



## Volleyball Basic Rules

### Scoring:

1. Rally scoring will be in place
  - Point will be scored on every ball.
  - Offense will score when defense cannot return the ball over the net or ball is hit out of bounds.
  - Defense will score when offense serves ball into net, out of bounds or cannot return ball to defense.
2. Games will be played to 25 points
3. Games must be won by at least 2 points
4. ***If Necessary:*** Game 3 is only played to 15 points. Win by 2 points or first to 25 points.

### Serving:

1. Server must serve from behind the restraining line until after contact.
2. Ball may be served underhand or overhand.
3. Ball must be clearly visible to opponents before serve.
4. Served ball may graze the net and drop to the other side for point.

### Let Serve:

What is the “let serve”? The “let serve” is a ball that when served, hits the net without touching the net antenna and continues across the net into the opponent’s court. The let serve is a playable live ball. The let serve is a strategy used to keep the game moving with fewer interruptions in play.

### Court Protocol:

1. In a three game match, for game 2 teams shall change playing sides of the court and game seats immediately when directed by referee. After each game of the match teams shall line up on their end lines.
2. *Indoor:* Third game teams will remain on side for entire game.
  - If ball makes contact with ceiling, ball is playable if it does not continue over the net. Dead Ball will be called if the ball goes over the net after ceiling contact.
3. *Subbing:* Three substitutions are allowed per game per player.
4. *At Net:* All players must have no contact with the net or under the net. This includes foot over the center line.
5. *The net:* 7’4 1/8” high. *Players:* Teams must have at least five players or it is a forfeit.
6. *Game Ball:* NFHS Certified ball (provided by the RSD Athletic Coordinator)

### Bylaws of Roosevelt School District After School Sports:

- Schools will follow the Roosevelt School District After-School Sports Conference and the National Federation of State High School Association. Our conference does make some modifications to some of the rules.



**For all other rules, official hand signals please refer to the National Federation of State High School Association (NFHS) Rulebook. Please refer to [www.nfhs.org](http://www.nfhs.org)**

Rule Modifications Credited to Valley Junior High Athletic Conference