

排球規則

一、比賽特性

1. 排球比賽是由兩隊球員在以球網隔開的場地上進行比賽的一種團隊競技。
2. 比賽的目標，是要將球擊球過網，使其落在對方球場的地面，並防止對方將球擊落在本方球場地面，每隊有三次機會將球擊回對區（攔網觸球除外）。
3. 比賽是由發球開始：發球員擊球過網，展開雙方來回對擊，直到球落地出界、或某隊未能合法將球擊回對區為止。
4. 排球比賽中，球隊贏得一球即獲得一分（得球得分制），當接發球隊贏得一球時，則該隊得一分並得到發球權。

二、比賽場地：比賽區域包括比賽球場和無障礙區域。

1. 規格：比賽球場為 18 公尺×9 公尺的長方形。四周至少有 3 公尺寬的無障礙區。比賽場地上方的空間，從地面算起至少有 7 公尺以內不得有任何障礙物。
2. 發球區：發球區寬 9 公尺，位於端線之後（不包括端線）。在兩條邊線的假想延長後方 20 公分處，各劃一條長度 15 公分、垂直於端線的短線。兩條短線之間的區域為發球區，短線的寬度包括在發球區內。發球區的縱深，直到無障礙區內。

三、參加人員

1. 每一球隊最多包含十四名球員，一名教練，一名助理教練，一名運動防護人員和一名醫師。醫師必須事先得到 FIVB 國際排球總會的認可。
2. FIVB 世界性成人組比賽中，一個隊伍最多可由十四名球員組成(最多十二名正式球員)。球衣號碼 1-20 號
3. 球員中自由防守球員之外，一名為球隊隊長，且須註明在記錄表上。
4. 裝備：球員的裝備包括運動衫、短褲和球鞋。
5. 運動衫、短褲及襪子必須全隊一致，且整齊及顏色相同。
6. 隊長之胸前號碼下方應佩帶一條長 8 公分，寬 2 公分的帶子以資識別。
7. 禁止穿著號碼不符規定或與同隊球員不同顏色的運動衫（自由防守球員除外）

四、隊長：

1. 比賽開始前，隊長應在紀錄表上簽字，代表球隊參與擲硬幣。
2. 在比賽中，球隊隊長若在地上，便成為比賽隊長。當隊長未上場比賽時須由教練或隊長本人指定另外一位，自由防守球員之外的球員擔任比賽隊長職務，一直到隊長回到場上比賽或一局結束為止。當比賽成為死球時唯有比賽隊長有權向裁判要求：
(1) 請求說明所引用規則的解釋。也可將隊友的要求或問題轉達給裁判員。若

無法接受裁判的解釋，隊長必須立即

向裁判員提出異議，保留至比賽後將異議記載於紀錄表上作為正式的抗議的權利。

(2) 依法請求比賽中止。

3. 比賽結束時，隊長應：

(1) 向裁判員致謝，並於紀錄表上簽字以承認比賽結果。

(2) 若其曾向第一裁判提出異議，可在紀錄表上確認抗議的記錄。

五、教練：

1. 比賽時教練坐在場邊指導其球隊打球，教練向第二裁判提出陣容單、暫停、替補要求。

2. 教練在比賽前登記或核對己方球員記錄表上的姓名與號碼並簽字。

3. 每一局比賽前，他應將填妥並簽字之球員上場陣容單交給紀錄員或第二裁判。

4. 在比賽中，他必須坐在最靠近記錄員的球員席上，但可暫時離開。

5. 要求暫停或替補球員。

6. 球隊成員得給予場上球員指導，教練可以在球員席前的無障礙區，自攻擊區延長線後至熱身區之間站立或走動指導
但不得干擾或延誤比賽(FIVB世界性及其所認可的比賽中，教練需於教練限制線後方指導其球隊)。

六、比賽形式

1. 得分方式：(得一分)當球隊犯規時，裁判鳴笛，並依據下列規則處罰：

(1) 如果有二次以上連續犯規發生，只算第一次犯規。

(2) 如果雙方犯規同時發生，稱雙方犯規，該球不計，重新比賽。

2. 犯規結果：犯規的結果，則失一分：

(1) 若接球隊犯規，則發球隊得一分且繼續擁有發球權。

(2) 發球隊犯規，則對隊得一分且得到發球權。

3. 勝一局：第一局至第四局，先獲得 25 分並至少領先 2 分勝一局(第五局除外)

若比數 24：24 時，則必須領先對隊

2 分為勝一局。(例 26：24、27：25)

4. 勝一場

(1) 獲勝三局之球隊為該場比賽的勝隊。

(2) 若局數 2：2 時，在決勝局(第五局)之比賽，先獲 15 分並領先對隊 2 分為勝。

(3) 球隊未出場及陣容不完整

A. 若球隊經由裁判員警告後仍拒絕出場，則宣布取消資格。以每局 0：25 及該場 0：3 的比數由對隊獲勝。

B. 球隊無正當理由，於規定時間內不上場比賽，即予宣布缺席，其判結果以每局 0：25 及該場 0：3 的比數由對

隊獲勝。

- C. 若球隊陣容不完整以致該局或該場不能比賽時，則判該隊於該局或該場比賽失敗。對隊即獲贏得該局或該場所需的分數或分數與局數。未能完成比賽的球隊則維持其原得的分數與局數。

