IFT Volleyball Rules 2018

Normal rules of volleyball apply in addition to and/or including the following:

1. Each team may have a maximum of 12 players.
2. Each team is allowed a maximum of 3 touches of the ball on their side of the net before the ball has to go over.
3. No player is allowed to touch the ball twice in a row (unless the first contact is a block). If they do, the other team wins the point.
4. The server must serve the ball from behind the base line, and may take no longer than 10 seconds to serve the ball after the whistle has been blown.
5. If the server's foot is on or over the line whilst serving, the other team wins the point.
6. The ball is out of play if it hits the ground, roof, walls or any fixture hanging from roof.
7. If the ball lands on a line, it is in.
8. Players are not permitted to catch, carry or lift the ball with one or both hands.
9. The ball must pass between the antennae when going over the net, otherwise the ball is out.
10. Any abuse or gross misconduct directed at referees or other players will result in exclusion from the game and possible suspension of the team from the competition.
11. Games are played to 3 sets. The first 2 sets will be played up to 25 points, and the 3rd set to 15 points. A team must be ahead by 2 points to win the set.
12. Teams will swap ends at the completion of each set.
13. The starting serve of each set will alternate between teams. Either team can win the service point. The team that is awarded a point gains serve.
14. No more than six players can be on court during play at any time. If a team has less than five players on court during play they will default the game.
15. There has to be at least 3 females on the court at all times.
16. A player may not touch the net or step under the net (cross the centre line) while the ball is in play. Touching or stepping under the net will result in a point awarded to the opposition.
17. Competition Points are: Win = 4 points, Draw = 2 points, Loss = 0 points.