

CHAMPAIGN-COUNTY CHURCH SPORTS LEAGUE

2009 CO-REC VOLLEYBALL RULES

Chapter One: Facilities and Equipment

- 1. Playing Area:** The playing court is a rectangle measuring 18 x 9 meters (59 feet x 29 feet, 6 inches). An attack line drawn 3 meters (9 feet, 10 inches) back from the center line, marks the front zone.
 - 1.1.** Lines drawn on the floor are considered to be “IN”, such that any ball hitting a line will be considered to be “IN”.
- 2. Net and Posts:** The height of the net shall be 2.24 meters (7 feet, 4 1/8 inches).
- 3. Balls:** Regulation volleyballs will be used for all CCCSL volleyball games.

Chapter Two: Participants

4. Teams

- 4.1.** Teams do not need to be comprised wholly of players from the same church, even if a specific church is chosen as the team name.
- 4.2.** A roster restricts players to participation on that team only (in CCCSL play), unless (a) otherwise arranged with the league officers, or (b) picked up as extra player (see section 13, “borrowing”).
- 4.3.** Captains may add players to their roster up to the last two league matches of the season. When this occurs, each new player must sign his/her name to the insurance waiver prior to play.
- 4.4.** A complete team shall consist of 6 players on the court. Games shall not be started with less than 4 players on either team. A maximum of 3 men are allowed on the court at any time. A team may opt to play with more women than men at any time, but the rotation must be set at the start of the game and two men may not be next to each other in the rotation (unless there are only 2 women on the court.)
- 4.5.** Each team must submit a team roster/insurance waiver form signed by each player (or their legal guardian if player is under 18 years of age). This roster must be turned in before the first game.
- 4.6.** There is no “Libero” position player in this league.

5. Captain

- 5.1.** Prior to the match, both captains will identify themselves and their teams to the opposite coach.
- 5.2.** During the match, the captain is responsible for all challenges and is the only one who can make them.
- 5.3.** At the end of the match, both captains are responsible for informing the league officer of the final scores from the match.

Chapter Three: Playing Format

6. To Score a Point, To Win a Set and the Match

6.1. To Score a Point

6.1.1. Point – A team scores a point

- 6.1.1.1.** by successfully grounding the ball on the opponent’s court;
- 6.1.1.2.** when the opponent team commits a fault;
- 6.1.1.3.** when the opponent team receives a penalty.

6.1.2. Fault

A team commits a fault by making a playing action contrary to the rules (or by violating them in some other way).

6.1.2.1. If two or more faults are committed successively, only the first one is counted.

6.1.2.2. If two or more faults are committed by opponents simultaneously, a **DOUBLE FAULT** is called and the rally is replayed.

6.1.3. Consequences of winning a rally

A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play.

6.1.3.1. if the serving team wins a rally, it scores a point and continues to serve;

6.1.3.2. if the receiving team wins a rally, ~~it scores a point and~~ it must serve next.

6.2. To Win a Set

A set is won by the team which first scores ~~15~~ **25** points with a minimum lead of two points. In the case of a ~~14-14~~ **24-24** tie, play is continued until a two-point lead is achieved (~~26-24; 27-25; ...~~)

6.3. ~~To Win the Match~~

~~6.3.1. The match is won by the team that wins three sets.~~

~~6.3.2. In the case of a 2-2 tie, the deciding set (the 5th) is played to 15 points with a minimum lead of 2 points.~~

6.4. Default and Incomplete Team

6.4.1. A team must have minimum of 4 players to play a match.

6.4.2. GAME TIME IS FORFEIT TIME: After a forfeit of the first set is declared, 10 minutes will be allowed before a forfeit of the second set will be declared with another 10 minutes before a forfeit of the third set is declared. The result of forfeited sets is 0-15.

6.4.3. BORROWED PLAYERS

6.4.3.1. To reduce the number of forfeits, short-handed teams (i.e., with less than 2 men and 2 women) may “borrow” anyone present who may wish to play. Any such “borrowed” player must have signed an insurance waiver prior to play.

6.4.3.2. A minimum of 2 players listed on a team’s roster are required to be present for that team to be eligible to borrow players.

6.4.3.3. A team may borrow a maximum of 3 extra players, but may not field more than 5 people. Binding examples are (this is not an exhaustive list):

6.4.3.3.1. a single-player team may not borrow – that team must forfeit.

