

1. **NET HEIGHT** Girls 2.14m (7') Boys 2.21m (7' 3")
2. **SERVES** over hand or underhand / one attempt within 8 seconds
3. **LIBERO (DEFENSIVE SPECIALIST) MAY BE USED**
 - Must be exchanged for a back-row player
 - Must wear different jersey or pinny
 - May not attack from above the height of the net
 - May not overhand set, from the front row, an attack
 - May not serve, block or attempt to block
4. **SERVE RECEPTION**
 - **Seniors** – Forearm pass or overhead pass NOTE: Overhead pass is subject to the same interpretations as 2nd and 3rd contact
 - **Juniors** – Forearm pass only
5. **NOISE DURING SERVE**

Spectators must remain quiet. Players are allowed to communicate/cheer during service, but should refrain from actions intended to distract the opposition
6. **CONTACT WITH THE NET**

Players not allowed to touch the top of the net or antennae while playing the ball

 - Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and landing.
 - Players may touch the post, ropes, or any other object outside the antennae, including the net itself, provided it does not interfere with play.
 - When the ball is driven into the net and causes it to touch an opponent, no fault is committed.
7. **BALL CONTACT BELOW WAIST**

No intentional ball contact (with the ball) below the waist
8. **1ST CONTACT**

TWO hits are allowed so long as only one attempt is made (i.e., a forearm pass that rebounds from the arms to the forehead then up in the air, this allowed)
9. **SUBSTITUTION** — 12 subs per game (set)
10. **SCORING**

Rally point games to 25 (must win by two / 27 point cap) – third game to 15 (if necessary)
11. **PENETRATION ABOVE THE NET**

Players cannot reach into the opponent's space to interfere with their play on the ball. Prior to the 3rd hit blockers may reach into the opponent's space so long as ball will cross the net before the attacking team can legally play it. In other words, blockers cannot take away a realistic opportunity to play the ball from their opponent.
12. **SERVES**

No more than 5 consecutive serves/player. Serving team will rotate one position following the 5th consecutive point.