

Basic Volleyball Rules

- 6 players on the court at any one time - 3 in the front row and 3 in the back row – 4 male maximum and must have at least 1 female on the court.
- Maximum of 3 hits per side
- Points are made on every serve for winning team of rally (rally-point scoring).
- Player may not hit the ball twice in succession. (A block is not considered a hit.)
- Ball may be played off the net during a volley
- If the ball hits the net and goes over on a serve it is playable
- A ball hitting a boundary line is in.
- A ball is out if it hits an antenna, the sand outside the court, any of the net or cables outside the antennae, the referee stand, the fence and netting above it
- It is legal to contact the ball with any part of a player's body.
- It is illegal to catch, hold or throw the ball.
- A player cannot block or attack a serve at all
- Once the ball is tossed up to serve, it must be played. It cannot be dropped or caught to re-serve
- You can open hand receive a serve
- After the serve, front-line players may switch positions at the net.
- Matches are made up of 3 sets and all 3 sets are to 25 points for Intermediate and 21 points for Recreational. Each set will cap at the 25 or 21 points depending on the level (if the game is at 24-24 (Intermediate) or 20-20 (Recreational), the next point wins) The winner is the team that wins 2 out of the 3 sets.
- Teams can call a total of 2 times outs during the entire match
- Subs/ Players may only play on one team a night (no matter what court)
- Please make sure your team is on time for the start of your match. There will be a 5 minute warm up time. If a team is late, the opposing team gets a point a minute after the 5 minute warm up time (ex. if a team shows up 7 minutes after the start time, they are down 0-2) Once the present team gets to 15 points, the match is a complete forfeit (technically you have 20 minutes to get a male and female on the court to start the match)
- Rotating players in – the rotation must occur in the same position on the court for the whole set and only one player may rotate in at a time
- Rotating on the court – all players must rotate in a clockwise fashion, regardless of how many players your team has on the court.

Basic Volleyball Rule Violation

- When serving, the player steps on or steps down over the service line while making contact with the ball.

- Ball-handling errors. Contacting the ball illegally (double touching, lifting, carrying, throwing, etc.)
- Touching the net with any part of the body while the ball is in play.
- When blocking a ball coming from the opponent's court, it's illegal to contact the ball when reaching over the net if your opponent has not used 3 contacts AND they have a player there to make a play on the ball.
- When attacking a ball coming from the opponent's court, contacting the ball when reaching over the net is a violation if the ball has not broken the vertical plane of the net.
- Attacking a serve
- Crossing the court centerline with any part of your body is a violation. Exception: if it is the hand or foot. In this case, the entire hand or entire foot must cross for it to be a violation or if any contact is made with an opposing player
- Serving out of rotation/order.
- Back-row player blocking (deflecting a ball coming from the opponent) when, at the moment of contact, the back-row player is near the net and has part of his/her body above the top of the net. This is an illegal block.
- Back-row player attacking a ball inside the front zone (area inside the 10-foot line) when, at the moment of contact, the ball is completely above the net.

Intermediate Volleyball Rules – In Addition to the Basic Rules

- Intermediate Setting Rule – The set must come out clean (no side spin and must have forward rotation only). The forward rotation can only rotate 2 full rotations. If you set the ball over the net your body does not need to be square to the placement of the over set, whether it's a forward or backward set, but it must come out clean.

Playoff Volleyball Rules

- Same Rules as during the session with the following changes/ additions
- Matches are played as follows, the first 2 sets to 21, cap of 21. If it goes to a 3rd set it is only to 15, cap of 15. The first team to take 2 sets advances on.
- A player may only play on one team a night for the playoffs and must have played 3 full matches with that team during the regular session
- The first match on each court are the only ones with a possible delay (please revert back to the session rules on time) Every other match on playoff night starts right after the previous match. If a team fails to be there, within 5 minutes of the previous match ending, it is a forfeit and the team present advances.