



राष्ट्रीय प्रौद्योगिकी संस्थान दिल्ली
NATIONAL INSTITUTE OF TECHNOLOGY DELHI

RULES AND REGULATIONS

TOSS:-

- Court or serve may be selected by the toss winning team.
- 1st serve may be given to the opponent team which doesn't before.

ROTATION:-

- Rotation game will be held if any one of the team chooses it. (if not standing game can be played)

SETS:-

- Game is of three sets (25-25-15)
- Court must be changed after every set.
- Court change in 3rd set will be at after getting 8 points to any team.

SERVING:-

- Serve should be from left side of the court (due to bad lighting from the right side).
- Serve can be easy, hit, jump-serve. At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the floor outside the service zone.
- A service executed before the referee's whistle gives point to opponent.
- Only one toss or release of the ball is allowed. (violating this gives point to opponent)

AT LINES:-

- The ball is "in" when it touches the floor of the playing court including the boundary lines. ("including serve play")
- The ball is "out" when: **A)** the part of the ball which contacts the floor is completely outside the boundary lines; **B)** it touches the posts;

PLAYER AT THE NET:-

Penetration under the net:-

- Players should not be permitted to cross the centred line during the play.
- Players should not touch **any part** of the net (during setting, attacking, blocking) or should not take any support from other players.

Reaching beyond the net:-

- In blocking, a player may touch the ball beyond the net, provided that he/she does not interfere with the opponent's play before or during the latter's attack hit.
- After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

BALL AT THE NET:-

- Players should not touch the ball which is in opponent's court during the play.

TEAM HITS:-

- Two (or three) players may touch the ball at the same moment. But when two (or three) team-mates touch the ball simultaneously, it is counted as two (or three) hits (with the exception of blocking).
- It is a fault, during the reception of service, to make a double contact or catch using an **overhand finger** action.
- **CONTACT OF LEGS:-** A leg can be used thrice in a set by a team. (once in a serve play)

(Umpire decision is the final decision, team members should not quarrel or argue with the umpire)**