

Basic Volleyball Rules

During regulation game play, each team has 6 players on the court - 3 front row players and 3 back row players.

Each team is allowed to have a maximum of 3 touches before hitting the ball over the net. Less than 3 touches are also allowed.

The same player cannot hit the ball twice in a row.

The ball is ruled "IN" (inbounds), if any part of the ball hits the boundary lines.

The ball is ruled "OUT" (out of bounds), if the ball lands outside the boundary lines (without touching the opponent).

Players are NOT allowed to catch, hold or throw the ball.

Players are NOT allowed to hit or block the opponents serve.

Ball may be legally played off the net on a volley or a serve.

When serving, the server must hit the ball over the net without help from teammates.

Rally scoring will be used. The offense will score a point on a defensive miss or out of bounds hit. The defense will score a point on an offensive miss, out of bounds hit, or a serve into the net.

Game will be played to 25 points, must win by 2 points.

The server is allowed to serve the ball from any place behind the backline.

Sideout - when the team that served the ball makes a mistake, causing the ball to go to the other team (change in possession of the ball).

It is legal to hit the ball with any part of the body, the foot and leg included.

Basic rule violation include touching the net while the ball is in play, stepping on or over the back line when serving and failure to serve the ball over the net.

Newcomb Volleyball or Nuke 'Em

This game is played with the same basic rules as the traditional game, except the ball is caught rather than hit. Players may catch the ball and take a limited number of steps and pass it to another player on their team or try to throw it where no one on the other side can catch it before it hits the ground.

