



COMPARISON OF SIGNIFICANT RULES NCAA Women's Rules and USAV Domestic Competition Regulations 2008-2009

	NCAA (Women)	USA Volleyball
1. Playing surface	The playable surface consists of the court & at least 2 meters surrounding it, which must be flat & smooth. Additional playing area can have a lower surface by up to ½" as long as both surfaces are safe. A player must be touching the playable surface to legally play a ball over a non-playable area.	Entire playing surface must be flat, horizontal, and uniform (e.g. playing surface ends at the edge of the Sport Court). The ball may be retrieved from beyond the free zone when the surface is lower by up to ½" or less and the entire area surrounding the court is free of obstructions.
2. Center line specifications	May have any or all of the following characteristics: <ul style="list-style-type: none"> • A solid (uninterrupted) line. • A solid interrupted line: 4-inch line, 2-inch break, 4-inch line, 2-inch break, etc. • A shadow-bordered line with .64-centimeter (¼-inch) borders. 	Must be a solid line.
3. Attack line extensions	Required.	Required for nationally sanctioned competitions; optional for all other competitions.
4. Media location	Equipment and personnel cannot be in front of benches or in between attack lines extended on bench side. In other areas, must be within 1 meter of the barrier limiting the playable area.	Not specifically addressed, but 2 meters of free space surrounding the court are required.
5. Overhead clearance	12.5 meters (41 ft.) is recommended. For new facilities put into use after 2006, 7.62 meters (25 ft.) is required.	For nationally sanctioned competition, 7.01 meters (23 ft.) is required, and is recommended for all other competitions.
6. Service zone	Required to have 2 meters of depth beyond the end line, with no allowance for extending this area onto the court.	If 2 meters of depth is not possible beyond the end line, a line will be placed within the court boundaries to indicate the minimum 2 meters required by rule.
7. Warm-up area	Warm-up area begins at the end line or the end of the team bench, whichever is nearer to the scorekeeper's table. May extend to within 2 meters of the sideline or service zone, as long as substitutes' position does not interfere with the officials' duties.	Warm-up area starts at the end of the team bench or bench area, and may be no nearer the court than the front of the team bench. Substitutes must not interfere with officials' duties.
8. Penalty area	Not used.	Recommended - 1 x 1 meter area 1.5 meters behind each team's bench with 2 chairs.
9. Temperature	No minimum or maximum temperature designated.	Minimum temperature of 10 degrees Centigrade (50 degrees F).
10. Lighting	Specifications per Illuminating Engineering Society of North America.	300 lux (27.9 foot candles) required.
11. Exposed cable	Must be covered.	Must be clearly identified.
12. Band at top of net	May be 2" to 3 1/8"	May be 2" to 2 3/4"
13. Net sleeves	Allowed on top of the net only, if secured in a way that net height and play are not affected and not greater than 3 3/8" wide.	Not specifically addressed by rule.

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14. Net markings	Advertising is allowed on top tape, bottom tape, and/or tape outside the antennas.	Not specifically addressed by rule.
15. Net posts	Recommended distance from sideline is 1 meter (39"). For facilities constructed after 2008, 1 meter is required.	Distance from sideline is .5 to 1 meter (20"-39").
16. Ball characteristics	Surface must be a uniform, light color or a combination of colors with at least one-third of surface white or light	Surface must be uniform, light color or combination of colors.
17. Rosters	Not utilized. Designated coaches must be listed on first set line-up sheets.	All team members including managers, trainers, etc. are listed on roster.
18. Captain designation	One player must be designated as captain on the lineup sheet for each set, and is captain anytime that player is on the court.	One team member (not the Libero) must be designated as team captain on the roster, and is captain anytime that player is on the court. If the team captain is not on the starting line-up, another player must be designated to serve as the game captain any time the team captain is not on the court.
19. Limit to team members	No limit to the number of players on a team, or the number of coaches/staff.	Limited to 15 players and 5 coaches/staff.
