

- **BALL HANDLING**
 - Open hand tipping is a fault.
 - Jumping to set the ball over the net is a fault.
 - Setting with a long downwards motion, or if the length of the contact is of visible significance, it is a fault.
 - The ball must be contacted simultaneously with both hands when setting or it is a fault.
 - Athletes must have shoulders, hips & feet squared to their target when setting the ball over the net.
 - 1st contact (serve receive, freeballs, downballs or balls lifted by the block/net):
 - Setting the first contact with the fingers is a fault.
 - Hands do not have to be touching or in fists, however, there must only be one attempt to play the ball.
 - Athletes are only allowed to set the first contact if it is a hard driven ball (excludes serves).
 - Hard Driven = Attack/Spike (no arc, considerable pace)
- **BLOCKING**
 - The block counts as a touch.
 - Blockers that touch the ball while blocking are allowed to make the second contact.
 - Athletes are allowed to break their wrists or change the direction of the ball as long as the ball is not caught or thrown.
- *****NET PLAY**
 - Contact with the net or antenna during the action of playing a ball is a fault.
 - The ball or gust of wind pushing the net into a player is not a fault.
 - Athletes may cross under the net; however, if they interfere with the play, it is a fault.
- **BALL MARK PROTOCOL**
 - Referees are allowed to check the ball mark to determine whether or not the ball was out.
 - Athletes must stay away from the ball mark. Athletes on the opposite side of the net must not cross the net.
- **SERVE RECEIVE (13U-16U only)**
 - Athletes must serve receive from the right side of the court when they are done serving.
- **COACHING & PARENT FEEDBACK (13U-16U only)**
 - Coaching may only occur during time out and in between sets. Athletes must call time outs.
 - No technical information can be given during play.
- **TIME OUTS & SWITCHING SIDES**
 - There is 1 thirty second technical time out when the combined score of both teams equals 21 points.
 - Each team is allowed 1 sixty second time out per set.
 - Teams switch sides of the court at the following times:
 - Games to 25 points = when the combined score adds to a multiple of 10.
 - Games to 21 points = when the combined score adds to a multiple of 7.
 - Games to 15 points = when the combined score adds to a multiple of 5.
- **MATCH PROTOCOL FOR ATHLETE REFEREES**
 - Be consistent in applying the rules.
 - Make calls as you see them.
 - Do not allow yourself to be influenced by other athletes.
 - Referees must stand at the post when they are refereeing.
 - Referees must be at their court at least 15 minutes prior to the match time.
 - Referees are responsible for starting the warm up and match on time.
 - Referee supervisors will assist referees if clarification on rules is needed.
 - Only the captain may approach the referee.