NUMBER OF PLAYERS
Teams may play with only six (6) players on the court. A maximum of three (3) males and maximum of three (3) females is permitted at any one time. A minimum of four players must be on the court at all times. Teams may play with a maximum of sixteen (15) players on their roster.

DEFAULTS
Minimum of four (4) players per team are needed to start the game. Games will start at 10 minutes after the scheduled game time to allow for game sheet sign-up and warm-up. If four players are not present Games will be delayed further five minutes past the start time. Games will be recorded as a default after five (5) minutes if the team does not have the minimum of four players signed up on the game sheet and on the floor.

LENGTH OF GAMES
Regular season games start 10 minutes past the hour. Each match will be 2 sets to 25 points or up to 45 minutes, whichever comes first. If tied when the 45 minutes is up, the team that scores the next point wins that set. Teams must win the set by 2 points (or up to 30 points maximum).

POINT SYSTEM
The point system will be counted per set basis (e.g. Win 2 sets = 6 points, Win 1 set = 3 points, Lose 1 set = 1 point, Default = 0 points). During play-offs, it will be best 2 out of 3 with the first 2 sets to 25 (Max 30) and in the 3rd set up to 15 points (Max 20). There are no time limits during the play-off matches.

RULES OF THE GAME

a) Net height: the net shall be set to FIVB women’s net height.

b) Blocking: Players must not interfere with opposing team's play. Blocking or spiking the serve is not permitted. For Blocking regular play, hands may cross but not touch net. Only female players may jump and block. Males must have both feet on the ground if they are attempting to block.

c) Spiking & Tipping: Females may spike and tip from in front of or behind the attack line. Males must jump from behind the attack line only to spike and tip. Males may spike or tip from in front of the attack line, provided that both the player's feet remain on the ground during the spike or tip attempt.

d) Serves: All players may double hit the serve without violation. Lifting, directing and all other double hits will be called. Server must wait for referee's whistle before serving the ball. Players are given 5 seconds to serve the ball after the referee has blown the whistle. Jump serves are not permitted. If the ball hits the ceiling, lights, bleachers, basketball net, rim or backboard, then it is considered out and a loss of service and point will result.
e) Rotations: Proper rotational order must be maintained for service and service reception. After service, all females may move to the frontcourt. Males may then move to backcourt positions. Improper rotation on serve and service reception results in a point against and loss of serve if team was serving.

f) Referee Calls: If there is a conflict of calls between referees and an umpire, scorer or line judge, a "re-serve" will be called. If a team delays play intentionally, a warning will be given. A second occurrence will cost the offending team a point and loss of serve if team was serving.

g) Time Outs: One "time-out" (thirty seconds) is allowed per team, per game, during the regular season. Two "time-outs" are allowed per team, per game, during the play-offs. Time-outs may not be called with under 2 minutes left in the game. The clock will run during time-outs and the time-outs can not be successive.

EJECTIONS

Verbal abuse of the officials and/or other players will result in YELLOW cards. Players who receive two YELLOW cards will be ejected from the game and must leave the gym. The ejected player is also suspended from their teams next scheduled league game. If the ejection causes their team to drop below the minimum number of required players, the game is scored as a default.

Fighting, verbal slurs, and excessive verbal abuse of officials will not be tolerated. RED card ejections will be assessed in these situations. Players receiving red cards must leave the gym. The ejected player is also suspended from their teams next scheduled league game. They must also appear before the UTM Review Board.

NOTE: If a team has two players ejected in the same game for YELLOW or RED cards, the team will lose that game by default. Please refer to the Campus Rec Handbook for all other player card accumulation and disciplinary rules.