七、比賽程序

1. 擲硬幣：賽前第一裁判執行擲硬幣決定第一局之發球權及場地權，若須進入決勝局，第一裁判須再次進行擲硬幣的選擇。在兩隊隊長樣前擲硬幣、優勝者可選下列之一：
 - (1) 發球權或接發球權，
 - (2) 選擇邊場地。輸隊只有另一選擇。
 - (3) 若兩隊先後進行賽前熱身，根據規則的規定，則兩隊同時可進行 6 分鐘或 10 分鐘之熱身時間。若兩隊先後進行熱身，則選擇先發球的球隊先行開始。
2. 球隊的上場陣容
 - (1) 比賽時每隊必須始終保持六名球員在場比賽。
 - (2) 每局開始決定之球員位置輪轉順序均須維持到該局結束。
 - (3) 若球隊選擇登記自由防守球員，則自由防守球員的球衣號碼必須在第一局時與 6 位先發球員的號碼一同標示在陣容單上。

八、位置錯誤

1. 當發球員擊球的瞬間，若有球員未按其規定位置站立，則該判球員犯規。
2. 若發擊球時犯規，則以發球犯規先於位置錯誤論之，判發球犯規。
3. 若發球員是擊球後的犯規，則判位置錯犯規。
4. 位置錯誤之判罰如下：
 - (1) 該隊失一球。
 - (2) 球員應立即回到正確位置。
5. 輪轉
 - (1) 整局比賽的輪轉順序、發球順序、球員位置都依陣容單來決定。
 - (2) 當接發球員取得發球權時，該隊球員必須依順時針方向輪轉一個位置（2 號位置的球員輪轉到 1 號位置發球，1 號球員則輪到 6 號位置，依此類推）。
6. 輪轉錯誤
 - (1) 當接球未按照輪轉順序進行時，即為輪轉錯誤。而產生下列結果：
 - A. 輪轉錯誤的球隊應判喪失發球權，並由對隊得一分。且擁有發球權。
 - B. 改正輪轉順序。
 - (2) 除此之外，記錄員應即判定犯錯的正確時間。犯規隊在錯誤期間所得的分數均須取消，其對隊所得的分數則依

