

WIN! Basic Wallyball Rules

SHOES

All players must wear court shoes. Players will not be permitted to wear turf, black marring sole, or any type shoe that creates marks on the court surface. Shoes **MUST BE WORN** by all players.

COURT AREA AND EQUIPMENT

Any special directions on court abnormalities will be specified either in the pre-match conference by the referee and team captains or by the Tournament/League Director in the pre-tournament/league captain's meeting. In the event that these obstructions, (gallery area, building support structure or any other abnormalities defined by the Tournament/League Director), give either team an advantage or disadvantage, or interfere with the normal playing of the ball, the ball will become dead and a replay will be called by the referee any time a ball contacts the obstruction.

UNSUITABLE PLAYING AREA - The playing area must be under the control of the referee before and during a match. The referee alone is responsible for deciding whether or not the playing area is suitable for play. The referee should declare the playing area unfit for play when:

- Play could be dangerous due to any hazardous condition (including abrasive type surfaces).
- Improper or defective equipment is used that could be hazardous to players.
- The court becomes slippery.

NET - The area that the net covers is from wall to wall, but most Wallyball nets are not long enough, and they will leave an opening next to the wall on both sides. If the ball passes through either opening as a result of the first or second legal touch of the ball, the ball will be considered dead and the referee will call a replay. If the ball passes through the openings on the serve or as a result of the third legal touch of the ball, the ball will be considered dead and the referee will call a side-out.

NET ADJUSTMENTS - The height and tension of the net will be adjusted before the start of each match and at any other time the referee deems it advisable. Height measurements should be made in the center of the court and at each end of the net perpendicular to the walls to ensure that each end of the net is at the proper height. The net must be tight throughout its length. After being tightened, the net should be checked to ensure that a ball striking the net will rebound back into the playing area and not just drop to the floor.

NET TORN DURING PLAY - If a served ball tears the net a side out will be called. If the net becomes torn by a team's third hit, a point will be given to the other team if the other team is serving, or, if the offending team is serving, a side-out will be called, and the team that last received the serve will serve when play resumes. If the net becomes torn during play (other than by a served ball or a third team hit), play will be stopped and a re-play will be called after the net is repaired or replaced.

NUMBER OF PLAYERS

Each team will be composed of two (2), three (3) or four (4) players. Each men or women's team will be allowed one substitute or alternate player. Each coed team will be allowed one male and one female substitute or alternate player. When a team has been reduced to less than the allotted number of players, a substitution may be called, the game may be forfeited or the game may continue with remaining players, i.e. two (2) against three (3), three (3) against four (4). If the match began with 4 person teams, the 4 person rules must still be followed, even if the team is reduced to fewer than 4 players. If the match began as a coed match, at least one female must remain on each team.

A "fours" team may consist of at three members. A "triples" team may consist of two members. The tournament director will determine this.

BLOOD RULE

If and when someone observes that a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and excessively bloody uniform is changed.

JEWELRY AND OTHER ARTICLES

If play must be stopped to remove jewelry or illegal equipment, the team will be sanctioned for team delay. In cases where jewelry cannot be removed, such items must be taped securely.

- Earrings must be removed. Taping of earrings is not permitted, regardless of reason.
- Braided hair with beads must be secured so that it will not present a hazard to the player, teammates, or opponents.
- Wearing a hard cast is prohibited on any part of the body.
- Wearing hard splints or other type of potentially dangerous protective device on the upper part of the body, arms or hands, or a device that could increase a player's ability to hit the ball with an abnormal force, will be prohibited, regardless of how padded. The wearing of a soft bandage to cover a wound or protect an injury will be permitted.

- The wearing of an “air-filled” type cast on the lower extremities of a protective type knee brace is permissible provided there is no exposed metal or other hard or abrasive parts. A plastic ankle “air-filled cast brace” may be worn provided all plastic parts are fully covered.
- “Head gear” is interpreted to mean hats or bandanas. A sweatband made of soft pliable material, or a bandana that is folded and worn as a sweatband, is permissible.

