

ADULT MIXED COMPETITIVE VOLLEYBALL RULES & REGULATIONS:

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B.A.S.L. follows standard Ontario Volleyball Association rules with few exceptions. A summary of the most common rules enforced in the B.A.S.L. league are as follows:

Courtesy & Safety Rules:

1. **Courtesy and fair play is mandatory.**
2. **Jewelry is not permitted during play.**
3. **All teams must provide referees & line umpires during breaks.**
4. **Pregnant players must discontinue participation.**
5. **After play stops, roll ball under the net to return to the opposing team.**
6. **Playing time is limited. Please proceed immediately to assigned court upon arrival.**
7. **Unsupervised children are discouraged.**

Format: (RALLY POINT)

Games will end at 25 points or by clock buzzer, whichever comes first. Players still receive a maximum of 5 serves. POINTS ARE AWARDED ON ALL FAULTS.

Items Not Allowed: (Penalty = Loss Of Serve)

1. Back row players CANNOT spike from in front of the attack line.
2. Teams not set up and ready to play within 15 seconds from the clock start.
3. Service that does not occur within 5 seconds after the referee whistles for service.
4. No more than one toss or release of the ball on service. Service attempts are no longer allowed.
NOTE: Dribbling or moving the ball in the hands is not considered part of the service execution and is allowed.
5. Any part of the foot or body touching the floor beyond the centre line. (On the line is accepted).
6. Touching the net at any time.
7. Touching the serving line while serving.
8. Serving outside the side-court boundaries.
9. Serving before the referee whistles for service.
10. Blocking the serve.
11. Kicks, double hits, directing, carrying, lifts, scoops, throws etc.
12. Ball hitting the rafters, basketball rims, backboard or frame. (Basketball net is ok.)
13. Interference with the play while the ball is still on the opponent's side. (Anytime before third contact.)
14. Back row players may not block at the net.
15. Ball touching the antenna above the net at any time is considered out of bounds.

Items Allowed:

1. Serves that hit or tip the top of the net and go over are allowed.
2. Volleyballs that hit the mesh of the basketball nets are still in play.
3. Overhand or underhand serves.
4. Volleying the serve.
5. Unintentional contact with any part of the body. (Counts as 1 contact.)
6. Spiking from anywhere on the court. (Except back row players from in front of the attack line.)
7. Serves from anywhere behind the back line within the side-court boundaries.

Re-Serve:

1. Interference of ball from the other court.
2. Held ball by two (or more) opposing players at the net.
3. Disputes.

Dead Ball - Stop Play:

1. Serves are not allowed after the clock buzzer starts.
2. Plays in progress at the clock buzzer stop at the end of the play.
3. Play stops at first team to reach 25 points.
4. Play stops at the referee's whistle.