



**Rules:**

1. 6 players on each side of the court
2. coin toss is done and winner chooses “serve or side of the court”
3. play to 25 and must win by 2
4. play 3 out of 5 games – last game played to 15 & win by 2 (middle school best 2 of 3)
5. rallying scoring is used, every point counts (serving and receiving teams can gain points)
6. the server has 8 seconds to get the ball in play once the referee has blown the whistle
7. players may switch positions once the ball has been contacted on the serve
8. teams may have a maximum of 3 contacts per side
9. block is not counted as a contact
10. ball must pass over the net between the antennas
11. if ball contacts the ceiling a team may play it as long as they have another contact
12. the ball may not contact the ceiling and land on opposite side
13. a player may not contact the ball twice in a row (exception – block, pass)
14. a player may not contact the ball with an open underhand (lift)
15. the serve is allowed to touch the net if it continues to the other side
16. the receiving team must rotate positions on a side out (clockwise)
17. back row player can only attack the ball from behind the attack line (10')

**Practice test:**

**True or False:**

1. An open underhand hit is a legal hit.
2. The receiving team rotates clockwise after a side-out.
3. Players may switch positions once the ball is served.
4. A block is not considered one of the team's three hits.
5. A forearm pass is used from a back row player to the setter in a usual offense.
6. It is illegal for the ball to hit any body part other than the arms and hands.
7. The ball may touch the net at any time except on the serve.

**Fill in the blank:**

8. How many players are on a team? \_\_\_\_\_
9. What position on the court is considered to be the server's position? \_\_\_\_\_ -
10. The game is played to \_\_\_\_ points and must win by \_\_\_\_\_.

1. F    2. T    3. T    4. T    5. T    6. F    7. F    8. 6    9. right back    10. 25, 2