

## Advanced Volleyball League Rules

Team make up:

- Teams may play 3 players or 4 players in the league
- Teams can be co-ed or same sex

Scoring:

- Regular season games are to 21 with the cap being 23 using rallying scoring
- 3 games per night
- Self-refing

Playing the ball:

- No setting the serve
- No open hand tipping
- No setting the ball over the second contact, unless player is square to the net and the contact is clean.
- There are no rotational rules for this league, but you must keep the same serving order.
- When setting the ball (overhand) the ball is to have no more the ½ rotation of spin. Anything more than ½ rotation will be considered a double contact.
- No double contacting the ball allowed unless the ball is considered a “hard-driven” ball
- You cannot set a “free ball”.
- A block touch doesn’t count as a “contact”.
- One time out is allowed per night.

***PLEASE RECORD YOUR SCORES!***

For more league questions and details, email [info@skylinelanes.com](mailto:info@skylinelanes.com) or call 218-727-8555.

