



**2023 VOLLEYBALL  
RULEBOOK**

The official volleyball games of the Norman Optimist Club are to be governed by the National Federation of State High School Rules unless otherwise stated in this rule book.

## **DEFINITIONS/TERMS OF ART:**

**Game:** A competition to 25 or 15 points, deemed complete when one team reaches the designated amount of points and prevails by no less than two (2) points.

**Match:** A competition of two (2) to (3) cumulative games, the prevailed of which has accumulated two game victories.

**Rally Scoring:** At the completion of each play, a point is awarded to the prevailing team. Each possession results in a point awarded.

## **GAMEPLAY**

### **1. Coin Toss**

- 1.1. Prior to the start of a match, each team sends 1-2 captains to mid-court for coin toss and overview of rules with Referees.
- 1.2. The visiting team shall call heads or tails.
- 1.3. The winner of the coin toss elects to serve first or or serve receive first.
- 1.4. Teams alternate first serve of game for the remainder of the match.

### **2. Timing**

#### **2.1. Length of Match**

2.1.1. Matches will be played best 2 out of 3 games or to a 50-minute time limit (whichever comes first).

2.1.1.1. First two sets will be played to 25 points using rally scoring and must win by 2 points.

2.1.1.2. Third set will be played to 15 points and must win by 2 points. (No cap on score, **only** time restrictions.)

2.1.1.2.1. If time expires, the team that is leading the set will be declared the winner of that set.

2.1.1.2.2. If time expires and the score is tied one set per team in the regular season, the match will be declared a tie.

2.1.1.2.3. If time expires during a play, the play should be completed as normal and a point awarded at the end of the rally, not when the time expires.

2.1.1.2.4. If the score is tied one set per team in the postseason, a third is played to 15 points, and the prevailing team must win by 2 points. (No cap on score, **only** time restrictions.)

#### **2.2. Timeouts**

2.2.1. Coaches will have one 60-second timeout per game.

2.2.2. Only the head coach or the players on the court may call a timeout.

- 2.3. Game Stoppage. Game clock may be suspended to accommodate removal of an injured player from the court, should the player be unable to exit on his/her own volition.

### **3. Players**

- 3.1. Six (6) players maximum on the court at one time.
- 3.2. As few as four (4) players may compete for a game/match to continue.
  - 3.2.1. In the event of an injury, a team with insufficient substitute players may play with four players on the court, but no fewer than four (4).
- 3.3. Teams may have no more than twelve (12) players.
- 3.4. Coaches may form or register with existing teams. However, the NOC reserves the right to add players to any team with less than twelve (12) players.
- 3.5. Each coach must make an effort to play each player at least half of each game.
- 3.6. Players may opt to “play up” in a division; however, players may not play in younger divisions than their corresponding grade level.

### **4. Substitutions**

- 4.1. Players re-entering the set must assume their original position in the serving order/rotation in relation to other teammates. No change may be made in a player’s position in the service order, unless necessitated by injury.
- 4.2. When substituting, players must exchange along the bench sideline, and between the 10’ foot line and the net on their respective side of the court of play.
- 4.3. When substituting, players must wait for the cue from the referee to sub in/sub out.

### **5. Offense**

- 5.1. Serving
  - 5.1.5. Serves can be overhand or underhand.
    - 5.1.1. Server’s body must be completely behind the service line (or extended service line), and shall not touch or cross the service line until or at the same time as the server’s hand makes contact with the ball.
    - 5.1.2. If server crosses the line before contact with the ball, the serve will be illegal and shall result in a change of possession.
- 5.2. Serving Distances
  - 5.2.1. 2<sup>nd</sup>/3<sup>rd</sup> grade division serves from the 20 foot service line, and each server may have up to two serve attempts per point.
    - 5.2.1.1. A failed first serve attempt may be followed by a second serve attempt without a change of possession.
    - 5.2.1.2. Service line shall extend the full width of the court, and servers may be deemed to have legally served

so long as they do not cross or contact the service line prior to contact with the ball.

5.2.2. 4<sup>th</sup>/5<sup>th</sup> grade divisions serves from the 25 foot service line.

5.1.2.1. Each server gets one attempted serve per point.

5.1.2.2. A failed serve attempt shall result in a change of possession.

5.1.2.3. In an attempt at an overhand serve, one false or dead toss may be allowed per attempt if the player tosses the ball and makes no contact before stepping back and letting the ball hit the floor.

5.2.3. 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> grade division serves from 30 foot line (traditional, full-length Court boundary)

5.1.3.1. Each server gets one attempted serve per point.

5.1.3.2. A failed serve attempt shall result in a change of possession.

5.1.3.3. In an attempt at an overhand serve, one false or dead toss may be allowed per attempt if the player tosses the ball and makes no contact before stepping back and letting the ball hit the floor.

5.2. Players “playing up” a grade level will be expected to serve from the distance associated with the division.

5.3. A five (5) serve rule will be in effect. Change of possession will occur after the 5th consecutive serve.

5.4. All spikes must be done with an open hand and single contact. Double touches will result in the end of a play.

## **6. Defense**

6.1. Serves or first hit may be received with a bump, set, or any other Contact that is not a lift or double touch.

6.2. No liberos (designated defensive specialists). All defensive players will be subject to the substitution rules.

## **7. Coaches**

7.1. All volunteer coaches 18 years of age or older are required to complete and pass an online background check prior to being allowed to coach.

7.2. Coaches must be at least 16 years of age.

7.3. There will be a maximum of two coaches on a bench.

7.4. Only one coach may stand during games, the assistant/other coach must stay in their assigned coach’s box, or alternatively, on the bench.

7.5. Only the head coach or designated head coach may address a referee or other game official during the game.

7.6. The Norman Optimist Club reserves the right to remove a coach at any time throughout the season. The NOC also reserves the right to suspend coaches from future games for good reason.

## **8. Equipment**

- 8.1. Official jerseys must be worn during play; however, players may not be disqualified from competition for lack of jersey.
- 8.2. All competitions are played with official, lightweight volleyballs that will be provided by the NOC.
- 8.3. Players may tape their forearms, hands, and fingers.
- 8.4. Players may wear elbow pads and knee pads.
- 8.5. Players must remove all watches, earrings, and other jewelry that officials deem hazardous.

## **9. Court Dimensions**

- 9.1. The court of play is 30 feet wide from sideline to sideline and 60 feet from back service line to back service line.
- 9.2. Balls hitting outside of the boundary line are considered out-of-bounds, unless contact is made by a player before the ball hits the floor out of bounds.
- 9.3. Net height is 7'0" for all age divisions.

## **10. Communications Policy**

- 10.1. Communication regarding issues of playing time, practice, strategy, technique, etc. should be addressed directly to coaches and/or assistant coaches.
- 10.2. Communication regarding a specific incident, questions about rules, outcomes, officiating, etc. should be brought to the Volleyball Director via email ([NormanOptimistVolleyball@gmail.com](mailto:NormanOptimistVolleyball@gmail.com)).
- 10.3. Only emergent logistical issues (team sickness, inability to play, facility access at game time, etc) should be addressed by phone. Communication regarding incidents, policy, discipline, etc. should be brought in writing and forwarded to the email listed above.
- 10.4. Any communication regarding discipline, incidents during competition, suspension or removal shall be reduced to writing and final decisions shall not be rendered until such time as the Volleyball Director, Executive Director, and a designated selection/committee of members of the NOC Board are involved and informed of the circumstances.