

AD² MIKE 3 on 3 Volleyball

****Playing by 3 on 3 rules but can have 4 people on the court at a time**

RULES AND REGULATIONS:

1. Game Time and Scoring

- a. During play, all matches will be three (3) games with a 55 minute time limit.
- b. All 3 games will count towards the team's record
- c. Games are won by the team who first scores 25 points and has at least a 2 point advantage. When a game is tied 26 /26 the first team to reach 27 points is the winner.
- d. Rally scoring method will be used in every game, with a point scored on every serve.
- e. If the match is not complete when the 55 minute time limit, the following will govern play:
 - i. If in the second or third game and one team is ahead, who has scored 10 or more points the match is over. If neither team has 10 or more points the game will continue to 10 points. You do not have to win by 2 at this point.
 - ii. If time expires in the second game, the match will be over and the third game will not be played.
- f. If a team does not have the minimum number to start on the court at the scheduled game time, the team will forfeit the first game of the match. If the team is still not ready to play in 10 minutes, the team will forfeit the match.
- g. The team winning the toss may elect to serve, receive, or take choice of court for the first game. The team captain not calling the toss for the first game shall call the toss in the third game. After each game of the match the teams will change sides.
- h. If a scorekeeper is not present, the team may keep score verbally. The server must announce the score before every serve. Teams are responsible for keeping an accurate score and correctly recording the final score on the score sheet.
- i. Equipment representing possible hazards to participants will not be permitted. No hats, jewelry, exposed metal or hard unyielding plastic on braces, casts, etc. will not be allowed.

2. Team

Each team can play with 3-4 players on the court. There must be one female on the court at all times. The maximum number of players on the team roster is 5 participants.

- a. There are no substitution restrictions as long as one player does not occupy more than one position in the service order during a single game. Teams may do rotational substitution or one for one.
- b. Any player who is bleeding must be substituted for until the bleeding stops.

3. Serving

In three-on-three volleyball, a player can serve the ball at any point behind the end line as long as he's between the sidelines. He cannot touch the boundary lines. The ball is allowed to touch the net on its way over.

4. Hitting

Teams are allowed three hits to the ball to get it to the other side. No one player can hit the ball twice in a row. Balls that touch a boundary line are still in-bounds, and the point ends when the ball hits the ground or goes out of bounds. Players are allowed to use any body part that's above the waist to play the ball. Players may not hold, throw or catch the ball.

5. Net Play

Players can reach over the net during the follow through of a hit while attempting to hit and to block. Blocking a ball on the opponent's side of the net is allowed after the opposing team has the opportunity to complete its attack. Players are not allowed to block a serve. Grasping cables attached to the net is a foul.

6. Time-outs

Teams are allowed one 60-second timeout per game.

7. Protest Procedure

Rule and procedure protests must be spoken at the time of the incident and before play resumes. If a disagreement occurs between opposing teams, then the bystanders can make the call. If no one can make the call, the team gets to reserve the ball. HONESTY is the BEST POLICY