CONDUCT DURING GAME

If a team member deliberately performs acts for the purpose of distracting an opponent during play, play will be stopped and the referee will immediately impose a penalty. If a team member deliberately tries to harm a player on the opposing team while spiking they will be removed from the league/tournament.

DISQUALIFIED TEAM MEMBERS

Disqualified team members will be permitted an opportunity to remain in the vicinity of the team for a brief period of time to pick up belongings, provided they refrain from further misconduct. After one minute, if the team member has not departed, the captain will be warned that further delay will result in a match default. If the team member has not departed within fifteen (15) seconds after this warning, the match will be defaulted.

DISQUALIFICATION FOR MORE THAN MATCH

If the Tournament or League Director feels that a team member has committed a serious unsportsmanlike act that warrants disqualification from more than the match in which the act was discovered, or for acts committed between matches, the Director will enforce the sanction. The referee is authorized to disqualify team members only from the match in which the act occurred.

PLAYING CAPTAIN

One playing team member will be designated as the playing captain and will have his/her name listed on the scorecard before the start of the game. If the playing captain leaves a game, a new playing captain will be designated to assume the duties of the captain for the remainder of the game or until the originally designated captain returns.

HEAD COACH

One team member that is not on the court may be designated as the head coach. Should the head coach enter the game as a player, another team member who is not on the court may be designated as the head coach. If none is designated, only the playing captain may make team requests. There is no penalty for not designating a head coach.

COACHING - The coach may stand to instruct team members in a non-disruptive manner, and the coach may move about to speak to team member(s) provided that the coach does not enter the playing court. Acts deemed disruptive by the referee will be sanctioned as a major offense without warning. A coach committing a second such act during a game will be expelled.

Examples of disruptive acts will include, but are not be limited to:

- Loud or abusive language.
- Comments to officials.
- Comments to opposing teams.
- Throwing of objects.
- Displaying disgust in an overt manner
- Talking to his team while a ball is in play

PROTESTING AN OFFICIAL’S DECISION

Only the playing captain may protest the decision of a referee. The protest must be made before the first serve following the play in which the disagreement occurred. If the team captain cannot resolve a difference with a referee, the referee’s decision will stand. The team captain has the power to take the protest to the Tournament Director, however the Tournament Director’s authority only involves non-game related situations.

In most cases the referee is not in a position to call a fault on a player that contacts the ball that is clearly on the defensive team’s side of the net. In this situation, the playing captain can ask that the point be replayed. In most cases the referee is to grant the request, unless the referee senses that the defensive team is abusing this privilege.

PLAYING DOUBLES IN A TRIPLES TOURNAMENT

The tournament director will determine this. Let's say that a decision is made that a team **MUST** consist of 3 players. If, during play, one of the players is injured, the team may opt to continue with two players. However, if the injury will keep the third player out (of league play) for an extended time, that team will need to make arrangements to add another member (or substitute) to the team so the team is once again a triples team

CHOICE OF COURT SIDE, SERVE OR RECEIVE

The referee will toss a coin (or use another method of selecting options) between the team captains for choice of side, serve or receive. The winner of the coin toss will have the option of serving first, receiving first or choosing the side of the court on which to play the first game of the match. If the winner chooses to serve first or receive first, the loser will select the side of the court. If the winner chooses to select the side of court, the loser then has the choice of serve or receive. The team not serving first in the first game will serve first in the second game.

BACK WALL IN PLAY OR OUT OF BOUNDS

A team in possession of the ball may cause the ball to bounce off their own back wall. The ball can then be played by another player on their team (as long as they are within the allowed three touches of the ball), or the ball can be bounced off the back wall in a manner that propels it over the net into the opponent's court. In this latter case, if the ball touches a side wall or the opponent's back wall before a member of the opponent's team touches the ball, a two wall violation occurs and a point will be given to the other team if the other team is serving, or, if the offending team is serving, a side-out will be called.

