



THE BAR VOLLEYBALL RULES

(Derived from USAV, AVA and AVP official outdoor volleyball rules)

Playing Area and Equipment:

1. Balls will be supplied by The Bar.
2. Nets without antennas. Poles will act as court boundaries.
3. Adjustable metal net supports and poles will be considered out of play.
4. The net cables and wooden dowels are out of play, if the ball contacts either of these, it is a dead ball.
5. A ball is considered in bounds if it touches the line or makes the line move. A ball is out of bounds if it lands completely outside the lines or touches any object outside the court.
6. All side netting will be considered out of play. Nets may not be moved in order to play the ball.
7. Indoors, any ball played on the concrete, or any ball that carries your momentum onto the concrete will be whistled out of play. You may serve from the concrete.
8. The ceiling is playable if the ball hits the ceiling and comes down on your side as long as the ceiling did not stop the ball from traveling out of play. This may be a judgment call on the part of the referee.
9. If the ball crosses the vertical plane of the net at any time and hits the ceiling on the opponent's side, it is a side out or point.

Players and Positions:

1. Four players minimum at all times in Sixes leagues: three players minimum in Quads leagues. See Co-Ed Rules for male/female requirements. Less than the required players will result in a forfeit. This rule may be waived if both teams agree to play the match.
2. If a team does not have enough players, they have a five minute grace period from their scheduled starting time. After five minutes they forfeit the first game. After ten minutes they forfeit the second game and the match. This rule may be waived if the team with the required amount of players and ref wants to start.
3. Court fees vary per location. Fees are the same regardless of how many players are participating.
4. A late player can rotate in on their side out into the middle back for sixes leagues. In quads leagues a late player may come in on their side out anywhere on the court.
5. All teams playing with four players in sixes leagues must play a 2-2 front row-back row.
6. At the time the ball is contacted on the serve, all players, excluding the server, must be in serving order. If they are out of rotation, it is a side out or point. This rule applies only to sixes league, there is not a player rotation in quads leagues except for serving order.
7. At the time the ball is contacted on the serve, all players must be within the



boundaries of the court.

8. After the service, players may exchange positions. However, back row players may not start their attack of a ball that is totally above the net in front of the ten foot line. In Men's and Women's Sixes a player coming from the back row may not block. See Co-Ed Rules for back row blocking.

Waivers/Substitutes:

1. Waiver sheets must be signed by all players, including subs.
2. A player is not allowed to play on two teams in one night in the same type of league. (Ex. Wednesday night Men's "A" and Wednesday night Men's "BB").
If you have a bye in your Men's "A", you still may not play "BB". You are allowed to play on two teams if it is in a different type of league. (Ex. Monday night Women's Quads "BB" and Monday night Co-Ed Sixes "A").
3. Subs will only be able to play on one team on the same night in the same league.

Volleyball Etiquette:

1. A player must call his/her own net since there is not a down ref.
2. A player must call his/her own touches and tips.
3. Profanity will not be tolerated. Any profanity that is judged by the referee as: being excessive; traveling beyond the court area; being directed at the referee or opposing team; will result in a point or side out awarded to the opposing team. A player may be ejected if conduct continues.
4. A player may not obstruct the view of a player receiving the ball. At the request of the player or referee, he/she must move to grant a clear view of the service.
5. Please try not to serve from in front of the court lights, opposing team can ask the server to move.
6. Referee calls are final. Players may not argue a judgment call, but may ask to have a call clarified. Harassment will result in the disqualification of the offending player.
7. Any contact with the net (hanging, pulling, hitting, etc.) outside the normal course or continuation of the play will not be tolerated. Violation of this rule will result in a point or side out awarded to the opposing team. This rule needs no warning and includes before and after games. Excessive violation will result in disqualification of the player.
8. It is illegal to intentionally interfere with an opposing player trying to play the ball out of the net. You are not allowed to redirect or knock the ball down by placing your hand at the point where the ball is in the net.
9. It is a sportsmanship misconduct to call a ball in or out on the opposing team's side in order to make them play or let a ball land.
10. The Bar will not be responsible for any unattended children. They should not be playing on or near the courts.
11. Players must be 18 years of age to play, if they are under 18, they must have a parent/legal guardian present. All players under 21 must check in before their



match with The Bar personnel and check out and leave immediately after their match is completed, (this may be waived if Parent is present).

