

# Volleyball Rules:

## A Quick Overview

### 1 TEAM STRUCTURE

- 6 players on the court per team
- Up to 6 substitutes allowed per set
- Roles: Setter, Outside Hitter, Opposite, Middle Blocker, Libero, Defensive Specialist

### 3 ROTATION & POSITIONING

- Teams rotate clockwise after winning
- Maintain rotation order throughout the set

### 5 BLOCKING & ATTACKING

- Only front-row players can attack/block near the net
- Back-row attacks must be from behind the 3-meter line
- Libero cannot serve, spike, or block (varies by league)

### 7 QUICK TIPS

- Rally scoring: Every rally earns a point
- Coin toss decides first serve/side
- Switch sides after each set

### 2 BASIC VIOLATIONS

- Ball hits the ground
- Touching the net
- Double hit or lift
- Crossing centerline
- More than 3 hits per side

### 6 LEGAL HITS

- Clean hit only - no catching, lifting, or throwing is allowed
- Types: Bump, Set, Spike, Block, Dig

### 4 SERVE RULES

- Serve from behind the end line
- Net touch on serve is allowed
- One serve attempt - foot faults count as errors



# Volleyball Rules A Players Guide

**Xiaolong Qi**



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