



**NORTH AMERICAN
ISMAILI GAMES**

VOLLEYBALL RULEBOOK

Introduction: The North American Ismaili Games (NAIG) is a premier regional sporting event that brings together athletes from across North America in a spirit of excellence, sportsmanship, and healthy competition, aligned with international standards.

Beyond competition, NAIG serves as a platform for unity, belonging, and shared growth—fostering meaningful connections and collective pride across regions. The Games are designed to be inclusive and accessible, enabling participation across age groups, skill levels, and regions.

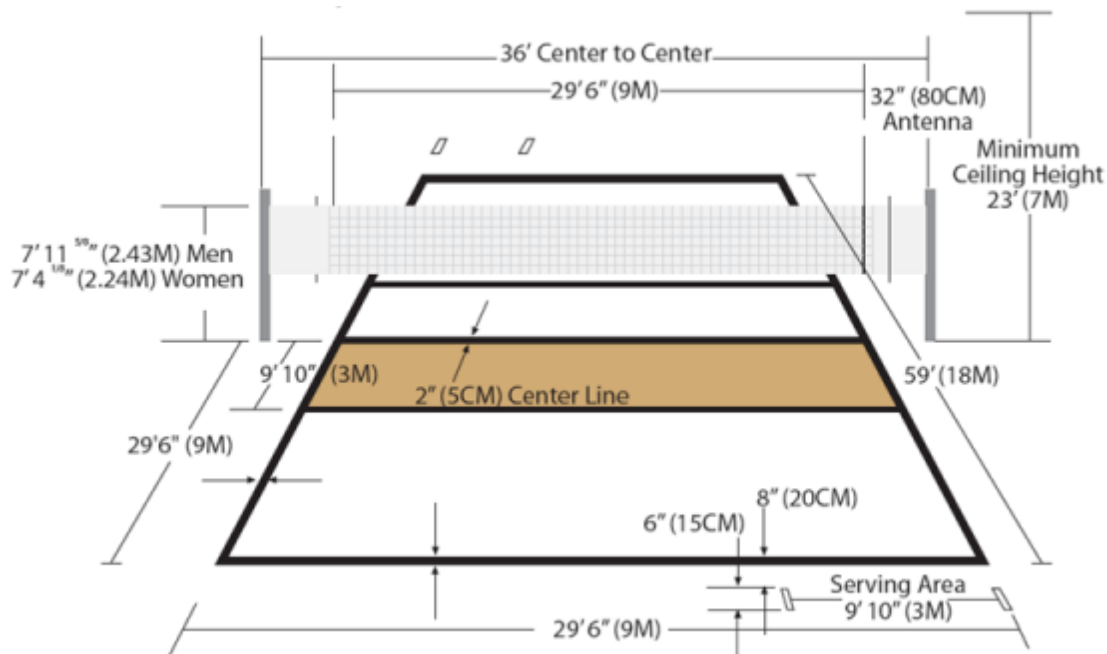
NAIG also promotes lifelong active living and continuous improvement, while extending its impact through complementary programming such as development clinics, leadership forums, mentorship, and community engagement.

Highlights

- A set is won by the team that first scores twenty-five (25) points with a minimum lead of two (2) points. In the case of a twenty-four to twenty-four (24-24) tie in points, play will be continued until a two (2) point lead is achieved (e.g. 26-24; 27-25; etc.).
- If the set is still tied at twenty-six to twenty-six (26-26) in points, then the team scoring the twenty-seventh (27th) point will win the set with only a one (1) point lead.
- A match is won by the team that wins two (2) out of three (3) sets.
- In case of a one-to-one tie (1-1) in sets, the deciding third (3rd) set will be played to fifteen (15) points with a minimum lead of two (2) points. In the case of a fourteen to fourteen (14-14) tie in points, play will be continued until a two (2) point lead is achieved (e.g. 16-14; 17-15; etc.)
- A team can win the point without holding serve (PAR – point-a-rally system).
- A team must have a minimum of seven (7) players and maximum of twelve (12) players. A match may not start if either team consists of fewer than six (6) players.
- Each team has the right to designate among the list of twelve (12) players two (2) specialized defensive players called “Libero”. The coach must designate one (1) player as the “acting Libero” and one (1) player as the “reserve Libero”.
- A match will consist of two (2) teams with six (6) players on the court.
- The ball will have a circumference of sixty-five centimeters (65 cm) to sixty-seven centimeters (67 cm) and weigh between two hundred sixty grams (260 g) and two hundred eighty grams (280 g). Only FIVB approved balls should be used. A net will be at a height of 2.43 meters for men and 2.24 meters for women.
- The rally system will be in effect. A team scores a point:
 - By grounding the ball on the opponent’s court.
 - When the opponent team commits a fault.
 - When the opponent team receives a penalty.

