

## FORMAT FOR REGULAR MATCHES

The following format will be used for all matches:

The team captains will play rock, paper, scissors before the match. The team that wins has the choice of either serving the ball first or choosing which side their team would like to play on for the first game. The other captain takes the remaining alternative.

The first two games are played to 25 points, no cap on the score, and a team must win by 2 points.

- Immediately after the first game the teams should switch sides and take their places on the court for the second game.
- There will be no more than 1 minute between the first and second games.
- If the winner of the first game also wins the second that team wins the match and a third game is not played. If each team wins one game then a third game will be played to 15 (win by two) to decide who wins the match.
- The team captains will play rock, paper, scissors again. The winner has the choice of either serving the ball first or choosing which side their team would like to play on for the first game. The other captain takes the remaining alternative.
- The last game is to 15 points, no cap on the score, and a team must win by 2 points.

## RULE QUESTIONS

If a call is disputed, only the team captain should discuss. If no resolution is reached, the point should be replayed. If a point must be replayed the server that served during the disputed call will serve again to start the replayed point.

Line judge calls cannot be disputed.

## FORFEITS/ MINIMUM NUMBER OF PLAYERS

A team must have a minimum of 4 players to play a match. If playing with 4 players, one must be a female. If less than 4 players come to a match by 15 minutes after the match start time, the team will forfeit. However, if both teams do not have a minimum of 4 players to play a match by 15 minutes after the match start time, then both teams forfeit. Note that there is no penalty applied to the score for playing with less than 6 players.

If there is a forfeit for a match, the players present are welcome to use the rest of the match time to scrimmage. The referee is not required to officiate for a scrimmage when a team has forfeited a match.

## RULES OF PLAY

### SERVICE ORDER

2 female players must be on the court at all times!

The players must follow the same rotation the entire game. In the scenario in which more than 6 players are present but there are only 2 female players, male players will rotate in when a male player rotates out as to comply to the rule of 2 female players on the court at all times.

First service of the first game is determined in the rock, paper, scissors game between both captains. The team that did not start service in the first game will start service for the second game of the match. First service for the third game will be determined by rock, paper, scissors following the second game.

There is no rotation prior to the first service in a game.

After the first service in a game, the player to serve is determined as follows:

- When the serving team wins the rally, the player who served before, serves again.
- When the receiving team wins the rally, it gains the right to serve, and rotates clockwise before actually serving. The player who ends up in the back-right position will serve. There is *always* a rotation by the team that gets possession of the ball second.

## SERVING

The server is the person in the right back row position. A server can serve the ball from anywhere behind the back line between the two side lines (as if extended back). A server cannot enter the court until after they have contacted the ball. (They must not cross the serving line until after contact with the ball). A server is allowed to hit the ball out of their hand (i.e. the ball does not have to be dropped before it is hit).

All team members, except the server, should be inside of the court lines at the time of the serve. They must be in the correct rotation order prior to the serve. If players are switching position, then no part of their body should cross with players to the right, left, front, or back of them until the ball is hit for the serve.

A serve may be hit underhand or overhand, with the ball being hit with one hand. Serving a ball using a bump is not allowed.

If a server does not execute a good toss, they must let the ball fall to the ground without touching it or it is considered a serve hit. There is not a limit on how many times a server can repeat their toss during a game, unless the referee sees a deliberate delay of game (i.e. this is done repeatedly throughout the game).

## LEGAL SERVE

A serve is legal when it is hit over the net within the boundaries of the antennae and the opponent's court. It may touch the net on a serve (let serve), but must fall in bounds of the opponent's court.

## RECEIVING A SERVE

There is liberal first ball contact – it can be an overhand pass, forearm pass (bump) or set on the first hit after the ball crosses the net. However, an attack hit is not allowed on a serve. Liberal first hit rules

apply for receiving a serve. A double hit is not called on a serve unless it is ruled by the referee as a lift. This allows for incidental double contact on a serve only. Any other time a double will be called.

## ATTACK HITS ON A SERVE

Below is clarification regarding an attack hit on the serve to help understand what attack hits are faults and which are not?

- Player *jumps* and spikes (one handed) the serve, FAULT
- Player spikes the serve while standing on floor... FAULT.
- Player jumps and blocks (two handed) FAULT.
- Player overhand passes, meaning the ball leaves the hands in an upward direction, the ball back over the net, no fault.