然有效。若無法確定錯誤期間則分數不取消，僅判犯規球隊失一球。

7. 球員替補：球員替補是指裁判員允許一名球員退場，並由另一名球員上場代替其位置。

(1) 替補限制

A. 每隊每局最多可以准許有六人次替補，且同時可替補一名或多名球員。

B. 每局開始上場的球員，僅可在該局中退場一次及再進場一次，但僅以回到原來之比賽位置為限。

C. 替補球員每局僅可上場一次，以替換開始上場的球員，同時該替補球員亦僅能由原來被替補退場的球員所替換。

8. 例外替換：

(1) 球員受傷以致無法繼續比賽時，應做合法之替補，如該隊已無合法替補之可能，則可使用例外替補，且不受規則規定之限制。

(2) 例外替換是指不在場內之任一球員替補受傷之球員，但自由防守球員與其交換球員除外，受傷球員不得再進場比賽。

九、擊球的特性

1. 可用身體任何部位。

2. 擊球必須清晰，不可持球或拋球，球可反彈至任何方向。

3. 球可觸及身體數個部位，須以同時觸及為原則。

十、犯規的擊球

1. 四擊：球隊在擊球回對隊場區前觸球四次。

2. 藉助擊球：在比賽區域內，以隊友或任何建造物之物體作為擊球的支撐。

3. 持球：未能清晰的擊球而是用持球、擲球。

4. 連擊：球員連續擊球二次或球連續觸及身體的數個部位。

十一、觸網

1. 球球員觸網不視為犯規，除非妨礙或影響比賽。

2. 球員可觸及網柱、網索或標誌竿外側的其他物體，含球網本身，但不得妨礙比賽。

3. 若球被擊入網，並致使球網觸及對方球員，不作犯規論。

十二、發球：係指後排右方球員在發球區內擊球使球進入比賽的動作。

1. 發球順序

(1) 在對隊球員攻擊前或攻擊時，球員觸及對方場地之空間的球。

(2) 每局之第一次發球以後，發球球員依下列方式決定：

A. 當發球隊贏得該球時，由原球員再發球。

B. 當接發球隊贏得該球時，則由接發球隊獲得發球權並輪轉。由前排右的球員移到後排右位置進行發球。

2. 發球犯規：即使在對方位置錯誤的情況下，下列的犯規則成為換邊發球。

(1) 發球員：

- A. 違反發球順序。
- B. 未按規定執行發球。

(2) 擊發球後犯規：正當發球後，造成發球犯規的情況如下（除非是有球員位置錯誤）：

A. 觸及發球隊球員或球未從網上垂直平面空間完全地通過。B. 出界。C. 從掩護上方飛過。

3. 發球後造成犯規和位置錯誤

(1) 發球員發球犯規瞬間（不當發球，輪轉錯誤等）同時對方越位，應判發球犯規。

(2) 反之，完成發球後該球失誤（出界、掩護等）則位置錯誤發生在先，應判位置錯誤。

十三. 攻擊：定義

1. 除發球與攔網外，一切將球擊向對方場地的動作皆視為攻擊。

2. 攻擊時，若觸球動作乾脆而球迅速離手，沒有持球或擲球動作，頂球是合法的行為。

3. 球完全通過球網的垂直面或觸及對隊球員的瞬間，便是完成攻擊動作。

4. 攻擊的限制

(1) 前排球員在自己的場地空間內，可在任何高度進行攻擊。

(2) 在擊球起跳時，其單足（或雙足）不得觸及或越過攻擊線。

(3) 而擊球後，可落入前區範圍。

(4) 若在觸球的瞬間，球的一部分低於球網線上緣，則後排球員也可在前區完成攻擊。

(5) 當對方發球，該球在本方前區且高於球網時，不得完成攻擊。

5. 攻擊的犯規

(1) 在對方場地的空間擊球。

(2) 擊球「出界」

(3) 後排球員在前區完成攻擊時，擊球的瞬間，球的整體高於球網上端。

(4) 對方發過來的球，球在前區且球體在球網上端的空間時，球員完成攻擊動作。

(5) 自由防守球員將高於網上端的球完成攻擊。

(6) 自由防守球員在前區以高手手指傳球時，任何球員將高於網上端的球完成攻擊。

十四. 暫停及技術暫停

1. 所有暫停時間為 30 秒：FIVB 世界性及正式比賽第一局至第四局所有暫停期間為 60 秒，且每隊每局只能要求一次

暫停，另外有二次的技術暫停，當任何一隊先獲得 8 分及 16 分時自動暫停。決勝局（第五局）沒有技術暫停，每隊

只能要求二次暫停，時間各為 30 秒。

2. 所有暫停（含技術暫停）所有球員需回到靠近球員席之無障礙區。

3. 球員替補

(1) 替補必須在替補區內進行。

(2) 替補的時間，只限於在紀錄表上完成登記替補及允許球員進、退場。

(3) 請求替補時，球員必須靠近教練站立準備好進場。

(4) 若球員未依上述情形準備，則不允許該次替補，並判罰該隊延誤比賽一次。FIVB 世界性及正式比賽中號碼牌用來作替補球員用。

(5) 若教練作一人以上的替補時，請求時必須做出替補人次的手勢。此種情況下，必須以一對接一對的方式相繼替補。

十五、延誤比賽

1. 延誤的類型：球隊以不當行為延緩比賽的恢復，稱為延誤比賽，包括：

(1) 替補延誤時間。(2) 指示恢復比賽後，延誤暫停時間。(3) 請求非法替補。(4) 重覆妨礙比賽非法的請求。

(5) 球隊成員延誤比賽。

2. 延誤的罰則

(1) 延誤警告和延誤處罰的判罰屬全隊性的判罰。

(2) 延誤處罰以全場累計。

(3) 延誤處罰（警告）均須登記錄表上。

(4) 一局中的第一次延誤比賽，應判為「延誤警告」

(5) 同一場比賽中，同隊以任何成員第二次及以後的延誤比賽應處以延誤判罰，喪失一球。

