



VOLLEYBALL RULES

THE SERVE

- A.) Server must serve from behind the restraining line until after contact**
- B.) Ball may be served underhand or overhand**
- C.) A served ball that hits the net is playable as long as it goes over the net & is inbounds**
- D.) There is NO woman hit rule (a woman does not have to hit before it goes over)**
- E.) No blocking serves or touching the net during the served ball**

ROTATION

- A.) Teams will rotate players each time they win the serve**
- B.) Players will rotate in clockwise manner; male and female or vice versa**
- C.) Must switch sides after each match**

PLAYING THE GAME

- A.) Maximum of 3 hits per side; blocks do not count as hits**
- B.) Players may NOT hit the ball twice**
- C.) Ball may be played off net**
- D.) A ball touching boundary line is considered IN**
- E.) NO open handed hits**
- F.) NO carries**
- G.) Spiking is permitted, but reaching over or under the net is NOT legal**
- H.) Games are played by RALLY SCORING meaning, no matter which team serves one team will always get a point. Must play all 3 games to 25 points and win by 2 or reach 27 point cap**
- I.) Starting the game will be decided with a volley. The team that wins the volley decides to either choose the side or to start on or serves first**

COURTS & REGULATIONS

- A. Net height is 7'4"**
- B. Entry fee is used for upkeep on the courts, nets, printing schedules, etc...**
- C. Ropes are considered fair territory**
- D. SUBS- Can only be made by the team serving at the time of rotation. If there is an injury a substitution can be made at any time**
- E. VALID LICENSE ONLY FOR BALL RENTALS**
- F. Bluetooth Speaker is available for use to listen to music by phone or Ipod. VALID LICENSE IS REQUIRED TO USE SPEAKER. SPEAKER IS AVAILABLE AT THE FRONT DESK.**
- G. Please visit www.theclubfit.com – volleyball page for updated standings and schedules. We will also have a schedule hanging in the lobby area.**