

Teams

- A) A team consists of six players, 3 men and 3 women.
- B) All teams shall be comprised of not more than six players at a time.
- C) Leagues can play with three men and two women, or two men and three women.
- D) At least four players must be present to begin a game (two of which must be women).
- E) Teams may pick up a maximum of two players from other teams if they have less than the four players required to start the game. Teams must use all of their team players first and may only pick up Whistle Binkies on the Lake Coed Volleyball League players as substitutes. If a game begins with these substitutes and the teams' eligible players eventually show up, they must be inserted in the line-up immediately in favor of the substitutes. You may not pick-up players for the playoffs. If a team is short players, they will lose by forfeit.
- F) Men and women shall be positioned alternately on the court. When the ball is served, players may change into formations.
- G) When the ball is touched by more than one player on a team, one of the contacts shall be made by a women. (Blocking the ball is not considered a touch)
- H) One backcourt player (man or women) may also block when there is only one male player in a front line position.

Start of the Match

- A) A coin toss will be done between the two opposing captains. The winner has the choice of: serving the first game or choosing which court to start on. At the beginning of the second game the roles are reversed. The coin toss will be done at the beginning of the third game with the winner getting the same options as above.
- B) A match shall consist of 3 games. Each game shall be played to 25 if time permits. A game is over when one team scores 25 points. The winning team must have at least a two-point advantage. If a 24-24 score exists, play will continue until one team wins by 2 points or reaches a cap of 27 points. If the score is 26-26, the next point wins. If a game is tied when game time expires, next point wins the game. All three games must be played within the hour time block. Playoff games will consist of a best 2 out of 3 match. The 3rd game will be played to 15 if such a game is necessary.
- C) Both the serving and receiving teams can score.

Serving Regulations

- A) The serve is the act of putting the ball into play by the right back-row player who hits the ball with one hand or arm from the service zone (anywhere beyond the back line and within the two sidelines). The service may not begin until the team with the serve has announced the score of the game and the teams are clearly ready to begin the volley.
- B) The first server for each team is the right back player. Thereafter, the right front player rotates to the serving area.
- C) Serves may be underhand, overhand or a jump serve.
- D) The players of the serving team must not screen the opponents from seeing the contact for service or the path of the ball. This would include a player waving arms, jumping up and down, or moving sideways at the time of the serve. The serving team is also prohibited from making a collective screen when the server is hidden behind two or more teammates and the ball is served over them.
- E) Blocking the serve is not allowed.
- F) Let Serves are legal.
- G) Only one serve is allowed (There are no "re-serves," meaning that a player may not drop a bad toss without serving and then toss it again to serve.) Faults on the serve may occur when:
 - i. Ball touches teammate
 - ii. Ball is passed under the net
 - iii. Ball goes out of bounds
 - iv. Server steps on serving line
- H) The ball is out-of-bounds when it touches any surface, object, or ground outside the court.

Game Play

- A) If a player touches the ball or the ball touches a player, he or she is considered as having played the ball.
- B) The ball may be hit by any part of the body.
- C) It is permissible to run out of bounds to play a ball. A ball that is knocked out of bounds by the opponent must be allowed to hit the ground before being touched, unless successfully returned.
- D) When a ball touches a boundary line, it is considered good.
- E) Players are not permitted to scoop or hold the ball. The ball must be clearly batted.

- F) A ball is kept in play if it hits the net and goes over into the opponent's court.
- G) A ball hit into the net by a team may still be kept in play provided that the net is not touched by any player.
- H) One player may hit the ball twice during a volley, however they cannot be in succession. The ball must be returned over the net by the third contact (with the exception of a block).
- I) A player may cross the centerline with their foot/feet as long as the player does not interfere with the play of an opponent.
- J) If any part of your body or clothing touches the net, it is considered a net foul.
- K) The position of the substitute shall be that of the server.
- L) Replay – A replay is the act of putting the ball in play without awarding a point. The same player who served the previous play serves on the replay. A replay shall be declared when:
 - i. A foreign object enters the proximity of the playing area.
 - ii. An obstruction within 6 feet of a boundary line interferes with a player's legitimate effort to legally play the ball.
 - iii. A player is injured.

Net Play

- A) Reaching over the net is permitted during:
 - i. The follow-through of a hit made on the player's own side.
 - ii. An attempt to hit
 - iii. A fake hit
 - iv. A block or an attempt to block.
- B) Blocking a ball, which is entirely 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:
 - i. The attacking team has had an opportunity to spike the ball or, intentionally directs the ball into the opponents' court.
 - ii. The attacking team has completed its 3 allowable hits.
 - iii. The ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

C) It is a net foul for a player to grasp the cables or standards. Incidental contact is permissible.

Basic Rule

There are six players on court in a volleyball team, who each must rotate one position clockwise every time their team wins back service from the opposition. Only the three players at the net positions can jump and spike or block near the net. The backcourt players can only hit the ball over the net if they jump from behind the attack line, also known as the three-metre line, which separates the front and back part of the court.

One backcourt player (man or woman) may also block when there is only one male player in a front line position.