(6) 第一局前或局間的延誤處罰，應適用於下一局。

十六. 交換場地

1. 除了決勝局外，每局結束後球隊交換場地。其他隊職員則交換球隊席。

2. 在決勝局中，一旦某隊取得 8 分時，應立即交換場地，同時球員位置應保持原狀。若未能於正當時機交換場地，應於發覺錯誤後立即交換。交換場地時應保留原比數。

十七. 網下侵入對區

1. 只要不妨礙對方的活動，允許球員由球網下方侵入對方空間。

2. 越過中線侵入對方。

3. 允許足部觸及對方場地，惟侵入的足部仍需有一部份與中線接觸或在中線的上方；

4. 允許足部(含)以上身體任何部位觸及對方場地，但不得妨礙對方球員的活動。

5. 球員可以在死球後進入對方的場地。

6. 若未妨礙對方球員的活動，球員可侵入對方場外的無障礙區。

十八. 自由防守球員

1. 自由防守球員於賽前必須用明顯線條標示於記錄表，號碼亦必須於第一局的陣容單上標示。
2. 自由防守球員的特殊規定：
 - (1) 裝備：自由球員必須穿著與其他明顯不同顏色或不同樣式的比賽服。（並為再指定之自由球員準備上衣）但必須像其他球員有號碼。
 - (2) 比賽行為
 - A. 自由防守球員可以和任何一位後排球員交換。
 - B. 自由防守球員只能扮演後排球員的角色，並且不能將高於網上端的球擊向對區（含場內及無障礙區）。
 - C. 自由防守球員不得發球、攔網或試圖攔網。
 - D. 自由防守球員於前區及延長區域內，使用高手手指傳球時，則隊友不得將對於網上端的球完成攻擊。
 - E. 如果自由防守於後區以高手手指傳球時，則隊友可以任意擊球。
 - (3) 球員交換
 - A. 自由防守球員的交換不計為合法正常替補次數，其交換次數、對象不限，但其退場必須和原球員相互交換，再交換時必須經過一次死球。
 - B. 交換時機須於發球之鳴笛前：每局開賽前第二裁判查驗陣容單之後，或在比賽中成死球時。
 - C. 自由防守球員不得發球、攔網或試圖攔網。
 - D. 自由防守球員於前區及延長區域內，使用高手手指傳球時，則隊友不得將對於網上端的球完成攻擊。
 - E. 如果自由防守於後區以高手手指傳球時，則隊友可以任意擊球。
 - (4) 再指定一名新自由防守球員：
 - A. 指定自由防守球員受傷時，先經第一裁判的允許，教練得再指定一名當時在場外的球員擔任新自由防守球員，受傷自由防守球員不得再參與該場所剩下的比賽。
 - B. 因此，再指定自由防守球員，在該場所剩下的比賽必須擔任自由防守球員職務。

壹、水上安全常識

一、戲水肇事的主要原因：

- (一) 兒童缺乏照顧。
- (二) 開放水域常識不足。
- (三) 水邊的濕滑地帶。
- (四) 青年人好勝逞強。
- (五) 成年人過分自信。
- (六) 迷信造成的恐慌。

二、如何防止意外

- (一) 注意自己的健康情形，定期檢查身體，如有過飢、過飽、有醉意、身體不適或心情不佳等情形，不可下水游泳。
- (二) 游泳時必須遵守規定，在設有警告標誌、風浪過大、急流、特殊水流及水質不潔區域均不應從事水上活動。
- (三) 注意水域環境個別差異及特殊危險因素。
- (四) 戲水時不可用耳塞、棉花等堵塞耳道。
- (五) 不可在港口及航道上戲水。
- (六) 不論在游泳池或開放水域游泳，游泳時不可嘻笑、打鬧，發現同伴有異常現象應立即給與適當的協助。
- (七) 救溺是一項專業技術，未經訓練及具備嫺熟技能者，不可貿然下水拯溺，以免造成更大悲劇。

貳、基本救生

一、藉物救援

- (一) 延伸法：利用岸上一切自然之物如竹竿、木條或可助浮等物品。
- (二) 拋擲法：拋擲救生圈、救生繩袋或一切可浮物品。

二、徒手救援

- (一) 手援：溺者離岸較近時，救援者應先穩住身體，在岸上採半蹲姿或雙腳開立，側面斜向溺者；亦可迅速臥倒趴在岸邊，一手按在地上或抓牢岸上固定物體，另一手則設法抓住溺者之衣領、頭髮或手腕處，將溺者拉上岸。
- (二) 腳援：溺者距岸邊稍遠，救者伸手仍未能抓住溺者時，救援者應以雙手抓牢岸邊固定物，並使身體盡量靠近水面，然後將腳伸向溺者，使其握住救者踝關節，俟溺者抓穩後，在將其拖回救上岸。

三、涉水救援：當岸上救生無法施用，且溺者近淺灘時，則須涉入水中施救，涉水前應先觀察地形，找水淺地方下水施救。

- (一) 涉水藉物救援
- (二) 涉水徒手救援

參、救援行動要領

一、從事救援行動時，應列為優先考慮的事項：

- (一) 救援者自身的安全，永遠列為第一優先考慮的事項。
- (二) 團隊成員的安全，參與救援工作的每一位夥伴的安全維護。
- (三) 被救援者的安全。

二、救援時狀況處置，不要過於武斷：

- (一) 應多考慮安全、有效率的不同救援方法。
- (二) 只使用一種方法從事緊急救援時，建議放慢行動步調，增加思考時間避免因為急躁行事造成錯誤，同時應考量使用多重後援方法配合救援行動。

三、由低風險至高風險 (**Low Risk to High Risk**)：依據安全風險因素來考量救援行動的優先順序，以不下水的岸上救援為基本考量，先考慮選擇危險程度較低的伸過去救，再漸次為拋過去救、划過去救、游過去救、空中救援等危險層次較高的方法，其優先順序說明如下：