20. Non-disruptive coaching - ball in play	<u>Coaches will be required to stay at least 1.75 meters from the court, and completely outside the substitution zone.</u>	<u>The coach will be required to stay at least 1.75 meters from the court, and completely outside the substitution zone.</u> One assistant coach may stand to instruct players on the court, with same location restrictions.
21. Non-disruptive coaching - ball out of play	<ul style="list-style-type: none"> • No restriction regarding coach's location while on the bench. • Only one coach at any time may address the referees to clarify non-judgment ruling or confirm TO/sub information. Coaches may not enter the substitution zone to discuss a judgment decision. • Coach(es) must not remain in substitution zone during play. 	<ul style="list-style-type: none"> • If seated, the coach is required to sit on bench nearest the scorekeeper. • The coach may stand or walk within free zone in front of team bench without disrupting match. • One assistant coach may stand to instruct players on the court.
22. Designated coaches	All coaches must be designated on the line-up sheet for set one. Any coach may call for interruptions and instruct players.	The coach must be designated on the roster. Only the coach may request interruptions.
23. Individual sanctions	<ul style="list-style-type: none"> • Warning – Yellow card held in one hand. • • • Penalty – Red card held in one hand. • Expulsion – Red & yellow cards held in one hand. • Disqualification – Red & yellow cards held in separate hands. 	<ul style="list-style-type: none"> • Warning – No card shown – verbal or hand communication only (not recorded on scoresheet). • Penalty – Yellow card. • Expulsion – Red card. • • Disqualification – Red & yellow cards held in one hand.
24. Expulsion & disqualification	<ul style="list-style-type: none"> • Result in penalty point for the opponent, who then serves next. • Expelled players remain seated on bench for remainder of set. Expelled coaches leave the playing, bench, warm-up & spectator areas. • Disqualified team members must leave team, playing and spectator areas for the remainder of the current match and the entire next match. 	<ul style="list-style-type: none"> • No penalty point assessed. • • If a penalty area is available, expelled team members must remain seated there for remainder of set. If no penalty area is available, expelled players or substitutes remain seated on bench for remainder of set. Other expelled team members must leave playing, bench and warm-up areas. • Disqualified team members must leave playing, bench, warm-up and spectator areas for the remainder of the current match.

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25. Team sanctions	<ul style="list-style-type: none"> • Team Delay Warning – yellow card held against opposite wrist. • Team Delay Penalty – red card held against opposite wrist. 	<ul style="list-style-type: none"> • Delay Warning – no card shown - one hand held against opposite wrist. • Delay Penalty – yellow card held against opposite wrist.
26. Duration of sanctions	For the set.	For the match.
27. Sanction procedures	<ul style="list-style-type: none"> • When a player on court receives sanction, the captain will come to the stand to acknowledge the sanction. • When a team member on bench is sanctioned, or a team delay sanction is assessed, the second referee will immediately & clearly inform a coach. • When an improper request is assessed, the second referee will inform a coach at the end of the rally. 	<ul style="list-style-type: none"> • A player on court who receives a sanction will come to the referee stand to acknowledge the sanction. • When a team member on bench is sanctioned, the game captain will come to the referee stand and the first referee will explain the sanction. The captain communicates the information to that team member, who will acknowledge the sanction with a raised hand. • When a delay sanction is assessed, the captain will come to the referee stand and the first referee will explain the sanction. The captain or second referee will inform the head coach if needed. • When an improper request is assessed, the second referee will inform the head coach (or the first referee will inform the captain) at the first opportunity without delaying the match.
28. Uniform sleeve length	Uniforms must have identical sleeve length (except libero).	Short sleeve and long sleeve jerseys are considered identical.
29. Uniform number placement	Numbers must be centered on the back. In the front, the number must be either centered or placed on one shoulder with the top of the number no more than 5" down from the shoulder seam.	Numbers must be centered on the front and back of the jersey.