CEILING IN PLAY OR OUT OF BOUNDS

A team in possession of the ball may cause the ball to bounce off their own ceiling. The ball can then be played by another player on their team (as long as they are within the allowed three touches of the ball). If the team in possession of the ball causes the ball to bounce off the ceiling in a manner that propels the ball over the net into the opponent's court, a point will be given to the other team if the other team is serving, or, if the offending team is serving, a side-out will be called.

HITTING THE BALL OUT OF THE COURT AREA

If (on the first or second hit), a team in possession of the ball causes the ball to be hit outside the court area into the spectator's gallery on their side of the net, or causes the ball to be hit into an adjacent court on their side of the net, the ball will be declared dead and the point will be replayed. No loss of point or serve will be called. However, if (on the third hit), a team in possession of the ball causes the ball to be hit outside the court area into the spectator's gallery on their side of the net, or causes the ball to be hit into an adjacent court on their side of the net, a point will be given to the other team if the other team is serving, or, if the offending team is serving, a side-out will be called.

If (on any hit or legal volley), a team in possession of the ball causes the ball to be hit outside the court area into the spectator's gallery on the opponents side of the net, or causes the ball to be hit into an adjacent court on the opponent's side of the net, a point will be given to the other team if the other team is serving, or, if the offending team is serving, a side-out will be called.

If, in the opinion of the referee, the team in possession of the ball intentionally causes the ball to go outside the court area into the spectator's gallery on their side of the net, or causes the ball to be hit into an adjacent court on their side of the net, the play will be declared dead and a point will be given to the other team if the other team is serving, or, if the offending team is serving, a side-out will be called.

LEGAL SERVICE

The ball is put in play by striking it with one hand or with any part of the arm in an attempt to send the ball over the net and into the opponent's court. The server's foot may not touch the serving line. A jump serve is legal. The ball must be contacted while the server is in the air and before he server's foot touches the floor. A spin serve is legal. Once the ball is tossed in the air, the ball must be struck for service. If the server catches the ball after being tossed, or lets the ball drop to the floor, this action will be counted as a faulted service and a side-out will be called. Net serves are not legal. A served ball may contact a wall on either the serving team's side or the receiving team's side of the net. The server may serve the ball off the serving team's back wall. Bouncing the ball before executing the serve is legal. Once the referee calls the game score signaling the server to release the ball and execute the serve, the server has five (5) seconds to initiate the serve. A serve that is attempted before the referee calls the score will be canceled and replayed.

When the ball is hit for service, no part of the server's body can be in contact with the service line. The server may step onto or over the service line only after the serve has been executed. A jump serve is legal. The server's body may be entirely in the air over the service line at the moment of contact with the ball, as long as the last contact between the server's body and the floor were within the legal serving area.

The game will stop immediately when the server has been discovered to be out of the designated serving order. Any points earned while the server was in an illegal position will be canceled and a side-out declared. If the server is discovered out of the designated service order after a side-out is called, all points will count. The individual scheduled to serve will become the server. The team captains may request a verification of the service order from time to time. It is the responsibility of the playing captain to tell the referee if there is a player serving out of order.

SCREENING

No member (s) of the serving team may block the server from the view of the opposing team by raising their hands above their head (s), flailing their arms from side to side or forming groups of two (2) or more to hide the actions of the server. Player (s) on the serving team who deliberately switch their positions to block the server from the view of the opposing team will be subject to penalty. The server cannot move behind another player to hide their actions.

If applicable, a defensive player should clearly state before the serve that an offensive player is blocking the view of the server. The defensive player may ask the offensive player to move, and if asked, the offensive player must move out of the way and must stay out of the way until the instant the ball is served.

PLAYER POSITIONS AT SERVICE

All offensive players, except the server, will have both feet fully on the ground at the instant the ball is served.

In two (2) or three (3) person play, players may be in any position on the court. Only the serving order (rotation) must be maintained.