6.4.3.3.2. a 2-player team may borrow and field up to 3 others

6.4.3.3.3. a 3-player team may borrow and field up to 2 others

6.4.3.3.4. a team of 4 men+1 woman can pick up 1 female **ONLY**, and field only 5 on the court (4th man may sub-in)

6.4.3.3.5. a team of 5 men +0 women may borrow 2 females **ONLY**, and field only 5 on the court (2 men may sub-in)

6.4.3.4. Should a team begin play with borrowed players, if at any time during the match other “regulars” arrive late, these regulars will replace any borrowed players at the next opportunity to sub-in (assuming the new arrivals are ready to begin play)

6.4.3.4.1. Regular players will sub in accordance with league substitution rules (sect. 4.5).

6.4.3.4.2. The borrowed players will not be allowed to substitute back into the game.

7. Structure of Play

7.1. The home team is identified on the schedule. The home team captain (or his/her designee) leads the opening prayer. The visiting team captain (or his/her designee) leads the closing prayer after the match.

- 7.1.1.** The home team captain has the choice of EITHER:
- 7.1.1.1.** the right to serve or to receive the service
 - 7.1.1.2.** OR the side of the court.
- 7.1.2.** The visiting captain takes the remaining choice.
- 7.2. Warm-up Session:** If the previous teams are finished playing, the teams may warm-up for 5 minutes prior to the start of their match. Each team may occupy one side of the court. If either team wishes to hit over the net, they must get permission from the other team.
- 7.3. Team Starting Line-up**
- 7.3.1.** As stated in Rules 4.4 and 6.4.3, the starting line up optimally consists of 6 players (three men and three women). The team's starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the set.
- 7.4. Positions:** At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order (except for the server).
- 7.4.1.** The positions of the players are numbered as follows:
- 7.4.1.1.** The three players along the net are front-row players and occupy positions 4 (front-left), 3 (front-center) and 2 (front-right).
 - 7.4.1.2.** The other three are back-row players occupying positions 5 (back-left), 6 (back-center) and 1 (back-right).
- 7.4.2.** After the service hit, they players may move around and occupy any position on their court, and the free zone.
- 7.5. Position Fault:**
- 7.5.1.** The team commits a positional fault, if any player is not in his/her correct position at the moment the ball is hit by the server.
- 7.5.2.** A positional fault leads to the following consequences:
- 7.5.2.1.** the team is sanctioned with loss of rally;
 - 7.5.2.2.** the players' positions are rectified.
- 7.6. Rotation**
- 7.6.1.** Rotational order is determined by the team's starting line-up, and controlled with the service order, and players' positions, throughout the set.
- 7.6.2.** When the receiving team has gained the right to serve, its players rotate one position clockwise: the player in position 2 rotates to position 1 to serve, the player in position 1 rotates to position 6, etc.
- 7.7. Rotation Fault:**
- 7.7.1.** A rotation fault is committed when the SERVICE is not made according to the rotational order. It leads to the following consequences:
- 7.7.1.1.** the team is sanctioned with the loss of rally;
 - 7.7.1.2.** the players' rotational order is rectified.

Chapter Four: Playing Actions

8. States of Play

- 8.1. BALL IN PLAY:** The ball is in play from the moment of the hit of the service authorized by the first referee.
- 8.2. BALL OUT OF PLAY:** The ball is out of play at the moment of the fault which is whistled by one of the referees; in the absence of a fault, at the moment of the whistle.
- 8.3. BALL "IN":** The ball is "in" when it touches the floor of the playing court, including the boundary lines.
- 8.4. BALL "OUT":** The ball is "out" when:
- 8.4.1.** the part of the ball which contacts the floor is completely outside the boundary lines;

8.4.2. it touches an object outside the court, the ceiling or a person out of play. A ball shall remain in play if it contacts the ceiling or other overhead objects 4.6 m (15') or more above the playing area.

8.4.2.1. If benches, bleachers, low-hanging baskets or other floor obstructions are fewer than 2 m (6'6 3/4") from the court and interfere with play of the ball, the ball becomes out of play and a playover may be directed at the first referee's discretion.

8.4.2.2. The ball is out of play when:

8.4.2.2.1. Rule 10.1.2 is not in effect, and the ball makes contact with the ceiling or obstruction above the opponent's playing area.

