

SFO Volleyball Rules

This document provides the basic rules of volleyball in accordance with the North Carolina High School Athletic Association. You can download a copy of the official NCAA rule book at <https://www.nchsaa.org/sports/volleyball/>

Playing Format

There are three ways to score a point

1. The opponents make an error.
2. The opponents get a penalty for poor conduct.
3. The team puts the ball down on their opponent's court.

To Win a Set

Sets are played to 25 points, with the winning team having to have at least a two-point lead. A team must win the best 2 out of 3 sets.

SFO Revision: Sets 1 and 2 have a cap of 27 points. Set 3 has a cap of 17 points.

Teams

Teams are made of a minimum of 6 players per side. Three on the front row (positions 2,3,4), three on the back row (positions 1,6,5).

SFO Revisions: In the JV Division: If a team has less than 4 players, they MUST forfeit. The coach of the team with less than enough players can approach the opposing coach and ask to borrow some of their players. This still allows the girls to play, but the game would ultimately result in a forfeit from the team with less players.

In the Varsity Division: If a team has less than 4 players, they MUST forfeit. If the team has only 4 players, they are allowed to borrow up to 2 girls from the JV division to play. If the team has only 5 players, they are allowed to borrow 1 girl from the JV division to play. It is up to the coach's discretion to choose if they want to play with 4 or 5 or borrow players from the JV division.

Substitutions & Rotating Players

In accordance with North Carolina High School, substitutions for Varsity have a max of 18. Each player may sub for only one player on the team. Some players will not have a sub depending on the number of players on the team. (i.e. If player 1 plays back row and player 2 is her front row sub, those 2 players cannot play on the court at the same time.) It is at the discretion of the coach when he/she wants a player to sub in and out. No position on the court dictates this decision. (i.e. player 1 may play positions 1, 2, and 3 and player 2 can play 4,5,6. It does not have to be front vs back row). Proper substitutions are required for Varsity if a team has more than 6 players. In Varsity, substitutions need to come up to the referee stand to sub in. The players or the coach can tell the referee there is a sub. The players subbing for each other touch their palms together to signify the switch. The players then turn to show the referee their jersey numbers. Once the referee gives the all clear, the girls officially sub in/out. If a team has two

subs at a time, the first pair comes to the referee stand while the second set stays at the 10-foot line until the first pair officially sub and then the second pair can approach the referee stand.

SFO Revision: Substitutions are unlimited for JV. Players rotate out from the serving position. At the beginning of each set, the starting server may stay in for one full rotation (i.e. the server may serve and then play all the way around and serve again before she is to come out of the game). On the first serve of a game, the team receiving the serve must start with their starting server in spot 2 instead of spot 1. That way when they get the ball and rotate for their first serve, their starting server will now be in spot 1. (This applies to both JV and Varsity division.)

The first player that serves (for both teams) in the JV division is allowed to stay in for a full rotation. The team that starts with receiving the serve; the player that starts in position 1 stays in for a full rotation when they rotate. When that team rotates again, their first server also gets to stay in for a full rotation. It is on their next rotation after that, that their first sub comes into the game.

In the JV Division, each player needs to play six full rotations a game. In the Varsity Division, each player needs to play at least three full rotations before subbing back out.

Rotation and Position Faults

At the moment of the serve, all starting players must be on the court or court lines, not standing outside the court. Rotation for service moves in a clockwise direction. A player may not touch any part of the opponent's side of the court. You can unintentionally touch the net poles and guy wires.

Uniforms

Uniforms must match. Black shorts/leggings and jersey are mandatory. Knee pads can be white or black (most prefer black). Shoes need to be an athletic shoe, not something with a slick bottom. Jewelry must be removed, except for medical alert and religious reasons. Please view website for appropriate attire: <https://www.sfoptimist.org/volleyball>

States of Play

Ball In

The ball touches the surface of the playing court, including the boundary lines. The ball can touch the ceiling and play continues, unless the ball hits the ceiling on the way over the net from one team to the other team's side.

Ball Out

The ball touches completely outside the playing court; passes completely under the net; or touches the support lines, antenna, posts, or the net outside of the antenna. If the ball hits the wall, it is automatically out. If the ball directly hits the basketball backboard, it is out. If the ball gets up there and bounces around, continue playing until the whistle blows. If in the judgement of the official the goal interfered with play, a replay can be called.

Playing the Ball

The ball may not be thrown or carried. The ball cannot be double hit, except on the first and second contact of your three possible hits if it is with a setting motion. No doubles are allowed across the net, no matter if it is the first, second, or third hit. The ball must be hit over the net with a maximum of three contacts. The ball can hit any part of the player's body, including feet. Players cannot hit the ball twice in succession, unless it is off a block as a block is not considered a hit. The ball may be played off the net during a volley or a serve.

Ball Handling Faults

1. Hitting the ball more than four times.
2. Lifting/carrying/throwing the ball.

Net Play

Players may not touch the net. The ball may hit the net and continue over at any time, as long as it passes fully between the antennae. A player may not cross the line under the net. This violation is called when a player crosses the center line with any part of their body. The net is set at 7'4" and 1/2" for female players.