In four (4) person play, players must be in their designated serving positions. After the service, players may move to an alternative offensive or defensive position.

BALL TOUCHING THE NET

A ball (other than a served ball) that touches or rebounds off the net or net hardware may be played.

BALL CROSSING THE NET

A ball that crosses entirely over the net is considered good. (If the ball is hit three (3) times by a team but does not cross the net, the referee will wait until a fourth touch is made or the ball hits the ground before stopping play.)

PART OF THE BALL CONTACTING AND CROSSING NET

If only part of the ball crosses the net (breaks the vertical plane of the net) and is subsequently hit by an opponent, the ball is considered as having crossed the net. The receiving team has three additional touches of the ball.

PLAYER CONTACT WITH THE NET

A player or any part of his or her body (other than the player's hair) or uniform that touches the net while the ball is in play will be charged with a fault and a point will be given to the other team if the other team is serving, or, if the offending team is serving, a side-out will be called, unless, the ball is driven into the net with such force that it causes the net to touch the player. If the player touches the net after a spiked ball touches the floor, no fault is to be called.

REACHING OVER THE NET

In returning the ball, a player's arm may follow-through over the net provided he/she first makes contact with the ball on his/her side of the playing court or when the ball is within the vertical plane of the net. Players attempting a block may reach over the net, but they may not touch the ball until an opponent strikes the ball in an attempt to send it into the defensive court. A player cannot block an opponent's set or pass. If an opponent's set or pass (or any played ball) breaks the vertical plane of the net, it is considered a free ball and both teams are entitled to play it.

RECOVERING THE BALL FROM THE NET

A ball driven into the net may be recovered within the limits of the three team hits. If the ball rips the mesh of the net or tears it down, the rally is cancelled and replayed.

CROSSING THE CENTER LINE

A player may step on, but cannot go over the centerline. If a player lands on the center line and intentionally or unintentionally interferes with an opponent, a point will be given to the other team if the other team is serving, or, if the offending team is serving, a side-out will be called. No part of the body, other than the foot may contact the centerline. If any other body part contacts the centerline, a point will be given to the other team if the other team is serving, or, if the offending team is serving, a side-out will be called.

SIMULTANEOUS NET CONTACT BY OPPONENTS

If opposing players contact the net simultaneously, a double fault will be called and the point will be replayed.

BALL CROSSING THE VERTICAL PLANE OF THE NET

A ball that crosses beneath the vertical plane of the net may be played or returned by the attacking player provided the player does not interfere with an opponent.

In most cases the referee is not in a position to call a fault on a player that contacts the ball that is clearly on the defensive team's side of the net. In this situation, the playing captain can ask that the point be replayed. In most cases the referee is to grant the request, unless the referee senses that the defensive team is abusing this privilege.

BALL DIRECTLY ABOVE THE VERTICAL PLANE OF THE NET

The vertical plane is the width of two wallyballs, one on each side of the net. Players attempting a block may reach over the net, but they may not touch the ball until an opponent strikes the ball in an attempt to send it into the defensive court. A player cannot block an opponent's set or pass. If an opponent's set or pass (or any played ball) breaks the vertical plane of the net, it is considered a free ball and both teams are entitled to hit it.

THE HONOR CALL

All players will call out an acknowledgment when they touch the net or knowingly commit an infraction of any rule.

THE BALL PASSING THROUGH THE NET OPENING

Since some nets may not extend the full width of the court, any ball passing through the net opening on the first or second hit of a volley will be replayed, unless in the judgment of the referee, the offensive player intentionally caused the ball to pass through the opening. If the action is deemed intentional, a side out is to be called.

A ball passing through the net opening on the third hit or on the serve will result in a side-out.

A player on the defensive team is not allowed to stop a ball that is about to pass through the net opening.

NUMBER OF CONTACTS WITH THE BALL

Each team is allowed up to three (3) successive contacts of the ball in order to play the ball.

