

## Rules and Regulations:

1. The minimum team size is 7 with a maximum of 5 substitutes.
2. Any player can substitute among 12 players at any time during the play.
3. 5 Substitutions are maximum permitted per team per set.
4. Name of the players should be entered in the score sheet along with their respective chest numbers before the commencement of the match. Only players who have been entered in the score sheet are eligible to play or substitute.
5. Players must follow the rules and regulations as prescribed.

## HOW TO PLAY

1. The team wins the toss shall have the choice of the court or service
2. The rotation of the position of players should be in “Z” form..
3. After the set ends, service must be taken by a team of the opposite side to that of the team who started the set.
4. A player should serve the ball by palm within 5 seconds after the whistle of the referee without touching the end line.
5. The server should not enter the court before ball crosses the net.
6. The ball shall be served using the palm and ball should not touch any part of the body, by using any of the skill above the shoulder level in one course of action.
7. The player should serve or throw the ball to the opponent’s court in any one hand.
8. A player should serve or throw by using the antenna limit during the service or in play.
9. The ball must be thrown by the player from the shoulder and above level only. Player receiving the ball at below overhead level should bring it to shoulder level and throw in course of one action only.
10. A player can’t take more than one step in a position. A player after receiving the ball is permitted only one step forward or backward after the jump.
11. A player may catch the ball with both hands but should return the ball with one hand without touching any part of the body.

12. If a ball slipped or rebounds unintentionally from the hands of any one player, another player can catch the ball and return to the opposite court before the ball touches the ground. The same player cannot catch the ball for the second time.
13. A player while receiving or returning the ball to the opponent court, no part of the body should touch the box line.
14. Shifting: Player shifting the ball from right side to left side or left side to right side during play is called Shifting.
15. Spot jump is allowed while throwing the ball to the opponent court after stepping jump is not allowed.
16. Jump service is allowed. But player should not enter the court before ball crossing the net.
17. After receiving the ball if a player crosses the side line or end line that is allowed.
18. At the time of service the remaining players of both the team should stand on their own position.
19. Change of position of players is allowed once the ball is released from the servicing player hand. But the player should occupy their original position once the rally is completed.
20. At the time of service carrying the ball below the hip level is not allowed.
21. During the play, a player can receive the ball even in the court/side line or end line cross will be allowed, (but not outside free zone line).