Adhere to Phila. City 6 Rules then USVBA as needed.

1. **SCORING**
   Best of three games. Non-deciding games up to 25 with “rally scoring” (point on every serve). Team must win by 2 points; no cap
   Deciding game is up to 15 with “rally scoring”; Team must win by 2 points; no cap.

2. **PLAYERS**
   Indoor play- is 6 on 6. Game may start w/ 6 players on a side.
   Co-rec must maintain a 3m+3f or 3f+2m ratio.
   Outdoor play features 4 on 4 and 2 on 2. Co-rec would maintain a 50/50 ratio.
   Consult program’s eligibility policy.

3. **SERVICE**
   Serve may be overhand or underhand.
   Server must serve with both feet behind end line.
   For indoors, server waits for officials whistle.
   Serve must cross net or team loses point & serve. If hits top of net & goes over, ball is “live”.

4. **SUBSTITUTIONS**
   Teams can substitute upon receipt of the serve and they rotate clockwise.
   Unlimited number of substitutions, however, subs must replace server, except for injury reason.

5. **FIRST BALL**
   When receiving the serve, a player can use multiple finger action. The serve does not have to be bumped, but may be blocked, “bumped” or set.
   Serve cannot be “spiked”.

6. **MOVEMENT**
   Players may interchange position to pass or block, only after serve & must return to rotation position after that point is won or loss. Backcourt positions may not spike in front of attack line.

7. **VIOLATIONS**
   Teams lose point and/or serve for the following violations:
   Carry
   Touching net
   Crossing centerline
   Illegal rotation
   Serving before whistle (indoor only)
   Back line player spike (from in front of attack line),
   More than 3 hits to get ball over net (not including block), double hit (not including a ball Simultaneously hit by opponents)
   Contact with the ball while it is on the other side of the net.
   Foot fault on serves
7. **CEILING (INDOORS)**
   Teams can play the ball off the ceiling on their side of the court. Overhead obstructions on the offense’s side of the net are in play. Gym walls & dividers are out of play.

8. **COIN TOSS & TIMEOUTS:**
   A coin toss will decide first serve/side of court to start the match. Winner has option. Option is alternated in each succeeding game.
   
   **Timeouts:** one timeout per team per match.

9. **CENTER LINE & NET PLAY:**
   **Center Line:** A player’s foot may touch the centerline as long as the entire foot does not cross over into the court.
   **Above the net:** Players may reach over the net only in an attempt to block. Hitting the net during such a process is prohibited. A block does not constitute a hit.

10. **INDOOR CO-REC MODIFICATION:**
   **VOLLEY:** Co-Rec rules require that on each play over the net, if the ball is contacted more than one time, then one of those contacts must be by a female.

11. **NET HEIGHT:**
   **Height of the net:** males will use male height & females will use female height. Co-rec will be at female height.

12. **EQUIPMENT:**
   • Ball Specs- standard ball will be used & provided by IM Sports Program.
   • If teams agree on a game ball, ball will be permitted as long as appropriate.
   • Kneepads are advisable but not provided.

12. **OUTDOOR MODIFICATIONS:**
   • No referees- “gentleman’s” scoring
   • No attack line
   • No required “hits” for co-rec.
   • Ball not playable on next court.
   • Ball not playable at all outside lines.

Remember the Sportsmanship Policy!
Consult the IM Sports Office.