Playing the Game:

1. Serve and side will be called on the first and third game. The second game will be an alternate serve and side. In the rally scoring games teams have three options to start the game; serve, side or receive.
2. One time out is allowed per game. One additional time out will be allowed only if the game is tied at 14-14, (10-10 in an 11 point game. 20-20 in rally game).
3. Play will stop whenever a player is injured; this will not count as the team's time out.
4. Matches/Games;
 - a.) Consists of 3 games to 15 points with a cap at 17.
 - b.) If a match is running behind (third game of current match starts after the scheduled starting time of next match), the third game may be played to 11 with a cap at 13 or Rally Scoring to 21, with a cap at 21.
 - c.) During the indoor season (Fall/Winter) all third games will be played rally scoring to 21 with a cap at 21, If score is tied 20-20, game reverts to regular scoring, first point wins. (Certain leagues may play rally scoring when noted in other seasons).
 - d.) Games must be one by 2 points with caps at 13, 17 and 21.
5. Serving;
 - a.) The ball may be served from at any point behind the end lines and between the sidelines.
 - b.) On court 1, nearest the ramp, you may take one step over the backline to serve the ball. You may not have your second foot touch the line or touch inside the court before ball is released. You may not take a step over the line when jump serving.
 - c.) Player must wait for the official's signal before serving. (One warning, then a side out).
 - d.) You are allowed one missed toss while serving. Second toss must be contacted or serve is lost.
 - e.) Server may not stop on, under or touch the end lines in any way, or touch the playing surface until the ball is contacted.
 - f.) All points scored when a player served out of turn are kept. Line-up should be re-established and a side out given.
 - g.) A player must clearly release the ball they are serving, not contact the ball from a rest in the non-striking hand.
 - h.) In rally scoring games, all missed serves and "Ghost" serves will result in a point for the opposing team.



6. Mishandled Balls;
 - a.) Any ball lifted, thrown, carried is considered mishandled.
 - b.) Any ball double-contacted is considered mishandled, with the exception of a “hard-driven” ball and contact while blocking. (See following rules).
 - c.) A double-contact for the purpose of these rules, will be defined as a contact of the ball twice successively.
7. Service Reception;
 - a.) A served ball may not be set, lifted, carried, thrown, double-contacted, kicked or received with open hands.
 - b.) A serve may not be attacked or blocked.
8. Setting;
 - a.) Any ball that is lifted, thrown, carried or double-contacted will be considered a mishandled ball.
 - b.) Spin on the ball in itself after being set does not necessarily indicate a mishandled ball. A set ball is called because it is mishandled, not because it is spinning. However, direction and excessiveness of spin can be an indicator of a mishandled ball.
 - c.) A legal or illegal set is up to the judgment of the referee and may vary depending on the level of league.
 - d.) If setting over the net, the setter’s shoulders must be squared up or perpendicular to the line of flight. In other words the set can only go directly forward or backwards with relation to the setter’s body.
9. Hitting/Attacking;
 - a.) A ball completely on the opposing side of the net may not be contacted.
 - b.) A ball that is in any part over the vertical plane of the net may be contacted by either team.
 - c.) An attacked ball must be cleanly contacted; the ball may not be lifted, thrown, carried or double-contacted.
 - d.) All Quads Leagues-may not open-hand dink.
 - e.) You may not block or double-contact a ball that is set from your own team’s side over the net.
10. Blocking;
 - a.) The block is an attempt by a player to interrupt the ball before, as, or just after it crosses the net.
 - b.) A player is determined to be blocking when he/she is positioned within an arm’s distance of the net with his/her hand or hands above his/her head.
 - c.) A blocker may block any ball that has penetrated the vertical plane of the net.
 - d.) A blocker may block a ball on the opponent’s side of the net when:
 1. The attacking team has made its third contact.
 2. Any time the attacking team has, in the referee’s opinion, intentionally directed the ball into the opponent’s court.