30. Libero uniform	<ul style="list-style-type: none"> • The libero's jersey must be different from any color that appears on more than 25% of the body of her teammates' jerseys. • The libero's shorts must be identical to teammates'. • Libero may wear a bib or vest to differentiate from teammates as long as the player's number is visible. • The libero's exposed undergarments may differ from teammates'. 	<ul style="list-style-type: none"> • The Libero's jersey must contrast in color with that of the predominant colors of the other members of the team. Color combinations such as purple/black, dark green/black, navy/maroon, and white/light yellow are not distinctive enough. • The Libero's shorts may differ from teammates'. • Only a re-designated Libero may wear a bib or vest, and that player's number must be visible. • The libero's exposed undergarments may differ from teammates'.
31. Jewelry	Not allowed (exception – medical or religious identification may be removed from chain and taped or sewn under the uniform).	Not allowed (exceptions – medical or religious identification may be removed from chain and taped or sewn under the uniform, and for adult competition, a flat band ring may be worn on a finger).
32. Jewelry during warm-ups	First, ask player to remove jewelry (with no interruption to warm-up); if an interruption occurs, team delay sanction is issued.	Not addressed, but referees are responsible for safety of participants during warm-up period and should ask players to remove jewelry during warm-up period, with no sanction (per USAV Rules Interpreter).
33. Player equipment	Splints/braces/casts allowed on arms or hands if padded and no advantage is gained.	Splints/braces allowed on hands/arms if padded and no advantage is gained. <u>Casts are not allowed.</u>

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34. Reporting after the interval between sets.	If a team is not ready to play at the start of a set, a team delay will be issued. If the delay continues, each additional 30 seconds for a maximum of five minutes, will result in a team delay penalty. After five minutes, the set is defaulted.	A team that, without justifiable reason, does not appear on court on time defaults the match.
35. When set officially ends and the interval between set begins	When the first referee signals change of sides to the teams (before a deciding set, when captains are released after coin toss).	When the first referee signals "end of set".
36. Pre-match warm-ups	<ul style="list-style-type: none"> • Warm-up protocols are defined by rule, including availability of the court 1 hour prior to match time. • When both teams are on court, all warm-up activities must be on the team's own playing area • When one team has exclusive use of the court, the opposing team must remain off of the playable surface. 	<ul style="list-style-type: none"> • Warm-up protocols are defined by rule for specific tournaments and divisions. • When one team has exclusive use of the court, the opposing team may warm up in the free zone with practice balls but may not interfere with the opponent's warm-up, including serving practice.
37. Pre-match warm-up procedures – sharing the court	Neither shared hitting nor shared serving are allowed during the warm-up period.	Neither shared hitting nor shared serving are prohibited by rule.
38. Warm-up between sets	Neither hitting nor serving is allowed between sets. Players may use balls on their own side of the playing area.	Players may warm up with balls on their own court or in their free zone only..
39. Timing interval before deciding set	Clock is started after the deciding coin toss is complete.	Clock is started when final point for previous set is awarded by the first referee (as in all other sets).
40. Coin toss/choice of playing area	<ul style="list-style-type: none"> • Any team representative may attend pre-match meeting and coin toss. • Home team designates their playing area for the first set one hour prior to the match. • Pre-match coin toss is for serve/receive only, and is called by the visiting team representative. • Deciding set coin toss is called by the home team representative, and is for serve/receive or playing area. 	<ul style="list-style-type: none"> • Captains must attend the coin toss. • Both pre-match coin toss and deciding set coin toss are for serve/receive or choice of playing area.
41. Ball use during timeout	Allowed off-court.	Not allowed.
42. Lineups due for first set	Lineups for both teams are due at the end of all timed warm-up periods on the court. If used, libero number must be marked on lineup sheet for each set.	Line-ups for both teams are due two minutes prior to the start of match. If used, Libero number must be marked on line-up sheet for each set.
43. Length of timeout	60 seconds. Warning whistle 15 seconds before end of timeout.	30 seconds. No warning whistle before the end of time-out.
44. Timeout ends early if both teams are ready	YES.	NO.
45. Requesting a timeout, substitution, or lineup check	<ul style="list-style-type: none"> • Designated coach(es) or captain may make request. • Coach(es) must be near the substitution zone to make request. 	<ul style="list-style-type: none"> • The coach or captain may make request. • The coach must be in the bench area to make request.