CONTACTED BALL

Any player that makes contact with the ball either intentionally or unintentionally will be considered as having played the ball, and that will be counted as one of the three allowable touches of the ball unless the contact is a block. For contact with a ball to be legal, the contact must be at or above the waist.

Jousting - When two opposing players contact the ball simultaneously above the net causing the ball to momentarily come to rest; the point is replayed IF a help ball is called by the referee. If the referee does NOT call a held ball, play will continue. The team that gains possession of the ball after this play will be allowed up to three additional contacts with the ball.

MULTIPLE CONTACTS WITH THE BALL BY A PLAYER

A player may not make multiple contacts with the ball except when playing a hard driven spiked ball. If multiple contacts are made on a hard driven spiked ball and, if there is no finger action used during the effort and, if the ball is not held or thrown, then the multiple contact will count as a single contact. For the purposes of this rule, multiple contacts can come from a ball hit directly at a player or from a ball that is spiked off the wall.

MULTIPLE CONTACTS WITH THE BALL BY BLOCKERS

A block does not count as one of the three allowed touches of the ball by a team. Therefore, a player who participates in a block and touches the ball only once during the block, may immediately play the ball again.

MULTIPLE BODY CONTACTS WITH THE BALL

If the ball contacts any two body parts simultaneously, a single contact of the ball will be called. The body parts involved in the multiple contacts must be the waist or any part of the body above the waist.

PLAYING TWO OR MORE WALLS

If, on an offensive hit, the ball contacts two or more walls, a point will be given to the other team if the other team is serving, or, if the offending team is serving, a side-out will be called. However, a team in possession of the ball may cause the ball to make contact with two or more walls on their own side of the net, as long as the ball does not cross over the net before being touched by one of the players on the team in possession of the ball. If the ball crosses the net after contacting two (2) or more walls without making contact with an offensive player, a point will be given to the other team if the other team is serving, or, if the offending team is serving, a side-out will be called.

CONSECUTIVE CONTACT

Each contact with the ball must be made by a different member of the same team. If consecutive contacts are made by the same player, a fault will be called (unless the ball was a hard driven spike or unless the consecutive contacts was made by a blocker) and a point will be given to the other team if the other team is serving, or, if the offending team is serving, a side-out will be called.

MISHANDLED, HELD OR THROWN BALL

A ball coming to rest momentarily in the hands, arms or any other part of the body at, or above, the player's waist, or against the wall(s), will be considered as having been held.

SIMULTANEOUS HOLDING BY OPPONENTS

A double fault will be called and the point will be replayed when the players from opposing teams simultaneously hold the ball. If the referee does not call holding, play will continue. The team that gains possession of the ball after this play will be allowed up to three (3) additional contacts with the ball.

SIMULTANEOUS CONTACT BY TEAMMATES

If two (2) players on the same team hit the ball simultaneously, one contact with the ball will be called and either player may contact the ball on the next play.

TEAM OR PLAYER ASSISTANCE

Teammates will not hold or assist one another while making a play. It is legal for a player to hold a teammate who is not making a play on the ball in order to prevent a fault.

BLOCKING

Blocking is the action of player (s) close to the net to intercept the ball coming from the opponent's side of the net. "Close to the net" means generally within approximately two feet of the net. A blocked ball counts as having crossed over the net. Therefore, if the ball is blocked back into the court of the team that originally hit the ball, that team is allowed three more contacts with the ball. Any player on a 2 or 3 person team may raise his/her hands above his/her shoulders while at the net and attempt to intercept the ball coming from an opponent's side by making contact with the ball before it breaks the vertical plane of the net, as it crosses the net or immediately after it has crossed the net. A block does not count as one of the three successive contacts allowed a team. A block is good only if the ball is actually touched by the player attempting the block. A player may place his/her hands beyond the net, provided that this action does not interfere with the opponents' play. Thus, it is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.

BLOCKING AND SPIKING THE SERVE

A served ball may not be blocked or spiked.

CLIMBING THE WALL

Players may not climb the wall(s) to make a play on the ball.

