

FERRIS STATE UNIVERSITY – INTRAMURAL SPORTS

4v4 Volleyball Training – ILLEGAL HITS

Illegal Hits

Volleyball is a technical sport. There are many rules as to how and when a ball may be contacted by a player or team. It is the responsibility of the up ref with the help of the down ref to identify which touches are legal and which are illegal.

Double Hits/Lifts

A double hit occurs when a player intentionally or unintentionally makes contact with the ball consecutively. Some double hit calls are obvious while others are extremely subtle. On a team's first hit a double hit is allowed as long as the player made one fluid motion (hits the player's chest before hitting their arms, etc.) but is not allowed in any other situations. Note that an attempted block does not count as a player's hit and he/she may play the ball if his/her block is unsuccessful.

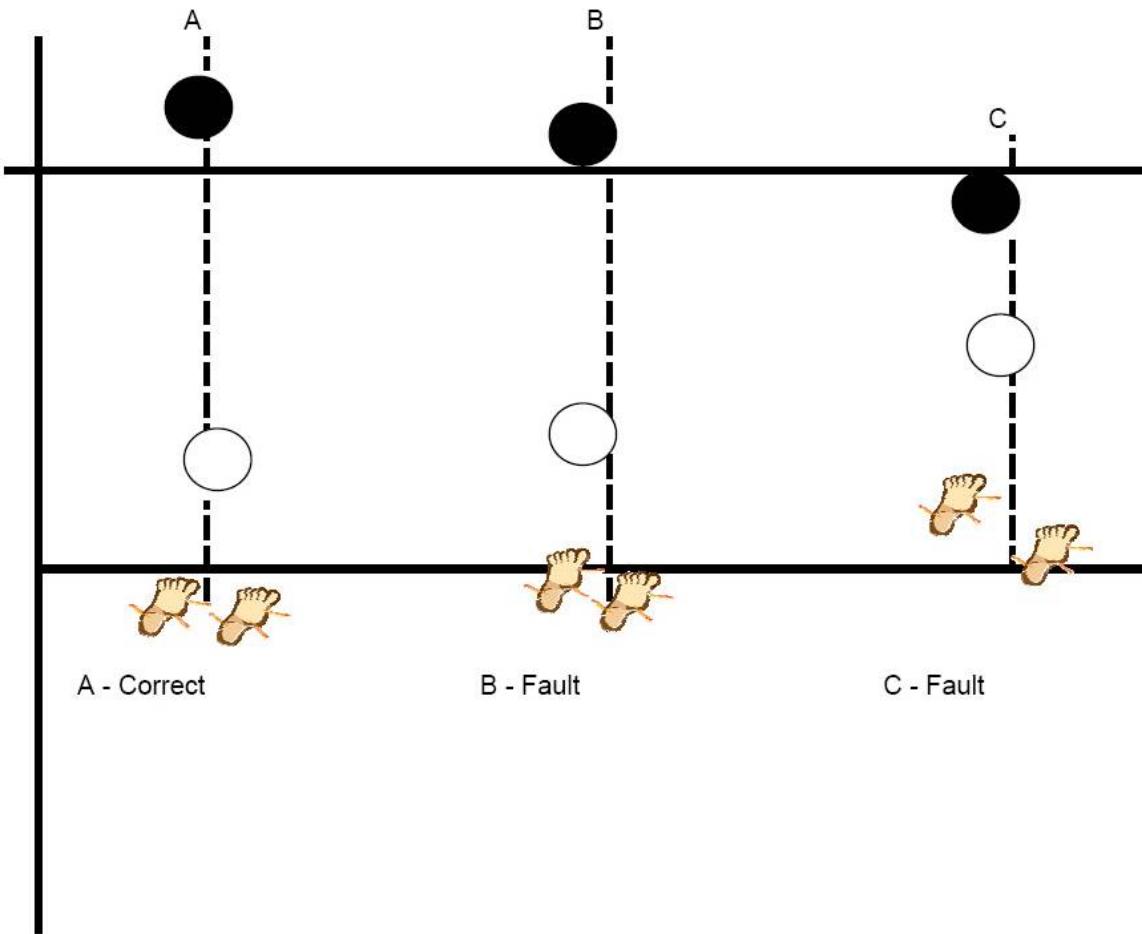
A lift or carry occurs when a player makes contact with the ball for too long a period, too far a distance, or with an open palm facing upward. Many of these calls will occur during sets. If the player seems to "catch" the ball and release it, it may be called a lift. These calls are up to the discretion of the up ref. For in-depth rules regarding double hits and lifts, refer to the training material labeled "Judging Ball Contact."

