

VOLLEYBALL - Mixed

Warm up prior to participation and warm down upon conclusion.

It is strongly recommended that appropriate protective equipment be worn during play.

Keep hydrated

- 1 Teams will consist of six players on the court. Substitutes may be rotated on court into service position. **(General Rule 1.1, 1.2 & 1.3 apply)**
- 2 Teams must be mixed with at least two players of each sex on the field at all times.
- 3 Scoring will be continuous (i.e. not sets, no end changes).
- 4 Points are awarded as per (new) international rules.
- 5 A ball landing on the line is considered IN play.
- 6 Players will rotate clockwise when that team gains the service.
- 7 Serves may be over-arm or underarm, and must be made from outside the baseline of the court. There are no double faults (i.e. if first service is out, service changes to the other team).
- 8 A player continues to serve until a rally is lost by the serving team.
- 9 The ball may be played off the net (except on service) as long as no player touches the net.
- 10 Players may not touch the net or its posts, or reach over/under the net to play a ball.
- 11 The ball can be touched up to three times before it must be returned over the net. No player may touch the ball twice consecutively with the exception of a block.
- 12 The ball may not be held or carried. Any part of the body may be used for contacting the ball.
- 13 Once the ball touches the ground, it is out of play.
- 14 No injury time is given.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment