



Pride Sports USA - Volleyball Official Rules PrideSportsUSA.com 10.21.20

- Captains will rock, paper, scissor for who serves first.
- 5 players on the court at any one time.
- Teams may have a rotation of players during the game if your team has more than 5 players show to play.
- 3 players or less will be a forfeit. (3-0 loss)
- Maximum of 3 hits per side
- A point is made on every serve.
- Players may not hit the ball twice in succession. (A block is not considered a hit.)
- Ball may be played off the net during a volley and on a serve.
- A ball hitting a boundary line is in.
- A ball is out if it hits the floor completely outside the court.
- Who gets the serve? For the first game, teams rock paper scissor. For the second game and so on the serve goes to the team that lost the previous game.
- It is legal to contact the ball with any part of a player's body.
- It is illegal to catch, hold or throw the ball.
- A player cannot block a serve.
- Server must be in the back right corner of the court.
- Matches are made up of best 3 out of 5 games to 21. First team to 21 wins that game. You do not need to win by two.
- If the match is tied 2-2 going into the 5th game, teams will play to 15 points. If 50 mins have passed after a score of 2-2. The game will end in a tie.
- Rotating players- Teams can choose to keep the same 5 players in the whole game and switch players after each game or players can switch mid game. (See map below on how to rotate)

Pride Sports Volleyball Rule Violations

Rule violations that result in a point for the opponent

- When serving, the player steps on or across the service line as while making contact with the ball.
- Failure to serve the ball over the net successfully.
- Ball-handling errors. Contacting the ball illegally (double touching, lifting, carrying, throwing, etc.)
- Touching the net with any part of the body while the ball is in play.
- When attacking a ball coming from the opponent's court, contacting the ball when reaching over the net is a violation if the ball has not yet broken the vertical plane of the net.
- Serving out of rotation/order.

PRIDE SPORTS VOLLEYBALL

5 V 5

