

MCS VOLLEYBALL

THE SERVE

- (A) Server must serve from behind the restraining line (end line) until after contact.
- (B) Ball may be served underhand or overhand.
- (C) Ball must be clearly visible to opponents before serve.
- (D) Served ball may graze the net and drop to the other side.
- (E) Serve must be returned by a bump only. No setting or attacking a serve.

SCORING

- A. Every volley counts (rally scoring)
- B. Offense will score on a defense miss or out of bounds hit.
- C. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
- D. Game will be played to 25 pts.
- E. Must win by 2 points.

PLAYING THE GAME (VOLLEY)

- (A) Maximum of three hits per side.
- (B) Player may not hit the ball twice in succession (A block is not considered a hit)
- (C) Ball may be played off the net during a volley and on serve.
- (D) A ball touching a boundary line is good. A ball hitting the antenna is out.
- (E) A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.
- (F) If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- (G) A ball hitting the ceiling may be played by the team that hit the ceiling - opponents may elect to not play said ball, which in turn, would give them the point.
- (H) Switching positions will be allowed only between front line players and only after the serve.

ROTATION

- (A) Teams will rotate each time they win the serve.
- (B) Players shall rotate in a clockwise manner. (New players rotate in at the lower left of the court and rotate out at the upper left – facing the net)
- (C) There shall be a maximum of 6 players on each side.

BASIC VIOLATIONS

- (A) Stepping on or over the line on a serve.
- (B) Failure to serve the ball over the net successfully.
- (C) Hitting the ball illegally. (Carrying, Palming, Throwing, etc.)
- (D) Touches of 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.
- (E) Reaching over the net, except under these conditions:
 - 1 - When executing a follow-through.
 - 2 - When blocking a ball which is in the opponents' court but is being returned off a third touch. The blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact.
- (F) Reaches under the net if it interferes with the ball or opposing player.
- (G) Failure to serve in the correct order.

THE COURT

PLAYING AREA: Both indoor and outdoor courts are 30 feet x 60 feet.

NET HEIGHT: Net height for high school is 7'6" at center.

BALL: The ball weighs between 9 and 10 ounces. Ball pressure is between 4.5 and 6.0 pounds.