MULTIPLE CONTACTS WITH THE BALL DURING A BLOCK

A player who blocks a ball that falls on that player's side of the net may contact the ball on the next play, since a block is not considered one of the three (3) hits allowed a team.

DEFLECTING THE BALL OFF THE BACK WALL

A player may bounce the ball off the back wall on his/her side of the court in a manner that propels the ball over the net as long as the ball does not contact a second wall on either side of the court before being touched by another player on the opposing team.

ATTACK SPIKING THE BALL

Any player may spike the ball in 2 or 3 person team play. A player may not attack spike a ball coming from the team on the other side of the net until the ball breaks the vertical plane of the net. As long as the spiker's hand or arm does not contact the net or an opponent, the hand or arm may cross over the net as a part of the spiker's natural follow-through motion.

THE BALL SPINNING INTO THE OPPONENT'S COURT AND RETURNING

A ball that spins off the net into an opponent's court and subsequently returns to the team originally in possession of the ball will be good, provided it takes place on the first or second contact by the team. Any team member other than the last player to hit the

ball can play the ball. If the ball spins off the net into an opponent's court and subsequently returns to the team originally in possession of the ball on the third hit, a side-out will be called.

DOUBLE FAULT

When two (2) opposing players commit faults simultaneously, a double fault will be called and the point will be replayed.

OPPONENTS COMMITTING FAULTS AT THE SAME TIME

When opposing players commit faults at approximately the same time, the team that committed the fault first will be penalized. If the referee cannot decide which team committed the fault first, a double fault will be declared and the point will be replayed.

PENALTY FOR A FAULT

If a fault is called on the serving team, a side-out will be called and the ball will be turned over to the receiving team. If the receiving team commits a fault, the serving team will score a point.

COED PLAY

The rules involving males and females on the same team will be the same as the rules that govern all team players with the following exceptions:

- Men and women will alternate service in four (4) person play.
- A female team member must make one (1) contact with the ball if the ball is played more than once by a team.
- Since a block does not count as one of the three contacts allowed a team, if a male player blocks the ball, a second male player may hit the ball back into the opponent's court without having a female touch the ball.

TEAMS

- A coed team will consist of four (4) players, two (2) males and two (2) females. A team may start a game with one (1) male and one (1) female. Teams that play with three (3) players may play with either two (2) males and one (1) female, or two (2) females and one (1) male
- In coed play, men and women shall alternate service. The server cannot attempt to block or spike.

WEARING PROTECTIVE EQUIPMENT DUE TO INJURY

Any injured player that is required to wear protective padding or supportive equipment due to an injury will not automatically be excluded from play. At the discretion of the Tournament Director, the safety and potential hazards to other players will be evaluated and the Tournament Director will make the final decision.

Additional Rule Clarifications for the OPEN Player

RULES OF THE GAME

All OPEN team members are required to know the rules of the game and are required to abide by them. Other divisions will “relax” some of the rules.

The **OPEN DIVISION** is the highest level of play. Players know and abide by all the game and ball handling rules of the sport. In OPEN play, a wallyball is often spiked in excess of 80 mph with defensive players able to "dig" balls traveling at that speed. Players generally have many years of experience playing wallyball and/or volleyball. They are an all around consistent player. Nearly all players at this level have played organized volleyball at the collegiate level or club level. They also have been acclimated to tournament play through years of tournament level competition. In addition to very strong volleyball skills, OPEN wallyball players generally have several years of wallyball experience as well. What often separates OPEN level wallyball players from ADVANCED level players with the same volleyball skill level is the amount of experience playing wallyball. Wallyball played at the OPEN level requires a unique skill set that is not entirely transferable from volleyball. OPEN (A Level) volleyball players, as a rule, DO NOT step onto a wallyball court the first several times and excel as wallyball players, but rather take months, if not years to develop into top caliber wallyball players.

