

# **Summit Co-ed Volleyball Rules and Regulations** (2016 Edition)

**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.
2. **TO WIN A GAME** – A game is won by the team which first scores 11 points for pool play and 15 during the bracket. The games must be won by two points.
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 2 girls AND 2 guys 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 11, win by two.
3. The top teams will be placed into a double elimination bracket. All bracket games will be played to 15, 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 sent out prior to the Summit competition.
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 (minimum of 3in tall) and the back of the uniform shirt (minimum of 5in tall) – 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 loose / dangling jewelry while playing. An exception will be made for medical medallions which must be secured.

### **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. If the player serving tosses the ball but does not hit it, they need to let it hit the ground and then try again.
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/ground of the playing court, including the width of 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. (\*Note if the ball hit the ceiling and returns to the the side of the court it came from and the team has not used all three hits, they can continue to play the ball.)

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. (This includes the foot BUT kicking is not recommended) 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. This can be anywhere along the back line. 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.*** A team can not block a serve.
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. To help differentiate between genders

on the court teams are required to have a strip of at least one inch by six inches on top 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. Five other players must serve before a player can serve again.

#### **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 final 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 pool play schedule or scoreboard (Challonge) 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. Registration is available on the Summit registration website.

**Please be advised that the Summit Volleyball Rules and Regulations are not all inclusive of standard girls' high school volleyball rules thought in most cases (unless mentioned above) Summit will abide by the current standard high school rules.**

*Last revised on Monday, March 17th, 2025*