



RULE 1 - THE GAME

What You Need To Know



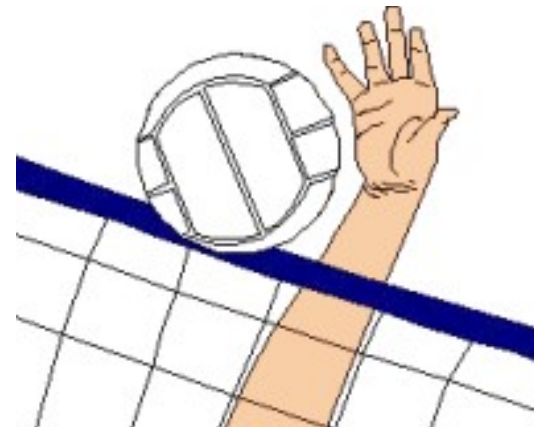
DEFINITION

- ◉ Game played by two teams
- ◉ Each team consists of six players
- ◉ Played on a rectangular court
 - Separated into two areas by a net
 - With an inflated ball
- ◉ One team serves the ball over the net, trying to make it land within the opponent's playing area
- ◉ The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area



THE MATCH

- ◉ Shall consist of the best three-out-of-five sets
- ◉ First team to win three sets shall be the winner of the match
- ◉ Fourth and Fifth sets shall not be played unless it is necessary to determine the winner of the match
- ◉ Shall include let serve
- ◉ Each team has two time outs



SCORING POINTS

- Point shall be scored by the opponent each time a team commits a fault
- If the serving team wins the rally
 - Scores a point
 - Continues to serve
- If the receiving team wins the rally
 - Scores a point
 - Gains the serve
 - Team must rotate clockwise before serving



THE SET

- First four sets shall be to 25 points
 - No cap
 - Team must win by two points
- Fifth and deciding set shall be 15 points
 - No cap
 - Team must win by two points
- Exceptions
 - Sub-varsity
 - Tournaments
- Winner of set
 - Scored the required points
 - Has at least a two-point advantage
 - If the leading team has scored the required points but does not have a two-point advantage, play shall continue until one team has a two-point advantage



PREMATCH CONFERENCE

Upon enter the facility, the home team selects its team bench



- Prior to timed warmups, a conference shall be conducted
 - Head coach from each team
 - Captain(s) from each team
- Coin toss shall be conducted
 - Visiting team calls the coin toss
 - Winner chooses either to serve or receive
- If necessary, prior to the deciding set of a match
 - Home team calls the coin toss
 - Winner chooses either to serve, receive or playing area
 - Loser of coin toss shall be given remaining choice

ARTIFICIAL NOISEMAKERS

⦿ Music and/or sound effects shall be permitted only during:

- Pre-game periods
- Time-outs
- Between games
- Post game



⦿ The use of artificial noisemakers shall be prohibited