LEGAL SERVICE

The ball is put in play by striking it with one hand or with any part of the arm in an attempt to send the ball over the net and into the opponent's court. A player may serve with an open hand if the ball is cleanly struck. An overhead serve must be clean. The server's foot may not touch the serving line. A jump serve is legal. The ball must be contacted while the server is in the air and before the server's foot touches the floor. A spin serve is legal. The ball cannot roll off the palm of the hand or the fingers. The ball must be cleanly struck so that the ball flies off or pops off of the server's hand. A paintbrush serve is not legal. A paintbrush serve is executed by contacting the ball in such a manner that the ball rolls along the palm of the hand or along open fingers. This is considered a throw and throws are **not legal**. You can put spin on your serves by contacting the sides of the ball with the side of your hand, sort of a judo chop motion or with the use of a knuckle/finger. The ball flies off your hand (and does not roll along the palm of the hand) and because you hit it off center, the ball spins. It takes a lot of practice to perfect this serve. A good way of looking at a hit is to say if the ball touches the palm of your hand you must contact the ball at the centerline (no spin). If you want to put spin on the ball you must contact the ball with the side of your hand left or right of the centerline. You can also contact the ball below the centerline if you use your knuckles (another hard shot to master). Bouncing the ball before executing the serve is legal. Once the ball is tossed in the air, the ball must be struck for service. If the server catches the ball after being tossed, or lets the ball drop to the floor, this action will be counted as a faulted service and a side-out will be called. Net serves are not legal. A served ball may contact a wall on either the serving team's side or the receiving team's side of the net. The server may serve the ball off the serving team's back wall. In order for the serve to be good:

- The ball must pass over the net without touching a member of the serving team.
- The ball must not contact the net or net hardware.
- The ball must not contact two or more walls before being played or landing on the floor.
- The ball must not contact the opponent's back wall.
- The ball must not contact the ceiling of the court.

PRELIMINARY SERVICE ACTION

Bouncing the ball before executing the serve is legal. Once the referee calls the game score signaling the server to release the ball and execute the serve, the server has five (5) seconds to initiate the serve. Once the ball is tossed in the air, the ball must be struck for service. If the server catches the ball after being tossed, this action will be counted as a faulted service and side-out will be called. Guiding, directing or pushing the serve is illegal. The serve must be cleanly struck. You can put spin on your serves by contacting the sides of the ball with the side of your hand. Sort of like a judo chop motion or with the use of a knuckle or finger. The ball must fly off your hand (and does not roll off your palm/open fingers) and because you hit it off center, the ball spins. A good way of looking at a hit is to say if the ball touches the palm of your hand you must contact the ball at the centerline. If you want to put spin on the ball you must contact the ball with the side of your hand/knuckle/finger left or right of the centerline.

RECEIVING THE SERVICE WITH AN OPEN HAND FINGER PASS

The service may be received in any form with one exception. The serve may not be received with an open hand finger pass (i.e. the serve must be received with a bump or pass, it cannot be set).

RECEPTION OF THE BALL

Contact with the ball must be brief and instantaneous. When the ball has been hit hard, or during setting action, it sometimes stays very briefly in contact with the hands of the player handling the ball. In such cases, contact that results from playing the ball from below, or a high reception where the ball is received from high in the air, should not be penalized. The following actions of playing the ball should not be counted as faults:

- When the sound is different to that made by a fingertip hit, but the hit is still played simultaneously with both hands and the ball is not held.
- When the ball is played with two closed fists on and the contact with the ball is simultaneous.
- When the ball contacts the open hand and rolls off the hand backward without being held.
- When the ball is played correctly and the player's hands move backwards, either during or after the hit.
- When a spiked ball is caused to rotate (such as a defective spike where the ball is spun and not hit squarely or a set ball that is caused to rotate due to improper contact).
- Open hand cleanly hit.

MISHANDLED, HELD OR THROWN BALL

A ball coming to rest momentarily in the hands, arms or any other part of the body at, or above, the player's waist, or against the wall(s), will be considered as having been held. An offensive hit where the ball is hit with finger action or where the ball remains in the hand or on the fingers longer than an instant, will be considered as having been thrown.

