

## OVERALL GENERAL RULES

LAST UPDATED 4/3/2022

- A person foot (feet) may not touch or pass beyond the end line when serving
- When pursuing a ball the ball must be contacted inside of the court playing surface
- The ball can be contacted a maximum of three times
- Players may not take support of a structure or teammate to contact the ball
- The ball may touch any part of the body
- The ball cannot be caught and/or thrown
- The ball may touch various parts of the body, provided that the contact take place simultaneously
  - During blocking consecutive contacts may be made provided that the contacts occur during one action
  - At the first hit of the team, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action
- A player may not contact the ball twice in succession
- Two or three players may touch the ball at the same moment
- When two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes “out”, it is the fault of the team on the opposite side
- If simultaneous hits by two opponents over the net lead to an extended contact with the ball, play continues
- While crossing the net the ball may touch it
- In blocking, a player may touch the ball beyond the net, provided that he/she does not interfere with the opponent’s play before or during the latter’s attack hit
- Blocking the ball beyond the net is permitted provided the block is made after the opponents have hit the ball in such a manner that the ball would, in the 1<sup>st</sup> referee’s judgment, clearly cross the net if not touched by a player, and no member of the attacking team is in a position to make a play on the ball. Or the ball is falling near the net, and no member of the attacking team could, in the 1<sup>st</sup> referee’s judgment, make a play on the ball.
- After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space
- It is permitted to penetrate into the opponent’s court, beyond the center line:
  - To touch the opponent’s court with a foot is permitted, provided that some part of the penetrating foot remains either in contact with or directly about the center line
  - To touch the opponent’s court with any part of the body above the feet is permitted provided that it does not interfere with the opponent’s play
- Players may penetrate into the opponent’s free zone provided that they do not interfere with the opponent’s play
- Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and landing safely, ready for a new action.
- Players may touch the post, ropes, or any other object outside the antennae, including the net itself, provided that it does not interfere with play

- The first hit after the block may be executed by any player, including the one who has touched the ball during the block
- The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server and the flight path of the ball
- A back-row player may complete an attack hit at any height from behind the front zone (in front of the 10-foot line):
  - At his/her take-off, the player's foot (feet) must neither have touched nor crossed over the attack line
  - After his/her hit, the player may land within the front zone
- A back-row player may also complete an attack hit from the front zone, if at the moment of the contact a part of the ball is lower than the top of the net
- No player is permitted to complete an attack hit on the Opponent's service, when the ball is in the front zone and entirely higher than the top of the net
- A libero may not complete an attack hit if at the moment of the hit the ball is entirely higher than the top of the net.
- A player completes an attack hit from higher than the top of the net when the ball is coming from an overhand fender pass by a libero in his/her front zone
- Each team may request a maximum of two time-outs per set
- A ball is out if the ball contacts the ceiling or obstruction above the team's playing area and crosses the plane of the net into the opponent's court
- A ball is out of play and a replay is directed if the ball comes to rest on an overhead object above the team's playing area and is still a playable ball
- A ball is out of play if a ball that cannot be legally retrieved from the opponent's free zone contacts the ceiling or obstruction over the opponent's playing area
- A ball is out of play if it contacts the ceiling or overhead objects, regardless of height, over non-playing areas
- A ball is out if it touches the antennae, ropes, posts or the net itself outside the side bands
- The rotation order is determined by the team's starting line-up and controlled with the service order and players' positions throughout the set
- If the ball is going over the net and contacts the beam above the net and returns to the same side the ball is still in play as long as the team has not already contacted the ball 3 times
- We follow the USAV rules for transgender women playing in women's events or coed events
  - Birth certificates may be required for women's 6v6 tournaments in order to prove gender
  - Proper documentation supporting the USAV rules will be required in order to participate as a transgender woman.

**Age 18 and Over (registered as an adult)**

Testosterone levels must be less than 10 nmol/L for a minimum of 1 (one) year prior to the application to participate.

USAV TG Rules

- A trans female (MTF) transgender athlete who is not taking hormone treatments related to gender transition may participate in men's events or in coed events.

#### 4V4 COED, REVERSE COED, MEN'S, WOMEN'S

- Serve rotation is required but rotation of positions is not required
- Open hand tips are not allowed. There must be no finger direction, instead the player must be poke the ball, hit with ball with a knuckle, or roll shot the ball
- The first contact is the same as indoor 6's
- Setting level shall be dictated by the level of play but typically "B" level sets are allowed
- Coed and Men's are played on Men's height nets and Reverse Coed and Women's are played on Women's height nets
- When setting the ball over the net the player must be standing stationary, facing, and square to the target location. Square means that the player's shoulders and hips are facing that direction.
- Directional blocking is allowed.

#### 4V4 REVERSE COED

- Men are back row and have all of the restrictions that apply to a back row player listed in the GENERAL RULES section
- There can only be 2 front row players. If there are more than 2 women the other women must be back row players and designated at the start of the match.