

- **BALL HANDLING**

- A player may not complete an attack-hit by directing the ball with fingertips.
- During the action of players setting, the ball must be played with one quick motion. The ball may not visibly come to rest in the player's hands.
- A double contact is not necessarily indicated by the spin of the ball but by the fact that a clear fault (the time difference between the two hands that contact the ball) has occurred.
 - *****NEW***** Second Contact Rule (12U-16U only) - A player may have a double contact on their second contact when completing a set to their teammate using an overhand pass provided the ball has a trajectory perpendicular to the line of the player's hands, shoulders, and hips (i.e. the player is being "square") and the double contact involved only the hands.
- A player may not complete an attack hit using a set with a trajectory not perpendicular to the line of the shoulders. The exception is when the player is attempting to set to his or her teammate.
- 1st contact:
 - At 13U – 16U, receiving serve or a non hard-driven ball on first contact with a set using fingers is not permitted, regardless of the quality of the contact. Exception: hard driven ball.
 - It is not considered a hard-driven ball if the defensive player had time to make a decision or to react by changing their technique as to how to play the ball. Serves are never considered a hard-driven ball.

- **BLOCKING**

- A block contact counts as a touch.
- After touching the ball on a block, the same player may execute the next contact after the block

- **PLAYER AT THE NET**

- Contact with the net or antenna during the action of playing a ball is a fault.
- The ball or gust of wind pushing the net into a player is not a fault.
- Athletes may cross under the net; however, if they interfere with the opponent's play on the ball, it is a fault.

- **SERVE RECEIVE (13U-16U only)**

- Athletes must serve receive from the right side of the court when they are done serving.

- **COACHING & PARENT FEEDBACK (13U-16U only)**

- The coach's name must be written on the scoresheet prior to the match. Coaching may only occur during time outs and set intervals. Only athletes are able to call time outs.
- Parents and coaches can cheer for good plays but no external assistance is allowed during play.
- There is no in-game coaching allowed at 17U and older age groups.

- **TIME OUTS & SWITCHING SIDES**

- There is one 60 second technical time out when the combined score of both teams equals 21 points.
- Each team is allowed one 60 second time out per set.
- Teams switch sides of the court at the following times:
 - Games to 25 points = when the combined score adds to a multiple of 10.
 - Games to 21 points = when the combined score adds to a multiple of 7.
 - Games to 15 points = when the combined score adds to a multiple of 5.

- **ADVICE FOR ATHLETE REFEREES**

- **Make calls as you see them and be loud and decisive in order to stop the rally.**
- Be consistent in applying the rules.
- Do not allow yourself to be influenced by other athletes.
- Referees must stand at the post when they are refereeing.
- Referees must be at their court at least 15 minutes prior to the match time.
- Referees are responsible for starting the warm up and match on time.
- Only the captain may approach the referee.
- **Seek out a referee supervisor if clarification on rules is needed!**