The ball must be handled in such a manner that it rebounds cleanly after contact with a player. Throwing, scooping, lifting, pushing or carrying the ball with one or two hands or arms (either underhand or overhand), will be considered to be a form of holding or throwing, and a point will be given to the other team if the other team is serving, or, if the offending team is serving, a side-out will be called. A **push shot** is done with open hands that originate below a player's forehead. The ball can be propelled over the net in a line that is nearly horizontal to the floor or the ball can have arc on it to land in a deep corner of the court. **This shot is not legal.**

BLOCKING

Blocking is the action of player (s) close to the net to intercept the ball coming from the opponent's side of the net. Any player on a 2 or 3 person team may raise his/her hands above his/her shoulders while at the net and attempt to intercept the ball coming from an opponent's side by making contact with the ball before it breaks the vertical plane of the net, as it crosses the net or immediately after it has crossed the net. A block does not count as one of the three successive contacts allowed a team. A block is good only if the ball is actually touched by the player attempting the block. A player may place his/her hands beyond the net, provided that this action does not interfere with the opponents' play. Thus, it is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.

Re-Directing the ball when blocking: At the instance of contact with the ball, a blocker may not re-direct a spiked ball by rotating the wrists to cause the ball to return to the offensive court at a location selected by the blocker.

To qualify as a block, the player must be at the net. "At the net" means in close proximity to the net (generally within approximately two feet of the net.) A blocked ball counts as having crossed over the net. Therefore, if the ball is blocked back into the court of the team that originally hit the ball, that team is allowed three more contacts with the ball.

A block becomes an attack when the player (s) attempting a block "swings" their arm instead of "intercepting" the ball (intercepting a ball using very little arm swing).

If members of a composite block are to benefit from the rule allowing multiple contacts of the ball by the blockers, they must be close to the net and close to each other at the time the ball is blocked. If a player is attempting to block, but is not close to the other player that has made contact with the ball during the block, this second contact will count as the first of three contacts that are allowed to return the ball to the opponent's court.

Players may take a blocking position with the hands and arms over the net before the opponent's attack hit or service providing there is no contact with the ball until after the opponents have completed an attack hit which directs the ball across the net.

Immediately after the hit by the attacking team, blockers may contact the ball in an effort to prevent it from crossing the net.

Multiple contacts of the ball may be made by any player or players taking part in a block and will constitute one contact of the ball. After such contact, the team is allowed three additional contacts to return the ball to the opponent's area. The multiple contact is legal if, during the blocking action, the ball contacts the hands, arms or other body parts (at or above the waist) of one or more players in rapid succession.

If the ball touches the top of the net and the hands of an opposing blocker(s), the ball will be considered to have crossed the net and been blocked. After such contact, the attacking team is allowed an additional three contacts of the ball.

SETTING THE BALL

These rules apply to an overhead set.

A variety of factors are to be considered when using the overhead setting action to ensure that the set is a legal set.

The position of the hands during the set is critical. When the hands contact the ball, the lowest part of the hands (generally the thumbs) must be at or above the forehead. At no time during the setting action are the lowest part of the hands to drop lower than the forehead (top of the nose).

When the ball is released there should be no "spin" on the ball. Ideally the ball would float off the setter's hands with no rotation at all. However, to be considered a good set, the ball may slowly rotate (not spin) forward or backward up to 3 rotations. More than 1 side rotation or sidespin indicates that the ball came off the setter's hands at different times and this is not a legal set.

If the setter is making a clean set (no spin, hands at or above the forehead) the setter may send the ball to any location on the court. The setter may set forward, backward, or to the side. The set can be to a player and the setter's team or the set ball may land in the opponent's court. When setting to the side, both hands must release the ball at the same time.

While setting, the ball can travel in only one direction after a player contacts it.

Side setting over the net is legal if done cleanly.