



SPORTS for Exceptional Athletes Volleyball Rules



as of 10/2/08

The Volleyball Rules are based on USAV (USA Volleyball).

1. Number of Players
 - a. 6 players on the court at any one time.
 - b. No maximum roster size.
 - c. Teams may be made up of athletes with developmental disabilities, families, friends and others in the community who want to play on inclusive teams. Abilities should be at least relatively close between team members.
 - d. All players present must play in at least 1 game per match.
2. Duration of the Game and Match
 - a. The first team to 25 points wins the game (must win by 2 points).
 - b. Match consists of 3 games – team winning best 2 out of 3 games wins the match.
 - c. The Volleyball Coordinator may change the number of points to win a game or number of games won to win the match based on time constraints, etc.
3. Playing the Game
 - a. Rally scoring (for every serve whichever team wins the rally, wins the point).
 - b. Serves touching the net and going over are legal serves.
 - c. For return of serve, the ball may not be blocked or spiked.
 - d. A team may touch the ball up to 3 times before the ball has to cross back over the net.
 - e. A block at the net does not count as a touch, so that the blocker can then dig the ball as the first touch.
 - f. Balls hitting walls or objects attached to walls are considered out. Balls hitting the ceiling or objects attached to ceilings are playable by the same team if the ball does not cross the net.
4. Modifications
 - a. On the first change of possession, teams do not rotate.
 - b. Substitutions are unlimited.
 - c. A hit is considered legal based on the ability of the athlete. Illegal hits will be called in the higher divisions.
 - d. If a deciding 3rd game is played, the first team to 25 points wins the game (must win by 2 points).
 - e. The following modifications may be made for the lower divisions:
 - i. A lower net may be used.
 - ii. A player may serve from a modified service line determined by referee based on the player's serving ability
 - iii. After 5 points made consecutively by the same server, the serve then goes to the other team. The other team does not receive a point.