8.4.2.2.2. Rule 10.1.2 is in effect, and a ball that cannot be legally retrieved from the opponent's free zone contacts the ceiling or obstruction over the opponent's playing area.

8.4.2.2.3. The ball contacts the ceiling or obstruction above the team's playing area and crosses the plane of the net into the opponent's court.

8.4.2.3. A ball is out of play and a playover directed if it contacts overhead object(s) or the supports (e.g., basketball backboard) fewer than 4.6 m (15') above the playing area and would have remained playable if the object had not been present.

8.4.2.4. A ball is out of play if it contacts the ceiling or overhead objects, regardless of height, over non-playing areas.

8.4.2.5. A ball is out of play and a playover is directed if the ball comes to rest on an overhead object above the team's playing area and is still a playable ball.

8.4.2.6. If an official, media equipment or personnel or spectator interferes with a player's legal attempt to play the ball, a playover shall be directed.

8.4.3. it touches the antennae, ropes, posts or the net itself outside the side bands; it crosses the vertical plane of the net either partially or totally outside the crossing space, except in the case of Rule 10.1.2.

8.4.4. it crosses completely the lower space under the net.

9. Playing the Ball: Each team must play within its own playing area and space (except Rule 10.1.2). The ball may, however, be retrieved from beyond the free zone.

9.1. TEAM HITS: A hit is any contact with the ball by a player in play. The team is entitled to a maximum of three hits (in addition to blocking, Rule 14.4.1), for returning the ball. If more are used, the team commits the fault of: "FOUR HITS."

9.1.1. CONSECUTIVE CONTACTS: A player may not hit the ball two times consecutively (except Rules 9.2.3, 14.2 & 14.4.2).

9.1.2. SIMULTANEOUS CONTACTS: Two or three players may touch the ball at the same moment.

9.1.2.1. When two (three) teammates touch the ball simultaneously, it is counted as two (three) hits (with the exception of blocking). If they reach for the ball, but only one of them touches it, one hit is counted. A collision of players does not constitute a fault.

9.1.2.2. When two opponents touch the ball simultaneously over the net and the ball remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes "out," it is the fault of the team on the opposite side.

9.1.2.3. If simultaneous hits by two opponents above the net lead to extended contact with the ball, play continues.

9.1.3. ASSISTED HIT: Within the playing area, a player is not permitted to take support from a teammate or any structure/object in order to reach the ball. However, a player who is about to commit a fault (touch the net or cross the center line, etc.) may be stopped or held back by a teammate.

9.2. CHARACTERISTICS OF THE HIT

- 9.2.1.** The ball may touch any part of the body.
- 9.2.2.** The ball must be hit, not caught and/or thrown. It can rebound in any direction.
- 9.2.3.** The ball may touch various parts of the body, provided that the contacts take place simultaneously.

Exceptions:

- 9.2.3.1.** At blocking, consecutive contacts may be made by one or more blocker(s), provided that the contacts occur during one action.
- 9.2.3.2.** At the first hit of the team, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.

9.3. FAULTS IN PLAYING THE BALL

- 9.3.1.** **FOUR HITS:** a team hits the ball four times before returning it.
- 9.3.2.** **ASSISTED HIT:** a player takes support from a teammate or any structure/object in order to reach the ball within the playing area.
- 9.3.3.** **CATCH:** the ball is caught and/or thrown; it does not rebound from the hit
- 9.3.4.** **DOUBLE CONTACT:** a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.
- 9.3.5.** If a ball is hit by two or three players, consecutively, at least one hit must be by a woman. (See Co-Ed Rule 2.)

10. BALL AT THE NET

10.1. 10.1 BALL CROSSING THE NET

- 10.1.1.** 10.1.1 The ball sent to the opponent's court must go over the net within the crossing space. The crossing space is the part of the vertical plane of the net limited as follows:
 - 10.1.1.1.** 10.1.1.1 below, by the top of the net,
 - 10.1.1.2.** 10.1.1.2 at the sides, by the antennae, and their imaginary extension,
 - 10.1.1.3.** 10.1.1.3 above, by the ceiling.
- 10.1.2.** 10.1.2 The ball that has crossed the net plane to the opponent's free zone totally or partly through the external space may be played back within the team hits, provided that:
 - 10.1.2.1.** 10.1.2.1 the opponent's court is not touched by the player;
 - 10.1.2.2.** 10.1.2.2 the ball, when played back, crosses the net plane again totally or partly through the external space on the same side of the court. The opponent team may not prevent such action.

