

Volleyball Rules

1. Teams must have four players to begin play.
2. Substitutions may only occur before the serving team's first serve.
3. The serving team must rotate servers on each sideout.
4. If the ball hits the line it is considered "IN".
5. If the ball hits the ceiling-DEADBALL- ball goes to other team.
6. All one and two-handed contact with the ball below the waist must be close-handed (hands must be interlocked or "Hands" will be called)—except when digging a spiked ball.
7. **No contact with the NET is allowed under any circumstances.**
8. The serve of the ball can not hit the net.
9. Points are only scored with the serving of the ball.
10. A player is not allowed to hit the ball more than once consecutively.
11. 3 hits are allowed per team per possession.
12. A player can cross the center line only if it does not impede and/or interfere with the opposition and/or the net.
13. **THE SERVE** - only after the official's whistle.
14. The teams must change sides after each set.
15. You may not set the serve. Hands must be together when hitting the ball of the serve.
16. May not use your foot to play the ball.

SCORING

1. The games will consist of the best two out of three sets.
2. The first two sets will play to 15, the third set will play to 11.
3. Each set must be won by two points.