

ADULT VOLLEYBALL RULES

Game Rules

1. Number of Players: 6 on a court per team with 2 always being girls. Can play with less than 6 but minimum of 4 people (2 being girls still) or it will be a forfeit. Can have as many people on your team as you want.

2. Game Length: 3 games will be played for each match. Rally scoring will be used in all sets; the 3 sets will be played to 25 pts (win by 2, cap at 30).

3. Net Height: 7 ft. 11 in.

4. Rotations

a. Serving team rotates prior to serving (except for first serve of the set). Rotations will occur in a clockwise direction with the server rotating out and a new player rotating into the middle/back row position. Substitutions will be allowed for injuries.

5. Serving

a. Will serve from the back line.

b. If the ball touches the net and goes over on a serve it is a live ball.

c. No attacking or blocking the serve.

7. Other Rules

a. A distinct hit must be made. No holding, throwing or catching the ball is allowed.

b. The ball may be hit three times by one team in a volley. Any one player cannot hit the ball twice in succession.

c. Touching an opponent under the net is not allowed.

d. Players may never touch the net while the ball is in play.

e. The ball will be called out if it hits anywhere outside the boundary lines, hits the sidewalls/curtain or hits ceiling and advances over to defending team's side. The ball may be played after touching the ceiling or any other object overhanging the playing area, as long as it does not travel over the net and the hitting team makes a legal hit.

f. Each team is allowed one timeout per set. Unused timeouts will not carry over to the next set.

8. Equipment

- a. official volleyballs will be used
- b. Players must wear court shoes
- c. Knee pads are strongly recommended

9. Additional Rules Per Age Group

****If you need to find a sub for a game, they must sign the paper waiver form before they play the first game. No subs are allowed during tournament time. Must play with the original partner for tournament or you must forfeit.**