Service

This can be done by overhead action, jump/spike action, underhanded. A player gets two chances at serve tossing, letting the ball drop to the ground if their first toss is not good. This can only be done one time per player per serving order. IF this occurs more than once, the other team gets the point and the player loses serve. Serves can take place anywhere on the end line of your side of the court. The server must hit the ball before stepping on the end line or into the court. Players must not serve prior to the referee blowing the whistle. There is a 5-seconds-to-serve rule for the Varsity division.

SFO Revisions: JV does not observe a 5-seconds-to-serve rule.

JV players are given two chances at serve tossing, letting the ball drop to the ground if their first toss is not good. This can only be done one time per player per point. There are no foot faults in JV. Players may serve from the 10' line and move back with progression. IF a player serves more than 2 serves past the 10' line on their opponents side of the net, they MUST move back at ref's discretion. JV players get a maximum of 5 serves per service run and then must give the ball back to the other team to serve.

Reception/Defense

Normal ball handling rules apply, just remember that the first ball reception can be done overhead, like a set, or with a forearm pass. The ball can rebound off any surface of your body, so heading the ball, like in soccer, or even kicking up a save is allowed. The ball can be touched on or two handed as well.

Setting

This is the second contact by the team, most frequently placing the ball up to be spiked, by using two hands. The set does not have to go the way a player is facing and can even be set behind the setting player, called a back set. This second contact is, of course, also legal if done with a forearm pass/dig. The main desire is to make the ball able to be hit. Doubles are not called on this action, unless the ball is being sent over the net.

Attacking

This is the act of directing the ball towards the opponent's side. A player can jump and spike or tip, stand and set it over, forearm pass it over, etc. The tip action (one or two handed) cannot be caught or thrown over. A player cannot overhand attack a serve from the opponent. When attacking a ball coming from the opponents court, contacting the ball when reaching over the net is a violation, if the ball hasn't yet broken the plane of the net.

Blocking

A blocked ball counts as a touch but does not count as one of the team's three hits and can be played by a blocker without being called for a double hit. A team cannot block the serve, nor block a ball that is completely on the other side of the net (it must be hit into you, you cannot block a ball unless part of the ball is on your side of the net).

Referee

The referee directs the match from start to end, with their decision being final. The referee whistles for each new serve. They make the ball handling calls, in and out calls, and other judgement decisions. If a referee whistles by mistake, a replay is called.

Coaches/Players:

Coaches will be carded for attempting to influence a referee's decision. Coaches will receive a yellow card as the first warning and then a red card at the second offense signifying that they are required to sit on the bench during the remainder of the game.

During games, coaches need to stand behind the 10' line. Players who are on the bench need to stand behind the black line.

Disclaimer: These guidelines are provided for informational purposes and are intended to help players, coaches, and families understand the rules used by the Sherrills Ford Optimist Volleyball program. Unless otherwise noted, the program follows applicable volleyball rules and regulations of North Carolina High School Athletic Association (NCHSAA) as the governing authority for high school athletics in North Carolina. Its current rules, policies, interpretations, and regulations take precedence where applicable. Sherrills Ford Optimist Volleyball may adopt program-specific modifications for its JV program that are identified within this document.

For the code of conduct expected of all players, coaches, parents, spectators and participants in any Sherrills Ford Optimist program, see <https://www.sfoptimist.org/moreinfoCodeofConduct>

Sherrills Ford Optimist Volleyball FAQs

Can I sponsor a team?

Yes! We appreciate our sponsors! We strive each season to get a sponsor for each team. If you or someone you know would like to sponsor a team, we would gladly appreciate it. The cost is \$300.00. This includes the business name and logo on the back of the jerseys for your team, sponsorship plaque at the end of the season, and advertisement on our social media pages. You may also choose to be our score table sponsor. Your business is promoted all season at every game on our score table. The cost of this is \$1,000.00. Checks should be made out to SFO Volleyball and given to the director, or designee of their choice.

Where can I find the volleyball rules?

Sherrills Ford Optimist follows the North Carolina High School volleyball rules for all varsity players. A separate Basic Volleyball Rules guide can be found on our page: <https://www.sfoptimist.org/volleyball> that shows modifications and exceptions for the JV players. Questions about rules can be directed to your coach or the director.

What equipment does my daughter need?

SFO provides each player with a jersey. Parents/guardians provide: Knee pads, Black shorts, & Athletic/tennis shoes.

Knee pads: can be any brand/color. Black is most common, but white is fine. Under Armour and Nike tend to hold up well.

Shorts: Spandex is not required. Black basketball, cotton, running, or volleyball shorts are all acceptable for games. Practice attire is your choice as long as it is comfortable and appropriate. For games, spandex must come at an appropriate length as described on our page:

<https://www.sfoptimist.org/volleyball>

Shoes: Volleyball shoes are not required. Good athletic shoes are fine. No Vans or Hey Dudes.

Jewelry: No jewelry is permitted during practice or games.