Back Row Attacks

In both 4v4 and 6v6 volleyball, there are certain players who cannot block or attack (spike) while in front of the 10-foot line. A back row player may play in front of the 10-foot line, as long as he doesn't block or attack a ball above the plane of the net. He/she may set and bump normally, and he/she may attack as long as he/she doesn't jump. A back row player may attack from behind the 10-foot line. This includes jumping from behind (not on) the 10-foot line and attacking before he/she lands on the other side of the line.

In 4v4, the server is the only "back row" player. Note that the server remains "back row" until a different player on his team has served. In other words, this player can't attack or block while the opposing team is serving but may attack or block once his team wins a point and someone else on his team becomes the server.

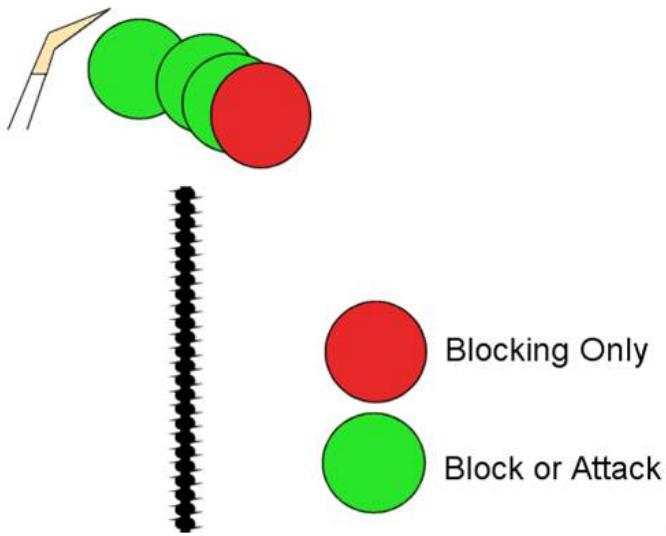
In 6v6, all players in the back row may not block or attack in front of the 10-foot line. Players must rotate uniformly (they can't change whether they're front row or back row out of rotation) and the server is always considered to be back row. If a team has fewer than 6 players, they must specify which players will be considered back row. A team may not have more than 3 players in the front row.



Back-Row Attack Fault (Attack Line)

Crossing the Plane of the Net

There are two situations where a player could reach over the net to play a ball; one is legal and one is not. If a player is blocking a return, a player on the defending team may reach over the plane of the net to block the return. The other situation is an attack. An attacker may not hit a ball that has completely crossed over the plane of the net (that is, no part of the ball is over the net). If this happens, the up ref should rule it an illegal attack. Once a returned ball crosses over the plane of the net, it cannot be touched again by the returning team until the opposing team touches it.



Four Touches

A team may only touch a ball three times before returning it to the opposing team. Once the ball touches a player on one team for the fourth time without being returned, a 4 hits violation is called. Note that an attempted block does not count as one of a team's three hits. CoRec, if three hits are used; a female must be involved in one of the hits.



**Ball con-
tacted more
than three
times by a
team**

Illegal Hits Quiz:

<https://docs.google.com/forms/d/1WZeax-ClvuDUsdV7OcvfM77TkyTK-tCj8qpqMX9Ru9k/viewform>