10.2. 10.2 BALL TOUCHING THE NET: While crossing the net, the ball may touch it.

10.3. 10.3 BALL IN THE NET

- 10.3.1.** 10.3.1 A ball driven into the net may be recovered within the limits of the three team hits.
- 10.3.2.** 10.3.2 If the ball rips the mesh of the net or tears it down, the rally is cancelled and replayed.

11. PLAYER AT THE NET

11.1. REACHING BEYOND THE NET

- 11.1.1.** In blocking, a blocker may touch the ball beyond the net, provided that he/she does not interfere with the opponents' play before or during the latter's attack hit.
- 11.1.2.** After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

11.2. PENETRATION UNDER THE NET

- 11.2.1.** It is permitted to penetrate into the opponents' space under the net, provided that this does not interfere with the opponents' play.
- 11.2.2.** Penetration into the opponent's court, beyond the center line:

11.2.2.1. To touch the opponent's court with a foot (feet) or hand(s) is permitted, provided that some part of the penetrating foot (feet) or hand(s) remains either in contact with or directly above the center line.

11.2.2.2. To contact the opponent's court with any other part of the body is forbidden.

11.2.3. A player may enter the opponent's court after the ball goes out of play.

11.2.4. Players may penetrate into the opponent's free zone, provided that they do not interfere with the opponents' play.

11.3. CONTACT WITH THE NET

11.3.1. Contact with the net by a player is not a fault, unless it is made during the action of playing the ball, or it interferes with the play.

Some actions of playing the ball may include actions in which the players do not actually touch the ball.

11.3.2. Once the player has hit the ball, he/she may touch the post, rope or any other object outside the total length of the net, provided that it does not interfere with play.

11.3.3. When the ball is driven into the net and causes it to touch an opponent, no fault is committed.

11.4. PLAYERS' FAULTS AT THE NET

11.4.1. A player touches the ball or an opponent in the opponents' space before or during the opponents' attack hit.

11.4.2. A player penetrates into the opponents' space under the net, interfering with the latter's play.

11.4.3. A player penetrates into the opponents' court.

11.4.4. A player touches the net or the antenna during his/her action of playing the ball or interferes with the play.

12. SERVICE: The service is the act of putting the ball into play, by the back right player, placed in the service zone.

12.1. FIRST SERVICE IN A SET

12.1.1. The first service of the first set is executed by the team determined by the home team's choice.

12.1.2. The other sets will be started with the service of the team that did not serve first in the previous set.

12.2. SERVICE ORDER

12.2.1. The players must follow the service order recorded on the line-up sheet.

12.2.2. After the first service in a set, the player to serve is determined as follows:

12.2.2.1. when the serving team wins the rally, the player who served before serves again.

12.2.2.2. when the receiving team wins the rally, it gains the right to serve and rotates before actually serving. The player who moves from the right-front position to the back-right position will serve.

12.3. AUTHORIZATION OF THE SERVICE: The serving player authorizes the service, after having checked that both teams are ready to play. The server announces the score loud enough for both teams to hear.

12.4. EXECUTION OF THE SERVICE

12.4.1. The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).

12.4.2. Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted.

12.4.3. At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the ground outside the service zone. After the hit, he/she may step or land outside the service zone, or inside the court.

12.4.3.1. In CCCSL play, women may serve up to the first line on the court. (This line is the out-of-bounds line for the basketball court.)

12.4.4. The server must hit the ball within 8 seconds after the announcement of the score.

12.4.5. A service executed before both teams are ready is cancelled and repeated.

12.5. SCREENING

12.5.1. The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server or the flight path of the ball.

12.5.2. A player or group of players of the serving team make a screen by waving arms, jumping or moving sideways, during the execution of the service, or by standing grouped to hide the flight path of the ball.

12.6. FAULTS MADE DURING THE SERVICE

12.6.1. Serving faults: The following faults lead to a change of service, even if the opponent is out of position. The server:

12.6.1.1. violates the service order,

12.6.1.2. does not execute the service properly.

