



# CHAMP Adult Volleyball Rules

## Volleyball Basics

- Volleyball is played by two teams of six. The object of the game is to land the ball in the opposition's half of the court.
- Team captains complete a coin toss before the game to determine the team that will serve first. The player in the back right position in the rotation serves the ball.
- Each team is allowed three touches of the ball before it must cross over the net. The key attacking move is the set and spike, in which a player feeds the ball (the set) for a teammate to power it into the opposition's court (the spike).
- The match starts with three front-row players in a line near the net, and three back-row players in a line towards the back of the court. At each serving opportunity, the players rotate one space.
- All matches are the best of three sets. All sets must be won with at least a two-point advantage.
- Teams win points when the opposing team commits a violation, fails to return the ball over the net, lets the ball touch the ground inbounds or hits the ball into the net or out of bounds.

## Basic Violations

- Stepping on or over the line on a serve.
- Failing to serve the ball over the net successfully.
- Hitting the ball illegally (carrying, palming, throwing, etc.).
- Touching the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.

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- Reaching over the net, except under these conditions: 1) when executing a follow-through. 2) when blocking a ball which is in the opponent's court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact).
- Reaching under the net (if it interferes with the ball or opposing player).
- Failing to serve in the correct order.
- Blocking or spiking from a position which is clearly not behind the 10-foot line while in a back row position.

## Standard Rules

The USA Volleyball and International Federation of Volleyball rule books provide the standard rules for competitive men's and women's volleyball in the United States. For a complete set of rules, please refer to the website for the International Volleyball Federation at [www.fivb.org](http://www.fivb.org).

## Forfeits

- Please contact the CHAMP office if you know in advance your team will be forfeiting a game.
- If a team has below four players, the game is automatically forfeited. If both captains agree, games may still be played by adding players from the opposing team.
- If more players are needed, other players who are enrolled in the CHAMP Adult Volleyball league may play. However, the game is still considered a forfeit. No spectators or non-registered people can play under any circumstance.
- Forfeits will be recorded as a 25-0 loss.

## Conduct

- The primary focus of CHAMP Sports Outreach is to honor and glorify our Lord Jesus. Therefore, any behavior that is not Christ-like will result in suspension and/or ejection from a game or the league.
- If a player is ejected, the team is not allowed to replace that player during the game.
- Unsportsmanlike and inappropriate behavior may result in immediate suspension and affect future involvement in any CHAMP program.

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