



Simple Rules for Valley Volleyball Matches



Taken in part from <http://www.cbva.com/dox/CBVARulebook.pdf>
Revised 6/1/10 (Terry Martinez)

1. Coin Toss. Rock, Paper Scissors, etc... Team that wins the coin toss chooses to serve/receive or which end of the court they want to start the game. The losing team picks the same for the second game. If a third game is required another coin toss is required.
2. Best of 3 games wins the match. First two games are played to 21 points, must win by 2 points with no cap. If a third game is needed play to 15 points, must win by 2 points with no cap.
3. Serving must be done from behind the back line. The server can land in the court after hitting the ball.
4. Serves that hit the net and then land into the opposing court are valid.
5. Double handed sets that are sent to the opposing team's side, 1) must be perpendicular to the setter's shoulders and, 2) must occur above the shoulders. If the set looks like a throw, push, or shove, and not a set, then it's probably an illegal hit.
6. Receiving team players can hit the ball twice on the first touch as long as it continuous motion. For example the receiving player receives the ball on his/her upper arms and then it also hits the player's chest as the player tries to receive the ball in one full motion. This is valid hit.
7. A block does not count as a hit. After a block any team member on the blocking team may hit the ball including the blocker if the ball travels into the blockers court.
8. Player may not touch the top Tape of the net at any time unless the ball moves it into the player. Other incidental contact with the net is not a fault unless it interferes with the other team's play on the ball.
9. Player can cross center line, above or below the net, as long as it does not disrupt play or interfere with an opposing player's attempt to contact.
10. **2x2 and 3x3 Games Only:** Using the fingertips on a single handed hit to give the ball redirection to the opposing team's side - also known as dink - is illegal.

CHARACTERISTICS OF CONTACT

- A player may touch the ball with **any** part of the body.
- A player may have successive contacts with a hard driven ball.
- The ball must be contacted cleanly and not held (including lifted, pushed, caught, carried or thrown). The ball cannot roll or come to rest on any part of a player's body.

- An exception is allowed during the defensive play of a hard-driven ball, which is an attack-hit or blocked ball traveling at a high rate of speed (as judged by the players). In that case, the ball may be momentarily lifted or pushed, providing that the attempt is one continuous motion.
- A contact of the ball with two hands, using the fingers to direct the ball, is a set. A player may set the ball in any direction towards his/her team's court, provided that the ball is contacted simultaneously by both hands and does not visibly come to rest.
- If the ball is intentionally set into the opponent's court, the player must contact the ball above his/her shoulders and must direct the ball perpendicular to the direction his/her shoulders are facing.
- When contacting the ball with one hand, it must be cleanly hit with the heel or palm of the hand (a "roll shot"), with straight, locked fingertips (a "cobra"), knurled fingers (a "camel toe") or the back of the hand from the wrist to the knuckles. **2x2 and 3x3 Games Only:** One-handed placement or redirection of the ball with the fingers (a "dink" or "open hand tip") is a fault.