Chapter VI

RULES OF THE GAME: IMPORTANT INSTRUCTIONS FOR COACHES

by Kyozo Ikeda

1. Participants’ Basic Responsibilities.

Team coaches, players and officials must know the Official Volleyball Rules and abide by them (Rule 6.1.1).

Coaches, players and officials are not allowed to discuss the referees’ decisions. When in doubt, clarification may be requested only through the game captain (Rule 6.1.2) but never by the coach himself.

2. Clarifications and Protests by the Captain

The game captain is the only person authorised to ask for an explanation on the application or interpretation of the Rules. If the explanation or interpretation does not satisfy him, he must immediately protest to the referee and he may ask the first referee that his protest be registered on the score sheet at the end of the match (Rule 6.2.2.).

3. Coaches

Coaches must sit on the player’s bench near the scorer from where they ask for times-out and substitutions. They may also give instructions to their players but only while sitting (Rules 6.3.3., 6.3.4, 6.5.2).

They are not allowed to dispute, protest or request clarification of the referees’ decisions (Rule 6.1.2).

Prior to the match the coach must verify that names and numbers of his players are correctly entered on the scoresheet.
4. The Assistant Coach

The assistant coach can sit on the players’ bench but has no right to intervene (Rule 6.4.1).

If the coach is compelled to leave his team, at the request of the team captain and with the authorization of the first referee, the assistant coach may assume his function (Rule 6.4.2).

5. Line-up sheet

Prior to each set, the coach must hand over to the scorer or the second referee the line-up sheet duly completed as required by Rule 10.1.2 and signed (Rule 6.3.2 and 9.1).

Once the line-up sheet has been delivered, no change of line-up is authorized.

Any discrepancy between the line-up sheet and the actual position of players on the court must be corrected as indicated on the line-up sheet. No penalty shall apply.

If one or more players on the court are not registered on the line-up sheet, the team is also requested to correct the mistake according to the line-up sheet without penalty. However, if the coach wishes to keep the non-registered player(s) on the court, he must request regular substitution(s) which will be recorded on the scoresheet as a regular substitution. (Rule 9.5.)

6. Requests for Time-out or Substitution

The coach sitting or standing must request time-out or substitution from the first or second referee by making official hand signals when the ball is dead and before the whistle for service (Rule 20.3).

The referee will not authorise and will reject a request for substitutions if the coach has not made the proper hand signal even if a substitute is already close to the coach (Rules 20.3, 20.6.2).

After the first referee’s whistle for service, requests for interruptions will not be granted and will be rejected as improper requests (Rule 20.7). If the second referee whistles by mistake for an interruption at this time, the request may be rejected by the first referee.

7. Successive Requests For Substitutions

A team is not allowed two consecutive substitutions unless the game has been resumed (Rule 20.4).
In the following examples, the second requests by team A during the same interruption are not allowed among others:

\[ \begin{align*}
1: & \text{ S(A) + T(B) + S(A)} \\
2: & \text{ S(A) + T(A) + S(A)} \\
3: & \text{ S(A) + S(B) + S(A)}
\end{align*} \]

\( (S = \text{Substitution, } T = \text{Time out}) \)
\( (A = \text{Team A, } B = \text{Team B}) \)

But the following are allowed:

\( T(A) + T(A) + S(A); \ S(A) + S(B) + T(B) + T(A) \) and so on...

8. **Substitute**

At the moment of the substitution request, substitutes must be standing close to the coach's table (Rule 20.6.3) ready to enter.

9. **Multiple Substitutions**

When the coach requests two or more substitutions at the same time, the coach must show with his fingers the number of substitutes requested and substitutes must be close to the coach ready to enter (Rule 20.6.3) at the time of the request. However, the substitution of players must be made in succession, one pair of players after another in order to allow the scorer to take note and check them properly (Rule 20.6.2, 20.6.3).

10. **Delayed Substitution**

If the substitute is not close to the coach, ready to enter at the time of the substitution request, the request will be refused and the team at fault will be sanctioned for a delay (Rules 20.6.3 and 21.1a).

11. **Ball Contact**

The ball may touch various parts of the body but only if the various contacts take place simultaneously. However, if during the first team contact the ball is not played overhand with the fingers, it may consecutively touch various parts of the body during one action (Rule 14.4.3).

Hitting the ball with the palms overhand is not considered as playing the ball with fingers.
When blocking, consecutive contacts by one or more blockers are permitted if these contacts occur during one action (Rule 14.4.3).

The first contact of a team means:

a) To touch any kind of ball coming directly from the opponent team: service, attack spike, pass, rebound from the opponent’s and own block, etc.

b) Touching the ball coming from the opponent’s court after having been touched by the blocker’s own team is also considered as the first contact of the team (Rule 19.2.1.).

12. Attack-hit

The attack-hit is considered completed the moment the ball has completely crossed the vertical plane of the net or is touched by an opponent blocker (Rule 18.1.2).

It is an attack-hit fault when a back-line player is in the front zone or at the moment of his take-off touches the attack line or its extension, and then hits the ball higher than the top of the net and the ball crosses the net or is touched by the opponent’s blocker (Rule 18.4.c).

It is an attack-hit fault if a player completes an attack hit on the opponent’s service when the ball is in the front zone and entirely above the top of the net.

13. Block

After the opponent team has made its first or second contact, the blocker may, with his hands crossing the net, block any ball bound for the net if no opponent is close enough to continue the action.

If an opponent near the ball is about to play before the 1st, 2nd or 3rd touch of the team, the blocker is at fault if he interferes with the opponent’s action by hitting the ball himself either before or simultaneously with his opponent (Rules 19.3, 19.5a). But after the third touch it is no longer a fault.

If one of the blockers puts his hands over the net and hits the ball instead of blocking, he commits a fault. (“Over the net” means reaching over the net into the opponent’s space) (Rule 19.1.).

If a back-line player takes part in any attempted block which is completed, it will be a fault and will be penalized (Rule 19.5.c).
14. Blocking Fault

If a player blocks the opponent's service, it is a blocking fault (Rule 19.5.e).

When the fault is committed at the block or the attack-hit is a spike, the referee whistles immediately.

If the fault is anything other than a block or a spike, the referee will whistle only after the completion of an attack-hit.