

# Diggs Beach Volleyball Official Rules

3 games to 25 points (win by 2 pts)

Rally scoring: a point is scored on every serve; the offense scores when the defense misses the ball or the ball lands on the opposing side and vice versa

**Rotation:** All players rotate clockwise

\*Must have at least 1 person on the team over 18 years old\*

6 players: COED-> No more than 3 men on a team

No more than 6 players no less than 4 players

COED-> positions alternate male and female

Substitutions should occur at position 1 before that player's serve

4 player: COED-> No more than 2 men on a team

No more than 4 players no less than 2 players

Positions can vary between gender, substitutions, and service rotation

**Serve:** Players may serve overhand or underhand

-The player serving must stand behind the back boundary line and remain out of bounds until the ball has left their hands.

>there should be no service until all players are aware that game play is about to start

*Each player takes a turn as server until their serve is lost by SIDEOUT of the opposing team.*

*4 player league: The serving rotation remains throughout the whole game.*

*6 player league: The player in position 1 (back right) should be the server*

- The serve must go over the net and land inbounds on the opposite side.
- > serves that hit the net are still in play if the ball falls on the opposite side
- > if a service hits the boundary poles it is considered out and the play is stopped
- No player is allowed to *BLOCK or ATTACK* a serve
  - > this does not include *SETTING*. Setting a serve is allowed
- Players must remain in their starting positions until the ball has left the servers hands

**Violations:** *Opposing team* gets one point scored and is awarded serve if...

- the ball hits the ground inbounds on your side of the net
- you touch the top lining of the net or touch the ground on the opposite side under the net while the ball is in play
  - > players may not reach over the net unless they are *FOLLOWING THROUGH* an attack or blocking
- after your teams touches the ball and it touches the ground anywhere out of the boundary line
  - > if the ball hits any part of the boundary line it is inbounds
- you touch the ball more than once in sequence
  - > a block does not count as a touch
- your team touches the ball more than 3 times before getting it over the net, inbounds on the other side
  - > a block does not count as a touch
- you *LIFT or CARRY* the ball

***4 player leagues only:***

- No player may TIP the ball over the net*
  - > *Players may use the bottom of their palm or a fist*
- Sets that go over the net must be set with shoulders SQUARE to the net*
  - > *this includes back sets*

What you can do: Kick the ball

Head butt the ball

Hit the ball with the *top* of an open hand

What you cannot do: Hit the ball with your chest in while BUMPING

Block a set/tip that is intended to stay on the opposing team's side of the net

A back row player cannot jump in the front row when hitting the ball over the net

**\*\*We will NOT be having referees at any games. We expect our athletes to play honestly and call their own penalties during game play. Unfriendly and unsportsmanlike conduct will not be tolerated\*\***

## Volleyball terms:

**Attack:** an attempt to end the play by hitting the ball to the floor on the opponent's side; awarded for a spike, tip or block

**Block:** awarded when a player thwarts an attack, deflecting an attack onto the opponent's court for a point

**Bumping:** the act of passing the ball with the forearms

**Dig:** successfully retrieving an attacked ball

**Kill:** A ball that strikes the floor or lands out of bounds after touching an opponent

**Set:** a maneuver in which a ball is purposely directed to a spiker

**Carry:** a misplayed ball involving "prolonged contact"

**Double hit:** When a player touches the ball twice in a row during a play

**Tip:** placement or redirection of the ball with the fingers, AKA *dink* or *dump*

**Ace:** a serve that hits the floor or causes the passer to misplay the ball such that no player can make a second contact

**Follow through:** extending the arm throughout a swing to increase the force put upon an attack

**Shoulders Square:** positioning the shoulders and feet parallel to increase balance, aim, and muscle memory

**Free ball:** an easy return from the opponent

**Sideout:** when the serving team loses the rally and the receiving team gets the ball

## Volleyball Court Positions

