Manitowoc Recreation Department Volleyball Rules 2021

PLAYING RULES:

Official Wisconsin Interscholastic Athletic Association rules for the current season will govern play, with these exceptions: **The league uses rally scoring.**

A. The overhand serve is allowed in all divisions of all leagues. The first team to serve will be determined by rock, paper, scissors.

B. All Men's, Women's and Couple's League legal hits

1. **A bump is when the ball is hit with both hands together above or below the waist.**
2. **A ball may be contacted with any body part including the knee or foot and be a legal hit and is counted as one hit.**
3. **Serving area shall be behind the end line and from sideline to sideline**

C. For each serve, the score will be announced this will be the signal for the serve to begin.

D. Each team is allowed two time-outs per game.

E. Replays: A replay shall be determined by the both teams in the case of stray ball interference, a motionless ball in an overhead obstruction or any play deemed necessary.

F. Adjacent courts are non-playable areas only if there is a game occupying the court. You may enter the court to play the point if the court is unoccupied. **Foot (or other body part touching the floor) placement shall determine your position on or off the court.**

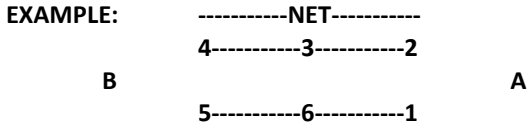
G. Reaching over the net is permitted only during:

1. A follow-through or a hit or an attempt to hit.
2. Blocking a ball which is entirely on opponent's side of the net shall be permitted when the opposing team has had an opportunity to complete its attack. The attack is complete when:
   a. The attacking team has had an opportunity to spike the ball or, intentionally directs the ball into the opponent's court.
   b. The attacking team has completed its 3 allowable hits.
   c. The ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

H. Blocking a Served Ball Is Illegal. Attacking a Served Ball Is Illegal.

I. **Rotation**

All teams shall establish a rotation sequence and maintain this sequence throughout the game. Players may substitute for the same player in the same position for a maximum of 3 substitutions per game.



J. Late players may join the rotation sequence on arrival. They may not bump a player off the court if they are the 7th player, but must wait until their team rotates before joining play.

K. An injured player who leaves the court must return to his/her original position in the rotation when reentering the game.

L. Scoring: Using rally scoring- a game shall be played to 25 points, with a 2-point advantage by the winner.

M. (Reprinted from the NFSHSA Rule Book for emphasis) A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.

XI. COUPLES' LEAGUE RULES

A. **The number of female players on the court should not exceed 4, the number of male players on the court should not exceed 3; there should be no more than 6 players on the court at a time. As long as there is at lease 2 people of each gender playing, it does not matter if there are more women or men on the court.**

B. The rotation sequence shall be alternating male-female when possible. **Players may substitute for the same player in the same position for a maximum of 3 substitutions per game.**

C. A block is not counted as a hit. This includes when determining hit sequence as described in Rule XI. E..

E. A female must hit the ball once before it goes over the net, unless returned on the first hit by a male.