46. Teams required to leave courts during timeouts	No. All team members may go anywhere in the facility except in the opponent's team area during the timeout.	No, although referees may direct teams to benches for administrative purposes. Coaches and non-playing team members may not enter the court.

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47. Who can request substitution	Any designated coach, or playing captain.	The coach or playing captain.
48. Exceptional substitution	Player replaced by exceptional substitute may not return to that set	Player replaced by exceptional substitute may not return to the match.
49. Maximum team substitutions	<u>Twelve</u> team substitutions per set.	Twelve team substitutions per set.
50. Notification of number of substitutions	Second referee informs coach when the <u>9th</u> , - <u>12th</u> substitutions have been used.	Second referee informs coach when the <u>9th</u> , - <u>12th</u> substitutions have been used.
51. Substitutions requests in conjunction with timeouts	A substitution request may be followed immediately by a timeout request. Any number of substitution requests may be made during a timeout. An additional request may be made at the end of the timeout.	Only one request for substitution can be made during each set interruption (dead ball), even if a time-out is granted.
52. Libero as captain.	Allowed.	Not allowed.
53. Libero service restrictions	Libero may serve in one rotation in a set.	Libero may not serve.
54. Libero replacements	A rally must take place between two libero replacements unless the next action the libero will take is to serve.	A rally must always take place between two Libero replacements.
55. Incorrect libero replacement	<ul style="list-style-type: none"> • Can be corrected without fault by the team prior to the next service contact. • If officials get involved with correction, a team delay is charged. • If play begins (service contact) with incorrect replacement, a position fault occurs. 	<ul style="list-style-type: none"> • Can be corrected without fault by the team prior to the next service contact. • Officials do not correct errors, even if recognized prior to next service contact. • If play begins (service contact) with incorrect replacement, a position fault occurs.
56. Redesignation of injured libero	When the libero is injured and another player is redesignated as libero, the injured libero cannot play in the remainder of that set.	When the Libero is injured and another player is redesignated as Libero, the injured Libero cannot play in the remainder of the match.
57. Prolonged delays	If a delay due to unusual circumstances results in a match being resumed (at any place/time), it will always be resumed at the point of delay.	<ul style="list-style-type: none"> • Less than 4 hours, same court – resume at point of interruption. • Less than 4 hours, different court – replay set in progress at interruption. • More than 4 hours, replay match.
58. Toss for service	One toss for service after the service is authorized.	One toss for service after the service is authorized. <i>Exceptions</i> - 14 and Under divisions & regional development divisions – two tosses with 5 seconds allowed after each beckon. On the first toss, the ball must drop to the floor untouched.
59. Ball near or in the vertical plane of the net	A ball penetrating the vertical plane of the net above the net may be returned to a team's playing area by a player on that team provided the ball has not completely crossed the vertical plane when the contact is made.	The player's contact with the ball must be made within his/her own playing space. The point of contact with the ball, not necessarily the position of the ball, is the determining factor.
60. Retrieving the ball from the opponent's free zone	Assuming 2 meters of clearance outside net standard & referee stand: If, after first contact, the ball travels over or outside the antenna to the opponent's free zone, a player may retrieve that ball by traveling outside the net pole. The return path of the ball must be over or outside the same antenna.	Assuming 2 meters of clearance outside the net standard, referee stand, or other court equipment: If the ball travels over or outside the antenna to the opponent's free zone, a player may retrieve that ball as long as no center line fault occurs. The return path of the ball must be over or outside the same antenna.

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61. Contacting ball that is in the net on opponent's side	If the player initiates contact with the net by moving toward the path of the ball, either before or while the ball is in the body of the net, a net fault results.	If the player initiates contact with the net by <u>moving toward the path of the ball, either before or while the ball is in the body of the net, a net fault results.</u>
62. Crossing the center line	Player may touch the opponent's court with feet or hands, providing some part of extremity is on or above the center line. Players may also touch the opponent's court with an entire foot or hand or any other body part(s), provided the encroachment does not present a safety hazard, does not interfere with the opponents, and some body part is on/above the center line.	Player may touch the opponent's court with hand(s) or feet, provided some part of the hand(s)/ foot/feet remains either in contact with or directly above the center line, and the penetration does not interfere with the opponent's play.
