

## Rules

### 1. How to Play

- a. Team 1 serves to Team 2 to start a point
- b. Players have up to three alternating touches to return the ball to the net
- c. After the serve, players can hit or move in any direction
- d. Points are scored when the ball hits the rim, the ground, or bounces more than once on the net

### 2. Basics

- a. All players except the receiving player must begin the point at least 6 feet from the net
- b. Once the serve strikes the ball, players may stand anywhere they choose
- c. Possession changes when the ball contacts the net
- d. Each team has up to three touches per possession
- e. Determine a serving order which alternates players from the two teams
- f. Rotate starting positions 90 degrees counter-clockwise every 5 points, if desired
- g. Teams can substitute players in between games and during games if a teammate is injured

### 3. Scoring

- a. Rally scoring; points can be won by serving or receiving team
- b. Games are played as best two out of three
  - i. First two games play until 11 points; win by two, cap at 15
  - ii. Final game is played first to 15 points
- c. The rally ends and a point is awarded when:
  - i. The ball contacts the ground or otherwise isn't returned onto the net within 3 touches
  - ii. The ball is hit directly onto the rim at any time, including on a serve
  - iii. The ball bounces and falls back onto the net or rim
  - iv. The ball clearly rolls across the net

### 4. Serving

- a. If the receiving team wins the point, the next designated player serves according to the initial sequence. Otherwise, the serve switches places with their partner and serves to the other receiving team member
- b. The receiving team sets their position first. The server stands 180 degrees across the designated receiver, the only player allowed to field the serve
- c. Serves may be struck with any amount of force; short serves are allowed
- d. If a server serves two faults, the receiving team wins the point. Violation of any of the following rules is a fault:
  - i. The server must toss the ball upward of at least two inches
  - ii. If the server tosses the ball, they must hit it. Dropping, catching, or swinging at and missing a toss all counts as a fault

### 5. Rallies

- a. Touches must alternate between teammates; consecutive touches by one player results in loss of a point
- b. The ball must be contacted cleanly, not caught, lifted, or thrown. Players may not hit the ball with two hands

- c. Players may use any individual part of their body to hit the ball
  - d. After the serve, any unusual bounce (pocket) that does not contact the rim is legal and playable
  - e. A shot which lands on the net, rolls into the rim and then off the net is played as a pocket, not a direct rim hit
  - f. If teams cannot determine the legality of a hit, replay the point
6. **Infractions**
- a. Defending players must make an effort not to impede the offensive team's possession or play on the ball
  - b. If an offensive player collides with a defender, or a defender's position prevents a markable offensive play on the ball, the infringed player may call "hinder" to force a replay of the point