

1. A team shall consist of six players, three of which must be females.
 - Teams may play a game with more than three females, but never with more than three males. Example: Two males and four females.
 - A team may play with four players without a forfeit.
2. Serving order and position on the floor must be an alternation of men and women.
3. If a team has only four or five players, the ghost rule will not be enforced any time. The team with four or five will keep rotating serve as if they had 6 players.

1. Game time is as scheduled.
 - If less than four players are present at ten minutes past game time, the first game will be forfeited.
 - If after 15 minutes past game time four players are not present, the match is forfeited.
2. First two sets are played to 25 points using rally point scoring. Third set is played to 15. When rally scoring is used, every service results in a point.
 - If the serving team wins the rally, it receives a point and continues to serve.
 - If the receiving team wins the rally, it receives a point and the ball for service.
 - You must win by 2 with a cap of 30 for first two games and 25 for third game.
 - A match consists of three games or 50 min of running time play.
3. Each team is allowed two 30-second timeouts.

1. The serving order and positions on the court at service shall be male and female alternated or vice-versa.
2. The first server of the game for each team is the right back position.
3. The server may serve anywhere laterally from behind the end line.
4. No jump serves allowed.
5. The ball is live if it hits the net on a serve.

1. A team shall not have more than three contacts before the ball crosses the net.
2. When the ball is played more than twice by a team, a female player shall make at least one of the contacts. A guy-to-guy contact and over the net, is legal. Three guy contact is not.
3. When the team's first contact is a block, the next contact is considered the team's first hit.
4. Legal contact is a touch of the ball by the player's body above and including the waist which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.

1. Front row players may contact the ball from any position inside or outside the court provided the ball has not completely crossed the vertical plane of the net or the net extended.
2. Back row players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.
3. A back row player, while positioned on or in front of the attack line, may not attack a ball that is completely above the height of the net.

4. A ball striking an overhead obstruction above a playable area will remain in play provided that the ball stays on the side that hit it into the obstruction, and the ball is legally played by the same team.

1. A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.

2. 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 the:

- Attacking team has completed its three allowable hits.
- Attacking team has had the opportunity to spike the ball, or in the official's judgment, directs the ball toward the opponent's court.
- Ball is falling near the net and, in the official's judgment; no member of the attacking team could make a play on the ball.

3. Blocking a serve is not permitted.

4. A net foul occurs when a player contacts any part of the net.

- A player's hair touching the net is not a foul.

5. A player may touch the floor across the center line with one or both feet/hands provided part of the foot/hand(s) are on or above the center line.

- Contacting the floor across the center line with any other part of the body is illegal.

Tournament Play: All players must play in at least one regular season game to be eligible to play in the tournament.