63. Match length	All matches are best 3 out of 5 sets (exception - some high school and NJCAA play).	Matches may be the best 2 out of 3 sets, or 3 out of 5 sets.
64. Protest by coach	Allowed (no timeout charged). <u>Coach signs protest documentation.</u>	No – captain must lodge protest and sign documentation. The coach may act as the captain for 14 and Under divisions.
65. First/Second referee duties	<ul style="list-style-type: none"> • First referee controls player conduct during the pre-match warm-ups. Second referee times the warm-ups. • Either referee should call net faults; first referee hesitates briefly to avoid double whistles on net faults. • Second referee calls (whistles) antenna faults on either antenna • Referees do not check scoresheet for accuracy after the match is completed. 	<ul style="list-style-type: none"> • First referee controls player conduct during the pre-match warm-ups. First referee also times the warm-ups. • First referee has primary responsibility for net faults on the upper part of the net, but can whistle any net fault. Second referee can whistle any net fault. • Second referee calls (whistles) antenna faults on his/her side of the court. • Referees review the scoresheet for accuracy at the end of the match, and the first referee signs the scoresheet.
66. Referee signals	<ul style="list-style-type: none"> • If the fault is whistled by the first referee, the first referee indicates the nature of the fault, the player at fault if necessary, and then which team wins the rally by extending the arm in the direction of the team that will serve (palm perpendicular to floor). All signals are repeated by the second referee (except net serve and service beckon). • If the fault is whistled by the second referee, the second referee will signal the nature of the fault and the player at fault if necessary, which the first referee repeats. The first referee then indicates which team wins the rally by extending the arm in the direction of the team that will serve, and the second referee repeats that signal. 	<ul style="list-style-type: none"> • If the fault is whistled by the first referee, the first referee indicates which team wins the rally by extending the arm in the direction of the team that will serve (palm perpendicular to floor), then the nature of the fault and the player at fault if necessary. All signals are repeated by the second referee (except net serve and service beckon). • If the fault is whistled by the second referee, the second referee will indicate the nature of the fault and the player at fault if necessary. The first referee then indicates which team wins the rally by extending the arm in the direction of the team that will serve and the second referee repeats that signal. The first referee does not signal the fault or player at fault.

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COMPARISON OF TECHNIQUES & MECHANICS NCAA/PAVO AND USA VOLLEYBALL 2008-2009

	NCAA/PAVO	USA Volleyball
1. Referee signal sequence	<ul style="list-style-type: none"> If the fault is whistled by the first referee, the first referee indicates the nature of the fault, the player at fault if necessary, and then which team scores and serves next by extending the arm in the direction of the team that will serve (palm perpendicular to floor). All signals are immediately repeated by the second referee (except net serve and service beckon). If the fault is whistled by the second referee, the second referee will signal the nature of the fault and the player at fault if necessary, which the first referee repeats. The first referees then indicates which team scores and serves next, and the second referee repeats that signal. 	<ul style="list-style-type: none"> If the fault is whistled by the first referee, the first referee indicates which team wins the rally by extending the arm in the direction of the team that will serve (palm perpendicular to floor), then the nature of the fault and the player at fault if necessary. All signals are repeated by the second referee (except net serve and service beckon). If the fault is whistled by the second referee, the second referee will indicate the nature of the fault and the player at fault if necessary. The first referee then indicates which team scores and serves next and the second referee repeats that signal. The first referee does not signal the fault or player at fault.
2. Second referee position at end of rally	When the second referee's whistle ends a rally, s/he should step to the offending team's side of the net, and signal the fault. If the first referee's whistle ends the rally, step to either side of the net pole to immediately repeat the first referee's fault signal.	When the second referee's whistle ends a rally, s/he should step to the offending team's side of the net and signal the fault. When the first referee's whistle ends the rally, it is recommended (but not required) that the second referee steps to the offending team's side of the net to repeat the signals of the first referee.