International Volleyball Court

The diagram below is an illustration of an international volleyball court:



Equipment

- Ball circumference is sixty-five centimeters (65 cm) to sixty-seven centimeters (67 cm) and weighs between two hundred sixty grams (260 g) to two hundred eighty grams (280 g). The ball's pressure will be 4.26 to 4.61 p.s.i. The ball shall be spherical, made of either flexible leather or synthetic leather material, with a bladder inside made of rubber or similar material. The ball color may be a uniform light color or a combination of colors.
 - Official Volleyball - FIVB V200W
- The Libero player(s) must wear a uniform (or jacket/bib for the re-designated Libero) whose jersey must contrast in color 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.



Method of Scoring

- A team scores a point:
 - By successfully grounding the ball on the opponent's court.
 - When the opponent team commits a fault.
 - When the opponent team receives a penalty.
- If two or more faults are committed by opponents simultaneously, a double fault is called and the rally is replayed.
- If the serving team wins a rally, it scores a point and continues to serve.

Tie Games

- The match is won by the team that wins two (2) out of three (3) sets. A set is won by the team that first scores twenty-five (25) points with a minimum lead of two (2) points. In the case of a twenty-four to twenty-four (24-24) tie in points, play will be continued until a two (2) point lead is achieved (e.g. 26-24; 27-25; etc.).
- If the set is still tied at twenty-six to twenty-six (26-26) in points, then the team scoring the twenty-seventh (27th) point will win the set with only a one (1) point lead.
- In case of a one-to-one tie (1-1) in sets, the deciding third (3rd) set will be played to fifteen (15) points with a minimum lead of two (2) points. In the case of a fourteen to fourteen (14-14) tie in points, play will be continued until a two (2) point lead is achieved (e.g. 16-14; 17-15; etc.)
- A player or team can win the point without holding serve (PAR- point-a-rally).

Official Rules

The Toss

- Before the match, the first (1st) referee carries out a toss in the presence of the two (2) team captains. The winner of the toss chooses either the right to serve or the side of the court to receive.
- If a deciding set is to be played, a new toss will be carried out.

Positions and Rotation

- The team's starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the game.
- When the receiving team has gained the right to serve, its players rotate one (1) position clockwise.
- At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order
- After the service hit, the players may move around and occupy any position on their court and the free zone.

Serving

- The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).
- Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted.
- 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.
 - After the hit, he/she may step or land outside the service zone, or inside the court.
- The server must hit the ball within 8 seconds after the 1st referee whistles for service.
- A service executed before the referee's whistle is canceled and repeated.

Game Play

- The server must hit the ball within eight (8) seconds after the first (1st) referee whistles for service. A service executed before the referee's whistle is canceled and repeated.
- Each team must play within its own playing area and space. The ball may, however, be retrieved from beyond the free zone.
- The team is entitled to a maximum of three (3) hits, in addition to blocking.
- A player's hand or hands passing over the net to affect a block is NOT a fault provided that the player does not interfere with the opponent's play.
- Contacting the ball over the net above the opponent's playing area before the opponent's action to send the ball to the opposite side is made, shall constitute a fault.
- Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and landing. Using the net between the antennae as a support or stabilizing aid and creating an unfair advantage over the opponent by touching the net are also considered faults. Players close to the ball as it is played are considered in the action of playing the ball even if no contact is made with the ball.
- Players may not interfere with opponents while the ball is in play, which includes yelling at opponents or hindering an opponent's legitimate attempt to play the ball, which will result in a fault.
- Players are allowed to receive a serve and any first ball over with either an overhand finger pass or with hands apart. There is no such thing as a double contact on the first ball; such consecutive contact results from an action of playing the ball.
- The boundary lines are considered part of the courts.
- Players may touch the opponent's court with any part of their body above the feet provided they do not interfere with play (i.e. the foot/feet must still be in contact with or directly above the center line).
- Players may touch the opponent's court with a foot (feet), provided that some part of the penetrating foot (feet) remains either in contact with or directly above the center line.
- Player contact with the net outside of the antennae is the same as touching the ropes, post or other objects (i.e. it is permitted as long as it does not interfere with play).

