

# 2024 Summit Co-ed Volleyball Rules and Regulations

**ALL DECISIONS MADE BY THE SUMMIT STAFF WILL BE CONSIDERED FINAL.**

## **A. BASIC INFORMATION**

1. Standard girls' high school indoor volleyball rules are in effect. Team members are expected to understand the rules of play during a rally. Not all rules are listed in this document. The NFHS website link will be made available and emailed to all registered teams before the competition.
2. **TO WIN A GAME** – A game is won by the team which first scores 15 points for pool play and 21 during the bracket. The games must be won by two points and capped at 25.
3. **TO SCORE A POINT** – If a team fails to serve properly, return the ball, or commit any other fault, the opponent wins the rally and scores a point. The consequences of winning the rally are: 1) If the serving team wins the rally, it scores a point and continues to serve; 2) If the receiving team wins the rally, they score a point and gain the right to serve.

## **B. TOURNAMENT SETUP**

1. Each team will consist of a minimum of 6 players. You may also have 2 alternates on your team. **At least 3 girls AND 1 guy have to be on the court at all times.** (Each team must have 6 players on the court at all times.)  
You can substitute at any time during the game between rallies upon acknowledgement by the official (we have instituted a maximum of 7 substitutions per match).
2. Each team will be randomly assigned to a pool with each team playing a minimum of three games. All pool play games will be played to 15, win by two.
3. The top teams will be placed into a double elimination bracket. All bracket games will be played to 21, win by two.
4. Stalling goes against the fun principles of the game. An “official 5-second serve clock” is in effect at all times with the referee and may be enforced by the referee at his/her sole discretion. Failure to attempt a serve in 5 seconds, after being advised by the referee, will result in loss of possession and a point for the opposing team.
5. Each team is allowed one 30-second timeout.
6. We will have official court assignments to hand out when groups check in at Summit.
7. Due to unknown number of total participating teams, the size of pools and bracket may change up until the start of the competition.

## **C. PARTICIPANTS**

1. Each team must have at least six players. A team captain must be indicated on the roster. The team captain represents the team in the coin toss at the pre-match conference. During the

match, the team captain functions as the game captain only while on the court. When the ball is out of play, the game captain may speak to the referees to ask for an explanation of the application or interpretation of the rules and also to submit to the appropriate referee any requests or questions of teammates. During the match, the captain, as well as other team members, may give instructions to the players on the court without disturbing or delaying the match. **All team players must have a uniform shirt on. Each team must acquire numbers for their players. These must be on the front and the back of the uniform shirt – written, ironed, screen-printed, or pinned. (If pinned, you must tape over the pins.) The number must be a clearly contrasting color than the color of the uniform so the referee can see the number from his/her referee stand.** This will inform the referees if a player is out of serving rotation. A team being out of serving rotation results in a penalty side-out – turnover of service and a point for the opposing team. The official then removes any points that team's server earned because of being out of rotation. Players may not wear hats or jewelry while playing. An exception will be made for medical medallions which must then be taped on the inside of the jersey.

### **C. PREPARATION FOR THE GAME – STRUCTURE OF PLAY**

1. COIN TOSS – The referee conducts a pre-match conference and coin toss in the presence of two team captains. The winner of the coin toss chooses either the right to serve or to receive the service or the side of the court. The other captain takes the remaining alternative.
2. PLAYERS' POSITION AND ROTATION – At the moment the ball is contacted by the server, each team must be completely within its own team court (except the server) in two rows. Once the ball has been served, the players may move to any position within their team court. When the receiving team has gained the right to serve, its players must rotate one position clockwise (player in position 2 rotates to position 1 to serve; player in 1 rotates to 6, etc.).

**D. PLAYING ACTIONS** 1. BALL IN PLAY – The rally begins with the referee's whistle. The ball is in play from the service contact.

2. BALL OUT OF PLAY – The rally ends with the referee's whistle. However, if the whistle is due to a fault made in play, the ball is out of play from the moment the fault was committed.
3. BALL "IN" – The ball is "in" when it touches the floor of the playing court, including the boundary lines.
4. BALL "OUT" – The ball is "out" when: 1) no part of the ball contacts either a boundary line or the area within the boundary lines or 2) it contacts an object outside the court or 3) it contacts an antenna, rope, post, supporting apparatus for a post or the net itself outside an antenna/side band or 4) it completely crosses the vertical plane of the net, partly or totally outside the crossing space or 5) it touches a player then contacts the floor on that player's side of the net.