3. Illegal attack signal	Place the arm on the offending team's side to the side of the body at head height, elbow bent at a right angle, and then make a forward and downward motion with one arm from the shoulder with the forearm and hand. Indicate the player at fault if necessary by pointing with an open hand.	Completely extend the arm straight up, hand open, on the offending team's side, and make a downward motion over the net, palm down. Indicate the player at fault if necessary by pointing with an open hand.
4. Illegal block/screening signal	Raise both hands to the side at head height, elbows bent at right angles, palms facing away from body.	Completely extend both arms straight up from the shoulders (elbows are not bent), palms facing away from the body.
5. Second referee "ready" signal	Traditionally indicated by extending one hand/arm toward first referee and making eye contact.	Traditionally indicated by holding both hands in front of body at head height, palms toward first referee, making eye contact with the first referee.
6. Signal for same player making 3 rd and 4 th team contact	Signal "four hits".	Signal "double contact".
7. Indication of which player(s) contacted the net	Referee calling the net fault indicates the number of the player(s) at fault to other referee; the other referee repeats the number.	Indicate the player at fault by pointing with an open hand.

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8. Timeout administration	<p>Teams not required to leave court; timeout may be held anywhere in the facility except the opponent's team area.</p> <ul style="list-style-type: none"> • Second referee whistles 15 seconds prior to the end of the timeout if teams have not re-taken court. • Teams may re-take court at any time; timeout may end early if both teams are ready to play. 	<p>Teams are not required to leave the court and go to the bench area.</p> <ul style="list-style-type: none"> • • Second referee whistles at end of 30 seconds. • Teams may re-take court prior to expiration of time-out, unless necessary for court to remain clear; however, time-out will not end early.
9. Roster verification	Rosters not utilized, although referees still visually review team uniforms and player numbers for legality.	Rosters verified pre-match by scorekeeper, assisted by second referee. Both referees visually review uniforms for legality.
10. Improper request technique	Without card, hold palm of one hand against the opposite wrist. Second referee communicates to a coach at the end of the rally.	"Wave off" request with one hand/arm. Second referee communicates to coach (or first referee to captain) at earliest opportunity, without delaying the match.
11. First referee whistling positional faults on receiving team	First referee should only whistle receiving team faults when second referee is unable to identify the fault after discreet assistance from first referee. Before whistling the fault, first referee must be certain a fault has occurred and that the second referee has not recognized it.	First referee should only whistle receiving team faults when second referee is unable to identify the fault after discreet assistance from first referee. Before whistling the fault, first referee must be certain a fault has occurred and that the second referee has not recognized it.
12. Line judge position during timeouts	At intersection of attack line & sideline, near first referee.	At midpoint of respective end line.
13. Line judge position when server is within one meter of line judge's position	At the first referee's direction, the line judge may take a position along either the sideline or the end line extension until service contact. Line judge will quickly return to base position at corner.	Line judge will take a position behind the server along the extension of the sideline until contact of the serve. Line judge will then quickly return to base position at corner.
14. Substitutions by both teams on same dead ball.	Second referee whistles to acknowledge first request, and may administer both teams' substitutions without repeating the whistle (unless necessary).	Second referee should whistle to acknowledge first request and repeat the whistle to administer the second team's request also.
15. Referee technique at end of set preceding extended intermission.	Dismiss teams to their benches.	Referee signals for teams to change courts after each set.
16. First/second referee duties	<ul style="list-style-type: none"> • First referee controls player conduct during the pre-match warm-ups. Second referee times the warm-ups. • Either referee should call net faults; first referee hesitates briefly to avoid double whistles on net faults. • Second referee calls (whistles) antenna faults on either antenna • Referees do not check scoresheet for accuracy after the match is completed. 	<ul style="list-style-type: none"> • First referee controls player conduct during the pre-match warm-ups. First referee also times the warm-ups. • First referee has primary responsibility for net faults on the upper part of the net, but can whistle any net fault. Second referee can whistle any net fault. • Second referee calls (whistles) antenna faults on his/her side of the court. • Referees review the scoresheet for accuracy at the end of the match, and the first referee signs the scoresheet.