



### General

- There are a maximum, six (6) players per team on the court (three men and three women)
- A team may play with fewer than five (5) players.
- If a team plays with five (5) players then three (3) of those five (5) must be female.
- Net Height - 7' 8"
- Matches will be the best two (2) out of three (3) sets played to twenty-five (25) by rally scoring. Cap at 27. Game three (3) will only go the fifteen (15). Cap at 17. Change sides at 8 pts
- Substitutions may be made anytime the ball is not in play, but must stay in rotation.
- There will be one 1 (30-second timeout per team per match)
- **Any unsportsmanlike conduct will result in a loss of a point and side out for the first offense. The second offense will result in removal of the game and facility.**

### Clarification of Select Rules

- Ball hitting on the line is in bounds
- Ball hitting net on serve is a live ball
- Server must start behind the red line
- Teams rotate clockwise upon receiving serve.
- Contact with the ball must be a "clear" hit. No palming, lifting, or carrying of the ball allowed. Any palming or pushing of the ball will be called a lift
- Teams change courts and serve at the end of each game
- Ball may be contacted by any part of the body. Use of head, fist, and feet are permissible.
- Touching net at any time is a foul. Any player that touches the net after spiking the ball, the play will be whistled and called a side out.
- A player may step on the centerline but not on the floor in the opponents' court.
- Three hits maximum each side.
- A women must hit the ball at least once before it goes over the net unless there were less than three total hits.
- A player cannot attack or block the ball directly off the serve.

### Recreation Game Rules

- There will be no swearing of any kind tolerated. It is offensive to other participants and our program will not condone this behavior. Any player that swears or uses inappropriate language will be ejected from the match.
- If a referee gives you a yellow card, you are WARNED. If the referee gives you **red card**, you must LEAVE THE GYM IMMEDIATELY. (Unsportsmanlike conduct)
- If the ball comes in contact with the basketball hoop directly above the referee - play it (if it comes down on your side of the court) - if it hits it and goes over it's out of bounds. Same is true for the side baskets that are up high above the serving area on the south end.
- Any ball that hits the side baskets on the north wall are out of bounds
- The serving order and positions on the court at service must be male and female alternated or vice versa. You cannot have more males than females at anytime on the court. You CAN have more females than males on the court