Simultaneous Contacts

- A player may not hit the ball two (2) times consecutively.

- Two (2) or three (3) players may touch the ball at the same moment.
- When teammates touch the ball simultaneously, it is counted as multiple hits (with the exception of blocking). If teammates reach for the ball, but only one (1) of them touches it, one (1) hit is counted. A collision of players does not constitute a fault.
- When two (2) opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three (3) hits. If such a ball goes out, it is the fault of the team on the opposite side.

Characteristics of the Hit

- The ball may touch any part of the body.
- The ball may touch various parts of the body, provided that the contacts take place simultaneously.
- The ball may not be caught and/or thrown. It can rebound in any direction.
- Ball Touching and Crossing the Net.
- While crossing the net, the ball may touch it.
- The ball sent to the opponent's court must go over the net within the crossing space as defined below:
 - Below, by the top of the net.
 - At the sides, by the antennae, and their imaginary extension.
 - Above, by the ceiling.

Restrictions of the Attack Hit

- 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.
- No player is permitted to complete 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.
- A back row player may complete an attack hit at any height from behind the front zone.
- A back row player may also complete an attack hit from the front zone, if at the moment of the contact part of the ball is lower than the top of the net.

Blocking the Service and Blocking Faults

- It is forbidden to block an opponent's service.
- The blocker touches the ball in the opponent's space either before or

simultaneously with the opponent's attack hit.

- A back row player or a Libero completes a block or participates in a completed block.
- The ball is sent "out" off the block.
- Blocking the ball in the opponent's space from outside the antennae.
- A Libero attempts an individual or collective block.
- Time-outs and Substitutions.
- All time-outs that are requested last thirty (30) seconds. Each team may request two (2) time-outs per set.
- Six (6) substitutions is the maximum permitted per team per set. One (1) or more players may be substituted at the same time. A player of the starting line-up may leave the game, but only once in a game, and re-enter, but only once in a game, and only to their previous position in the line-up. A substitute player may enter the game in place of a player of the starting line-up, but only once per game, and they can only be substituted by the same starting player.
- After each set, the teams change courts, with the exception of the deciding set. All intervals between sets shall last three (3) minutes.
- In the deciding set, once the leading team reaches eight (8) points, the teams change courts without delay and the players' positions remain the same. If the change is not made once the leading team reaches eight (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.
- The actual player request for substitution is the entrance of the player in the sub zone. The scorer acknowledges the sub by pressing the buzzer and the second (2nd) referee authorizes the sub with the whistle. The second (2nd) referee stands between the post and the scorer (i.e. the second (2nd) referee no longer goes to the attack line to control the sub).

Exceptional Substitution

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

- An exceptional substitution cannot be counted in any case as a normal substitution.
- Order of priority for the exceptional substitution:
 - By the starter or substitute who has played in the position of the injured player, or by any substitute who has not already participated in the set.
 - By any substitute on the bench, regardless of the position previously played.
 - By any other substitute.
 - By the Libero player.

Designation of the Libero

- Each team has the right to designate among the list of twelve (12) players two (2) specialized defensive players called “Libero”. The coach must designate one (1) player as the “acting Libero” and one (1) player as the “reserve Libero”.
- The Libero must be recorded on the score sheet before the match in the special line reserved for the Libero.
- The Libero can be neither team captain nor game captain.

Actions Involving the Libero

- The Libero is allowed to replace any player in a back row position.
- The Libero is restricted to performing as a back row player and is not allowed to complete an attack hit from anywhere (including playing court and free zone) if at the moment of the contact, the ball is entirely higher than the top of the net.
- The Libero may not serve, block or attempt to block.
- 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. The ball may be freely attacked if the Libero makes the same action from outside his/her front zone or its extension. Replacements involving the Libero are not counted as regular substitutions.
- They are unlimited, but there must be a rally between two (2) Libero replacements.
- The Libero can only be replaced by the player whom they replaced. If the coach carries two (2) Liberos on the team, the coach must designate one (1) as the “acting Libero” and one (1) as the “reserve Libero”. The coach can change the “active Libero” with the

“reserve Libero” for any reason but only once in the match and only after the regular replacement player has returned to court.