- (一) 伸過去救：以延伸物或伸手給予救援。
 1. 首先確認自己站立地點、姿勢是否穩固。
 2. 依地形地物利用現場可使用之延伸物救援，如樹枝、木桿、車天線、消防水管等。
 3. 緊急狀況下，找不到可供利用之物時，溺者又僅在伸手可及之處，才使用你的手，否則最好不要用。
- (二) 拋過去救：將浮具(如個人漂浮裝備、汽車椅墊、備胎、拋繩袋或繩索等)拋擲給溺者，指導其自行靠岸或給予協助上岸。
- (三) 划過去救：依據水流情況，運用救生板或船筏等浮具，以人力或動力來進行救援，在湍急的水流中，架設繩索牽引，將空船送達被救者，為風險最少之安全方法。
- (四) 游過去救：包括從岸邊或船上，這是會直接造成救援者傷害的一種方法，在救援行動中是不被鼓勵採用的。施救者受過完整的專業訓練，並保持高度技術與體能狀態，是絕對必要的條件。
 1. 下水前先做安全評估與確保。
 2. 游泳接近被救者，注意保持安全距離，評估溺者之心理及生理狀態接近，優先採用不接觸的救援方式。
 3. 自保，在救援行動中，許多喪生者是從事救援的人。
 4. 活餌救援(live bait rescue)
- (五) 直昇機救援：危險性最高，是最後不得已狀況下採用的救援方法，能不用最好不用，必須採用時應先進行環境偵察與安全評估，建立通訊中繼連絡站，建議使用吊掛上機或吊離水面少許直接上岸。

肆、教育部救溺五步防溺十招

夏日消暑 戲水域 五步 十招別忘記

救溺五步

叫叫伸拋划 救溺先自保



大聲呼救



呼叫

119、118、110、112



利用延伸物

竹竿、樹枝等



拋送漂浮物

球、繩、瓶等



利用大型浮具

划過去

船、浮木、救生圈、救生浮標、保麗龍等

防溺水十招

1



戲水地點需合法，要有救生設備與人員

2



避免做出危險行為，不要跳水

3



湖泊溪流落差變化大，戲水游泳格外小心

4



不要落單，隨時注意同伴狀況位置

5



下水前先暖身，不可穿著牛仔褲下水

6



不可在水中嬉鬧惡作劇

7



身體疲累狀況不佳，不要戲水游泳

8



不要長時間浸泡在水中，小心失溫

9



注意氣象報告，現場氣候不佳不要戲水

10



加強游泳漂浮技巧，不幸落水保持冷靜放鬆

全國中、小學學生游泳與自救能力基本指標



第1級
(海馬)

游泳能力
在水中拾物2次
蹬漂漂浮3公尺
後站立

自救能力
站立韻律呼吸20次
水母漂10秒



第3級
(海龜)

游泳能力
游泳前進25公尺
(換氣5次以上)

自救能力
水母漂30秒，
每10秒換氣1次
仰漂30秒



第2級
(水獺)

游泳能力
打水前進10公尺
游泳前進15公尺
(換氣3次以上)

自救能力
浮具漂浮60秒
水母漂20秒(可換氣)
仰漂15秒



第4級
(海豚)

游泳能力
仰、蛙、蝶、捷
任選一式完成50
公尺

自救能力
立泳30秒
仰漂60秒



第5級
(旗魚)

游泳能力
持續游泳100公
尺

自救能力
立泳60秒
仰漂120秒

小朋友~學會正確的泳技與救生觀念
旱鴨子也能變海豚囉~



教育部 關心您

凡通過各級標準即可由學校核發檢測合格證明



OFFICIAL VOLLEYBALL RULES 2005~2008

I · GAME CHARACTERISTICS

1. Volleyball is a sport played by two teams on a playing court divided by a net. There are different versions available for specific circumstances in order to offer the versatility of the game to everyone.
2. The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball (in addition to the block contact).
3. The ball is put in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly.
4. In Volleyball, the team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.

II · PLAYING AREA :

The playing area includes the playing court and the free zone. It shall be rectangular and symmetrical.

1. **DIMENSIONS** : The playing court is a rectangle measuring 18 x 9 m, surrounded by a free zone which is a minimum of 3 m wide on all sides. The free playing space is the space above the playing area which is free from any obstructions. The free playing space shall measure a minimum of 7 m in height from the playing surface.
2. **Service zone** : The service zone is a 9 m wide area behind each end line. It is laterally limited by two short lines, each 15 cm long, drawn 20 cm behind the end line as an extension of the sidelines. Both short lines are included in the width of the service zone. In depth, the service zone extends to the end of the free zone.
3. **Centre line** : The axis of the centre line divides the playing court into two equal courts measuring 9 x 9 m each; however the entire width of the line is considered to belong to both courts equally. This line extends beneath the net from sideline to sideline.
4. **Attack line** : On each court, an attack line, whose rear edge is drawn 3 m back from the axis of the centre line, marks the front zone.
5. **HEIGHT OF THE NET** : Placed vertically over the centre line there is a net whose top is set at the height of 2.43 m for men and 2.24 m for women.
6. **ANTENNAE** : An antenna is a flexible rod, 1.80 m long and 10 mm in diameter, made of fiberglass or similar material.

III · TEAM COMPOSITION :

1. A team may consist of a maximum of 12 players, one coach, one assistant coach, one trainer and one medical doctor.
2. One of the players, other than the Libero, is the team captain, who shall be indicated on the scoresheet.