## HITTING THE BALL

The rules for hitting the ball are as follows:

- The ball may touch any part of the body.
- A team can hit the ball 3 times (in addition to a block contact) or less to return it to the opponent's court
- A player is not allowed to hit the ball twice consecutively, except when trying to block.
- If two teammates contact the ball simultaneously, it is counted as one hit and any player may play the ball next if it wasn't the 3<sup>rd</sup> hit.
- The ball must be hit cleanly, not caught or thrown.

## ILLEGAL HITS – CARRIES

A lift or carry is when open full hand contact is made with the ball in an upward or outward motion, resulting in the ball remaining in contact with the hand longer (not including the serve). Example: when the ball is low and a player tries to lift it up, when the ball is behind the head and a forward motion is used, or when the ball is to one side of the player and a sideways motion is used during contact. A carry is a form of "short" catch or throw. Hitting a ball with a closed fist underhand is not necessarily a carry unless the ball remains on the hand for a longer time.

## BACK ROW ATTACK HITS

The rules for attack hits by a back-row player reads as follows:

- A back-row player may complete an attack-hit at any height from behind the front zone (behind the 10-foot line). At takeoff, the feet must neither have touched nor crossed over the attack line or its imaginary extension. After the attack hit, the player may land in the front zone.
- A back-row player may also carry out an attack hit from the front zone if, at the time of the contact, any part of the ball is below the top of the net.

- This means that if ANY part of the ball is below the top of the net, then it is a legal hit for a back-row player to make an attack hit. It doesn't matter if the player jumps or not; the deciding factor is whether ANY part of the ball is below the top of the net (not necessarily the whole ball).

## BLOCKING

The rules for blocking are as follows:

- Only front row players can block.
- A block is not considered as a team hit (i.e. not counted in the 3 hits a team is allowed, so team is entitled to 3 hits after a block).
- The first hit after a block may be done by any player, including the player that contacted the ball when blocking.
- A serve cannot be blocked.
- When blocking, a player may place their hands beyond the net, inside the antennae, providing they do not interfere with their opponent.

## SPIKING

A spike is an attack hit that contains a downward motion. It is illegal to spike a ball that has just been served.

## NET TOUCH RULES

A player should not contact the tape on the net during a play at the net. However, if they touch a lower part of the net during a play, it is legal. If a player at the net, who is not in the play, touches the net, it is not a violation.

## CENTER LINE RULES

A player may cross the center line as long as:

- Part of the shoe is touching the center line. If the entire foot crosses the center line with no part touching the line, then it is a fault.
- The player does not contact or interfere with a player on the opposing team
- The player does not contact the tape on the net, standard, referee, or referee stand while the ball is in play.

## BALL IN OR OUT OF BOUNDS

The rules for a ball in or out of bounds are as follows:

- The ball is "in" if the ball touches the floor of the playing court INCLUDING the boundary line (i.e. the ball is in bounds if it touches the court line).

- A ball sent to the opponent's playing area must pass over the net within the court sidelines and between the antennae if installed, without hitting the ceiling.
- The ball may touch the net while crossing it, if it falls in bounds.

## PLAYING OUTSIDE THE COURT TO RETRIEVE BALLS

A player may go outside of the court lines to hit a ball that is still in play.

A player may go around the standard to play a ball and "bring it back" on the 2<sup>nd</sup> hit, so long as they do not contact the upright, the bench, the scorer's table, bleachers, referee, referee stand, or run into another court where there is a game in progress. If the ball crosses the net on such a play, it must do so OUTSIDE the antenna.

## CEILING HIT RULES

The ball can be played off the ceiling on your own team's side provided it hits the ceiling, ceiling rails, or vents directly over the playing area. However, if the ball hits the ceiling mounted rolled up gym divider net at any time, it is out of bounds. If the ball hits a basketball hoop, backboard, or supporting brackets at any time, it is out of bounds. If the ball hits the wall or divider, it is out of bounds. If the ball hits the ceiling on the opposite side of the court it is out.

When the ball crosses to the opponent's side of the net, it must not touch the ceiling.

## ROTATING IN PLAYERS

Players must rotate in during each game. Players will rotate in at one location on the court that is convenient to the coach. The coach must tell the referee where they wish to rotate their players in. The spot the coach chooses to rotate in and out from will not change throughout the match (all game).

All players present must play in each game, but only 6 are on the court at a time. The others are on the sideline, in a predetermined rotation order. Every time a rotation occurs, one player from the court rotates out of play and one player that was on the sidelines rotates into play of the game, at the designated position.

The rotation order must remain the same throughout the first two games. Maintaining the rotation order maintains the order in which the players serve. The players that are off the court must stay in rotation order.