5. PLAYING FAULTS – Any playing action contrary to the rules is a playing fault. The referee judges the faults and determines the penalties according to the rules. The consequence of a fault is a loss of rally. The opponent of the team committing the fault wins the rally and scores a point. If two or more faults are committed successively, only the first one is penalized. If two or more faults are committed by two opponents simultaneously, a double fault is committed and the rally is replayed.
6. PLAYING THE BALL – Each team is entitled to a maximum of three hits (in addition to blocking) to return the ball to the opponents. Team hits include not only intentional hits by the player, but also unintentional contacts with the ball. A player may not contact the ball with two separate and consecutive motions (EXCEPTIONS are a simultaneous hit and blocking. If two opponents simultaneously contact the ball and it 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.
7. CHARACTERISTICS OF THE HIT – The ball may touch any part of the body. The ball must be hit, not be caught or thrown. It can rebound in any direction. The ball may touch various parts of the body, provided that the contacts take place simultaneously. EXCEPTION: During the first hit of the team (not blocking), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.
8. FAULTS IN PLAYING THE BALL – Four Hits: A team contacts the ball four times before returning it to the opponents. Assisted Hit: A player takes support from a teammate or any structure/object in order to reach the ball. Catch: A player does not hit the ball, and the ball is caught and thrown. Double Contact: A player contacts the ball twice in succession, or the ball contacts various parts of the body successively. Illegal Hit: A player, in a non-playing area, plays a ball. (Not all faults are listed here- Research Girls High School Volleyball Rules on the internet paying particular mind to the National Federation of High Schools.)
9. SERVICE – The service is the act of putting the ball into play by the right back-row player (player position 1) who hits the ball with one hand or arm from the service zone. The first service of game No. 1 and any deciding game is executed by the team determined by the coin toss. ***Reminder – all serves crossing the net are legal if in bounds – including those which hit the net and go over to the receiving teams’ side.***
10. MULTIPLE HITS – In a rally, if there are multiple contacts, **both genders must touch the ball**. If there is only one contact before the ball returns over the net, either gender may make that contact. (We strongly encourage each team to have multiple numbers of each gender on the court at all times.) There is the maximum of three hits; each gender must be a part of the return. It can be in any combination during the return. NEW THIS YEAR To help differentiate between genders on the court teams are required to add a two inch or wider strip on both sleeves of all their male players.
11. SUBSTITUTIONS – each player must sub in for the same rotation position. In the Summit volleyball tournament, each match will have a maximum of 7 substitutions.

## **E. THE FOULS (AND “DEBATES”)**

1. If any player is less than cordial to our referees, they may be suspended from the game or the tournament. Summit also does not recognize non-playing coaches as part of the team. These “coaches” can be asked to leave the event site at any time should they become rude, unruly or act in a manner that is not honoring to Christ.
2. The referee will make all calls in the game.
3. The team captain is the sole representative for his/her team. The captain has the right to ask the court referee to explain any rules. The court referee’s decision is final for the purpose of that game. Once play resumes or once the game is completed after a disagreement, the problem is considered a dead issue. During any protest, time on the game clock continues to run, except for the last three minutes of the game. Anyone involved in punching or fighting, for any reason whatsoever, will be ejected from the tournament and possibly from Summit.

## **F. DRESS CODE**

Coaches are responsible to be sure that uniforms are respectable and in keeping with Christian standards of dress. For the volleyball competition, shorts are allowed, but they must be loose-fitting and reach at least to the bottom of the fingertips. Skin tight pants, skinny jeans, leggings, etc. are also not allowed to be worn as pants, but may be worn under shorts provided the shorts fit the standard listed above. All shirts must also have sleeves. No sleeveless shirts or tank tops will be allowed. If a player or coach is found not to be meeting this expectation, they may be asked to change attire in order to meet this standard. All players must wear non marking shoes.

## **G. MISCELLANEOUS RULES**

1. Each team is advised to check the master scoreboard for all schedules, times, courts, revisions and other important information. We reserve the right to reduce the number of games, or shorten games, due to unforeseen circumstances.
2. All referee calls are final. Offensive language and arguing with the referees will result in ejection from the tournament.
3. A player must leave the game when an abrasion has flowing blood. Once the flow has stopped and there is no chance of blood contacting other players, the player with the abrasion may re-enter the game.
4. No roster changes are allowed after submitting your line-up upon check-in at Summit. Each team should submit a serving and receiving line-up at Summit check-in.
5. Coordinators will make every effort to place teams fairly. However, in some instances, there may be slight differences in playing ability, age and size.

## **H. AGAIN THIS YEAR**

1. We will offer individual registration contingent on finding coaches to manage the extra individual teams. Cost per player, \$20 to \$30 available on the Summit registration website.

**Please be advised that the Summit Volleyball Rules and Regulations are not all inclusive of girls' high school volleyball rules. All Summit Volleyball teams will be provided access to an online girls' high school rulebook.**

*Last revised on Tuesday, November 7th, 2023*