Players:
Teams shall play with 6 on the court. A minimum of 4 is needed to start the game. Team members must be listed on the team roster. Rosters are final at the completion of regular season. Participants may only play on one team per sport.

Substitutions:
There may be an unlimited number of substitutions; however the sub must replace the server. Exceptions may be made for injuries.

Match Length/Scoring:
- Best 2 out of 3 matches.
- Non-deciding matches up to 25 with “rally” scoring – point on every serve. Team winning point serves next point.
- If it gets to the 3rd match, deciding game up to 15 with “rally” scoring.
- Each game must be decided with a 2-point advantage, with no-cap (MUST WIN BY 2 POINTS) HOWEVER: If the allotted time per match is running out, the supervisor may put into effect one or more of the following (must be determined before EACH game):
  o Cap GAME 2 at 30 points (means if it’s tied at 29-29, the team to reach 30 first wins)
  o Start GAME 2 and/or GAME 3 at 4-4 (this way its like playing a game to 21 and 11 respectively)
  o Cap GAME 3 at 21 points (means if it’s tied at 20-20, the team to reach 21 first wins)

Rules:
- Though there will be a supervisor on site, games will be self-officiated. Call the game fairly and honestly.
- A ball that hits the boundary lines is in-bounds.
- On a side-out, teams rotate clockwise; subs may enter at the server’s position, replacing the player in the back-right position.
- Players must serve from the service area: from the end line to six feet back. The server must say the score before each serve. The server cannot step on the service line to serve, or step over the service line until the ball has been contacted. Both feet must be behind the service line. Serves may be underhand or overhand.
- All players must remain in their position (in rotating order) until the ball is served.
- Serves cannot be blocked or spiked.
- Let serves that contact the net and fall in play shall be played.
- A block is not counted as a hit.
- A player cannot hit the ball twice in succession.
- A team cannot hit the ball more than three times before sending it over the net.
- All underhand, open-handed hits contacted below the shoulders are illegal (that are not considered a carry). It is recommended that all players try to bump a ball that is served to prevent carries/lifts.
- Teams are allowed to double contact each first ball over (so the first hit).
- Back row hitters (those that are not part of the 3 in front) may not attack the ball in front of the 10-foot line. This will automatically be a side-out.
- A ball hitting the ceiling on the opposite side of the net is out-of-bounds.
- A ball hitting the ceiling above the team’s playing court may be played by that team only.
- Players may reach over the net only in an attempt to block or a follow through on a hit.
- No one is ever allowed to touch the net in anyway between the antennas (if the antennas are not used, then the net that is between the sidelines.
- Balls that hit the divider net between courts 3 and 4 will be replayed at the discretion of the other team. If the ball was not playable had the curtain not been there, then the point is awarded to the other team. The supervisor should help in making this call.

Time Outs:
Each team receives one (1) time out per game. It is one-minute in length.

Violations to call:
Foot fault on serve, Carry/Lift, Double hit, Four hits, In/Under the net, or Illegal hit (by back row hitters or by attacking a ball that hasn’t come over the net yet).

NOTE: Rules are subject to change without notice at the discretion of the Intramural Department.