

# **Metro Sports Leagues**

## **Grass Volleyball Rules**

**No more than 3 men on the court at all times. A team must have 4 players with a minimum of 2 women for it to be considered a legal game. The games will be self-refereed. A team is allowed one hour to complete all three games. The MSL staff member reserves the right to shorten the third game if the first two games are not finished within 45 minutes.**

- **Each match will consist of 3 games. Each game will count in the overall standings for regular season standings. All games are played to 25 with rally scoring, win by 2 or first to 28. One time-out per match (not game) is allowed.**
- **A team has until 10 minutes past the start time to have four players (at least 2 women) or they will forfeit the first game of the match. If the team does have four players by 15 minutes past the start time they will forfeit all three matches. The designated hour for your game does not start when you get your full team but when the match was scheduled. So if your fourth player shows up 9 minutes late you have 51 minutes to play the 3 games.**
- **Let serves - If the ball hits the net on a serve and lands on the opposite side of the court, the ball is in play.**
- **There is no male/female hitting rules.**
- **A player in the back row may not come up to the front row to block, attack or break the plane of the net. They are permitted to come up and set.**
- **A defensive block does not count as one of the allowable contacts. A player may reach over the net to block a ball:
  1. **If any portion of the ball breaks the plane of the net.**
  2. **After the offense has come in contact with the ball on the third attempt.****
- **The serve may not be blocked or spiked.**
- **The ball must be cleanly hit when spiking with an open hand. Guiding or carrying is illegal.**
- **Out of bounds is the area outside the line. The line is in bounds.**
- **The ball can contact any number of body parts down to, and including the foot, providing such contacts are simultaneous and that the ball rebounds immediately and cleanly after such contact. Kicking the ball over the net is legal.**
- **USA VOLLEYBALL rules apply unless stated otherwise.**