

PLAYER ELIGIBILITY

- Players must be 16 years of age or older. Players under 18 must have the waiver signed by a parent or legal guardian.
- At any time during the season, Hereford Sports & Wellness may request proof of eligibility.
- Before participating, players must complete the Zero Tolerance Waiver and have their picture taken.
- Team cost is \$140.
- Teams may add players prior to playing two matches. Once the team has played two matches, no additional players may be added.
- Teams must have the same color of jerseys.
- Teams playing with illegal players will result in a forfeit.

GENERAL

- This is a 6 v 6 league with no fewer than five players on the court.
- There should be an equal number of women and men on the court.
 - a. There may not be more men than females on the court, but there may be more women than men.
 - b. Example: 3 men and 3 women, or 2 men and 3 women.
- A match will be considered a forfeit if one or both teams are not present or do not have the minimum five players required by 5-minutes after the match is scheduled to begin.
- Net height is 7-feet and 4-inches.
- Rally scoring will be used.
- Matches will be the best two out of three games played to 25-points, with a 30-point cap. Game three (3) will be played to 15-points, with a 20-point cap. Teams must win by two points.
- Games 1 and 2 are 15-minutes and game 3 is 10-minutes.
- Substitutions may be made anytime the ball is not in play, but must stay in rotation.
- Each team will receive two, 30-second timeouts per match.

CLARIFICATION OF SELECT RULES

- The ball will be ruled inbounds if it hits on the line.
- The ball hitting an overhead obstacle or basket support is inbounds if it hits on your own team's side and if it is not the third hit. However, if the ball hits the ceiling on your side on a hit and lands on the other team's court, the ball is then ruled out.
- If the ball hits the net during a serve, it will be a live ball.
- When serving, the server must be behind serving line.
- Teams will rotate clockwise upon receiving the serve.
- Contact with the ball must be a "clear" hit.
 - a. No palming, lifting, pushing or carrying of the ball allowed. Any palming or pushing of the ball will be called a lift.

CLARIFICATION OF SELECT RULES CONT.

- Teams will change sides and serve at the end of each game. In the third game, teams will change sides once either team has reached 8 points.
- The ball may be contacted by any part of the body. The use of a player's head, fist, and feet are allowed.
- The same player may not contact the ball twice in succession; however, simultaneous contacts by two players on the same team are allowed and are considered one play.
- Players participating in such simultaneous contact may participate in the next play.
- Touching the net at any time is a foul, except when a hard-driven spike forces the net into a player while they are on their side of the court.
- Any player is allowed to block, but may not reach over the net.
- A player may step on the centerline, but not cross over onto the opponents side. Any part of a player's body may be in the air below the net and beyond the centerline if he/she does not interfere with opponents play by either touching the ball or opponent.
- Three hits maximum each side. If the ball touches the blockers hand(s), three more hits are legal.
- A woman must hit the ball at least once before it goes over the net, unless there are less than three total hits.
- Serves may not be blocked.
- A player in the back row may not jump and spike in front of the 10-foot line.
- Men may only spike the ball behind the 10-foot line.

CODE OF CONDUCT

- Profane, obscene, abusive, or degrading language in the presence of anyone attending a Hereford Sports & Wellness event is prohibited.
- Any act of physical violence or unnecessary act of violent aggression on the part of a player, coach, referee, or spectator shall be grounds for permanent expulsion from our programs. This policy also applies to any member of the Hereford Sports & Wellness professional or contracted staff.
- Accept the decision of the game officials on the court as being fair and called to the best of their ability. This does not mean a coach or captain cannot question a call in the proper manner.
- The use of drugs, alcohol, or tobacco in any form is not permitted while attending any Hereford Sports & Wellness event.