3. Once the coach and the team captain have signed the scoresheet, the recorded players cannot be changed.

4. **EQUIPMENT** : A player's equipment consists of a jersey, shorts, socks (the uniform) and sport shoes.

5. The colour and the design for the jerseys, shorts and socks must be uniform for the team (except for the Libero). The uniforms must be clean.

6. The team captain must have on his/her jersey a stripe of 8 x 2 cm underlining the number on the chest.

7. Players' jerseys must be numbered from 1 to 18.

8. **CHANGE OF EQUIPMENT** : The first referee may authorize one or more players

(1) to play barefoot,

(2) to change wet or damaged uniforms between sets or after substitution, provided that the colour, design and number of the new uniform(s) are the same,

(3) to play in training suits in cold weather, provided that they are of the same colour and design for the whole team (except for the Libero) and numbered according to Rule 4.3.3.

IV - captain :

1. **PRIOR TO THE MATCH**, the team captain signs the scoresheet and represents his/her team in the toss.

2. **DURING THE MATCH** and while on the court, the team captain is the game captain. When the team captain is not on the court, the coach or the team captain must assign another player on the court, but not the Libero, to assume the role of game captain.

When the ball is out of play, only the game captain is authorized to speak to the referees:

(1) to ask for an explanation on the application or interpretation of the Rules, and also to submit the requests or questions of his/her team-mates. If the game captain does not agree with the explanation of the first referee, he/she may choose to protest against such decision and immediately indicates to the first referee that he/she reserves the right to record an official protest on the scoresheet at the end of the match;

(2) to request time-outs and substitutions.

3. **AT THE END OF THE MATCH**, the team captain:

(1) thanks the referees and signs the scoresheet to ratify the outcome;

(2) when it has been notified in due time to the first referee, may confirm and record on the scoresheet an official protest regarding the referee's application or interpretation of the Rules.

V - COACH :

1. Throughout the match, the coach conducts the play of his/her team from outside the playing court. He/she selects the starting line-ups, their substitutes, and takes time-outs. In these functions his/her contacting official is the second referee.

2. **PRIOR TO THE MATCH**, the coach records or checks the names and numbers of his/her players on the scoresheet, and then signs it.

3. prior to each set, gives the second referee or the scorer the line-up sheet(s) duly filled in and signed;
4. sits on the team bench nearest to the scorer, but may leave it;
5. requests time-outs and substitutions;
6. may, as well as other team members, give instructions to the players on the court. The coach may give these instructions while standing or walking within the free zone in front of his/her team's bench from the extension of the attack line up to the warm-up area, without disturbing or delaying the match.

VI · PLAYING FORMAT

1. **TO SCORE A POINT** : A team commits a fault by making a playing action contrary to the rules (or by violating them in some other way). The referees judge the faults and determine the consequences according to the Rules:
 - (1) If two or more faults are committed successively, only the first one is counted.
 - (2) If two or more faults are committed by opponents simultaneously, a **DOUBLE FAULT** is called and the rally is replayed.

2. Fault :

- (1) if the receiving team wins a rally, it scores a point and it must serve next.
- (2) if the serving team wins a rally, it scores a point and continues to serve;

3. **TO WIN A SET** : A set (except the deciding, 5th set) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24; 27-25; ...).

4. TO WIN THE MATCH :

- (1) The match is won by the team that wins three sets.
- (2) In the case of a 2-2 tie, the deciding set (the 5th) is played to 15 points with a minimum lead of 2 points.

(3) DEFAULT AND INCOMPLETE TEAM

- A. If a team refuses to play after being summoned to do so, it is declared in default and forfeits the match with the result 0-3 for the match and 0-25 for each set.
- B. A team that, without justifiable reason, does not appear on the playing court on time is declared in default with the same result as in Rule 6.4.1.
- C. A team that is declared **INCOMPLETE** for the set or for the match, loses the set or the match. The opponent team is given the points, or the points and the sets, needed to win the set or the match. The incomplete team keeps its points and sets.

VII · STRUCTURE OF PLAY

1. **THE TOSS** : Before the match, the first referee carries out a toss to decide upon the first service and the sides of the court in the first set.

The winner of the toss chooses :

- (1) the right to serve or to receive the service,
- (2) the side of the court.
- (3) Prior to the match, if the teams have previously had a playing court at their

disposal, they are entitled to a 6-minute warm-up period together at the net; if not, they may have 10 minutes. In the case of consecutive warm-ups, the team that has the first service takes the first turn at the net

2. TEAM STARTING LINE-UP

The positions of the players are numbered as follows:

- (1) the three players along the net are front-row players and occupy positions 4 (front-left), 3 (front-centre) and 2 (front-right); the other three are back-row players occupying positions 5 (back-left), 6 (back-centre) and 1 (back-right).
- (2) The team's starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the set.
- (3) The players who are not in the starting line-up of a set are the substitutes for that set (except for the Libero).

