The Game, Players and Equipment

1. Each Men’s and Women’s team will consist of six players. Each team must have a minimum of four players present at game time to begin a game. Each Co-Rec team will consist of six players (three men and three women). Each Co-Rec team must have a minimum of four players present to begin a game (two men and two women). Co-Rec teams with five players will be comprised of either three men and two women or three women and two men.

2. Each team is advised to bring their own volleyball; however, some volleyballs will be available for checkout. All teams will use a regulation-sized leather volleyball.

Game factors, time and length

1. Each match will consist of a series of the best two out of three games. The first team to score twenty-five points (with a margin greater than two) will be declared the winner. If a third game of the match is necessary, the first team to score fifteen points (with a margin greater than two) will be declared the winner.

2. Timeouts: Each team shall be permitted two timeouts per match. Timeouts will only be granted during a dead ball or before the referee’s whistle for the serve.

3. A coin toss at the beginning of the match will determine which team receives the choice of first serve or side of court for the first game. The loser of the toss receives the remaining option. The team not serving first in the first game will serve to start the second game. In the event of a third game, a second coin toss will determine the choice of first serve or side.

Scoring

1. A point will be scored by the opponent each time a team commits a fault. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve.

2. Each time a team gains the serve, it must rotate one position clockwise before serving.
1. Substitutions: Players may make a substitution when play is stopped following a fault resulting in that team gaining the serve. A substitute must enter the serving rotation at the server’s position. Note: During a timeout, teams can make multiple substitutions.

2. Server: The server will serve from within the serving area and will not touch the lines bounding this area or the floor outside this area at the instant the ball is contacted during the serve. Part of the server’s body may be in the air over or beyond these lines, as long as the contact with the line or floor comes after the contact with the served ball.

3. Position of Players at Service: At the time the ball is contacted for the serve, all players (except the server) will be within the team’s playing area and may be in contact with the boundary lines; however, no part of the body should touch the floor outside those lines. No player may be as near to his or her respective line as the appropriate adjacent player. After the ball is contacted for the serve, players may move from their respective positions.

4. Back Line Spiking: A back line player returning the ball to the opponent’s side while forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team’s area. The restriction does not apply if the back line player jumps from clearly behind the attack line and, after contacting the ball, lands on or in front of the line. On any illegal back row attack, the ball will become dead and a fault called when the ball passes completely beyond the plane of the net or is contacted by the opponents.

5. Front Line Blocking: Blocking the ball is permitted by any or all of the players of the front line only.

6. Serving Out of Turn: A player shall not serve out of turn. An out-of-turn service may be called by the official or by the opponent’s captain. If this is then verified by the official, any points scored on this service shall be canceled and a point and loss of rally awarded to the opponent. If the opponent serves before an out-of-turn service is called and verified, then there will be no loss of points. In either case, players of the team in error must regain their proper positions before the next serve by either team.

Serving the Ball

1. Service is the act of putting the ball into play by the player in the right back position who hits the ball with one hand
(open or closed) or any part of one arm in an effort to direct the ball into the opponent’s area. The serving area will be any point behind the end line (excluding the end line) between the two sidelines:

a. The server will have five seconds after the official’s ready-whistle in which to release or toss the ball for service
b. If after releasing or tossing the ball for service, the server catches the ball or allows the ball to fall to the floor without being hit or contacted, the service effort shall be canceled and a re-serve directed
c. If the ball is served before the official’s whistle and signal, the serve will be canceled and a re-serve directed. The official will not allow a player to delay the game in this manner more than once during a service attempt

2. A team will continue to serve until a loss of rally is awarded to the opponent or the game ends.

3. The serve alternates to the opponent when a point and loss of rally is awarded to the opponent.

4. A served ball is a service fault and becomes a dead ball when the ball
   a. does not legally cross the net;
   b. passes under the net;
   c. touches one of the server’s teammates;
   d. touches the floor on the server’s side of the net;
   e. does not cross the net entirely between the net antennas or lands out of bounds; or
   f. touches the ceiling or any obstruction.

5. Let Serve: A served ball that hits the net without touching the antenna and continues across the net into the opponent’s court is a playable live ball.

6. It is illegal to block a serve or attack (spike) a serve.

**Contacting the Ball**

1. Each team is limited to a maximum of three hits on its side of the net to get the ball successfully over the net. Lifting, carrying the ball and underhand slapping of the ball are illegal hits and will result in a point for the opponents and loss of rally. When the team’s first contact is simultaneous to contact by opponents or an action to block, the next contact is considered the team’s first hit.

2. If any part of the ball contacts the boundary lines, it is considered in bounds.

3. Legal contact is a touch of the ball by a player’s body above and including the waist that does not allow the ball to
visibly come to rest or involves prolonged contact with a player’s body.

4. The ball will be out of bounds if it touches any part of the walls, railings or divider curtain. A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play, provided that the ball contacts the ceiling or obstruction on the side of the net occupied by the team that last played the ball and is legally played next by the same team.

5. Simultaneous contact involves more than one contact of the ball made at the same instant:
   
   a. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
   
   b. When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block, which does not count as a hit). Any player may make the next hit.
   
   c. A “joust” occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A joust is not a foul, and play continues as if the contact was instantaneous.
   
   d. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.

6. Successive contacts: No player may make two or more separate attempts to play the ball without interrupting contact by a different player between the two plays.

Net Play

1. A player shall not contact any part of the net or its supports while the ball is in play. If a player inadvertently touches the official’s platform or net supports (other than rope cable), it is not a foul. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player or players, it is not a foul if the opposing player(s) did not contact the net by their own impetus.

2. A ball may be played from the net, provided that a team still has at least one of its three hits remaining.

3. Blocking a ball completely on the opponent’s side of the net is permitted when the opposing team has had an
opportunity to complete its attack. The attack is considered complete when

a. the attacking team has completed its three allowable hits;

b. the attacking team has had the opportunity to complete the attack or, in the official’s judgment, directs the ball with intent to return it to the opponent’s court; or

c. the ball falls near the net and, in the official’s judgment, no member of the attacking team could make a play on the ball.

4. A ball may touch the net within the sideline markers when crossing the net to enter the opponent’s playing area.

5. A ball may be attacked, excluding a served ball, when it has partially crossed the net. Blocking a served ball is not permitted.

6. Center line: A player may touch the floor across the center line with one or both feet or hands, provided that a part of the foot/feet or hand/hands remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.

Additional Co-rec rules

1. Substitutions must be male-for-male and female-for-female.

2. The serving order and positions on the court shall alternate male and female (Exception: A team playing with five players).

3. If a team hits the ball more than once on its side of the net, the ball must be contacted by both genders before it may be legally returned over the net.