

## PBL VOLLEYBALL

1. Net measures 7 feet for Middle School Girls and 7 feet 4" for Middle School Boys
2. The team changes sides, including benches, after each game.
3. Timeouts last 1 minute. Each team gets two time outs per game.
4. Each player is noted by position, but does not have to stay in that court area after the serve.
5. The following apply to substitutions:
  - The ball must be dead
  - 18 substitutions per game. Starting a game does not count as an entry
6. **The first team to score 25 points and leads by two wins the game. If there is a third game, the first team to score 15 points and lead by two wins the match. The match will consist of 3 games.**
7. One re-serve is allowed if the ball is missed.
8. Front line players may spike the ball from anywhere on the court. Back row players may attack the ball from behind the 10 feet line only.
9. When two players on the same team touch the ball at the same time, it counts as one hit.
10. A blocker may not reach over the net and block a ball when the setter is in the act of setting.
11. A block does not count as contact and the team is allowed 3 contacts after the block.
12. Players can serve anywhere behind the service line.
13. Double contact is allowed on the first ball.
14. If the first two games are split a coin toss will decide the serve and the side for the winner.
15. Sides are switched once a team reaches 8 points in the third game.
16. If the ball hits the roof while you are trying to get it over the net on the 1<sup>st</sup> or 2<sup>nd</sup> try, it is playable.
17. The ball is playable on a net serve.
18. No ball may be hit with any body part below the waist. (knees, feet etc)