

2015-2017 USA Domestic Competition Regulations

	Category	Ruling
General	Antennas	The pole is the antennae.
	Entering another court to play ball	Illegal
	Player crossing centerline	Cannot contact an opponent or prevent opponent from making a play on the ball.
	Play ball that has crossed net plane outside poles	Illegal – pursuit is not allowed
	Play ball that has crossed net plane under net	Illegal
	Net contact	Illegal if occurs in act of playing the ball – Hair okay, clothing is not.
	Contact with poles or guy wires	A player can touch the pole and guy wires so long as it does not interfere with the play.
	Screening	Upon request, players must move so opponent can see server.
	Time outs	1 60-second timeout per game. 1 injury timeout not to exceed 5 minutes per game.
	Court switches	Teams will switch sides at 7 point intervals or 5 point intervals in 15 pt. games. During switches, teams must change sides without delay.
Serve	Let serve	Legal
	Lose points for wrong server	No. If discovered during rally, play stops and resume with correct server. If play is over and discovered, any points scored are retained by serving team and server is corrected.
	Lose serve for wrong server	
	Kick serves	Illegal. Ball must be contacted with the hand or arm.
	How many tosses are allowed for the serve?	Players are only allowed 1 toss per serve attempt
Pass/Dig	Replay if not ready	Only if one player on the receiving team has hand up to indicate the team is not ready to receive and no attempt to play the ball is made.
	Serve Receive	No open hand receive
	Beach digs (momentary lift/push)	Legal on hard driven balls attacked from above the height of the net with downward trajectory.
	First ball over (non-hard driven/roll shots)	Open Hand or "Finger Action" not allowed unless contact is "clean".
	Beach dig off of a block or ball that touches net	Only if the ball remains hard-driven.
Block	Block counts as 1st team contact	Yes. The first hit off of the block can be executed by any player.
	Redirection of the block	Allowed only on overhead attacks which includes roll shots. No sweeping of "free balls" or overpasses.
	Can men block on a women's net if they are below the net?	No
Sets	Calling a set	Doubles and lifts are illegal. Spin may be an indication of a double hit.
	Hand sets over net	Legal provided set travels directly forward or backward in relation to a setter's shoulders
Attack	Open-handed tips/dinks	Illegal
	Back row attacker	In coed reverse, men need to take off before 10 ft line. If the foot is on the ten foot line, or leaves the ground after the line, some part of the ball must be below the height of the net at contact.