12.6.2. Faults after the service hit: After the ball has been correctly hit, the service becomes a fault (unless a player is out of position) if the ball:

12.6.2.1. touches a player of the serving team or fails to cross the vertical plane of the net completely through the crossing space,

12.6.2.2. goes “out,”

12.6.2.3. passes over a screen.

12.6.2.4. hits the net.

12.7. FAULTS MADE AFTER THE SERVICE AND POSITIONAL FAULTS

12.7.1. If the server makes a fault at the moment of the service hit (improper execution, wrong rotational order, etc.) and the opponent is out of position, it is the serving fault which is sanctioned.

12.7.2. Instead, if the execution of the service has been correct, but the service subsequently becomes faulty (goes out, goes over a screen, etc.), the positional fault has taken place first and is sanctioned.

13. ATTACK HIT

13.1. ATTACK HIT

13.1.1. All actions which direct the ball toward the opponents, with the exception of service and block, are considered as attack hits.

13.1.2. During an attack hit, tipping is permitted only if the ball is cleanly hit, and not caught or thrown.

13.1.3. An attack hit is completed at the moment the ball completely crosses the vertical plane of the net or is touched by an opponent.

13.2. RESTRICTIONS OF THE ATTACK HIT

13.2.1. A front-row player may complete an attack hit at any height, provided that the contact with the ball has been made within the player’s own playing space (except Rule 13.2.4).

13.2.2. A back-row player may complete an attack hit at any height from behind the front zone:

13.2.2.1. at his/her take-off, the player’s foot (feet) must neither have touched nor crossed over the attack line;

13.2.2.2. after his/her hit, the player may land within the front zone.

13.2.3. A back-row player may also complete an attack hit from the front zone, if at the moment of the contact the ball is not entirely higher than the top of the net.

13.2.4. No player is permitted to complete an attack hit on the opponents’ service, when the ball is in the front zone and entirely higher than the top of the net.

- 13.3. FAULTS OF THE ATTACK HIT:** If an attack-hit fault occurs simultaneously with a blocking fault by the opponents, a double fault is committed.
- 13.3.1.** A player hits the ball within the playing space of the opposing team.
- 13.3.2.** A player hits the ball “out.”
- 13.3.3.** A back-row player completes an attack hit from the front zone, if at the moment of the hit the ball is entirely higher than the top of the net.
- 13.3.4.** A player completes an attack hit on the opponent’s service, when the ball is in the front zone and entirely higher than the top of the net.

14. BLOCK

14.1. BLOCKING

- 14.1.1.** Blocking is the action of players close to the net to intercept the ball coming from the opponents by reaching higher than the top of the net. Only front row players are permitted to complete a block.
- 14.1.2.** Block Attempt: A block attempt is the action of blocking without touching the ball.
- 14.1.3.** Completed Block: A block is completed whenever the ball is touched by a blocker.
- 14.1.4.** Collective Block: A collective block is executed by two or three players close to each other and is completed when one of them touches the ball.

14.2. BLOCK CONTACT: Consecutive (quick and continuous) contacts with the ball may occur by one or more blockers, provided that the contacts are made during one action.

14.3. BLOCKING WITHIN THE OPPONENT’S SPACE: In blocking, the player may place his/her hands and arms beyond the net, provided that this action does not interfere with the opponents’ play. Thus, it is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.

14.4. BLOCK AND TEAM HITS

14.4.1. A block contact is not counted as a team hit. Consequently, after a block contact, a team is entitled to three hits to return the ball.

14.4.2. The first hit after the block may be executed by any player, including the one who touched the ball during the block.

14.5. BLOCKING THE SERVICE: To block an opponent’s service is forbidden.

14.6. BLOCKING FAULTS: If a blocking fault is committed simultaneously with an attack-hit fault by the opponent, a double fault is committed and the rally shall be replayed.

14.6.1. The blocker touches the ball in the opponents’ space either before or simultaneously with the opponents’ attack hit.

14.6.2. A back-row player completes a block or participates in a completed block.

14.6.3. Blocking the opponents’ service.

14.6.4. The ball is sent “out” off the block.

14.6.5. Blocking the ball in the opponent’s space from outside the antenna.

Chapter Five: Interruptions and Delays

15. Regular Set Interruptions: Regular set interruptions are TIME-OUTS and PLAYER SUBSTITUTIONS.

15.1. NUMBER OF REGULAR INTERRUPTIONS: Each team is entitled to request a maximum of two time-outs per set. The duration of a time-out is 30 seconds.

