PLAYERS AND ATTIRE

• The game shall be played between two teams of six (6) players each with a maximum of twelve (12) on a roster and a minimum of four (4) players needed to start a game.

RULES

GAME, FIELD, AND EQUIPMENT

• Teams must have at least four (4) players present at game time to start the match
• The ball is put into play by the serve
• The ball may not visibly come to rest in a player’s hand
• No contact of any kind is allowed with the net
• The ball may be hit a maximum of three times on each side of the net
• A player may not hit a ball twice in succession (except when the player has just blocked a spike)

INITIAL POSSESSION, LENGTH OF GAME, AND TIME CONSTRAINTS

• Game time is forfeit time. Teams should be ready to play at the scheduled game time. It is beneficial to have your team arrive 15-20 minutes early to ensure that games start on time and that forfeits be avoided.
• Before the first game, captains will meet and the first serve will be determined by “rock, paper, scissors.” The winner may choose whether they serve or which side they would like. In the second game, the team not initiating the serve will be a side-out.

SUBSTITUTIONS AND TIEBREAKERS

• Substitutions may be made only when the ball is dead. Players may only substitute from the same position throughout the entire game. Therefore, each player must play a full rotation around the court. If a player becomes injured, they have two minutes to resume play or leave the court. If the player cannot leave the court, play will not continue until the player can be safely removed.

SPORTSMANSHIP, CARDS, AND EJECTIONS

• Team conduct will be registered following the game, on a 1 to 6 scale.
• If a team does not have a 4 average on their team conduct at the end of the regular season – they will not be eligible for playoffs.

SCORING

• Each game is to 21 points with a 23-point cap. Rally scoring will be used in all games. Matches consist of 3 games. The third game will go to 15 points with a 17-point cap.
• After the serving team loses the point (side out), the new serving team must rotate one position clockwise. After each game the team will switch sides on the court.
• A ball that touches any part of the boundary line is good.

PLAYER CONDUCT

• Abusive or insulting language, acts of unfair play, and managers, coaches, or substitutes on the field of play will result in suspension/ejection.