

Ground Rules:

1. Matches will be self-officiated. Participants are expected to know the rules of volleyball. We will provide someone to run the scoreboard.
2. Format will be best 2 out of 3 sets. Sets one and two will be played to 25 with cap at 30. Set three (if needed) will be played to 15 with cap at 20. Sets must be won by two points, unless the cap is reached.
3. Serve: The server will stand with both feet behind the rear boundary line. Underhand or overhand serving is accepted, as long as the ball is clearly hit and not thrown or pushed. If the ball contacts the net and still makes it over to the other side of the court, it is still a legal serve.
4. Any player may contact the ball with any body part, above or below the waist.
5. A ball touching any part of the boundary line is in.
6. It is legal to run out of bounds to play a ball
7. Players cannot scoop, hold, or throw the ball.
8. A player cannot make successive contacts, unless he/she has been blocked at the net. One person may play the ball twice in a volley, but not in succession.
9. A ball, other than on a serve, may be recovered out of the net as long as the player avoids contact with the net and does not hold the ball.
10. Contact of the ball during a block does not count as one of three team touches.
11. No gender restrictions for multiple contacts of the ball.
12. The ball must always be returned over the net by the third contact, unless a block is the initial contact in which case the ball must be returned by the fourth contact.
13. Blocking: A successful block is accomplished when either the ball rebounds off the hands of the blocker and directly back into the opponent's court, or deflects off the hands in such a way that the blocker's team may play the ball. An attempt to block does not constitute a block unless the ball is contacted during an attempt. The team which has attempted a block shall have the right to three more contacts with the ball in order to return it to the opponent's side. When the ball, after having touched the top of the net and the opponent's block, returns to the attacker's side, the team then has the right of three more contacts in order to return the ball to the opponent's side.
14. Net Play: A player may reach under the net as long as he/she does not interfere with an opponent's attempt to play the ball. A player may reach over the net to complete a spike which was begun on the player's own side of the net. A player may never touch the net. A player may reach over the net to block, but not to interfere with the opposing team's play.
15. Substitution: All substitutions will be made in the center back position. All substitutes must make one complete rotation. A player arriving late for a team of less than six can only rotate in when his/her team has the serve.
16. Blocking and spiking the ball on the serve is illegal. Spikes by both men and women are legal.
17. A game ball will be provided.