15.2. Any substitutions must enter the game immediately to the left of the server (position 6) and replaces the player who last served (position 1) This occurs during the rotation when the team has won the right to serve.. Substitutions are restricted by guidelines set down for team composition. At the start of a game, the team may choose to rotate women and men separately or as a group, provided that all other participation/rotation rules are followed.

Chapter Six: The Libero Player

16. There is no Libero position in CCCSL Volleyball play.

Chapter Seven: Participants' Conduct

17. All teams will be mindful of general Champaign County Church Sports League rules. No player, manager, coach, or (within reason) fan of a team will be allowed to display unsportsmanlike conduct toward an opposing team. Said person will be asked to leave the facility. If two representatives from one team are ejected, all three games are forfeited to the opposing team regardless of the scores. Said conduct will consist of, but not be limited to:

17.1. Abusive gestures or language used directly at self or at others.

17.2. Deliberate slamming of the ball against the walls, floor, or ceiling; or abuse to any part of the facilities.

17.3. Attempts to distract an opponent when they are in the act of playing the ball (i.e., shouting, stomping feet, etc.).

17.4. Attempts to stall the game providing favor for your team.

17.5. Any spike directed with malicious intent toward another player or any attempt to maliciously hurt another player by any means.

17.6. Players ejected for unsportsmanlike conduct will be suspended for a minimum of one match. Further punitive action may be taken by the Executive Board, if warranted.

18. All players shall wear appropriate clothing which shall include shirts and dry gym shoes.

19. Teams should report in at least 15 minutes before their scheduled game time.

20. Both teams in the first/last games will be responsible for setting up/taking down the equipment (as necessary).

Chapter Eight: League Championship

21. The League Champion will be determined by overall regular-season record. In case the League decides to hold an end-of-season tournament, the regular season standings will determine tournament seedings.

22. Season standings will be recorded in order of number of games (not matches) won. In case of a tie, the tiebreaks are as follows:

22.1. Best head to head record – based on games won vs. each other, not matches won (In case 3 or more teams are in a tie, head-to-head record may be used to sift out a conclusive leader, if applicable; if no conclusive result can be obtained for the other teams, subsequent tiebreaks will be followed)

22.2. Best overall match play record

22.3. Lowest cumulative points allowed to opponents in games won

22.4. Lowest cumulative points allowed to opponents in all games played

22.5. Coin flip

23. All matches will consist of 3 games and all 3 games will be played (EXCEPTION: In tournament play, best 2 out of 3 will prevail, with no third game played unless necessary).

24. For each match, both team captains will record game scores independently and report them to the league officer. In case of a discrepancy, the scores submitted by the team that wins the match (2 of the 3 games) will be official.

25. For tie-breaking purposes, all forfeited games shall be scored 15-0; in the event any game scores are unknown, the game scores shall be recorded as 15-13.

CO-ED RULES

The following Rules govern co-ed competition. The Rules Testing Commission solicits comments and suggestions from volleyball groups and organizations that conduct and sponsor special competitions such as doubles, triples, mixed doubles, etc.

1. CO-ED PLAY

1. The Domestic Competition Regulations in general shall govern play for females and males on the same team with the following exceptions:

The serving order and positions on the court at service shall be male and female alternated or vice-versa.

When the ball is played more than once by a team, a female player shall make at least one of the contacts. Contact of the ball during blocking shall not constitute playing the ball.

There is no requirement for a male player to contact the ball, regardless of the number of hits by a team.

If a team contacts the ball more than one time during offensive action, one of the contacts must be by a female player, but there is no restriction preventing all three team hits from being made by female players. Contact of the ball during blocking action does not count as one of the three team hits. Therefore, after a block, a male player may play the ball back over the net as such contact would be considered the first team hit.

A ball contacted more than once by a team, without a female player having contacted it, remains live and does not become an illegal hit until it fully crosses the plane of the net or is contacted by an opponent.

An illegally hit ball blocked by an illegal blocker results in a double fault, and a playover is directed.

Uniforms: Appropriate clothing shall be worn by all players. This includes sneaker-type shoes with non-marking soles.