- The original Libero may not re-enter to play for the remainder of the match.
- Replacements must only take place while the ball is out of play and before the whistle for service.
- At the start of each set, the Libero cannot enter the court until the second (2nd) referee has checked the starting line-up.
- A replacement made after the whistle for service but before the service hit should not be rejected but must be the object of a verbal caution after the end of the rally.
- Subsequent late replacements must be subject to a delay sanction.
- The Libero and the replacing player may only enter or leave the court by the side-line in front of their team bench between the attack line and the end line.
- In case of illness or injury to the reserve Libero, the coach may designate as Libero for the remainder of the match any other player (except for the original Libero) not on the court at the moment of the re-designation, and with the previous approval of the first (1st) referee.
- The injured Libero may not re-enter to play for the remainder of the match.
- The player re-designated as Libero must remain as Libero for the remainder of the match.
- In the case of a re-designated Libero, this player’s number must be recorded on the score sheet remarks box.

Warm-up

- Prior to the match, teams are entitled to a ten (10) minute warm-up period together at the net
- If either captain requests separate official warm-ups at the net, the teams will be allowed five (5) minutes each.
- Players not in play may warm-up during:
 - Play without balls in the warm-up areas.
 - Time-outs in the free zone behind their court.
 - Set or game breaks with balls behind the court.

Coaching

- Coaching is considered to be communication, advice or instruction of any kind to a player.
- Coaching can be provided to the player(s) during the two (2) thirty-second (30) time-outs allotted per team per set, and during the three (3) minute interval break between sets.
- In the above regulation breaks during a match, the coach must return to his/her designated team bench area as soon as the umpire announces that the time-out or interval break is over.
- Throughout the match, the coach conducts the play of his/her team from outside the playing court. The coach selects the starting line-ups, the substitutes and takes time-outs. In these functions, the coach's official contact point is the second (2nd) referee.
- The coach or captain records or checks the names and numbers of his/her players on the score sheet and then signs it.
- During the match, the coach sits on the designated team bench area but may leave it, and gives 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 designated team bench area from the extension of the attack line up to the warm-up area.
- Where a head coach is not present or available, an assistant coach, team manager or team captain may assume the role of a coach.
- Under no circumstances can coaching be provided when the ball is in play or in any manner that distracts the opposing player(s) or disrupts or delays the match.

Illness, Injury and Bleeding

Illness

- A player who suffers an illness that involves neither an injury nor bleeding must either continue to play immediately, or the team may use the one (1) thirty (30) second time-out allowed during a set or substitute the player who is ill.
- This includes conditions such as a cramp, nausea, breathlessness and asthma.
- A team is declared incomplete if it has fewer than six (6) players on the court and shall forfeit the match but shall retain any points already scored and any sets already won.

Injury

- Should a serious accident occur while the ball is in play, the referee shall stop the set immediately and permit medical assistance to enter the court. The rally will then be replayed.
- If the referee is not satisfied that the injury is genuine, s/he must advise the captain/coach to decide whether to resume play immediately, substitute the player or use the one (1) thirty (30) second time-out allowed during a set for recovery
- If the referee deems the injury to be genuine and the injured/ill player cannot be substituted legally or exceptionally, the player shall be given a three (3) minute recovery time, but not more than once for the same player in the match.
- After the three (3) minute recovery time, if the player does not recover, the team may request a legal time-out during the match of thirty (30) seconds. If the player still has not recovered, the team is then declared incomplete.
- A team is declared incomplete if it has fewer than six (6) players on the court and shall forfeit the match but shall retain any points already scored and any sets already won.

Bleeding

- Whenever bleeding occurs, the bleeding must be stopped before the player can continue.
- Play shall be suspended immediately lasting not more than three (3) minutes and the player shall receive medical treatment.
- Play shall not resume until all traces of blood have been removed from the playing surface.
- If immediate medical treatment does not rectify the injury, the player must be substituted or replaced until the bleeding is stopped and the blood is removed from his/her uniform.
- After the three (3) minute recovery time, if the player does not recover and the player cannot be substituted legally or exceptionally, the team is declared incomplete.
- A team is declared incomplete if it has fewer than six (6) players on the court and shall forfeit the match but shall retain any points already scored and any sets already won.
- Bloodstained clothing must be replaced