3. Any time the attacking team has made an unsuccessful attempt to attack the ball (ex., a swing and miss).
 - e.) A blocked ball may be directed by the blocker, but may not come to rest or be carried by the blocker.
 - f.) When a ball is blocked back into the attacking player, the attacker is not subsequently considered a blocker, and may contact the ball only once.
 - g.) Any sustained simultaneous contact of the ball by opposing players over the net is permissible. (Only the strong survive-no replay).
 - h.) A touch on the block does not count as a contact, teams are allowed three more contacts after the block.
11. Digging;
- a.) A ball may not be lifted, thrown or carried.
 - b.) A “hard-driven ball” may be contacted with an open hand and/or double-contacted.
 1. A ball is considered “hard-driven” only when it is contacted completely above the plane of the net and directed in a downward motion.
 2. A digger may not push the ball up and forward with open hands, the force of the attack should propel the ball off the digger’s hands.
 - c.) A ball may be contacted with any part of the body on a dig. Foot digs are legal except on serve receive.
 - d.) A person may attempt to set the ball on the first contact (except serve receive), but the ball must come out clean, (no double-contact or lift).
12. Centerline;
- a.) Any part of any player at any time during play may not touch the net.
 - b.) A player may go under the net as long as interference with the play of the ball does not occur.
 - c.) A player may not interfere or attempt to interfere with a player trying to play the ball under the net.
 - d.) Clothing touching the net will be considered a net violation. Hair touching the net will not be considered a violation.
13. Miscellaneous;
- a.) A ball hit simultaneously by two teammates counts as one contact by either sex and either player may make the next contact.
 - b.) Power dinks are not allowed. The ball must be contacted out in front of the player’s body, and may not be carried or thrown.
 - c.) If a violation occurs after the ball has hit the ground, but during the normal course of the play, the fault will be called by the referee. (i.e. A player hits a ball which contacts the opposing teams court, after which his forward momentum carries him into the net.) The referee will determine when the play has ended.



Co-ed Teams:

1. Sixes teams must have at least two women; three men maximum. Quads teams must have at least 1 woman; 2 men maximum.
2. Co-ed sixes line-ups must be in the male/female order of rotation.
3. Co-ed sixes teams (with the exception of "C" leagues) will play with a "ghost" player if they have more men than women. The "ghost" must start in the middle back. The "ghost" takes over the place where the third girl would be, and occupies that space as your team rotates. Due to having a "ghost" player your team will lose the serve whenever the "ghost" player rotates to the serving position. (In the rally scoring game the team with the "ghost" will give up a point to the opposing team when the "ghost" serves).
4. If both teams are short a girl, there is no "ghost" player on either team.
5. When only one male player is in the front row at service, another male player from the back row may rotate up to the front after the serve for blocking purposes only. He may drive the ball over from a standing position.
6. Any ball hit more than once on a side must be contacted by a woman. Two men may hit the ball consecutively as long as the first or third contact was made by a woman. (A touch on the block by a male does not count as a male contact).

Reverse Co-Ed Rules:

1. The net will be set at women's height.
2. Men may not jump and attack the ball from anywhere on the court. They may drive the ball over the net from a standing position as long as the ball is not driven downward.
3. Men may not block at the net at all, from either a standing or jumping position.
4. Men may set the ball over the net from only a standing position.
5. Men may not jump serve.
6. Open-hand tips are not legal.
7. There is no mandatory co-ed rule. A ball that travels over the net may be contacted by two to three men or women in succession.
8. A team may consist of three to four women as long as they designate only two women that will do all the blocking and attacking.