VIII · POSITIONAL FAULT

1. The team commits a positional fault, if any player is not in his/her correct position at the moment the ball is hit by the server.
2. If the server commits a serving fault at the moment of the service hit, the server's fault is counted before a positional fault.
3. If the service becomes faulty after the service hit, it is the positional fault that will be counted.
4. A positional fault leads to the following consequences:
 - (1) the team is sanctioned with loss of rally;
 - (2) players' positions are rectified.

5. ROTATION

- (1) Rotational order is determined by the team's starting line-up, and controlled with the service order, and players' positions, throughout the set.
- (2) When the receiving team has gained the right to serve, its players rotate one position clock-wise: the player in position 2 rotates to position 1 to serve, the player in position 1 rotates to position 6, etc.

6. ROTATIONAL FAULT

(1) A rotational fault is committed when the SERVICE is not made according to the rotational order. It leads to the following consequences:

- A. the team is sanctioned with a loss of rally;
- B. the players' rotational order is rectified.

- (2) Additionally, the scorer should determine the exact moment when the fault was committed and all points scored subsequently by the team at fault must be cancelled. The opponent's points remain valid. If that moment cannot be determined, no point(s) cancellation takes place, and loss of rally is the only sanction.

7. SUBSTITUTION OF PLAYERS : A substitution is the act by which a player, other than the Libero or his/her replacement player, after being recorded by the scorer, enters the game to occupy the position of another player, who must leave the court at that moment. Substitution requires the referee's authorization.

(1) LIMITATION OF SUBSTITUTIONS

- A. Six substitutions is the maximum permitted per team per set. One or more

players may be substituted at the same time.

B. A player of the starting line-up, may leave the game, but only once in a set, and re-enter, but only once in a set, and only to his/her previous position in the line-up.

C. A substitute player may enter the game in place of a player of the starting line-up, but only once per set, and he/she can only be substituted by the same starting player.

8. EXCEPTIONAL SUBSTITUTION :

(1) An injured player (except the Libero), who cannot continue playing should be substituted legally. If this is not possible, the team is entitled to make an EXCEPTIONAL substitution, beyond the limits of Rule 15.6.

(2) An exceptional substitution means that any player who is not on the court at the time of the injury, except the Libero or his/her replacement player, may substitute into the game for the injured player. The substituted injured player is not allowed to re-enter the match.

IX ∙ CHARACTERISTICS OF THE HIT

1. The ball may touch any part of the body.

2. The ball must not be caught and/or thrown. It can rebound in any direction.

3. The ball may touch various parts of the body, provided that the contacts take place simultaneously.

X ∙ FAULTS IN PLAYING THE BALL

1. **FOUR HITS:** a team hits the ball four times before returning it.

2. **ASSISTED HIT:** a player takes support from a team-mate or any structure/object in order to reach the ball within the playing area.

3. **CATCH:** the ball is caught and/or thrown; it does not rebound from the hit

4. **DOUBLE CONTACT:** a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.

XI ∙ CONTACT WITH THE NET

1. Contact with the net by a player is not a fault, unless it is made during the action of playing the ball, or it interferes with the play. Some actions of playing the ball may include actions in which the players do not actually touch the ball.

2. Once the player has hit the ball, he/she may touch the post, rope or any other object outside the total length of the net provided that it does not interfere with play.

3. When the ball is driven into the net and causes it to touch an opponent, no fault is committed.

XII ∙ SERVICE : The service is the act of putting the ball into play, by the back right player, placed in the service zone.

1. SERVICE ORDER

(1) After the first service in a set, the player to serve is determined as follows:

A. when the serving team wins the rally, the player (or his/her substitute) who served before, serves again;

B. when the receiving team wins the rally, it gains the right to serve and rotates before actually serving. The player who moves from the front right position to the back-right position will serve.

2. Serving faults : The following faults lead to a change of service even if the opponent is out of position.

(1) The server:

- A. violates the service order,
- B. does not execute the service properly.

(2) Faults after the service hit : After the ball has been correctly hit, the service becomes a fault (unless a player is out of position)

- A. touches a player of the serving team or fails to cross the vertical plane of the net completely through the crossing space;
- B. goes “out”;
- C. passes over a screen.

3. FAULTS MADE AFTER THE SERVICE AND POSITIONAL FAULTS

(1) If the server makes a fault at the moment of the service hit (improper execution, wrong rotational order, etc.) and the opponent is out of position, it is the serving fault which is sanctioned.

(2) Instead, if the execution of the service has been correct, but the service subsequently becomes faulty (goes out, goes over a screen, etc.), the positional fault has taken place first and is sanctioned.

XIII - ATTACK HIT :

1. All actions which direct the ball towards the opponents, with the exception of service and block, are considered as attack hits.

2. During an attack hit, tipping is permitted only if the ball is cleanly hit, and not caught or thrown.

3. An attack hit is completed at the moment the ball completely crosses the vertical plane of the net or is touched by an opponent.

4. RESTRICTIONS OF THE ATTACK HIT

(1) A front-row player may complete an attack hit at any height, provided that the contact with the ball has been made within the player’s own playing space (except Rule 13.2.4).

