

I. The Game

- a. Games will consist of three (3) sets. First two (2) sets will be played to 21 points (rally scoring). Third set will be played to 15 points only if there is less than 15 minutes remaining in the game. The winning team must win by at least two (2) points for the set to be considered final, cap of 19/25. All sets will be played and count toward the team's final record.
- b. All games will be played using Rally Scoring.
- c. The official shall toss a coin with the captains before the start of the first set. The winner of the coin toss will choose to either serve or receive service of the first ball, and choose the side of the court on which to begin the first game.
- d. The team that lost the previous set will serve first in the next set.
- e. Teams change sides after each set is completed.
- f. Each team will allow a maximum of three (3) hits to cross the ball over the net.
- g. Team Captain may contest the call of the official and if it is decided to be an incorrect call, no point is awarded and the ball is re-served.
- h. Any ball that hits the wall is out of bounds.
- i. All balls that hit the ceiling on a serve are out of play resulting in a loss of serve. A ball that hits the ceiling during play and remains on the same side is playable. If it crosses over to the other side after hitting the ceiling then it is appoint for the other team.
- j. There will be no holding or lifting the ball.
- k. When the receiving team has gained the right to serve, its players rotate one position clockwise.
- l. When the ball is played more than once by a team, a female player shall make at least one of the contacts [Coed Rule]. There is no restriction preventing all three team hits from being made by female players. Contact of the ball during blocking action does not count as one of the team's three hits. Therefore, after a block a male player may play the ball back over the net as such contact would be considered the first team hit.
- m. Overhead serving is permitted.
- n. Blocks are permitted at the net for both male and female players.
- o. Hands and/or feet cannot fully pass over or under the net during play. Partial stepping is allowed as long as it does not interfere with play.
- p. Balls that hit the boundary line are considered in play.
- q. If the line official's call is different from the main official's call, the main official has the final say.
- r. All games are officiated by the Team Captain and another player of a team not in play. The Team Captain can designate another player from his/her team as the official.
- s. Each team is allowed one time out per set which will not exceed more than 30 seconds. Timeouts are not cumulative if not used. Use it or lose it.
- t. Back row players cannot block or spike at the net.

II. Playing the Ball

- a. Each team may hit the ball up to three (3) hits to return the ball to the opponent. Team hits include both intentional and unintentional contacts with the ball.
- b. A player may not contact the ball with two separate and consecutive motions unless a block is made.
- c. Two or more players may touch the ball at the same moment (counted as one hit).
- d. If two opponents simultaneously contact the ball and it remains in play, the team receiving the ball is entitled to another three hits.
- e. The ball may touch any part of the body. Foot cannot make kicking motion.
- f. Foot digs are allowed. No kicking of the ball is allowed.
- g. The ball must be hit, not caught or thrown.
- h. During the first hit of the team, the ball may contact various parts of the body consecutively, provided that the contacts occur in one action.
- i. Serves that contact the net and continue over (let serve) are still in play.

III. Contact with the Net

- a. It is a fault to touch the top part of the net or the antennas. Incidental contact on the bottom part of the net by any part of the player is allowed as long as it does not interfere with play.
- b. Any ball that hits the net post is out of bounds.
- c. A player may touch a support, rope, or any other object outside the total length of the net, provided this contact does not interfere with play.

IV. Service

- a. The service is the act of putting the ball into play by the right back-row player who hits the ball with one hand or arm from the service zone (anywhere behind the back line and within the two sidelines).
- b. Authorization of the service must be given to the server from the official before the serve may be hit. If the server does serve the ball before the official blows his/her whistle and gives the signal, the ball is dead and be re-served.
- c. The players of the serving team must not screen the opponents from seeing the contact for service of the path of the ball. This would include a player waving arms, jumping up and down, or moving sideways at the time of the service. The serving team is also prohibited from making a collective screen when the server is hidden behind two or more teammates and the ball is served over them.
- d. No Blocking or attacking above the net during serve.
- e. All players must be in the playing area at time of serve.

V. Attack Hits

- a. All actions directing the ball toward the opponent, except a serve, are attack hits.
- b. During an attack hit, tipping is permitted if the contact is brief and the ball is not caught or thrown.
- c. A back-row player may complete an attack hit at above the height of the net from behind the front zone (player must take off from behind the 10' line).

VI. Players and Rotation

- a. Maximum of six (6) players on the court; minimum four (4) to start and play a game.
- b. A maximum of 6 person substitutions are allowed per set. Replacing players during the one timeout allowed per set does not count towards the limit. An exception to this rule is when a player gets injured and a substitution is required.
- c. Each team must have at least one female player in play in order to enforce the Coed Rule.
- d. Games will be allowed to start if a team has at least four (4) players with at least one female player. If the Team Captain of the opposing team agrees to have another player added, the Team Captain of the team that are short of players may select a registered female player(s) from other teams that currently not playing in exchange of a 3 point penalty to be added to the score of the opposing team on the first set only. As soon as your player arrives, they go in but the 3 point penalty remains. This does not count as a substitution.
- e. Not required to sub in male for male and female for female.
- f. A player that has not played at least one set during regular games cannot play for the playoffs and championships.
- g. Changes to the team roster are permitted until the end of the 3rd game only. So please list down all possible substitutes you may or may not need for the season.