Regulation U.S.V.B.A. Volleyball Rules apply except as noted below:

1. Matches are 2 out of 3 games to 15 points. Must win by 2 points.

2. A roster will consist of no more than 4 players. However, there will be no substitution during a game. A team can make player substitutions at the beginning of the second and third games. If a player is injured during a game, his/her team may play with 2 or may substitute with their 4th player. If the substitution is made, the injured player may not play again in the match.

3. Blockers may block over the net.

4. A player may cross the center line as long as he does not interfere with the opponent's play.

5. No open-hand tips. Contacts over the net must be distinct contact: forearm pass, 2-hand set, spike, closed fist, heel of hand, or cobra-type hit.

6. Games are self-officiated. Call your own mishandles and fouls. Be honest!