

PRC “3 Court” Volleyball League Rules



Game Characteristics

The object of the game is to send the ball over a net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The ball is put in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is; grounded on the playing court, goes “out” or a team fails to return it properly.

Playing Area

Games are played at the Parkinson Recreation Center Gymnasium. Mixed Competitive net height and Mixed Recreation net height is set at 2.35 meters. The court boundaries are the **DARK GREEN** lines for the side and back lines. **Please note that teams are required to play within their designated court area when 3 courts are in use. Do not enter an adjacent court to continue play.**

Players

- Six players (minimum Five) per team with a minimum of two females on the court at all times. ****A team may not play with four players and thus will default the game.**
- Substitutions take the server's place when he/she is to rotate to the center back position.

Rules of Play

1. Three hits aside maximum.
2. Ball may touch any part of the body (this includes the feet).
3. The ball must be HIT; not caught, thrown, and/or be hit with separated hands unless it is obvious that a one-handed hit is intended.
4. Players of the serving team must not prevent their opponent from seeing the server or the path of the ball by use of screening.
5. If the ball hits any part of the line (DARK GREEN Lines), it is considered in and good.
6. The one-hour time limit or best two-out-of-three wins the game, whichever comes first.
7. Service zone is the full width of the court.
8. All three (3) games go to 25 points and are played using the rally point system. Each game is to be won by 2 points. **** Remember one-hour time limit!**
9. Re-serve/replay is done when the ball hits the basketball nets, the gymnastics rings, the gym curtain, another ball enters the court of play, both teams foul simultaneously, or a player is injured. The ceiling, walls, wood supports on the ceiling, and the fans are considered out.
10. Jump Serves are **not allowed** in the Recreation Level Leagues. They will only be permitted in Competitive Level Leagues.

Fouls and Errors

1. More than three hits on one side.
2. A player touching the net or stepping over the centerline. ****Centerline infractions are major causes of injuries on the court, please be aware of this hazard, particularly while blocking.**
3. A double hit by a player.
4. Back row players leaving the floor ahead of the attack line to spike.
5. Server hits the ball out-of-bounds or into the net.
6. Ball hits the floor, ceiling, wood supports on the ceiling, the fans, the walls, or light fixtures.
7. Blocking or spiking a serve. **** Serve receptions may be set or bumped.**

Scoring

All matches are best 2 of 3 games.

Reporting Results

As the winning team, you are responsible for reporting the match result (2-1, or 2-0) to the *correct score line at 250-469-8666 in the format listed on the schedule.*