

Important Rules to Know

Please know these rules. Refs will be strict on these calls!

No Carrying the ball: There is no carrying allowed in any level of play.

- Recreational: Cannot receive the ball open handed.
 - The ball cannot rest at all on the palm of your hand
 - You cannot dunk the ball at any time when attacking
 - Setting the ball open handed is allowed as long as it does not go over the net, unless it is a clean set.
- Intermediate: Cannot receive the ball open handed.
 - The ball cannot rest at all on the palm of your hand
 - You cannot dunk the ball at any time when attacking
 - No open hand directing the ball over the net
 - When setting the ball, some rotation is acceptable.
 - When setting the ball, both hand must touch and leave the surface of the ball at the same time (no double contact).
 -
- A-League: Cannot receive the ball open handed below the shoulder
 - The ball cannot rest at all on the palm of your hand
 - You cannot dunk the ball at any time when attacking
 - When setting the ball, there should be little to no movement on the ball
 - When setting the ball, both hand must touch and leave the surface of the ball at the same time
 - No open hand directing the ball over the net

No Foot Fouls: You may not cross the blue line before the ball is released from your hands when serving.

No Attacking the Serve: When receiving a serve, front row players may not over hand hit or block the serve at the net. If the ball is set over on the serve, there can be no intended direction put on the ball.

Must Follow Rotation: Teams do not have to rotate positions on the court, however servers must rotate! The serve rotation is to remain the same throughout the game.

Substitutions Must Be Done On the Serve: If you have more than 4 players, substitutions must be made on your serve. You are only allowed one substitution per server. Player coming in must sub in before whistle is blown for first serve. If there is only one girl on the team, players must rotate around her as she must always remain on the court. ALL PLAYERS MUST SUB IN AND OUT! YOU CANNOT ONLY SUB IN AND OUT GIRLS WHILE THE GUYS REMAIN ON THE COURT AT ALL TIMES! ---This rule will be followed strictly as we have had a problem with it in the past.

If you have any questions on these, or any of the other rules in the rule book, please e-mail alex@trapperspizza.com