Each team will consist of two players (two men, two women or one man and one woman). Each team must have a minimum of two players present at game time to begin a game.

**Game Factors, Time and Length**

1. Each match will consist of a series of the best two of three games. The first team to score 21 points will be declared the winner of each game.

2. Each match will have a time limit of 45 minutes. If the time limit expires before the match is completed, a winner will be determined as follows:
   a. The team that is ahead when time expires will be declared the winner of any game in progress
   b. If teams are tied in the number of games won (one-to-one), then a third game will be played to 11 points

3. The winner of a coin toss at the beginning of the match will choose which team serves first. The team not serving to start the first game will serve to start the second game. In the event of a third game of the match, a second coin toss will determine the choice of serve.

**Rules of Play**

1. Serving: Team A begins by hitting the ball off the net towards Team B. Team B can hit the ball three times between them before returning the ball to the net. It is not required to use all three hits to return the ball to the net. This process will continue back and forth between teams as a volley until one team cannot return the ball to the net within three hits:
   a. Teams may only score when serving
   b. Once the game has begun, teammates must alternate between serves (after each change of team service)
   c. Once the ball has been served, there are no “sides” and teammates may run anywhere at any time

2. Etiquette: The “get it in play” method of serving will be used at all times. This means that each serve should be easy enough for the opposing team to return, encouraging competitive rallies:
   a. Teams should always make every attempt to get out of the way of their opponents when they are attempting to chase or hit a ball. If this does not happen, the play will be deemed a “do-over”
   b. If a player’s shot hits the rim (and not the net), it will not count and will result in a side out to the other team
   c. Players may use any part of their body to hit or return a ball (assuming each player only touches the ball once per hit)

3. Each game will be self-officiated by participants. Any rules questions or discrepancies may be brought to the Intramural Sports Manager on duty for a final ruling.