set by the referee. No additional time outs will be allowed.
2. Penalty for requesting an additional time out will be loss of ball and point to the 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 can return to the court. If needed, any t-shirt can be substituted.

#### **F. WARM UPS**

1. Time (10 minutes minimum) will be provided before the first game for both teams to warm up. The referee is not required to give teams additional time for tardiness, games are to commence on schedule. Coordination for warm ups from both teams is required. Good sportsmanship and court etiquette must be followed to allow service and hitting warm ups.

#### **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. The serve can be from anywhere behind the back line, provided it is within the boundaries of the playing surface.
4. Bad toss rule: If the ball is thrown up and caught or dropped before the serve is completed, the referee blows the whistle and signals re-serve. Then the referee will signal to serve again, beginning a new eight (8) second period. One re-serve is allowed per term of service. 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 caught or dropped 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. The referee has the final call on additional serves for new players. The referee's limit on serves will be consistent with all new players during the match.
5. Screening the serve will not be permitted and is considered poor sportsmanship. The referee has the ultimate call on all screens.
6. All players except the server must be inside the court at serve.
7. A serve may contact the net on a serve, provided it does not contact the antennas.
8. A serve may not be spiked by the receiving team on the first contact.
9. A serve may not be blocked by the receiving team on the first contact.

## **B. HITTING THE BALL DURING PLAY**

1. Only a short contact with the ball is allowed. A catch or throw is not permitted.
2. After receipt of the serve, a front-line player has no restrictions as to legal contact of the ball.
3. A back-row player may complete an attack hit from behind the front zone if at her/his take-off, the player's foot (feet) has not touched or crossed over the attack line. After the hit, the player may land within the front zone (between the 10 (ten) foot line and the net). A back-row player may not block the ball when standing in front of the ten (10) foot line.

4. 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.
5. 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.
6. The ball may not be contacted by the same player twice consecutively with the exception of a block.
7. A ball may not be caught, pushed, carried, lifted, or held.
8. The double-fisted hit is not allowed and will be considered an illegal touch and a foul called.
9. A "hatchet" type of hit will be considered an illegal touch and a foul called.
10. 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.
11. During the course of the game, players on the court will be responsible for retrieving any errant balls.

#### **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 on 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.

#### **D. OUT OF ROTATION**

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 game. A team captain or coach may ask a referee during a game to repeat or clarify the call but may not ask for justification of a call. A team captain or coach may also request from the referee a lineup check during a game. 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 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.

2. 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.

3. Players will not chant or call out during the service attempt of an opposing player.

4. Players and coaches will 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

## **ZERO**



## **TOLERANCE POLICY:**



Profanity, Tobacco, SMOKING, Vaping, Drug and/or Alcohol use, and physical confrontations will not be tolerated. Any coach, official, or spectator violating the zero-tolerance policy will be subject to a one-year suspension from all CPSA Activities and sponsored events. The CPSA Athletic Department is committed to providing a safe and orderly family atmosphere of friendly competition and sportsmanship. We will not hesitate to use all resources at our disposal to ensure such an atmosphere is maintained at all our events.