(2) A back-row player may complete an attack hit at any height from behind the front zone:

(3) at his/her take-off, the player’s foot (feet) must neither have touched nor crossed over the attack line; after his/her hit, the player may land within the front zone.

(4) A back-row player may also complete an attack hit from the front zone, if at the moment of the contact the ball is not entirely higher than the top of the net.

(5) No player is permitted to complete an attack hit on the opponents’ service, when the ball is in the front zone and entirely higher than the top of the net.

5. FAULTS OF THE ATTACK HIT

(1) A player hits the ball within the playing space of the opposing team.

(2) A player hits the ball “out”.

(3) A back-row player completes an attack hit from the front zone, if at the

moment of the hit the ball is entirely higher than the top of the net.

- (4) A player completes an attack hit on the opponent's service, when the ball is in the front zone and entirely higher than the top of the net.
- (5) A Libero completes an attack hit if at the moment of the hit the ball is entirely higher than the top of the net.
- (6) A player completes an attack hit from higher than the top of the net when the ball is coming from an overhand finger pass by a Libero in his/her front zone.

XIV · REGULAR GAME INTERRUPTIONS

- 1. All time-outs that are requested last for 30 seconds. For FIVB World and Official Competitions, in sets 1-4, two additional 60-second "Technical Time-Outs" are applied automatically when the leading team reaches the 8th and 16th points. In the deciding (5th) set, there are no "Technical Time-Outs"; only two time-outs of 30 seconds duration may be requested by each team.
- 2. During all time-outs, the players in play must go to the free zone near their bench.

3. SUBSTITUTION OF PLAYERS

- (1) Substitution must be carried out within the substitution zone.
- (2) A substitution shall only last the time needed for recording the substitution on the scoresheet, and allowing entry and exit of the players.
- (3) At the moment of the substitution request, the substitute player(s) must be ready to enter the court, standing close to the substitution zone.
- (4) If that is not the case, the substitution is not granted and the team is sanctioned for a delay. For FIVB World and Official Competitions, numbered paddles are used to facilitate the substitution.
- (5) If a team intends to make simultaneously more than one substitution, the number of substitutions must be indicated at the time of the request. In this case, substitutions must be made in succession, one pair of players after another.

XV · GAME DELAYS

- 1. **TYPES OF DELAYS** : An improper action of a team that defers resumption of the game is a delay and includes, among others:

- (1) delaying a substitution,
- (2) prolonging other interruptions, after having been instructed to resume the game
- (3) requesting an illegal substitution,
- (4) repeating an improper request,
- (5) delaying the game by a team member.

2. DELAY SANCTIONS

- (1) "Delay warning" and "delay penalty" are team sanctions.
- (2) Delay sanctions remain in force for the entire match.
- (3) All delay sanctions are recorded on the scoresheet.
- (4) The first delay in the match by a team member is sanctioned with a "DELAY WARNING".

- (5) The second and subsequent delays of any type by any member of the same team in the same match constitute a fault and are sanctioned with a “DELAY PENALTY”: loss of rally.
- (6) Delay sanctions imposed before or between sets are applied in the following set.

XVI · CHANGE OF COURTS

- 1. After each set, the teams change courts, with the exception of the deciding set
- 2. In the deciding set, once the leading team reaches 8 points, the teams change courts without delay and the player positions remain the same. If the change is not made once the leading team reaches 8 points, it will take place as soon as the error is noticed. The score at the time that the change is made remains the same.

XVII · THE LIBERO PLAYER

1. The Libero must be recorded on the scoresheet before the match in the special line reserved for this.

2. DESIGNATION OF THE LIBERO

- (1) **EQUIPMENT** : The Libero player must wear a uniform (or jacket/bib for the re-designated Libero) whose jersey at least must contrast in colour with that of the other members of the team. The Libero uniform may have a different design, but it must be numbered like the rest of the team members.

(2) The playing actions

- A. The Libero is allowed to replace any player in a back row position.
- B. The Libero is allowed to replace any player in a back row position.
- C. He/she may not serve, block or attempt to block.
- D. A player may not complete an attack hit from higher than the top of the net, if the ball is coming from an overhand finger pass by a Libero in his/her front zone or its extension.
- E. The ball may be freely attacked if the Libero makes the same action from outside his/her front zone or its extension.

(3) Replacements of players

- A. Replacements involving the Libero are not counted as regular substitutions. They are unlimited, but there must be a rally between two Libero replacements. The Libero can only be replaced by the player whom he/she replaced.
- B. Replacements must only take place while the ball is out of play and before the whistle for service.

(4) Re-designation of a new Libero:

- A. In case of injury of the designated Libero, and with the previous approval of the first referee, the coach or game captain can re-designate as new Libero one of the players not on the court at the moment of the re-designation. The injured Libero may not re-enter to play for the remainder of the match.
- B. The player thus re-designated as Libero must remain as Libero for the remainder of the match.